

This spreadsheet gives you the carb factors of over 6,000 food items.  
It has been calculated from the USDA database  
The fiber has already been subtracted from the total carbs.  
Protein factor is 50% of the protein grams, for those who cover it.

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Carb Factors

Description	Carb	Protein
	Factor	Factor
ABALONE,MIXED SPECIES,RAW	0.06	0.09
ABALONE,MXD SP,CKD,FRIED	0.11	0.1
ABIYUCH,RAW	0.12	0.01
ACEROLA JUICE,RAW	0.04	0
ACEROLA,(WEST INDIAN CHERRY),RAW	0.06	0
ALCOHOLIC BEV,BEER,LT	0.01	0
ALCOHOLIC BEV,BEER,REG	0.03	0
ALCOHOLIC BEV,DAIQUIRI,PREPARED-FROM-RECIPE	0.06	0
ALCOHOLIC BEV,TEQUILA SUNRISE,CND	0.11	0
ALCOHOLIC BEV,WHISKEY SOUR,CND	0.13	0
ALCOHOLIC BEV,WHISKEY SOUR,PREP FROM ITEM 14028	0.13	0
ALCOHOLIC BEV,WHISKEY SOUR,PREP FROM ITEM 14530	0.13	0
ALCOHOLIC BEV,WINE,DSSRT,DRY	0.04	0
ALCOHOLIC BEV,WINE,DSSRT,SWT	0.11	0
ALCOHOLIC BEV,WINE,TABLE,ALL	0.01	0
ALCOHOLIC BEV,WINE,TABLE,RED	0.01	0
ALCOHOLIC BEV,WINE,TABLE,ROSE	0.01	0
ALFALFA SEEDS,SPROUTED,RAW	0.01	0.02
ALMONDS	0.07	0.11
ALMONDS,BLANCHED	0.09	0.11
ALMONDS,DRY RSTD,W/SALT	0.07	0.11
ALMONDS,DRY RSTD,WO/SALT	0.07	0.11
ALMONDS,HONEY RSTD,UNBLANCHED	0.14	0.09
ALMONDS,OIL RSTD,W/SALT	0.07	0.11
ALMONDS,OIL RSTD,WO/SALT	0.07	0.11
AMARANTH LEAVES,CKD,BLD,DRND,W/SALT	0.04	0.01
AMARANTH LEAVES,CKD,BLD,DRND,WO/SALT	0.04	0.01
AMARANTH LEAVES,RAW	0.04	0.01
APPLE JUC,CND OR BTLD,UNSWTND,W/ VIT C	0.11	0
APPLE JUC,CND OR BTLD,UNSWTND,WO/ VIT C	0.11	0
APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O WO/ VIT C	0.11	0
APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O,W/ VIT C	0.11	0
APPLES,CND,SWTND,SLICED,DRND,HTD	0.14	0
APPLES,DRIED,SULFURED,STWD,WO/ SUGAR	0.13	0
APPLES,FRZ,UNSWTND,HTD	0.10	0
APPLES,FRZ,UNSWTND,UNHTD	0.10	0
APPLES,RAW,WITH SKIN	0.12	0
APPLES,RAW,WITHOUT SKIN	0.12	0
APPLES,RAW,WO/SKN,CKD,BLD	0.11	0
APPLES,RAW,WO/SKN,CKD,MICROWAVE	0.11	0
APPLESAUCE,CND,UNSWTND,W/ VIT C	0.10	0
APPLESAUCE,CND,UNSWTND,WO/ VIT C	0.10	0
APRICOT NECTAR,CND,W/ VIT C	0.13	0
APRICOT NECTAR,CND,WO/ VIT C	0.13	0
APRICOTS,CND,EX LT SYRUP PK,W/SKN,SOL&LIQUIDS	0.10	0
APRICOTS,CND,H2O PK,W/SKN,SOL&LIQUIDS	0.04	0
APRICOTS,CND,H2O PK,WO/SKN,SOL&LIQUIDS	0.04	0
APRICOTS,CND,JUC PK,W/SKN,SOL&LIQUIDS	0.10	0
APRICOTS,CND,LT SYRUP PK,W/SKN,SOL&LIQUIDS	0.14	0

Carb Factors

APRICOTS,RAW	0.08	0.01
ARMOUR CORNED BF HASH,CND ENTREE	0.04	0.05
ARROWROOT,RAW	0.12	0.02
ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,W/SALT	0.05	0.02
ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,WO/SALT	0.05	0.02
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,W/SALT	0.04	0.02
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,WO/SALT	0.04	0.02
ARTICHOKES,(GLOBE OR FRENCH),FRZ,UNPREP	0.03	0.01
ARTICHOKES,(GLOBE OR FRENCH),RAW	0.05	0.02
ARUGULA,RAW	0.02	0.01
ASPARAGUS,CKD,BLD,DRND	0.02	0.01
ASPARAGUS,CKD,BLD,DRND,W/SALT	0.02	0.01
ASPARAGUS,CND,NO SALT,SOL&LIQUIDS	0.01	0.01
ASPARAGUS,CND,REG PK,SOL&LIQUIDS	0.01	0.01
ASPARAGUS,FRZ,CKD,BLD,DRND,W/SALT	0.03	0.01
ASPARAGUS,FRZ,CKD,BLD,DRND,WO/SALT	0.03	0.01
ASPARAGUS,FRZ,UNPREP	0.02	0.02
ASPARAGUS,RAW	0.02	0.01
AVOCADOS,RAW,ALL COMM VAR	0.02	0.01
AVOCADOS,RAW,CALIFORNIA	0.02	0.01
AVOCADOS,RAW,FLORIDA	0.03	0.01
BABYFOOD,APPLE-BANANA JUC	0.12	0
BABYFOOD,APPLE-CRANBERRY JUC	0.11	0
BABYFOOD,APPLS W/HAM,STR	0.09	0.01
BABYFOOD,APPLS&TURKEY,STR	0.08	0.01
BABYFOOD,APPLS,DICES,TODD	0.11	0
BABYFOOD,CARROTS&BF,STR	0.03	0.02
BABYFOOD,CRL,EGG YOLKS&BACON,JR	0.05	0.01
BABYFOOD,CRL,HI PROT,PREP W/WHL MILK	0.11	0.04
BABYFOOD,CRL,HI PROT,W/APPL&ORANGE,PREP W/WHL MILK	0.13	0.03
BABYFOOD,CRL,MXD,PREP W/WHL MILK	0.14	0.02
BABYFOOD,CRL,W/EGG YOLKS,JR	0.06	0.01
BABYFOOD,CRL,W/EGG YOLKS,STR	0.06	0.01
BABYFOOD,CRL,W/EGGS,STR	0.08	0.01
BABYFOOD,DINNER,APPLS&CHICK,STR	0.09	0.01
BABYFOOD,DINNER,BF LASAGNA,TODD	0.10	0.02
BABYFOOD,DINNER,BF NOODLE,JR	0.06	0.01
BABYFOOD,DINNER,BF NOODLE,STR	0.06	0.01
BABYFOOD,DINNER,BF STEW,TODD	0.04	0.03
BABYFOOD,DINNER,BF&RICE,TODD	0.08	0.03
BABYFOOD,DINNER,CHICK NOODLE,JR	0.07	0.01
BABYFOOD,DINNER,CHICK NOODLE,STR	0.06	0.01
BABYFOOD,DINNER,CHICK SOUP,STR	0.06	0.01
BABYFOOD,DINNER,CHICK STEW,TODD	0.05	0.03
BABYFOOD,DINNER,GRN BNS&TURKEY,STR	0.03	0.02
BABYFOOD,DINNER,MACARONI&CHS,JR	0.07	0.01
BABYFOOD,DINNER,MACARONI&CHS,STR	0.08	0.02
BABYFOOD,DINNER,MACARONI&TOMATO&BF,JR	0.08	0.01
BABYFOOD,DINNER,MACARONI&TOMATO&BF,STR	0.08	0.01
BABYFOOD,DINNER,MXD VEG,JR	0.07	0.01
BABYFOOD,DINNER,MXD VEG,STR	0.09	0.01

Carb Factors

BABYFOOD,DINNER,PASTA W/VEG	0.06	0.01
BABYFOOD,DINNER,SPAGHETTI&TOMATO&MEAT,JR	0.10	0.01
BABYFOOD,DINNER,SPAGHETTI&TOMATO&MEAT,TODD	0.10	0.03
BABYFOOD,DINNER,SWT POTATOES&CHICK,STR	0.09	0.01
BABYFOOD,DINNER,TURKEY&RICE,JR	0.08	0.01
BABYFOOD,DINNER,TURKEY&RICE,STR	0.07	0.01
BABYFOOD,DINNER,VEG CHICK,STR	0.06	0.01
BABYFOOD,DINNER,VEG&BACON,JR	0.06	0.01
BABYFOOD,DINNER,VEG&BACON,STR	0.07	0.01
BABYFOOD,DINNER,VEG&BF,JR	0.07	0.01
BABYFOOD,DINNER,VEG&BF,STR	0.05	0.01
BABYFOOD,DINNER,VEG&CHICK,JR	0.07	0.01
BABYFOOD,DINNER,VEG&DUMPLINGS&BF,JR	0.08	0.01
BABYFOOD,DINNER,VEG&DUMPLINGS&BF,STR	0.07	0.01
BABYFOOD,DINNER,VEG&HAM,JR	0.07	0.01
BABYFOOD,DINNER,VEG&HAM,STR	0.06	0.01
BABYFOOD,DINNER,VEG&LAMB,JR	0.06	0.01
BABYFOOD,DINNER,VEG&LAMB,STR	0.05	0.01
BABYFOOD,DINNER,VEG&NOODLES&TURKEY,JR	0.06	0.01
BABYFOOD,DINNER,VEG&NOODLES&TURKEY,STR	0.05	0.01
BABYFOOD,DINNER,VEG&TURKEY,JR	0.06	0.01
BABYFOOD,DINNER,VEG&TURKEY,STR	0.06	0.01
BABYFOOD,DINNER,VEG&TURKEY,TODD	0.08	0.02
BABYFOOD,DINNER,VEG,NOODLES&CHICK,JR	0.08	0.01
BABYFOOD,DINNER,VEG,NOODLES&CHICK,STR	0.06	0.01
BABYFOOD,DINNER,VEG,TURKEY,&BARLEY	0.06	0.01
BABYFOOD,FRUIT&VEG,APPL&SWT POTATO	0.13	0
BABYFOOD,FRUIT,APPL&RASPBERRY,W/SUGAR,JR	0.13	0
BABYFOOD,FRUIT,APPL&RASPBERRY,W/SUGAR,STR	0.13	0
BABYFOOD,FRUIT,APPLSAUC&APRICOTS,JR	0.10	0
BABYFOOD,FRUIT,APPLSAUC&APRICOTS,STR	0.09	0
BABYFOOD,FRUIT,APPLSAUC&CHERRIES,JR	0.13	0
BABYFOOD,FRUIT,APPLSAUC&CHERRIES,STR	0.13	0
BABYFOOD,FRUIT,APPLSAUC&PNAPPL,JR	0.09	0
BABYFOOD,FRUIT,APPLSAUC&PNAPPL,STR	0.08	0
BABYFOOD,FRUIT,APPLSAUC,JR	0.08	0
BABYFOOD,FRUIT,APPLSAUC,STR	0.09	0
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,STR	0.13	0
BABYFOOD,FRUIT,PEARS&PNAPPL,JR	0.08	0
BABYFOOD,FRUIT,PEARS&PNAPPL,STR	0.08	0
BABYFOOD,FRUIT,PEARS,JR	0.08	0
BABYFOOD,FRUIT,PEARS,STR	0.07	0
BABYFOOD,GRN BNS,DICES,TODD	0.04	0.01
BABYFOOD,JUC,APPL GRAPE,W/CA	0.12	0
BABYFOOD,JUC,APPL&CHERRY	0.09	0
BABYFOOD,JUC,APPL&GRAPE	0.11	0
BABYFOOD,JUC,APPL&PEACH	0.10	0
BABYFOOD,JUC,APPL&PLUM	0.12	0
BABYFOOD,JUC,FRUIT PUNCH,W/CA	0.12	0
BABYFOOD,JUC,MXD FRUIT	0.11	0
BABYFOOD,JUC,ORANGE&APPL	0.10	0

Carb Factors

BABYFOOD,JUC,ORANGE&APPL&BANANA	0.11	0
BABYFOOD,JUC,ORANGE&APRICOT	0.10	0
BABYFOOD,JUC,ORANGE&BANANA	0.11	0
BABYFOOD,JUC,ORANGE&PNAPPL	0.11	0
BABYFOOD,JUICE,APPLE	0.11	0
BABYFOOD,JUICE,ORANGE	0.10	0
BABYFOOD,MEAT,CHICK STKS,JR	0.01	0.07
BABYFOOD,PEACHES,DICES,TODD	0.11	0
BABYFOOD,PEARS,DICES,TODD	0.12	0
BABYFOOD,PEAS,DICES,TODD	0.06	0.02
BABYFOOD,POTATOES,TODDLER	0.10	0.01
BABYFOOD,TURKEY,RICE&VEG,TODD	0.06	0.02
BABYFOOD,VEG,BEETS,STR	0.05	0.01
BABYFOOD,VEG,BUTTERNUT SQUASH&CORN	0.07	0.01
BABYFOOD,VEG,CARROTS,JR	0.05	0
BABYFOOD,VEG,CARROTS,STR	0.04	0
BABYFOOD,VEG,CORN,CRMD,STR	0.12	0.01
BABYFOOD,VEG,GARDEN VEG,STR	0.05	0.01
BABYFOOD,VEG,GRN BNS&POTATOES	0.07	0.01
BABYFOOD,VEG,GRN BNS,CRMD,JR	0.05	0.01
BABYFOOD,VEG,GRN BNS,JR	0.03	0.01
BABYFOOD,VEG,GRN BNS,STR	0.04	0.01
BABYFOOD,VEG,MIX VEG JR	0.06	0.01
BABYFOOD,VEG,MIX VEG STR	0.06	0.01
BABYFOOD,VEG,PEAS,CRMD,STR	0.07	0.01
BABYFOOD,VEG,PEAS,STR	0.06	0.02
BABYFOOD,VEG,SPINACH,CRMD,STR	0.03	0.01
BABYFOOD,VEG,SQUASH,JR	0.03	0
BABYFOOD,VEG,SQUASH,STR	0.03	0
BABYFOOD,VEG,SWT POTATOES,JR	0.12	0.01
BABYFOOD,VEG,SWT POTATOES,STR	0.11	0.01
BACON,MEATLESS	0.03	0.05
BAKING CHOC,UNSWTND,SQUARES	0.12	0.05
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,CKD,BLD,DRND,W/SALT	0.04	0.02
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,CKD,BLD,DRND,WO/SALT	0.04	0.02
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,RAW	0.03	0.03
BALSAM-PEAR (BITTER GOURD),PODS,CKD,BLD,DRND,W/SALT	0.02	0
BALSAM-PEAR (BITTER GOURD),PODS,CKD,BLD,DRND,WO/SALT	0.02	0
BAMBOO SHOOTS,CND,DRND SOL	0.01	0.01
BAMBOO SHOOTS,RAW	0.03	0.01
BANQUET EX HELP MT LOAF DIN,TOM SAU,MSH POT&CAR W/SAU,FRZ ML	0.06	0.03
BANQUET EX HELP SALSBR Y STK DIN,GRVY,MSH POT&CORN,SAU,FR ML	0.08	0.03
BANQUET SALISBURY STK ML,GRVY,SALSBR Y STK,MSH POT,CORN,FR ML	0.09	0.03
BANQUET SLICED BF MEAL,W/GRAVY,MSHD POT&PEAS W/SAU,FRZ MEAL	0.05	0.05
BANQUET TURKEY&GRAVY W/DRSNG MEAL,MSHD POT&CORN W/SAU,FRZ ML	0.11	0.03
BANQUET VEAL PARMIGIANA ML,TOM SAU,MSHD POT&PEAS&SAU,FRZ ML	0.11	0.02
BARBECUE LOAF,PORK,BEEF	0.06	0.08
BARBER FOODS CHICK CORDON BLEU,FILLED W/CHS&HAM,FRZ ENTREE	0.08	0.08
BEANS,BKD,CND,W/FRANKS	0.08	0.03
BEANS,BLACK TURTLE SOUP,MATURE SEEDS,CND	0.09	0.03
BEANS,CRANBERRY (ROMAN),MATURE SEEDS,CND	0.08	0.03

Carb Factors

BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CND	0.11	0.03
BEANS,KIDNEY,CALIFORNIA RED,MATURE SEEDS,CKD,BLD,W/SALT	0.13	0.05
BEANS,KIDNEY,CALIFORNIA RED,MATURE SEEDS,CKD,BLD,WO/SALT	0.13	0.05
BEANS,KIDNEY,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	0.04	0.02
BEANS,KIDNEY,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,WO/SALT	0.04	0.02
BEANS,KIDNEY,MATURE SEEDS,SPROUTED,RAW	0.04	0.02
BEANS,KIDNEY,RED,MATURE SEEDS,CND	0.09	0.03
BEANS,KIDNEY,ROYAL RED,MATURE SEEDS,CKD,BLD W/SALT	0.12	0.05
BEANS,KIDNEY,ROYAL RED,MATURE SEEDS,CKD,BLD,WO/SALT	0.12	0.05
BEANS,LIMA,IMMAT SEEDS,CND,REG PK,SOL&LIQUIDS	0.09	0.02
BEANS,MUNG,MATURE SEEDS,SPROUTED,CND,DRND SOL	0.01	0.01
BEANS,NAVY,MATURE SEEDS,SPROUTED,RAW	0.13	0.03
BEANS,PINTO,MATURE SEEDS,CND	0.10	0.02
BEANS,PINTO,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	0.04	0.01
BEANS,PINTO,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,WO/SALT	0.04	0.01
BEANS,PINTO,MATURE SEEDS,SPROUTED,RAW	0.11	0.03
BEANS,SHELL,CND,SOL&LIQUIDS	0.02	0.01
BEANS,SNAP,CND,ALL STYLES,SEASONED,SOL&LIQUIDS	0.01	0
BEANS,SNAP,GREEN,RAW	0.03	0.01
BEANS,SNAP,GRN VAR,CND,REG PK,SOL&LIQUIDS	0.02	0
BEANS,SNAP,GRN,CKD,BLD,DRND,W/SALT	0.04	0.01
BEANS,SNAP,GRN,CKD,BLD,DRND,WO/SALT	0.04	0.01
BEANS,SNAP,GRN,CND,NO SALT,DRND SOL	0.02	0.01
BEANS,SNAP,GRN,CND,NO SALT,SOL&LIQUIDS	0.02	0
BEANS,SNAP,GRN,CND,REG PK,DRND SOL	0.02	0.01
BEANS,SNAP,GRN,FRZ,ALL STYLES,UNPREP	0.04	0.01
BEANS,SNAP,GRN,FRZ,CKD,BLD,DRND WO/SALT	0.03	0.01
BEANS,SNAP,GRN,FRZ,CKD,BLD,DRND,W/SALT	0.03	0.01
BEANS,SNAP,YEL,CKD,BLD,DRND,W/SALT	0.04	0.01
BEANS,SNAP,YEL,CKD,BLD,DRND,WO/SALT	0.04	0.01
BEANS,SNAP,YEL,CND,NO SALT,DRND SOL	0.03	0.01
BEANS,SNAP,YEL,CND,NO SALT,SOL&LIQUIDS	0.02	0
BEANS,SNAP,YEL,CND,REG PK,DRND SOL	0.03	0.01
BEANS,SNAP,YEL,CND,REG PK,SOL&LIQUIDS	0.02	0
BEANS,SNAP,YEL,FRZ,ALL STYLES,UNPREP	0.04	0.01
BEANS,SNAP,YEL,FRZ,CKD,BLD,DRND,W/SALT	0.03	0.01
BEANS,SNAP,YEL,FRZ,CKD,BLD,DRND,WO/SALT	0.03	0.01
BEANS,SNAP,YELLOW,RAW	0.03	0.01
BEEF BROTH&TOMATO JUC,CND	0.08	0
BEEF JERKY,CHOPD&FORMED	0.09	0.17
BEEF STEW,CANNED ENTREE	0.05	0.02
BEEF,CURED,BRKFST STRIPS,CKD	0.01	0.16
BEEF,CURED,DRIED BEEF	0.01	0.15
BEEF,CURED,PASTRAMI	0.03	0.09
BEEF,CURED,SAUSAGE,CKD,SMOKED	0.02	0.07
BEEF,CURED,SMOKED,CHOPD BF	0.01	0.1
BEEF,CURED,THIN-SLICED BF	0.05	0.14
BEEF,VAR MEATS&BY-PRODUCTS,HEART,RAW	0.02	0.09
BEEF,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	0.02	0.08
BEEF,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	0.03	0.12
BEEF,VAR MEATS&BY-PRODUCTS,LIVER,CKD,PAN-FRIED	0.07	0.13

Carb Factors

BEEF,VAR MEATS&BY-PRODUCTS,LIVER,RAW	0.05	0.1
BEEF,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	0.03	0.07
BEERWURST,BEER SALAMI,BF	0.01	0.06
BEERWURST,BEER SALAMI,PORK	0.02	0.07
BEET GRNS,CKD,BLD,DRND,W/SALT	0.02	0.01
BEET GRNS,CKD,BLD,DRND,WO/SALT	0.02	0.01
BEETS,CKD,BLD,DRND	0.07	0.01
BEETS,CKD,BOILED. DRND,W/SALT	0.07	0.01
BEETS,CND,DRND SOL	0.05	0
BEETS,CND,NO SALT,SOL&LIQUIDS	0.05	0
BEETS,CND,REG PK,SOL&LIQUIDS	0.05	0
BEETS,PICKLED,CND,SOL&LIQUIDS	0.13	0
BEETS,RAW	0.06	0.01
BERLINER,PORK,BEEF	0.02	0.08
BLACKBERRIES,FRZ,UNSWTND	0.10	0.01
BLACKBERRIES,RAW	0.07	0
BLOOD SAUSAGE	0.01	0.07
BLUEBERRIES,FRZ,UNSWTND	0.09	0
BLUEBERRIES,RAW	0.11	0
BOLOGNA,BEEF AND PORK	0.02	0.06
BORAGE,CKD,BLD,DRND,W/SALT	0.03	0.01
BORAGE,CKD,BLD,DRND,WO/SALT	0.03	0.01
BORAGE,RAW	0.03	0.01
BOYSENBERRIES,FRZ,UNSWTND	0.08	0.01
BRATWURST,COOKED,PORK	0.02	0.07
BRAUNSCHWEIGER (A LIVER SAUSAGE),PORK	0.03	0.07
BRAZILNUTS,DRIED,UNBLANCHED	0.07	0.07
BROADBEANS (FAVA BNS),MATURE SEEDS,CND	0.08	0.03
BROADBEANS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	0.10	0.02
BROADBEANS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	0.06	0.02
BROADBEANS,IMMAT SEEDS,RAW	0.07	0.03
BROCCOLI,CHINESE,COOKED	0.01	0.01
BROCCOLI,CKD,BLD,DRND,W/SALT	0.02	0.01
BROCCOLI,CKD,BLD,DRND,WO/SALT	0.02	0.01
BROCCOLI,FLOWER CLUSTERS,RAW	0.05	0.01
BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	0.02	0.02
BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	0.02	0.02
BROCCOLI,FRZ,CHOPD,UNPREP	0.01	0.01
BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,W/SALT	0.02	0.02
BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,WO/SALT	0.02	0.02
BROCCOLI,FRZ,SPEARS,UNPREP	0.02	0.02
BROCCOLI,LEAVES,RAW	0.05	0.01
BROCCOLI,RAW	0.02	0.01
BROCCOLI,STALKS,RAW	0.05	0.01
BROTWURST,PORK,BF,NONFAT DRY MILK	0.02	0.07
BRUSSELS SPROUTS,CKD,BLD,DRND,W/SALT	0.06	0.01
BRUSSELS SPROUTS,CKD,BLD,DRND,WO/SALT	0.06	0.01
BRUSSELS SPROUTS,FRZ,CKD,BLD,DRND,W/SALT	0.04	0.02
BRUSSELS SPROUTS,FRZ,CKD,BLD,DRND,WO/SALT	0.04	0.02
BRUSSELS SPROUTS,FRZ,UNPREP	0.04	0.02
BRUSSELS SPROUTS,RAW	0.05	0.02

Carb Factors

BUDGET GOURMET LT FR REC CHCK;VEG,CHCK&POT,WINE SAU,FRZ ENTR	0.01	0.05
BUDGET GOURMET LT&HLTHY BF SRLN SALS STK,RED POT&VEG,FRZ ML	0.08	0.03
BUTCHER BOY MEATS,INC.,TURKEY FRANKS	0.04	0.07
BUTTERBUR,(FUKI),RAW	0.03	0
BUTTERBUR,CKD,BLD,DRND,W/SALT	0.02	0
BUTTERBUR,CKD,BLD,DRND,WO/SALT	0.02	0
BUTTERNUTS,DRIED	0.07	0.12
CABBAGE,CHINESE (PAK-CHOI),RAW	0.01	0.01
CABBAGE,CKD,BLD,DRND,WO/SALT	0.02	0.01
CABBAGE,COMMON (DANISH,DOMESTIC,&POINTED TYPES),STORED,RAW	0.03	0.01
CABBAGE,COMMON,CKD,BLD,DRND,W/SALT	0.01	0.01
CABBAGE,COMMON,FRESHLY HARVEST,RAW	0.03	0.01
CABBAGE,NAPA,COOKED	0.02	0.01
CABBAGE,RAW	0.03	0.01
CABBAGE,RED,CKD,BLD,DRND,W/SALT	0.02	0.01
CABBAGE,RED,CKD,BLD,DRND,WO/SALT	0.02	0.01
CABBAGE,RED,RAW	0.04	0.01
CABBAGE,SAVOY,CKD,BLD,DRND,W/SALT	0.02	0.01
CABBAGE,SAVOY,CKD,BLD,DRND,WO/SALT	0.02	0.01
CABBAGE,SAVOY,RAW	0.03	0.01
CAPERS,CANNED	0.01	0.01
CARAMBOLA,(STARFRUIT),RAW	0.05	0
CARAWAY SEED	0.11	0.1
CARBONATED BEV,CHOCOLATE-FLAVORED SODA	0.10	0
CARBONATED BEV,COLA,CONTAINS CAFFEINE	0.10	0
CARBONATED BEV,COLA,W/HIGHER CAFFEINE	0.10	0
CARBONATED BEV,COLA,WO/CAFFEINE	0.10	0
CARBONATED BEV,CRM SODA	0.13	0
CARBONATED BEV,GINGER ALE	0.08	0
CARBONATED BEV,GRAPE SODA	0.11	0
CARBONATED BEV,LEMON-LIME SODA	0.10	0
CARBONATED BEV,LEMON-LIME SODA,CONTAINS CAFFEINE	0.10	0
CARBONATED BEV,ORANGE	0.12	0
CARBONATED BEV,PEPPER-TYPE,CONTAINS CAFFEINE	0.10	0
CARBONATED BEV,ROOT BEER	0.10	0
CARBONATED BEV,TONIC H2O	0.08	0
CARDOON,CKD,BLD,DRND,W/SALT	0.03	0
CARDOON,CKD,BLD,DRND,WO/SALT	0.03	0
CARDOON,RAW	0.03	0
CARISSA,(NATAL-PLUM),RAW	0.13	0
CARL BUDDIG,CKD CORNED BF,CHOPD,PRESSED	0.01	0.1
CARL BUDDIG,SMOKED SLICED HAM	0.01	0.09
CARL BUDDIG,SMOKED SLICED TURKEY,LT&DK MEAT	0.01	0.09
CARL BUDDIG. CKD SMOKED BF PASTRAMI,CHOPD,PRESSED	0.01	0.1
CAROB-FLAVOR BEV MIX,PDR,PREP W/MILK	0.08	0.02
CARROT JUICE,CANNED	0.08	0
CARROTS,BABY,RAW	0.06	0
CARROTS,CKD,BLD,DRND,W/SALT	0.07	0.01
CARROTS,CKD,BLD,DRND,WO/SALT	0.07	0.01
CARROTS,CND,NO SALT ,DRND SOL	0.04	0
CARROTS,CND,NO SALT,SOL&LIQUIDS	0.03	0



Carb Factors

CARROTS,CND,REG PK,DRND SOL	0.04	0
CARROTS,CND,REG PK,SOL&LIQUIDS	0.03	0
CARROTS,FROZEN,UNPREPARED	0.05	0.01
CARROTS,FRZ,CKD,BLD,DRND,W/SALT	0.04	0.01
CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	0.04	0.01
CARROTS,RAW	0.07	0.01
CASTLEBERRY PREMIUM BF STEW,CND ENTREE	0.07	0.03
CATFISH,CHANNEL,CKD,BREADED&FRIED	0.07	0.09
CAULIFLOWER,CKD,BLD,DRND,W/SALT	0.01	0.01
CAULIFLOWER,CKD,BLD,DRND,WO/SALT	0.01	0.01
CAULIFLOWER,FRZ,CKD,BLD,DRND,W/SALT	0.01	0.01
CAULIFLOWER,FRZ,CKD,BLD,DRND,WO/SALT	0.01	0.01
CAULIFLOWER,FRZ,UNPREP	0.02	0.01
CAULIFLOWER,GREEN,RAW	0.02	0.01
CAULIFLOWER,GRN,CKD,NO SALT	0.02	0.02
CAULIFLOWER,GRN,CKD,SALT	0.02	0.02
CAULIFLOWER,RAW	0.02	0.01
CAVIAR,BLACK&RED,GRANULAR	0.04	0.12
CELERIAC,CKD,BLD,DRND,W/SALT	0.05	0
CELERIAC,CKD,BLD,DRND,WO/SALT	0.04	0
CELERIAC,RAW	0.07	0.01
CELERY,CKD,BLD,DRND,W/SALT	0.02	0
CELERY,CKD,BLD,DRND,WO/SALT	0.02	0
CELERY,RAW	0.01	0
CELTUCE,RAW	0.01	0
CEREALS,CORN GRITS,WHITE,REG,QUICK,ENR,CKD W/ H2O,W/ SALT	0.12	0.01
CEREALS,CORN GRITS,WHITE,REG,QUICK,ENR,CKD W/ H2O,WO/ SALT	0.12	0.01
CEREALS,CORN GRITS,WHITE,REG,QUICK,UNENR,CKD W/ H2O,W/ SALT	0.12	0.01
CEREALS,CORN GRITS,WHITE,REG,QUICK,UNENR,CKD W/ H2O,WO/ SALT	0.12	0.01
CEREALS,CORN GRITS,YEL,REG,QUICK,ENR,CKD W/ H2O,W/ SALT	0.12	0.01
CEREALS,CORN GRITS,YEL,REG,QUICK,ENR,CKD W/ H2O,WO/ SALT	0.12	0.01
CEREALS,CORN GRITS,YEL,REG,QUICK,UNENR,CKD W/ H2O,W/ SALT	0.12	0.01
CEREALS,CORN GRITS,YEL,REG,QUICK,UNENR,CKD W/ H2O,WO/ SALT	0.12	0.01
CEREALS,CREAM OF RICE,CKD W/ H2O,W/ SALT	0.11	0
CEREALS,CREAM OF RICE,CKD W/ H2O,WO/ SALT	0.11	0
CEREALS,CREAM OF WHEAT,INST,PREP W/ H2O,W/ SALT	0.11	0.01
CEREALS,CREAM OF WHEAT,INST,PREP W/ H2O,WO/ SALT	0.11	0.01
CEREALS,CREAM OF WHEAT,QUICK,CKD W/ H2O,W/ SALT	0.10	0.01
CEREALS,CREAM OF WHEAT,QUICK,CKD W/ H2O,WO/ SALT	0.10	0.01
CEREALS,CREAM OF WHEAT,REG,CKD W/ H2O,W/ SALT	0.10	0.01
CEREALS,CREAM OF WHEAT,REG,CKD W/ H2O,WO/ SALT	0.10	0.01
CEREALS,FARINA,ENR,CKD W/ H2O,W/ SALT	0.09	0.01
CEREALS,FARINA,ENR,CKD W/H2O,WO/SALT,(WHEAT)	0.09	0.01
CEREALS,FARINA,UNENR,CKD W/ H2O,W/ SALT	0.09	0.01
CEREALS,FARINA,UNENR,CKD W/ H2O,WO/ SALT	0.09	0.01
CEREALS,MALT-O-MEAL,PLN & CHOC,CKD W/ H2O,W/ SALT	0.10	0.01
CEREALS,MALT-O-MEAL,PLN & CHOC,CKD W/ H2O,WO/ SALT	0.10	0.01
CEREALS,MAYPO,CKD W/ H2O,W/ SALT	0.10	0.01
CEREALS,MAYPO,CKD W/ H2O,WO/ SALT	0.10	0.01
CEREALS,OAT BRAN,QKR,QKR/MOTHER'S OAT BRAN,PREP W/H2O,SALT	0.05	0.01
CEREALS,OATS,INST,FORT,PLN,PREP W/ H2O	0.08	0.01

Carb Factors

CEREALS,OATS,INST,FORT,W/ BRAN & RAISINS,PREP W/ H2O	0.12	0.01
CEREALS,OATS,REG & QUICK & INST,WO/ FORT,CKD W/ H2O,W/ SALT	0.09	0.01
CEREALS,OATS,REG & QUICK & INST,WO/ FORT,CKD W/ H2O,WO/ SALT	0.09	0.01
CEREALS,QKR,OAT BRAN,PREP W/H2O,NO SALT	0.05	0.01
CEREALS,QUAKER,CORN GRITS,INST,CHEDDAR CHS FLAVOR,PREP W/H2O	0.13	0.01
CEREALS,QUAKER,CORN GRITS,INST,W/IMITN BACON BITS,PREP W/H2O	0.13	0.01
CEREALS,QUAKER,CORN GRITS,INST,W/IMITN HAM BITS,PREP W/H2O	0.13	0.01
CEREALS,QUAKER,CREAMY WHEAT,FARINA,ENR,PREP W/H2O,NO SALT	0.10	0.01
CEREALS,QUAKER,CREAMY WHEAT,FARINA,ENR,PREP W/H2O,SALT	0.10	0.01
CEREALS,QUAKER,QUAKER MULTIGRAIN OATMEAL,PREP W/H2O,NO SALT	0.11	0.01
CEREALS,QUAKER,QUAKER MULTIGRAIN OATMEAL,PREP W/H2O,SALT	0.11	0.01
CEREALS,RALSTON,CKD W/ H2O,W/ SALT	0.08	0.01
CEREALS,RALSTON,CKD W/ H2O,WO/ SALT	0.08	0.01
CEREALS,ROMAN MEAL WITH OATS,CKD W/ H2O,W/ SALT	0.10	0.02
CEREALS,ROMAN MEAL WITH OATS,CKD W/ H2O,WO/ SALT	0.11	0.02
CEREALS,ROMAN MEAL,PLN,CKD W/ H2O,W/ SALT	0.10	0.01
CEREALS,ROMAN MEAL,PLN,CKD W/ H2O,WO/ SALT	0.10	0.01
CEREALS,WHEATENA,CKD W/ H2O	0.09	0.01
CEREALS,WHEATENA,CKD W/ H2O,W/ SALT	0.09	0.01
CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,W/ SALT	0.12	0.01
CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,WO/ SALT	0.12	0.01
CHARD,SWISS,CKD,BLD,DRND,W/SALT	0.02	0.01
CHARD,SWISS,CKD,BLD,DRND,WO/SALT	0.02	0.01
CHARD,SWISS,RAW	0.02	0.01
CHAYOTE,FRUIT,CKD,BLD,DRND,W/SALT	0.02	0
CHAYOTE,FRUIT,CKD,BLD,DRND,WO/SALT	0.02	0
CHAYOTE,FRUIT,RAW	0.02	0
CHEESE FD,COLD PK,AMERICAN	0.08	0.1
CHEESE FD,PAST PROCESS,AMERICAN,W/DI NA PO4	0.07	0.1
CHEESE FD,PAST PROCESS,AMERICAN,WO/DI NA PO4	0.07	0.1
CHEESE FD,PAST PROCESS,SWISS	0.04	0.11
CHEESE FONDUE	0.03	0.07
CHEESE SAU,PREP FROM RECIPE	0.05	0.05
CHEESE SPRD,PAST PROCESS,AMERICAN,W/DI NA PO4	0.08	0.08
CHEESE SPRD,PAST PROCESS,AMERICAN,WO/DI NA PO4	0.08	0.08
CHEESE,BLUE	0.02	0.11
CHEESE,BRICK	0.02	0.12
CHEESE,CARAWAY	0.03	0.13
CHEESE,CHEDDAR	0.01	0.12
CHEESE,CHESHIRE	0.04	0.12
CHEESE,COLBY	0.02	0.12
CHEESE,COTTAGE,CRMD,LRG OR SML CURD	0.02	0.06
CHEESE,COTTAGE,CRMD,W/FRUIT	0.13	0.05
CHEESE,COTTAGE,LOWFAT,1% MILKFAT	0.02	0.06
CHEESE,COTTAGE,LOWFAT,2% MILKFAT	0.03	0.07
CHEESE,COTTAGE,NONFAT,UNCRMD,DRY,LRG OR SML CURD	0.01	0.09
CHEESE,CREAM	0.02	0.04
CHEESE,CREAM,FAT FREE	0.05	0.07
CHEESE,EDAM	0.01	0.12
CHEESE,FETA	0.04	0.07
CHEESE,FONTINA	0.01	0.13

Carb Factors

CHEESE,GOAT,HARD TYPE	0.02	0.15
CHEESE,GOAT,SEMISOFT TYPE	0.02	0.11
CHEESE,GOUDA	0.02	0.12
CHEESE,LOFAT,CHEDDAR OR COLBY	0.01	0.12
CHEESE,LOW-SODIUM,CHEDDAR OR COLBY	0.01	0.12
CHEESE,MEXICAN,QUESO ANEJO	0.04	0.11
CHEESE,MEXICAN,QUESO ASADERO	0.02	0.11
CHEESE,MEXICAN,QUESO CHIHUAHUA	0.05	0.11
CHEESE,MOZZARELLA,PART SKIM MILK	0.02	0.12
CHEESE,MOZZARELLA,PART SKIM MILK,LO MOIST	0.03	0.14
CHEESE,MOZZARELLA,WHL MILK	0.02	0.1
CHEESE,MOZZARELLA,WHL MILK,LO MOIST	0.02	0.11
CHEESE,MUENSTER	0.01	0.12
CHEESE,NEUFCHATEL	0.02	0.05
CHEESE,PARMESAN,GRATED	0.03	0.21
CHEESE,PARMESAN,HARD	0.03	0.18
CHEESE,PARMESAN,SHREDDED	0.03	0.19
CHEESE,PAST PROCESS,AMERICAN,W/DI NA PO4	0.01	0.11
CHEESE,PAST PROCESS,AMERICAN,WO/DI NA PO4	0.01	0.11
CHEESE,PAST PROCESS,PIMENTO	0.01	0.11
CHEESE,PAST PROCESS,SWISS,W/DI NA PO4	0.02	0.12
CHEESE,PAST PROCESS,SWISS,WO/DI NA PO4	0.02	0.12
CHEESE,PROVOLONE	0.02	0.13
CHEESE,RICOTTA,PART SKIM MILK	0.05	0.06
CHEESE,RICOTTA,WHOLE MILK	0.03	0.06
CHEESE,ROMANO	0.03	0.16
CHEESE,ROQUEFORT	0.02	0.11
CHEESE,SWISS	0.03	0.14
CHEESE,TILSIT	0.01	0.12
CHEESEFURTER,CHS SMOKIE,PORK,BF	0.01	0.07
CHEF BOYARDEE BEEFARONI,MACARONI W/BF IN TOM SAU,CND ENTREE	0.13	0.02
CHEF BOYARDEE BF RAVIOLI IN TOMATO&MEAT SAU,CND ENTREE	0.13	0.02
CHEF BOYARDEE SPAGHETTI&MEATBALLS IN TOMATO SAU,CND ENTREE	0.13	0.02
CHERRIES,SOUR,RED,CND,H2O PK,SOL&LIQUIDS (INCL USDA CMDTY)	0.07	0
CHERRIES,SOUR,RED,FRZ,UNSWTND	0.09	0
CHERRIES,SOUR,RED,RAW	0.10	0.01
CHERRIES,SWT,CND,H2O PK,SOL&LIQUIDS	0.10	0
CHERRIES,SWT,CND,JUC PK,SOL&LIQUIDS	0.12	0
CHESTNUTS,JAPANESE,BLD&STMD	0.12	0
CHICKEN ROLL,LIGHT MEAT	0.02	0.1
CHICKEN SPREAD,CANNED	0.05	0.08
CHICKEN,BROILER OR FRYER,MEAT&SKN&GIBLETS&NECK,FRIED,BATTER	0.09	0.11
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,FRIED	0.05	0.15
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,FRIED,BATTER	0.10	0.11
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,FRIED,FLR	0.06	0.14
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,FRIED,BATTER	0.08	0.12
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,FRIED,FLR	0.01	0.16
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,FRIED	0.02	0.14
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,FRIED,BATTER	0.09	0.11
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,FRIED,FLR	0.04	0.14
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,FRIED,BATTER	0.07	0.11

Carb Factors

CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,FRIED,FLR	0.01	0.13
CHICKEN,BROILERS OR FRYERS,GIBLETS,CKD,FRIED	0.04	0.16
CHICKEN,BROILERS OR FRYERS,GIBLETS,RAW	0.01	0.09
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,FRIED,BATTER	0.08	0.11
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,FRIED,FLR	0.02	0.13
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,FRIED,BATTER	0.09	0.12
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,FRIED,FLR	0.01	0.15
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,CKD,FRIED	0.01	0.15
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,FRIED,FLR	0.03	0.14
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,FRIED,BATTER	0.09	0.11
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,FRIED,FLR	0.03	0.14
CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,CKD,FRIED	0.01	0.13
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD,FRIED,BATTER	0.08	0.1
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD,FRIED,FLR	0.04	0.12
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,FRIED,FLR	0.09	0.1
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,FRIED	0.01	0.14
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,FRIED,BATTER	0.08	0.11
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,FRIED,FLR	0.03	0.13
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,FRIED,BATTER	0.10	0.1
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,FRIED,FLR	0.02	0.13
CHICKEN,CAPONS,GIBLETS,RAW	0.01	0.09
CHICKEN,GIZZARD,ALL CLASSES,CKD,SIMMRD	0.01	0.14
CHICKEN,LIVER,ALL CLASSES,RAW	0.03	0.09
CHICKEN,ROASTING,GIBLETS,RAW	0.01	0.09
CHICKEN,STEWING,GIBLETS,RAW	0.02	0.09
CHILD FORMULA,ROSS,PEDIASURE,W/IRON,RTF	0.10	0.01
CHILI CON CARNE W/BNS,CND ENTREE	0.07	0.05
CHILI WITH BEANS,CANNED	0.07	0.03
CHIVES,RAW	0.01	0.02
CHOCOLATE-FLAVOR BEV MIX,PDR,PREP W/MILK	0.11	0.02
CHOCOLATE SYRUP,W/ADDED NUTR,PREP W/MILK	0.08	0.02
CHOCOLATE SYRUP,WO/ADDED NUTR,PREP W/MILK	0.11	0.02
CHORIZO,PORK AND BEEF	0.01	0.12
CHRYSANTHEMUM LEAVES,RAW	0.09	0.02
CHRYSANTHEMUM,GARLAND,CKD,BLD,DRND,W/SALT	0.02	0.01
CHRYSANTHEMUM,GARLAND,CKD,BLD,DRND,WO/SALT	0.02	0.01
CHRYSANTHEMUM,GARLAND,RAW	0.01	0.01
CHUN KING SWT&SOUR VEG FRUIT&SAU W/CHICK,CND ENTREE	0.12	0.01
CITRUS FRUIT JUC DRK,FRZ CONC,PREP W/H2O	0.11	0
CLAM&TOMATO JUC,CND	0.10	0
CLAM,MIXED SPECIES,RAW	0.02	0.06
CLAM,MXD SP,CKD,BREADED&FRIED	0.10	0.07
CLAM,MXD SP,CKD,MOIST HEAT	0.05	0.13
CLAM,MXD SP,CND,DRND SOL	0.05	0.13
COCOA MIX,W/ADDED NUTR,PDR,PREP W/H2O	0.11	0
COCOA MIX,W/ASPRT,PREP FROM ITEM 14196	0.04	0.01
COCOA MIX,W/ASPRT,PREP FROM ITEM 14538	0.04	0.01
COCOA MIX,WO/ADDED NUTR,PDR,PREP W/H2O	0.09	0.01
COCONUT CRM,CND (LIQ EXPRESSED FROM GRATED MEAT)	0.06	0.01
COCONUT CRM,RAW (LIQ EXPRESSED FROM GRATED MEAT)	0.04	0.02
COCONUT H2O (LIQ FROM COCONUTS)	0.02	0

Carb Factors

COCONUT MEAT,DRIED (DESICCATED),NOT SWTND	0.08	0.03
COCONUT MEAT,RAW	0.06	0.02
COCONUT MILK,CND (LIQ EXPRESSED FROM GRATED MEAT&H2O)	0.02	0.01
COCONUT MILK,FRZ (LIQ EXPRESSED FROM GRATED MEAT&H2O)	0.05	0.01
COCONUT MILK,RAW (LIQ EXPRESSED FROM GRATED MEAT&H2O)	0.03	0.01
COFFEE SUB,CRL GRAIN BEV,PDR,PREP W/MILK	0.05	0.02
COFFEE SUB,CRL GRAIN BEV,PREP W/H2O	0.01	0
COFFEE,BREWED,ESPRESSO,REST-PREP	0.01	0
COLESLAW,HOME-PREPARED	0.10	0.01
COLLARDS,CKD,BLD,DRND,W/SALT	0.02	0.01
COLLARDS,CKD,BLD,DRND,WO/SALT	0.02	0.01
COLLARDS,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	0.04	0.01
COLLARDS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	0.04	0.01
COLLARDS,FRZ,CHOPD,UNPREP	0.02	0.01
COLLARDS,RAW	0.02	0.01
CORIANDER SEED	0.13	0.06
CORN PUDD,HOME-PREPARED	0.12	0.02
CORN,SWT,WHITE,CND,WHL KERNEL,REG PK,SOL&LIQUIDS	0.13	0.01
CORN,SWT,YEL,CND,BRINE PK,REG PK,SOL&LIQUIDS	0.13	0.01
CORN,SWT,YEL,CND,NO SALT,SOL&LIQUIDS	0.13	0.01
CORNSALAD,RAW	0.03	0.01
COWPEAS (BLACK EYES),IMMAT SEEDS,RAW	0.13	0.01
COWPEAS,COMMON,MATURE SEEDS,CND W/PORK	0.13	0.01
COWPEAS,COMMON,MATURE SEEDS,CND,PLN	0.10	0.02
COWPEAS,LEAFY TIPS,CKD,BLD,DRND,W/SALT	0.02	0.02
COWPEAS,LEAFY TIPS,CKD,BLD,DRND,WO/SALT	0.02	0.02
COWPEAS,LEAFY TIPS,RAW	0.04	0.02
COWPEAS,YOUNG PODS W/SEEDS,CKD,BLD,DRND,W/SALT	0.07	0.01
COWPEAS,YOUNG PODS W/SEEDS,CKD,BLD,DRND,WO/SALT	0.07	0.01
COWPEAS,YOUNG PODS W/SEEDS,RAW	0.09	0.02
CRAB,ALASKA KING,IMITN,MADE FROM SURIMI	0.10	0.06
CRANBERRIES,RAW	0.08	0
CRANBERRY-GRAPE JUC DRK,BTLD	0.13	0
CRANBERRY JUC COCKTAIL,BTLD,LO CAL,W/CA,SACCHARIN&CORN SWTNR	0.04	0
CRANBERRY JUC COCKTAIL,FRZ CONC,PREP W/H2O	0.13	0
CREAM SUB,LIQ,W/HYDR VEG OIL&SOY PROT	0.11	0.01
CREAM SUB,LIQ,W/LAURIC ACID OIL&NA CASEINATE	0.11	0.01
CREAM,FLUID,HALF AND HALF	0.04	0.01
CREAM,FLUID,HVY WHIPPING	0.02	0.01
CREAM,FLUID,LT (COFFEE CRM OR TABLE CRM)	0.03	0.01
CREAM,FLUID,LT WHIPPING	0.02	0.01
CREAM,SOUR,CULTURED	0.04	0.02
CREAM,SOUR,RED FAT,CULTURED	0.04	0.01
CREAM,WHIPPED,CRM TOPPING,PRESSURIZED	0.12	0.02
CRESS,GARDEN,CKD,BLD,DRND,W/SALT	0.03	0.01
CRESS,GARDEN,CKD,BLD,DRND,WO/SALT	0.03	0.01
CRESS,GARDEN,RAW	0.04	0.01
CROAKER,ATLANTIC,CKD,BREADED&FRIED	0.07	0.09
CUCUMBER,PEELED,RAW	0.01	0
CUCUMBER,WITH PEEL,RAW	0.01	0
CURRANTS,RED&WHITE,RAW	0.09	0.01

Carb Factors

CUTTLEFISH,MXD SP,CKD,MOIST HEAT	0.01	0.16
DAIRY DRK MIX,CHOC,RED CAL,W/ASPRT,PDR,PREP W/H2O	0.05	0.01
DANDELION GREENS,RAW	0.05	0.01
DANDELION GRNS,CKD,BLD,DRND,W/SALT	0.03	0.01
DANDELION GRNS,CKD,BLD,DRND,WO/SALT	0.03	0.01
DESSERTS,GELATINS,JELL-O LO CAL STWBRY,W/A&ACESM K SWTNR,PDR	0.04	0.28
DESSERTS,RENNIN,CHOC,DRY MIX,PREP W/2% MILK	0.13	0.02
DESSERTS,RENNIN,CHOC,DRY MIX,PREP W/WHL MILK	0.12	0.02
DESSERTS,RENNIN,VANILLA,DRY MIX,PREP W/2% MILK	0.12	0.02
DESSERTS,RENNIN,VANILLA,DRY MIX,PREP W/WHL MILK	0.12	0.02
DILL WEED,FRESH	0.04	0.02
DOCK,CKD,BLD,DRND,W/SALT	0.02	0.01
DUCK,DOMESTICATED,LIVER,RAW	0.03	0.09
DUTCH BRAND LOAF,PORK,BF	0.05	0.07
EGG SUBSTITUTE,FROZEN	0.03	0.06
EGG,DUCK,WHOLE,FRESH,RAW	0.01	0.06
EGG,GOOSE,WHOLE,FRESH,RAW	0.01	0.07
EGG,TURKEY,WHL,FRSH,RAW	0.01	0.07
EGG,WHITE,DRIED	0.07	0.41
EGG,WHITE,DRIED,FLAKES,GLUCOSE RED	0.04	0.38
EGG,WHITE,DRIED,PDR,GLUCOSE RED	0.04	0.41
EGG,WHITE,RAW,FRESH	0.01	0.05
EGG,WHITE,RAW,FROZEN	0.01	0.05
EGG,WHL,CKD,HARD-BOILED	0.01	0.06
EGG,WHL,CKD,SCRMBLD	0.02	0.06
EGG,WHL,DRIED,STABILIZED,GLUCOSE RED	0.02	0.24
EGG,WHOLE,COOKED,FRIED	0.01	0.07
EGG,WHOLE,COOKED,OMELET	0.01	0.05
EGG,WHOLE,COOKED,POACHED	0.01	0.06
EGG,WHOLE,DRIED	0.04	0.24
EGG,WHOLE,RAW,FRESH	0.01	0.06
EGG,WHOLE,RAW,FROZEN	0.01	0.06
EGG,YOLK,DRIED	0.03	0.17
EGG,YOLK,RAW,FRESH	0.01	0.08
EGG,YOLK,RAW,FROZEN	0.01	0.08
EGG,YOLK,RAW,FRZ,SALTED	0.01	0.07
EGG,YOLK,RAW,FRZ,SUGARED	0.10	0.07
EGGNOG	0.13	0.02
EGGPLANT,CKD,BLD,DRND,W/SALT	0.04	0
EGGPLANT,CKD,BLD,DRND,WO/SALT	0.04	0
EGGPLANT,RAW	0.03	0.01
EL RIO CHILI CON CARNE,NO BNS,CND ENTREE	0.04	0.03
ELDERBERRIES,RAW	0.11	0
ENTREES,CRAB CAKE	0.08	0.09
EPAZOTE,RAW	0.03	0
FAST FOODS,CHEESEBURGER,TRIPLE PATTY,PLN	0.08	0.09
FAST FOODS,CHICK,BREADED&FRIED,DK MEAT (DRUMSTK OR THIGH)	0.10	0.1
FAST FOODS,CHICK,BREADED&FRIED,LT MEAT (BREAST OR WING)	0.12	0.11
FAST FOODS,CHILI CON CARNE	0.08	0.05
FAST FOODS,COLESLAW	0.12	0.01
FAST FOODS,EGG,SCRAMBLED	0.02	0.07

Carb Factors

FAST FOODS,HAMBURGER,LRG,TRIPLE PATTY,W/CONDMNT	0.11	0.1
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU&BROCCOLI	0.13	0.02
FAST FOODS,SALAD,VEG TOSSED,WO/DRSNG,W/TURKEY,HAM&CHS	0.01	0.04
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG	0.03	0.01
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/CHICK	0.01	0.04
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/CHS&EGG	0.02	0.02
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/PASTA&SEAFOOD	0.07	0.02
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/SHRIMP	0.02	0.03
FAST FOODS,TACO SALAD	0.11	0.03
FAST FOODS,TACO SALAD W/CHILI CON CARNE	0.10	0.03
FAST FOODS,TOSTADA,W/BF&CHS	0.13	0.06
FAST FOODS,TOSTADA,W/BNS,BF,&CHS	0.13	0.04
FEIJOA,RAW	0.10	0.01
FENNEL SEED	0.12	0.08
FENNEL,BULB,RAW	0.04	0.01
FIDDLEHEAD FERNS,FRZ,UNPREP	0.05	0.02
FIDDLEHEAD FERNS,RAW	0.05	0.02
FIGS,CND,H2O PK,SOL&LIQUIDS	0.11	0
FIREWEED,LEAVES,RAW	0.08	0.02
FRANKFURTER,BEEF	0.01	0.06
FRANKFURTER,BEEF AND PORK	0.02	0.06
FRANKFURTER,CHICK	0.06	0.06
FRANKFURTER,TURKEY	0.01	0.07
FREEZER QUEEN GRAVY&SLICED BF MEAL,MSHD POT&CARROTS,FRZ MEAL	0.08	0.03
FROZEN DSSRT,ICE,ITALIAN,REST-PREP	0.13	0
FROZEN DSSRT,ICES,H2O,FRUIT,RED CAL,W/ASPRT	0.06	0
FRUIT-FLAVORED THIRST QUENCHER BEV,LO CAL	0.03	0
FRUIT COCKTAIL,CND,EX LT SYRUP,SOL&LIQUIDS	0.10	0
FRUIT COCKTAIL,CND,H2O PK,SOL&LIQUIDS	0.07	0
FRUIT COCKTAIL,CND,JUC PK,SOL&LIQUIDS	0.10	0
FRUIT COCKTAIL,CND,LT SYRUP,SOL&LIQUIDS	0.13	0
FRUIT PUNCH-FLAVOR DRK,PDR,W/ NA,PREP W/H2O	0.09	0
FRUIT PUNCH-FLAVOR DRK,PDR,WO/ NA,PREP W/H2O	0.09	0
FRUIT PUNCH DRINK,CANNED	0.11	0
FRUIT PUNCH DRK,FRZ CONC,PREP W/H2O	0.11	0
FRUIT PUNCH JUC DRK,FRZ CONC,PREP W/H2O	0.12	0
FRUIT SALAD,CND,H2O PK,SOL&LIQUIDS	0.06	0
FRUIT SALAD,CND,JUC PK,SOL&LIQUIDS	0.12	0
FUNGI,CLOUD EARS,DRIED	0.02	0.05
GEFILTEFISH,COMM,SWT RECIPE	0.07	0.05
GELATIN,DRINKING,ORANGE-FLAVOR,PDR,PREP W/H2O	0.07	0.02
GINGER ROOT,RAW	0.13	0.01
GINKGO NUTS,CANNED	0.12	0.01
GOOSE,LIVER,RAW	0.06	0.08
GOOSEBERRIES,RAW	0.05	0
GOURD,DISHCLOTH (TOWELGOURD),RAW	0.04	0.01
GOURD,WHITE-FLOWERED (CALABASH),CKD,BLD,DRND,W/SALT	0.03	0
GOURD,WHITE-FLOWERED (CALABASH),CKD,BLD,DRND,WO/SALT	0.03	0
GOURD,WHITE-FLOWERED (CALABASH),RAW	0.03	0
GRAPE DRINK,CANNED	0.11	0
GRAPE JUC,FRZ CONC,SWTND,DIL W/3 VOLUME H2O,W/ VIT C	0.12	0

Carb Factors

GRAPE JUICE DRINK,CANNED	0.12	0
GRAPE LEAVES,CND	0.11	0.02
GRAPE LEAVES,RAW	0.06	0.03
GRAPEFRUIT JUC,CND,SWTND	0.11	0
GRAPEFRUIT JUC,CND,UNSWTND	0.08	0
GRAPEFRUIT JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	0.09	0
GRAPEFRUIT JUC,WHITE,RAW	0.09	0
GRAPEFRUIT JUICE,PINK,RAW	0.09	0
GRAPEFRUIT,RAW,PINK&RED&WHITE,ALL AREAS	0.06	0
GRAPEFRUIT,RAW,PINK&RED,ALL AREAS	0.07	0
GRAPEFRUIT,RAW,PINK&RED,CALIFORNIA&ARIZONA	0.09	0
GRAPEFRUIT,RAW,PINK&RED,FLORIDA	0.06	0
GRAPEFRUIT,RAW,WHITE,ALL AREAS	0.07	0
GRAPEFRUIT,RAW,WHITE,CALIFORNIA	0.09	0
GRAPEFRUIT,RAW,WHITE,FLORIDA	0.08	0
GRAPEFRUIT,SECTIONS,CND,H2O PK,SOL&LIQUIDS	0.08	0
GRAPEFRUIT,SECTIONS,CND,JUC PK,SOL&LIQUIDS	0.08	0
GRAPES,CND,THOMPSON SEEDLESS,H2O PK,SOL&LIQUIDS	0.09	0
GRAVY,AU JUS,CANNED	0.02	0.01
GRAVY,BEEF,CANNED	0.04	0.02
GRAVY,CHICKEN,CANNED	0.05	0.01
GRAVY,HEINZ,HEINZ HOME STYLE SAVORY BROWN GRAVY,CND	0.05	0.01
GRAVY,MUSHROOM,CANNED	0.05	0.01
GRAVY,NESTLE,CHEF-MATE COUNTRY SAUSAGE GRAVY,RTS	0.05	0.02
GRAVY,PEPPERIDGE FARM HEARTY BF GRAVY,GLASS JAR	0.06	0.02
GRAVY,TURKEY,CANNED	0.04	0.01
GREEN GIANT,BROCCOLI IN CHS FLAV SAU,FRZ	0.08	0.01
GREEN GIANT,HARVEST BURGER,ORIG FLAV,ALL VEG PROT PATTY,FRZ	0.01	0.1
GROUNDCHERRIES,(CAPE-GOOSEBERRIES OR POHA),RAW	0.11	0.01
GUAVA SAUCE,COOKED	0.05	0
GUAVAS,COMMON,RAW	0.06	0
GUAVAS,STRAWBERRY,RAW	0.11	0
HAM AND CHEESE SPREAD	0.02	0.08
HAM SALAD SPREAD	0.10	0.04
HAM&CHS LOAF OR ROLL	0.01	0.08
HAM,MINCED	0.01	0.08
HAM,SLICED,REG (APPROX 11% FAT)	0.03	0.09
HAZELNUTS OR FILBERTS	0.07	0.07
HAZELNUTS OR FILBERTS,BLANCHED	0.06	0.07
HAZELNUTS OR FILBERTS,DRY RSTD,WO/SALT	0.08	0.08
HEALTHY CHOIC BF MACARONI,FRZ ENTREE	0.12	0.03
HEALTHY CHOIC CACCIATORE CHICK,PSTA&VEG&CACC SAU,FRZ ENTREE	0.08	0.03
HEALTHY CHOIC CNTRY RST TURKY,MSHRM&BRN GRVY,RICE PILAF,FRZ	0.10	0.04
HEALTHY CHOIC MESQ BF,BARBQ SAU,MSH POT,SWTND CORN,FRZ MEAL	0.10	0.03
HEALTHY CHOIC SALSBR Y STK,MSHRM GRVY,MSH POT,SWT CORN,FRZ ML	0.12	0.03
HEALTHY CHOIC SPAGHETTI BOLOGNESE,FRZ ENTREE	0.13	0.03
HEALTHY CHOIC TRADL MT LF,TOM SAU,PARS POT,VEG,DSRT,FRZ ML	0.13	0.02
HEALTHY CHOICE CHICK ENCHLDA SUPR,RICE,CORN,AP/RASP COMP,FRZ	0.13	0.02
HEALTHY CHOICE CHICK TERIYAKI,RICE,MXD VEG,AP/CHER COMP,FRZ	0.10	0.03
HEARTS OF PALM,CANNED	0.02	0.01
HERRING,ATLANTIC,PICKLED	0.09	0.07



Carb Factors

HICKORYNUTS,DRIED	0.11	0.06
HOMINY,CANNED,WHITE	0.11	0.01
HOMINY,CANNED,YELLOW	0.11	0.01
HONEY LOAF,PORK,BEEF	0.05	0.08
HONEY ROLL SAUSAGE,BEEF	0.02	0.09
HORMEL ALWAYS TENDER,PORK LOIN FILETS,LEMON GARLIC-FLAVORED	0.01	0.09
HORMEL ALWAYS TENDER,PORK TENDERLOIN,PEPPERCORN-FLAVORED	0.01	0.09
HORMEL ALWAYS TENDER,PORK TENDERLOIN,TERIYAKI-FLAVORED	0.04	0.09
HORMEL CANADIAN STYLE BACON	0.01	0.08
HORMEL CHILI W/BNS,CND ENTREE	0.10	0.03
HORMEL CHILI,NO BNS,CND ENTREE	0.06	0.04
HORMEL CORNED BF HASH,CND ENTREE	0.08	0.04
HORMEL PILLOW PAK SLICED TURKEY PEPPERONI	0.03	0.15
HORMEL RST BF HASH,CND ENTREE	0.08	0.05
HORMEL SPAM,LITE LUNCHEON MEAT,PORK&CHICK,MINCED,CND,VIT C	0.01	0.08
HORMEL SPAM,LUNCHEON MEAT,PORK W/HAM,MINCED,CND	0.01	0.07
HORMEL TURKEY CHILI W/BNS,CND ENTREE	0.07	0.04
HORMEL VEGETARIAN CHILI W/BNS,CND ENTREE	0.11	0.02
HORMEL WRANGLER BEEF FRANKS	0.02	0.06
HORMEL,DINTY MOORE BF STEW,CND ENTREE	0.05	0.02
HORSERADISH-TREE LEAFY TIPS,RAW	0.06	0.05
HORSERADISH-TREE,LEAFY TIPS,CKD,BLD,DRND,W/SALT	0.09	0.03
HORSERADISH-TREE,LEAFY TIPS,CKD,BLD,DRND,WO/SALT	0.09	0.03
HORSERADISH-TREE,PODS,CKD,BLD,DRND,W/SALT	0.03	0.01
HORSERADISH-TREE,PODS,CKD,BLD,DRND,WO/SALT	0.03	0.01
HORSERADISH-TREE,PODS,RAW	0.05	0.01
HORSERADISH,PREPARED	0.07	0.01
HUMMUS,COMMERCIAL	0.08	0.04
HYACINTH-BEANS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	0.09	0.01
HYACINTH-BEANS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	0.09	0.01
HYACINTH-BEANS,IMMAT SEEDS,RAW	0.09	0.01
INFANT FORM,MEAD JOHNSON,GERBER SOY,W/IRON,LIQ CNC,NOT RECON	0.13	0.02
INFANT FORM,MEAD JOHNSON,LACTOFREE,W/IRON,LIQ CONC, NOT REC	0.13	0.01
INFANT FORMULA,CARNATION FOLLOW-UP,W/IRON,RTF	0.08	0.01
INFANT FORMULA,CARNATION GOOD START,W/IRON,RTF	0.07	0.01
INFANT FORMULA,CARNATION,I-SOYALAC,W/IRON,LIQ CONC,NOT RECON	0.13	0.02
INFANT FORMULA,CARNATION,I-SOYALAC,W/IRON,RTF	0.06	0.01
INFANT FORMULA,CARNATION,SOYALAC,W/IRON,LIQ CONC,NOT RECON	0.13	0.02
INFANT FORMULA,CARNATION,SOYALAC,W/IRON,RTF	0.06	0.01
INFANT FORMULA,MEAD JOHNSON,ENFAMIL,LO IRON,RTF	0.07	0.01
INFANT FORMULA,MEAD JOHNSON,ENFAMIL,W/IRON,RTF	0.07	0.01
INFANT FORMULA,MEAD JOHNSON,GERBER SOY,W/IRON,RTF	0.06	0.01
INFANT FORMULA,MEAD JOHNSON,GERBER,LO IRON,RTF	0.07	0.01
INFANT FORMULA,MEAD JOHNSON,GERBER,W/IRON,RTF	0.07	0.01
INFANT FORMULA,MEAD JOHNSON,LACTOFREE,W/IRON,RTF	0.06	0.01
INFANT FORMULA,MEAD JOHNSON,LOFENALAC,W/IRON,PREP FROM PDR	0.08	0.01
INFANT FORMULA,MEAD JOHNSON,NUTRAMIGEN,W/IRON,RTF	0.07	0.01
INFANT FORMULA,MEAD JOHNSON,PORTAGEN,W/IRON,PREP FROM PDR	0.07	0.01
INFANT FORMULA,MEAD JOHNSON,PREGESTIMIL,W/IRON,PREP FROM PDR	0.06	0.01
INFANT FORMULA,MEAD JOHNSON,PROSOBEE,W/IRON,LIQ CNC, NOT REC	0.13	0.02
INFANT FORMULA,MEAD JOHNSON,PROSOBEE,W/IRON,RTF	0.06	0.01

Carb Factors

INFANT FORMULA,ROSS,ALIMENTUM,RTF	0.06	0.01
INFANT FORMULA,ROSS,ISOMIL SF,W/IRON,LIQ CONC,NOT RECON	0.12	0.02
INFANT FORMULA,ROSS,ISOMIL SF,W/IRON,RTF	0.06	0.01
INFANT FORMULA,ROSS,ISOMIL,W/IRON,LIQ CONC,NOT RECON	0.13	0.02
INFANT FORMULA,ROSS,ISOMIL,W/IRON,RTF	0.06	0.01
INFANT FORMULA,ROSS,SIMILAC NAT CARE,LO IRON,RTF	0.08	0.01
INFANT FORMULA,ROSS,SIMILAC PM 60/40,LO IRON,RTF	0.06	0.01
INFANT FORMULA,ROSS,SIMILAC SPL CARE 24,W/IRON,RTF	0.08	0.01
INFANT FORMULA,ROSS,SIMILAC TODDLERS BEST,RTF	0.07	0.01
INFANT FORMULA,ROSS,SIMILAC,LO IRON,LIQ CONC,NOT RECON	0.13	0.01
INFANT FORMULA,ROSS,SIMILAC,LO IRON,RTF	0.07	0.01
INFANT FORMULA,ROSS,SIMILAC,W/IRON,LIQ CONC,NOT RECON	0.13	0.01
INFANT FORMULA,ROSS,SIMILAC,W/IRON,RTF	0.07	0.01
INFANT FORMULA,WYETH-AYERST,NURSOY,W/IRON,LIQ CONC,NOT RECON	0.13	0.02
INFANT FORMULA,WYETH-AYERST,NURSOY,W/IRON,RTF	0.06	0.01
INFANT FORMULA,WYETH-AYERST,SMA,LO IRON,LIQ CONC,NOT RECON	0.13	0.01
INFANT FORMULA,WYETH-AYERST,SMA,LO IRON,RTF	0.07	0.01
INFANT FORMULA,WYETH-AYERST,SMA,W/IRON,LIQ CONC,NOT RECON	0.13	0.01
INFANT FORMULA,WYETH-AYERST,SMA,W/IRON,RTF	0.07	0.01
ITALIAN SAUSAGE,CKD,PORK	0.01	0.1
JEW'S EAR,(PEPEAO),RAW	0.06	0
JUTE,POTHERB,CKD,BLD,DRND,W/SALT	0.05	0.02
JUTE,POTHERB,CKD,BLD,DRND,WO/SALT	0.05	0.02
JUTE,POTHERB,RAW	0.05	0.02
KALE,CKD,BLD,DRND,W/SALT	0.03	0.01
KALE,CKD,BLD,DRND,WO/SALT	0.03	0.01
KALE,FROZEN,UNPREPARED	0.02	0.01
KALE,FRZ,CKD,BLD,DRND,W/SALT	0.03	0.01
KALE,FRZ,CKD,BLD,DRND,WO/SALT	0.03	0.01
KALE,RAW	0.08	0.02
KALE,SCOTCH,CKD,BLD,DRND,W/SALT	0.05	0.01
KALE,SCOTCH,CKD,BLD,DRND,WO/SALT	0.04	0.01
KALE,SCOTCH,RAW	0.06	0.01
KIELBASA,KOLBASSY,PORK,BF,NONFAT DRY MILK	0.02	0.07
KIWI FRUIT,(CHINESE GOOSEBERRIES),FRSH,RAW	0.11	0
KIWIFRUIT,(CHINESE GOOSEBERRIES),HELD IN STORAGE,RAW	0.11	0
KNACKWURST,KNOCKWURST,PORK,BF	0.01	0.06
KOHLRABI,CKD,BLD,DRND,W/SALT	0.05	0.01
KOHLRABI,CKD,BLD,DRND,WO/SALT	0.05	0.01
KOHLRABI,RAW	0.02	0.01
KRAFT BREAKSTONE'S RED FAT SOUR CRM	0.06	0.02
KRAFT BREYERS LT NONFAT STR'BERY YOGURT (W/ASPRT&FRUCT SW'T)	0.09	0.02
KRAFT CHEEZ WHIZ PAST PROCESS CHS SAU	0.08	0.06
KRAFT FREE SINGLES AMERICAN NONFAT PAST PROCESS CHS PRODUCT	0.11	0.11
KRAFT VELVEETA LT RED FAT PAST PROCESS CHS PRODUCT	0.11	0.1
KRAFT VELVEETA PAST PROCESS CHS SPRD	0.09	0.08
KRAFT,CAPRI SUN ALL NAT JUC DRK FRUIT PUNCH,RTD	0.12	0
KRAFT,CRYSTAL LT SG FR LO CAL SOFT DRK MIX LEMONAD,W/SWN,PDR	0.07	0.02
KRAFT,KOOL-AID BURSTS SOFT DRK TROPICAL PUNCH,RTD	0.11	0
KRAFT,KOOL-AID SPLASH SOFT DRINK GRAPE BERRY PUNCH,RTD	0.12	0
KRAFT,KOOL-AID UNSWTND SOFT DRK MIX TROPICAL PUNCH,PDR	0.09	0

Carb Factors

KUMQUATS,RAW	0.09	0
LAMB,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	0.01	0.12
LAMB,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	0.02	0.15
LAMB,VAR MEATS&BY-PRODUCTS,LIVER,CKD,PAN-FRIED	0.03	0.13
LAMB,VAR MEATS&BY-PRODUCTS,LIVER,RAW	0.01	0.1
LAMBS QUARTERS,CKD,BLD,DRND,W/SALT	0.02	0.02
LAMBSQUARTERS,CKD,BLD,DRND,WO/SALT	0.02	0.02
LAMBSQUARTERS,RAW	0.03	0.02
LEAVENING AGENTS,YEAST,BAKER'S,COMPRESSED	0.10	0.04
LEBANON BOLOGNA,BEEF	0.02	0.1
LEEKS,(BULB&LOWER LEAF-PORION),CKD,BLD,DRND,W/SALT	0.06	0
LEEKS,(BULB&LOWER LEAF-PORION),CKD,BLD,DRND,WO/SALT	0.06	0
LEEKS,(BULB&LOWER LEAF-PORION),RAW	0.12	0.01
LEMON JUC,CND OR BTLD	0.06	0
LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH	0.06	0
LEMON JUICE,RAW	0.08	0
LEMON PEEL,RAW	0.05	0.01
LEMONADE-FLAVOR DRK,PDR,PREP W/H2O	0.10	0
LEMONADE,FRZ CONC,PINK,PREP W/H2O	0.10	0
LEMONADE,FRZ CONC,WHITE,PREP W/H2O	0.10	0
LEMONADE,PDR,PREP W/H2O	0.10	0
LEMONS,RAW,WITH PEEL	0.06	0.01
LEMONS,RAW,WITHOUT PEEL	0.06	0.01
LENTILS,MATURE SEEDS,CKD,BLD,W/SALT	0.12	0.05
LENTILS,MATURE SEEDS,CKD,BLD,WO/SALT	0.12	0.05
LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYPES),RAW	0.01	0.01
LETTUCE,LOOSELEAF,RAW	0.01	0.01
LIBBY'S SPREADABLES RTS SNDWCH SALAD,CHICKEN,SHELF STABLE	0.10	0.02
LIMA BNS,IMMAT SEEDS,CND,NO SALT,SOL&LIQUIDS	0.09	0.02
LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,W/SALT	0.13	0.03
LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,WO/SALT	0.13	0.03
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,W/SALT	0.13	0.03
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,WO/SALT	0.13	0.03
LIMA BNS,LRG,MATURE SEEDS,CKD,BLD,W/SALT	0.13	0.04
LIMA BNS,LRG,MATURE SEEDS,CKD,BLD,WO/SALT	0.13	0.04
LIMA BNS,LRG,MATURE SEEDS,CND	0.10	0.02
LIME JUC,CND OR BTLD,UNSWTND	0.06	0
LIME JUICE,RAW	0.08	0
LIMEADE,FRZ CONC,PREP W/H2O	0.10	0
LIMES,RAW	0.07	0
LIVER CHEESE,PORK	0.02	0.08
LIVER SAUSAGE,LIVERWURST,PORK	0.02	0.07
LOBSTER,NORTHERN,CKD,MOIST HEAT	0.01	0.1
LOGANBERRIES,FROZEN	0.08	0.01
LOQUATS,RAW	0.10	0
LOTUS ROOT,CKD,BLD,DRND,W/SALT	0.12	0.01
LOTUS ROOT,CKD,BLD,DRND,WO/SALT	0.12	0.01
LOTUS ROOT,RAW	0.12	0.01
LOUIS RICH,CHICK (WHITE,OVEN RSTD)	0.02	0.09
LOUIS RICH,CHICK BREAST (OVEN RSTD DELUXE)	0.02	0.09
LOUIS RICH,CHICK BREAST CLASSIC BKD /GRILL (CARVING BOARD)	0.03	0.1

Carb Factors

LOUIS RICH,FRANKS (TURKEY & CHICK CHEESE)	0.05	0.06
LOUIS RICH,FRANKS (TURKEY & CHICKEN)	0.05	0.06
LOUIS RICH,TURKEY (HONEY RSTD,FAT FREE)	0.04	0.1
LOUIS RICH,TURKEY BACON	0.01	0.08
LOUIS RICH,TURKEY BOLOGNA	0.04	0.06
LOUIS RICH,TURKEY BREAST (OVEN RSTD,FAT FREE)	0.04	0.08
LOUIS RICH,TURKEY BREAST (OVEN RSTD,PORTION FAT FREE)	0.01	0.1
LOUIS RICH,TURKEY BREAST (SMOKED,CARVING BOARD)	0.01	0.1
LOUIS RICH,TURKEY BREAST (SMOKED,PORTION FAT FREE)	0.02	0.1
LOUIS RICH,TURKEY BREAST&WHITE TURKEY (OVEN RSTD)	0.03	0.08
LOUIS RICH,TURKEY BREAST&WHITE TURKEY (SMOKED SLICED)	0.02	0.09
LOUIS RICH,TURKEY SMOKED SAUSAGE	0.03	0.07
LUNCHEON MEAT,BEEF,LOAVED	0.02	0.07
LUNCHEON MEAT,BF,THIN SLICED	0.05	0.14
LUNCHEON MEAT,PORK,BEEF	0.02	0.06
LUNCHEON MEAT,PORK,CANNED	0.02	0.06
LUNCHEON SAUSAGE,PORK&BF	0.01	0.08
LUPINS,MATURE SEEDS,CKD,BLD,W/SALT	0.07	0.08
LUPINS,MATURE SEEDS,CKD,BLD,WO/SALT	0.07	0.08
LUXURY LOAF,PORK	0.04	0.09
MACADAMIA NUTS,DRY RSTD,W/SALT	0.04	0.04
MACADAMIA NUTS,DRY RSTD,WO/SALT	0.05	0.04
MACADAMIA NUTS,RAW	0.05	0.04
MACARONI&CHS,CND	0.10	0.02
MALT BEVERAGE	0.13	0
MALTED MILK-FLAVOR MIX,CHOC,ADDED NUTR,PDR,PREP W/MILK	0.10	0.02
MALTED MILK-FLAVOR MIX,CHOC,NO ADDED NUTR,PDR,PREP W/MILK	0.11	0.02
MALTED MILK-FLAVOR MIX,NAT,ADDED NUTR,PDR,PREP W/MILK	0.10	0.02
MALTED MILK-FLAVOR MIX,NAT,NO ADDED NUTR,PDR,PREP W/MILK	0.10	0.02
MAMMY-APPLE,(MAMEY),RAW	0.09	0
MARGARINE,70% VEG OIL SPRD,SOYBN & SOYBEAN(HYDROGENATED)	0.01	0
MARGARINE,80% FAT,STK,INCL REG & HYDR CORN & SOYBN OILS	0.01	0
MARIE CALLENDER'S TURKEY W/GRAVY&DRSNG W/BROCCOLI,FRZ MEAL	0.13	0.04
MCILHENNY,TABASCO TOMATO COCKTAIL,BLOODY MARY MIX,MILD,RTD	0.04	0
MELON BALLS,FROZEN	0.07	0
MELONS,CANTALOUPE,RAW	0.07	0
MELONS,CASABA,RAW	0.05	0
MELONS,HONEYDEW,RAW	0.08	0
MILK SUBSTITUTES,FLUID W/HYDR VEG OILS	0.06	0.01
MILK SUBSTITUTES,FLUID,W/LAURIC ACID OIL	0.06	0.01
MILK,BTTRMLK,FLUID,CULTURED,LOWFAT	0.04	0.02
MILK,CHOC BEV,HOT COCOA,HOMEMADE	0.10	0.02
MILK,CHOC,FLUID,COMM,	0.09	0.02
MILK,CHOC,FLUID,COMM,LOWFAT	0.09	0.02
MILK,CHOC,FLUID,COMM,RED FAT	0.09	0.02
MILK,CND,EVAP,NONFAT	0.11	0.04
MILK,CND,EVAP,W/ VIT A	0.10	0.03
MILK,CND,EVAP,WO/ VIT A	0.10	0.03
MILK,FILLED,FLUID,W/BLEND OF HYDR VEG OILS	0.04	0.02
MILK,FILLED,FLUID,W/LAURIC ACID OIL	0.04	0.02
MILK,FLUID,3.25% MILKFAT	0.04	0.02

Carb Factors

MILK,GOAT,FLUID	0.04	0.02
MILK,HUMAN,MATURE,FLUID	0.06	0.01
MILK,INDIAN BUFFALO,FLUID	0.05	0.02
MILK,LOW SODIUM,FLUID	0.04	0.02
MILK,LOWFAT,FLUID,1% MILKFAT,PROT FORT,W/ VIT A	0.05	0.02
MILK,LOWFAT,FLUID,1% MILKFAT,W/ NONFAT MILK SOL&VIT A	0.04	0.02
MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	0.04	0.02
MILK,NONFAT,FLUID,PROT FORT,W/ VIT A (FAT FREE/SKIM)	0.05	0.02
MILK,NONFAT,FLUID,W/ NONFAT MILK SOL&VIT A (FAT FREE/SKIM)	0.05	0.02
MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM)	0.04	0.02
MILK,NONFAT,FLUID,WO/ VIT A (FAT FREE OR SKIM)	0.04	0.02
MILK,PRODUCER,FLUID,3.7% MILKFAT	0.04	0.02
MILK,RED FAT,FLUID,2% MILKFAT,PROT FORT,W/ VIT A	0.05	0.02
MILK,RED FAT,FLUID,2% MILKFAT,W/ NONFAT MILK SOL&VIT A	0.04	0.02
MILK,RED FAT,FLUID,2% MILKFAT,W/ NONFAT MILK SOL,WO/ VIT A	0.05	0.02
MILK,RED FAT,FLUID,2% MILKFAT,W/ VIT A	0.04	0.02
MILK,SHEEP,FLUID	0.05	0.03
MIXED NUTS,OIL RSTD,W/PNUTS,W/SALT	0.12	0.08
MIXED NUTS,OIL RSTD,W/PNUTS,WO/SALT	0.11	0.08
MOR-NU,TOFU,SILKEN,LITE FIRM	0.01	0.03
MORI-NU,TOFU,SILKEN,EX FIRM	0.01	0.04
MORI-NU,TOFU,SILKEN,FIRM	0.02	0.03
MORI-NU,TOFU,SILKEN,LITE EX FIRM	0.01	0.04
MORI-NU,TOFU,SILKEN,SOFT	0.02	0.02
MORTADELLA,BEEF,PORK	0.03	0.08
MOTHER'S LOAF,PORK	0.07	0.06
MULBERRIES,RAW	0.08	0.01
MUNG BNS,MATURE SEEDS,CKD,BLD,W/SALT	0.11	0.04
MUNG BNS,MATURE SEEDS,CKD,BLD,WO/SALT	0.11	0.04
MUNG BNS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	0.03	0.01
MUNG BNS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,WO/SALT	0.03	0.01
MUNG BNS,MATURE SEEDS,SPROUTED,CKD,STIR-FRIED	0.08	0.02
MUNG BNS,MATURE SEEDS,SPROUTED,RAW	0.04	0.02
MUNGO BNS,MATURE SEEDS,CKD,BLD,W/SALT	0.11	0.04
MUNGO BNS,MATURE SEEDS,CKD,BLD,WO/SALT	0.11	0.04
MUSHROOM,OYSTER,RAW	0.03	0.02
MUSHROOMS,BROWN,ITALIAN,OR CRIMINI,RAW	0.03	0.01
MUSHROOMS,CKD,BLD,DRND,W/SALT	0.02	0.01
MUSHROOMS,CKD,BLD,DRND,WO/SALT	0.02	0.01
MUSHROOMS,CND,DRND SOL	0.02	0.01
MUSHROOMS,ENOKI,RAW	0.04	0.01
MUSHROOMS,PORTABELLA,RAW	0.03	0.01
MUSHROOMS,RAW	0.02	0.01
MUSHROOMS,SHIITAKE,CKD,W/SALT	0.12	0.01
MUSHROOMS,SHIITAKE,CKD,WO/SALT	0.12	0.01
MUSHROOMS,STRAW,CND,DRND SOL	0.02	0.02
MUSSEL,BLUE,CKD,MOIST HEAT	0.07	0.12
MUSSEL,BLUE,RAW	0.03	0.06
MUSTARD GREENS,RAW	0.01	0.01
MUSTARD SPINACH,(TENDERGREEN),RAW	0.01	0.01
MUSTARD,PREPARED,YELLOW	0.04	0.02

Carb Factors

NATTO	0.08	0.09
NECTARINES,RAW	0.10	0
NESTLE,CHEF-MATE CHILI W/BNS,CND	0.07	0.04
NESTLE,CHEF-MATE CHILI WO/BNS,CND	0.05	0.04
NESTLE,CHEF-MATE CORNED BF HASH,CND	0.09	0.05
NESTLE,CHEF-MATE MACARONI&CHS,CND	0.12	0.02
NESTLE,CHEF-MATE SAUSAGE N' SHELLS,CND	0.06	0.03
NESTLE,NESTEA ICE TEA,LEMON FLAVOR,RTD	0.08	0
NEW ENGLAND BRAND SAUSAGE,PORK,BF	0.04	0.09
NEW ZEALAND SPINACH,CKD,BLD,DRND,W/SALT	0.02	0.01
NEW ZEALAND SPINACH,CKD,BLD,DRND,WO/SALT	0.02	0.01
NEW ZEALAND SPINACH,RAW	0.02	0.01
NOPALES,CKD,WO/SALT	0.01	0.01
NOPALES,RAW	0.01	0.01
OAT BRAN,COOKED	0.08	0.02
OCTOPUS,COMMON,CKD,MOIST HEAT	0.04	0.15
OCTOPUS,COMMON,RAW	0.02	0.07
OHELOBERRIES,RAW	0.06	0
OKRA,CKD,BLD,DRND,W/SALT	0.04	0.01
OKRA,CKD,BLD,DRND,WO/SALT	0.04	0.01
OKRA,FROZEN,UNPREPARED	0.04	0.01
OKRA,FRZ,CKD,BLD,DRND,W/SALT	0.02	0.01
OKRA,FRZ,CKD,BLD,DRND,WO/SALT	0.02	0.01
OKRA,RAW	0.04	0.01
OLD EL PASO CHILI W/BNS,CND ENTREE	0.05	0.04
OLIVE LOAF,PORK	0.09	0.06
OLIVES,RIPE,CND (JUMBO-SUPER COLOSSAL)	0.03	0
OLIVES,RIPE,CND (SMALL-EXTRA LRG)	0.03	0
ONIONS,CKD,BLD,DRND,W/SALT	0.08	0.01
ONIONS,CKD,BLD,DRND,WO/SALT	0.08	0.01
ONIONS,CND,SOL&LIQUIDS	0.02	0
ONIONS,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	0.04	0
ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	0.04	0
ONIONS,FRZ,CHOPD,UNPREP	0.05	0
ONIONS,FRZ,WHL,CKD,BLD,DRND,W/SALT	0.05	0
ONIONS,FRZ,WHL,CKD,BLD,DRND,WO/SALT	0.05	0
ONIONS,FRZ,WHL,UNPREP	0.06	0
ONIONS,RAW	0.06	0.01
ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),RAW	0.04	0.01
ONIONS,WELSH,RAW	0.06	0.01
ORANGE-FLAVOR DRK,BRKFST TYPE,PDR,PREP W/H2O	0.11	0
ORANGE-FLAVOR DRK,BRKFST TYPE,W/PULP,FRZ CONC,PREP W/H2O	0.12	0
ORANGE-GRAPEFRUIT JUC,CND,UNSWTND	0.10	0
ORANGE DRINK,CANNED	0.12	0
ORANGE DRK,BRKFST TYPE,W/JUC&PULP,FRZ CONC,PREP W/H2O	0.11	0
ORANGE JUC,CALIFORNIA,CHILLED,INCL FROM CONC	0.10	0
ORANGE JUC,CHILLED,INCL FROM CONC	0.09	0
ORANGE JUC,CND,UNSWTND	0.09	0
ORANGE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	0.10	0
ORANGE JUICE,RAW	0.10	0
ORANGE&APRICOT JUC DRK,CND	0.12	0

Carb Factors

ORANGES,RAW,ALL COMM VAR	0.09	0
ORANGES,RAW,CALIFORNIA,NAVELS	0.09	0.01
ORANGES,RAW,CALIFORNIA,VALENCIAS	0.09	0.01
ORANGES,RAW,FLORIDA	0.09	0
ORANGES,RAW,WITH PEEL	0.11	0.01
OSCAR MAYER,BOLOGNA (BF LT)	0.06	0.06
OSCAR MAYER,BOLOGNA (BF)	0.02	0.06
OSCAR MAYER,BOLOGNA (CHICK,PORK,BF)	0.02	0.05
OSCAR MAYER,BOLOGNA (FAT FREE)	0.06	0.06
OSCAR MAYER,BOLOGNA LT (PORK,CHICK,BF)	0.05	0.06
OSCAR MAYER,BRAUNSCHWEIGER LIVER SAUSAGE (SAREN TUBE)	0.02	0.07
OSCAR MAYER,BRAUNSCHWEIGER LIVER SAUSAGE (SLICED)	0.01	0.07
OSCAR MAYER,CHICK BREAST (HONEY GLAZED)	0.04	0.1
OSCAR MAYER,CHICK BREAST (OVEN RSTD,FAT FREE)	0.01	0.09
OSCAR MAYER,HAM (40%HAM/WATER PRODUCT,SMOKED,FAT FREE)	0.01	0.07
OSCAR MAYER,HAM (CHOPD W/NAT JUC)	0.03	0.08
OSCAR MAYER,HAM (H2O ,BKD CKD 96% FAT FREE)	0.01	0.08
OSCAR MAYER,HAM (H2O ,BLD)	0.01	0.08
OSCAR MAYER,HAM (H2O ,HONEY)	0.03	0.08
OSCAR MAYER,HAM&CHS LOAF	0.03	0.07
OSCAR MAYER,HONEY LOAF	0.03	0.09
OSCAR MAYER,LIVER CHS (PORK FAT WRAPPED)	0.01	0.08
OSCAR MAYER,LUNCHEON LOAF (SPICED)	0.07	0.07
OSCAR MAYER,OLD FASHIONED LOAF	0.08	0.07
OSCAR MAYER,OLIVE LOAF (CHICK,PORK,TURKEY)	0.06	0.05
OSCAR MAYER,PICKLE PIMIENTO LOAF (W/CHICK)	0.09	0.05
OSCAR MAYER,PORK SAUSAGE LINKS (CKD)	0.01	0.08
OSCAR MAYER,SALAMI (FOR BEER)	0.01	0.07
OSCAR MAYER,SALAMI (GENOA)	0.01	0.1
OSCAR MAYER,SALAMI (HARD)	0.02	0.14
OSCAR MAYER,SALAMI BF COTTO	0.01	0.07
OSCAR MAYER,SALAMI COTTO (BF,PORK,CHICK)	0.02	0.07
OSCAR MAYER,SMMR SAUSAGE BF THURINGER CERVELAT	0.01	0.07
OSCAR MAYER,SMOKIE LINKS SAUSAGE	0.01	0.06
OSCAR MAYER,SMOKIES (BF)	0.01	0.06
OSCAR MAYER,SMOKIES (CHS)	0.01	0.06
OSCAR MAYER,SMOKIES SAUSAGE LITTLE (PORK,TURKEY)	0.01	0.06
OSCAR MAYER,SMOKIES SAUSAGE LITTLE CHS (PORK,TURKEY)	0.01	0.07
OSCAR MAYER,TURKEY BREAST (SMOKED,FAT FREE)	0.03	0.07
OSCAR MAYER,WIENERS (BEEF FRANKS)	0.02	0.06
OSCAR MAYER,WIENERS (BEEF FRANKS,BUN LENGTH)	0.02	0.06
OSCAR MAYER,WIENERS (BEEF FRANKS,FAT FREE)	0.05	0.07
OSCAR MAYER,WIENERS (BEEF FRANKS,LIGHT)	0.04	0.05
OSCAR MAYER,WIENERS (CHEESE HOT DOGS W/ TURKEY)	0.02	0.06
OSCAR MAYER,WIENERS (FAT FREE HOT DOGS)	0.04	0.06
OSCAR MAYER,WIENERS (LIGHT PORK,TURKEY,BEEF)	0.02	0.06
OSCAR MAYER,WIENERS (PORK,TURKEY)	0.02	0.06
OSCAR MAYER,WIENERS LITTLE (PORK,TURKEY)	0.02	0.05
OSCAR MAYER. BOLOGNA (WISCONSIN MADE RING)	0.02	0.06
OYSTER,EASTERN,CANNED	0.03	0.04
OYSTER,EASTERN,CKD,BREADED&FRIED	0.11	0.04

Carb Factors

OYSTER,EASTERN,FARMED,CKD,DRY HEAT	0.07	0.04
OYSTER,EASTERN,FARMED,RAW	0.05	0.03
OYSTER,EASTERN,WILD,CKD,DRY HEAT	0.04	0.04
OYSTER,EASTERN,WILD,CKD,MOIST HEAT	0.07	0.07
OYSTER,EASTERN,WILD,RAW	0.03	0.04
OYSTER,PACIFIC,CKD,MOIST HEAT	0.09	0.09
OYSTER,PACIFIC,RAW	0.04	0.05
PAPAYA NECTAR,CANNED	0.13	0
PAPAYAS,RAW	0.08	0
PARSLEY,FREEZE-DRIED	0.09	0.16
PARSLEY,RAW	0.03	0.01
PARSNIPS,RAW	0.13	0.01
PASSION-FRUIT JUC,PURPLE,RAW	0.13	0
PASSION-FRUIT,(GRANADILLA),PURPLE,RAW	0.12	0.01
PASTA W/MEATBALLS IN TOMATO SAU,CND ENTREE	0.09	0.02
PASTA W/SLICED FRANKS IN TOMATO SAU,CND ENTREE	0.11	0.02
PASTRAMI,TURKEY	0.01	0.09
PATE DE FOIE GRAS,CND (GOOSE LIVER PATE),SMOKED	0.04	0.06
PATE,CHICKEN LIVER,CANNED	0.06	0.07
PATE,GOOSE LIVER,SMOKED,CND	0.04	0.06
PATE,LIVER,NOT SPECIFIED,CND	0.01	0.07
PEACH NECTAR,CND,W/ VIT C	0.13	0
PEACH NECTAR,CND,WO/ VIT C	0.13	0
PEACHES,CND,EX LT SYRUP,SOL&LIQUIDS	0.10	0
PEACHES,CND,H2O PK,SOL&LIQUIDS	0.04	0
PEACHES,CND,JUC PK,SOL&LIQUIDS	0.10	0
PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS	0.13	0
PEACHES,RAW	0.09	0
PEANUT BUTTER,SMOOTH STYLE,W/SALT	0.13	0.13
PEANUT BUTTER,SMOOTH STYLE,WO/SALT	0.13	0.13
PEANUTS,ALL TYPES,CKD,BLD,W/SALT	0.12	0.07
PEANUTS,ALL TYPES,DRY-ROASTED,W/SALT	0.13	0.12
PEANUTS,ALL TYPES,DRY-ROASTED,WO/SALT	0.13	0.12
PEANUTS,ALL TYPES,OIL-ROASTED,W/SALT	0.09	0.13
PEANUTS,ALL TYPES,OIL-ROASTED,WO/SALT	0.12	0.13
PEANUTS,ALL TYPES,RAW	0.07	0.13
PEANUTS,SPANISH,OIL-ROASTED,W/SALT	0.08	0.14
PEANUTS,SPANISH,OIL-ROASTED,WO/SALT	0.08	0.14
PEANUTS,SPANISH,RAW	0.06	0.13
PEANUTS,VALENCIA,OIL-ROASTED,W/SALT	0.07	0.14
PEANUTS,VALENCIA,OIL-ROASTED,WO/SALT	0.07	0.14
PEANUTS,VALENCIA,RAW	0.12	0.13
PEANUTS,VIRGINIA,OIL-ROASTED,W/SALT	0.10	0.13
PEANUTS,VIRGINIA,OIL-ROASTED,WO/SALT	0.10	0.13
PEANUTS,VIRGINIA,RAW	0.08	0.13
PEARS,ASIAN,RAW	0.07	0
PEARS,CND,EX LT SYRUP PK,SOL&LIQUIDS	0.10	0
PEARS,CND,H2O PK,SOL&LIQUIDS	0.06	0
PEARS,CND,JUC PK,SOL&LIQUIDS	0.11	0
PEARS,CND,LT SYRUP PK,SOL&LIQUIDS	0.13	0
PEARS,RAW	0.12	0



Carb Factors

PEAS&CARROTS,CND,NO SALT,SOL&LIQUIDS	0.05	0.01
PEAS&CARROTS,CND,REG PK,SOL&LIQUIDS	0.06	0.01
PEAS&CARROTS,FRZ,CKD,BLD,DRND,W/SALT	0.07	0.02
PEAS&CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	0.07	0.02
PEAS&CARROTS,FRZ,UNPREP	0.07	0.02
PEAS&ONIONS,CND,SOL&LIQUIDS	0.06	0.02
PEAS&ONIONS,FRZ,CKD,BLD,DRND,W/SALT	0.06	0.01
PEAS&ONIONS,FRZ,CKD,BLD,DRND,WO/SALT	0.06	0.01
PEAS&ONIONS,FRZ,UNPREP	0.10	0.02
PEAS,EDIBLE-PODDED,CKD,BLD,DRND,W/SALT	0.04	0.02
PEAS,EDIBLE-PODDED,CKD,BLD,DRND,WO/SALT	0.04	0.02
PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,W/SALT	0.05	0.02
PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,WO/SALT	0.05	0.02
PEAS,EDIBLE-PODDED,FRZ,UNPREP	0.04	0.01
PEAS,EDIBLE-PODDED,RAW	0.04	0.01
PEAS,GREEN,RAW	0.09	0.03
PEAS,GRN,CKD,BLD,DRND,W/SALT	0.10	0.03
PEAS,GRN,CKD,BLD,DRND,WO/SALT	0.10	0.03
PEAS,GRN,CND,NO SALT,DRND SOL	0.08	0.02
PEAS,GRN,CND,NO SALT,SOL&LIQUIDS	0.06	0.02
PEAS,GRN,CND,REG PK,DRND SOL	0.08	0.02
PEAS,GRN,CND,REG PK,SOL&LIQUIDS	0.06	0.02
PEAS,GRN,CND,SEASONED,SOL&LIQUIDS	0.07	0.02
PEAS,GRN,FRZ,CKD,BLD,DRND,W/SALT	0.08	0.03
PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT	0.08	0.03
PEAS,GRN,FRZ,UNPREP	0.09	0.03
PEAS,SPLIT,MATURE SEEDS,CKD,BLD,W/SALT	0.12	0.04
PEAS,SPLIT,MATURE SEEDS,CKD,BLD,WO/SALT	0.12	0.04
PECANS	0.04	0.05
PECANS,DRY RSTD,W/SALT	0.04	0.05
PECANS,DRY RSTD,WO/SALT	0.04	0.05
PECANS,OIL RSTD,W/SALT	0.03	0.05
PECANS,OIL RSTD,WO/SALT	0.03	0.05
PEPPER,BANANA,RAW	0.01	0.01
PEPPER,SERRANO,RAW	0.03	0.01
PEPPERED LOAF,PORK,BEEF	0.04	0.09
PEPPERMINT,FRESH	0.06	0.02
PEPPERONI,PORK,BEEF	0.02	0.1
PEPPERS,CHILI,GRN,CND	0.02	0
PEPPERS,HOT CHILI,GRN,CND,PODS,EXCLUDING SEEDS,SOL&LIQUIDS	0.03	0
PEPPERS,HOT CHILI,GRN,RAW	0.07	0.01
PEPPERS,HOT CHILI,RED,CND,EXCLUDING SEEDS,SOL&LIQUIDS	0.03	0
PEPPERS,HOT CHILI,RED,RAW	0.07	0.01
PEPPERS,HUNGARIAN,RAW	0.06	0
PEPPERS,JALAPENO,CND,SOL&LIQUIDS	0.02	0
PEPPERS,JALAPENO,RAW	0.03	0.01
PEPPERS,SWEET,GREEN,RAW	0.04	0
PEPPERS,SWEET,RED,RAW	0.04	0
PEPPERS,SWEET,YELLOW,RAW	0.05	0.01
PEPPERS,SWT,GRN,CKD,BLD,DRND,W/SALT	0.05	0
PEPPERS,SWT,GRN,CKD,BLD,DRND,WO/SALT	0.05	0

Carb Factors

PEPPERS,SWT,GRN,CND,SOL&LIQUIDS	0.02	0
PEPPERS,SWT,GRN,FRZ,CHOPD,BLD,DRND,WO/SALT	0.03	0
PEPPERS,SWT,GRN,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	0.03	0
PEPPERS,SWT,GRN,FRZ,CHOPD,UNPREP	0.02	0.01
PEPPERS,SWT,RED,CKD,BLD,DRND,W/SALT	0.05	0
PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT	0.05	0
PEPPERS,SWT,RED,CND,SOL&LIQUIDS	0.02	0
PEPPERS,SWT,RED,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	0.03	0
PEPPERS,SWT,RED,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	0.03	0
PEPPERS,SWT,RED,FRZ,CHOPD,UNPREP	0.02	0.01
PICKLE&PIMIENTO LOAF,PORK	0.05	0.06
PICKLE,CUCUMBER,SOUR	0.01	0
PICKLE,CUCUMBER,SOUR,LO NA	0.01	0
PICKLES,CUCUMBER,DILL	0.02	0
PICKLES,CUCUMBER,DILL,LO NA	0.02	0
PICNIC LOAF,PORK,BEEF	0.04	0.07
PIGEONPEAS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	0.13	0.03
PIGEONPEAS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	0.13	0.03
PILINUTS-CANARYTREE,DRIED	0.03	0.05
PIMENTO,CANNED	0.03	0.01
PINE NUTS,PIGNOLIA,DRIED	0.09	0.12
PINE NUTS,PINYON,DRIED	0.08	0.06
PINEAPPLE JUC,CND,UNSWTND,WO/ VIT C	0.13	0
PINEAPPLE JUC,CND,W/ VIT C,UNSWTND	0.13	0
PINEAPPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	0.12	0
PINEAPPLE&GRAPEFRUIT JUC DRK,CND	0.11	0
PINEAPPLE&ORANGE JUC DRK,CND	0.11	0.01
PINEAPPLE,CND,H2O PK,SOL&LIQUIDS	0.07	0
PINEAPPLE,CND,LT SYRUP PK,SOL&LIQUIDS	0.12	0
PINEAPPLE,RAW	0.11	0
PITANGA,(SURINAM-CHERRY),RAW	0.07	0
PLUMS,CND,PURPLE,H2O PK,SOL&LIQUIDS	0.10	0
PLUMS,RAW	0.11	0
POKEBERRY SHOOT,(POKE),CKD,BLD,DRND,W/SALT	0.01	0.01
POKEBERRY SHOOT,(POKE),CKD,BLD,DRND,WO/SALT	0.01	0.01
POKEBERRY SHOOT,(POKE),RAW	0.02	0.01
POLISH SAUSAGE,PORK	0.01	0.07
POPPY SEED	0.13	0.09
PORK SAUSAGE,FRESH,COOKED	0.01	0.1
PORK SAUSAGE,FRESH,RAW	0.01	0.06
PORK SKINS,BARBECUE-FLAVOR	0.01	0.29
PORK&BF SAUSAGE,FRSH,CKD	0.02	0.07
PORK,CURED,BRKfst STRIPS,CKD	0.01	0.14
PORK,CURED,CANADIAN-STYLE BACON,GRILLED	0.01	0.12
PORK,CURED,CANADIAN-STYLE BACON,UNHTD	0.01	0.1
PORK,CURED,HAM,BNLESS,EX LN (APPROX 5% FAT),RSTD	0.01	0.1
PORK,CURED,HAM,BNLESS,EX LN&REG,UNHTD	0.02	0.09
PORK,CURED,HAM,PATTIES,GRILLED	0.01	0.07
PORK,CURED,HAM,PATTIES,UNHTD	0.01	0.06
PORK,FRSH,VAR MEATS&BY-PRODUCTS,HEART,RAW	0.01	0.09
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	0.03	0.13

Carb Factors

PORK,FRSH,VAR MEATS&BY-PRODUCTS,LIVER,RAW	0.02	0.11
POTATO SALAD,HOME-PREPARED	0.09	0.01
POTATO,FLESH & SKN,RAW	0.02	0.01
POTATO,RED,FLESH & SKN,RAW	0.03	0.01
POTATO,RUSSET,FLESH & SKN,RAW	0.02	0.01
POTATO,WHITE,FLESH & SKN,RAW	0.04	0.01
POTATOES,AU GRATIN,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	0.11	0.01
POTATOES,AU GRATIN,HOME-PREPARED FROM RECIPE USING BUTTER	0.09	0.03
POTATOES,AU GRATIN,HOME-PREPARED FROM RECIPE USING MARGARINE	0.09	0.03
POTATOES,BLD,CKD IN SKN,SKN,W/SALT	0.13	0.01
POTATOES,BLD,CKD IN SKN,SKN,WO/SALT	0.13	0.01
POTATOES,CND,DRND SOL	0.11	0.01
POTATOES,CND,SOL&LIQUIDS	0.08	0.01
POTATOES,FRZ,WHL,CKD,BLD,DRND,W/SALT	0.13	0.01
POTATOES,FRZ,WHL,CKD,BLD,DRND,WO/SALT	0.13	0.01
POTATOES,MSHD,DEHYD,PREP FR FLKS WO/MILK,WHL MILK&BUTTER ADD	0.12	0.01
POTATOES,MSHD,DEHYD,PREP FR GRNLS WO/MILK,WHL MILK&BUTTER	0.12	0.01
POTATOES,MSHD,DEHYD,PREP FROM GRANULES W/MILK,H2O&MARGARINE	0.11	0.01
POTATOES,MSHD,PREP FROM FLAKES,WO/MILK,WHL MILK&MARGARINE	0.12	0.01
POTATOES,MSHD,PREP FROM GRANULES,WO/MILK,WHL MILK&MARGARINE	0.12	0.01
POTATOES,RAW,SKIN	0.09	0.01
POTATOES,SCALLPD,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	0.11	0.01
POTATOES,SCALLPD,HOME-PREPARED W/BUTTER	0.08	0.01
POTATOES,SCALLPD,HOME-PREPARED W/MARGARINE	0.08	0.01
POULTRY SALAD SNDWCH SPRD	0.07	0.06
PRICKLY PEARS,RAW	0.05	0
PUMMELO,RAW	0.08	0
PUMPKIN FLOWERS,CKD,BLD,DRND,WO/SALT	0.02	0.01
PUMPKIN FLOWERS,RAW	0.03	0.01
PUMPKIN LEAVES,RAW	0.02	0.02
PUMPKIN&SQUASH SD KRNLs,DRIED	0.13	0.12
PUMPKIN&SQUASH SD KRNLs,RSTD,W/SALT	0.09	0.16
PUMPKIN&SQUASH SD KRNLs,RSTD,WO/SALT	0.09	0.16
PUMPKIN,CANNED,WITH SALT	0.05	0.01
PUMPKIN,CKD,BLD,DRND,W/SALT	0.03	0
PUMPKIN,CKD,BLD,DRND,WO/SALT	0.03	0
PUMPKIN,CND,WO/SALT	0.05	0.01
PUMPKIN,FLOWERS,CKD,BLD,DRND,W/SALT	0.02	0.01
PUMPKIN,RAW	0.06	0.01
PURSLANE,CKD,BLD,DRND,W/SALT	0.03	0.01
PURSLANE,CKD,BLD,DRND,WO/SALT	0.03	0.01
PURSLANE,RAW	0.03	0.01
QUINCES,RAW	0.13	0
RADICCHIO,RAW	0.03	0.01
RADISH SEEDS,SPROUTED,RAW	0.03	0.02
RADISHES,ORIENTAL,CKD,BLD,DRND,W/SALT	0.01	0
RADISHES,ORIENTAL,CKD,BLD,DRND,WO/SALT	0.01	0
RADISHES,ORIENTAL,RAW	0.02	0
RADISHES,RAW	0.01	0
RADISHES,WHITE ICICLE,RAW	0.01	0.01
RASPBERRIES,RAW	0.04	0

Carb Factors

REFRIED BEANS,CANNED (INCL USDA COMMODITY)	0.10	0.03
RHUBARB,FROZEN,UNCOOKED	0.03	0
RHUBARB,RAW	0.02	0
RICE BEV,IMAGINE FOODS,RICE DREAM,CND	0.10	0
ROE,MIXED SPECIES,RAW	0.01	0.11
ROE,MXD SP,CKD,DRY HEAT	0.01	0.14
ROSE-APPLES,RAW	0.05	0
ROSELLE,RAW	0.11	0
ROSEMARY,FRESH	0.06	0.02
RUTABAGAS,CKD,BLD,DRND,W/SALT	0.08	0.01
RUTABAGAS,CKD,BLD,DRND,WO/SALT	0.06	0.01
RUTABAGAS,RAW	0.05	0.01
SALAD DRSNG,BLUE + ROQUEFORT CHS,COMM,REG,WO/SALT	0.07	0.02
SALAD DRSNG,BLUE OR ROQUEFORT CHS,COMM,REG,W/SALT	0.07	0.02
SALAD DRSNG,FRENCH,CTTNSD,OIL,HOME RECIPE	0.03	0
SALAD DRSNG,FRENCH,HOME RECIPE	0.03	0
SALAD DRSNG,HOME RECIPE,VINEGAR&OIL	0.02	0
SALAD DRSNG,ITALIAN,COMM,DIET,2 CAL PER TSP,W/SALT	0.04	0
SALAD DRSNG,ITALIAN,COMM,DIET,2 CAL PER TSP,WO/SALT	0.04	0
SALAD DRSNG,ITALIAN,COMM,REG,W/SALT	0.10	0
SALAD DRSNG,ITALIAN,COMM,REG,WO/SALT	0.10	0
SALAD DRSNG,KRAFT FREE FAT FREE ITALIAN DRSNG	0.10	0.01
SALAD DRSNG,KRAFT LT DONE RIGHT! ITALIAN DRSNG	0.06	0.01
SALAD DRSNG,KRAFT LT DONE RIGHT! RANCH DRSNG	0.10	0.01
SALAD DRSNG,KRAFT MAYO FAT FREE MAYO DRSNG	0.10	0
SALAD DRSNG,KRAFT MAYO LT MAYO	0.08	0
SALAD DRSNG,KRAFT MIRACLE WHIP FREE NONFAT DRSNG	0.13	0
SALAD DRSNG,KRAFT RANCH DRSNG	0.04	0.01
SALAD DRSNG,KRAFT ZESTY ITALIAN DRSNG	0.05	0
SALAD DRSNG,MAYO,IMITN,MILK CRM	0.11	0.01
SALAD DRSNG,MAYO,SOYBN OIL,W/SALT	0.02	0.01
SALAD DRSNG,MAYO,SOYBN OIL,WO/SALT	0.02	0.01
SALAD DRSNG,MAYO,SOYBN&SAFFLOWER OIL,W/SALT	0.02	0.01
SALAD DRSNG,RUSSIAN,W/SALT	0.10	0.01
SALAD DRSNG,SESAME SD	0.07	0.02
SALAMI,CKD,BF&PORK	0.02	0.07
SALAMI,COOKED,BEEF	0.02	0.08
SALAMI,DRY OR HARD,PORK	0.01	0.11
SALAMI,DRY OR HARD,PORK,BF	0.02	0.11
SALSIFY,CKD,BLD,DRND,W/SALT	0.12	0.01
SALSIFY,CKD,BLD,DRND,WO/SALT	0.12	0.01
SANDWICH SPREAD,PORK,BEEF	0.11	0.04
SAUCE,BARBECUE SAUCE	0.11	0.01
SAUCE,CHS,RTS	0.06	0.03
SAUCE,FISH,READY-TO-SERVE	0.03	0.03
SAUCE,HOMEMADE,WHITE,MED	0.08	0.02
SAUCE,HOMEMADE,WHITE,THICK	0.11	0.02
SAUCE,HOMEMADE,WHITE,THIN	0.07	0.02
SAUCE,LA VICTORIA,CHEDDAR CHS SAU	0.09	0.01
SAUCE,LA VICTORIA,GRN SALSA JALAPENA	0.03	0
SAUCE,LA VICTORIA,LA VICTORIA CHUNKY CHILI DIP,SALSA,CND	0.06	0

Carb Factors

SAUCE,LA VICTORIA,LA VICTORIA ENCHILADA SAU	0.03	0
SAUCE,LA VICTORIA,LA VICTORIA GRN CHILE SALSA,MILD	0.03	0.01
SAUCE,LA VICTORIA,LA VICTORIA GRN TACO SAU,MED	0.05	0
SAUCE,LA VICTORIA,LA VICTORIA GRN TACO SAU,MILD	0.05	0
SAUCE,LA VICTORIA,LA VICTORIA RED TACO SAU,MED	0.07	0.01
SAUCE,LA VICTORIA,LA VICTORIA RED TACO SAU,MILD	0.07	0.01
SAUCE,LA VICTORIA,LA VICTORIA SALSA PICANTE,MED	0.04	0.01
SAUCE,LA VICTORIA,LA VICTORIA SALSA PICANTE,MILD	0.04	0.01
SAUCE,LA VICTORIA,LA VICTORIA SALSA RANCHERA,HOT	0.05	0.01
SAUCE,LA VICTORIA,LA VICTORIA SALSA SUPREMA,MED	0.03	0.01
SAUCE,LA VICTORIA,LA VICTORIA SALSA SUPREMA,MILD	0.04	0
SAUCE,LA VICTORIA,LA VICTORIA SALSA VICTORIA,HOT	0.03	0
SAUCE,LA VICTORIA,LA VICTORIA THICK 'N CHUNKY SALSA,HOT	0.04	0.01
SAUCE,LA VICTORIA,LA VICTORIA THICK 'N CHUNKY SALSA,MED	0.03	0.01
SAUCE,LA VICTORIA,LA VICTORIA THICK 'N CHUNKY SALSA,MILD	0.04	0
SAUCE,LA VICTORIA,NACHO CHS SAU W/JALAPENO PEPPERS,MED	0.09	0.01
SAUCE,LA VICTORIA,RED SALSA JALAPENA	0.05	0.01
SAUCE,LA VICTORIA,SALSA BRAVA,HOT	0.05	0.01
SAUCE,LIPTON,RAGU OLD WORLD STYLE SMOOTH PASTA SAU,TRAD,JAR	0.07	0.01
SAUCE,MOLE POBLANO,PREP FROM RECIPE	0.08	0.02
SAUCE,NESTLE,CHEF-MATE BASIC CHEDDAR CHS SAU,RTS	0.12	0.01
SAUCE,NESTLE,CHEF-MATE CONEY ISLAND STYLE HOT DOG SAU,RTS	0.06	0.02
SAUCE,NESTLE,CHEF-MATE CREOLE SAU,RTS	0.04	0.01
SAUCE,NESTLE,CHEF-MATE GOLDEN CHS SAU,RTS	0.02	0.05
SAUCE,NESTLE,CHEF-MATE HOT DOG CHILI SAU,RTS	0.11	0.02
SAUCE,NESTLE,CHEF-MATE SHARP CHEDDAR CHS SAU,READY-TO -SERVE	0.01	0.04
SAUCE,NESTLE,CONTADINA DELUXE MARINARA SAU,RTS	0.05	0.01
SAUCE,NESTLE,CONTADINA SPAGHETTI SAU,RTS	0.07	0.01
SAUCE,NESTLE,ORTEGA ENCHILADA SAUCE,RTS	0.05	0.01
SAUCE,NESTLE,ORTEGA PICANTE SAUCE,RTS	0.06	0.01
SAUCE,NESTLE,QUE BUENO JALAPENO CHS SAU,RTS	0.12	0.02
SAUCE,NESTLE,QUE BUENO MILD NACHO CHS SAU,RTS	0.03	0.04
SAUCE,NESTLE,QUE BUENO NACHO CHS SAU,RTS	0.05	0.04
SAUCE,OYSTER,RTS	0.10	0.01
SAUCE,PASTA,SPAGHETTI/MARINARA,RTS	0.06	0.01
SAUCE,PREGO 100% NAT SPAGHETTI SAU,TRADITIONAL,JAR	0.12	0.01
SAUCE,RTS,SALSA	0.04	0.01
SAUCE,SOFRITO,PREP FROM RECIPE	0.03	0.06
SAUCE,TEXAS BEST BARBECUE SAU ORIGINAL RECIPE	0.12	0.01
SAUERKRAUT,CND,SOL&LIQUIDS	0.01	0
SAUSAGE,MEATLESS	0.07	0.09
SCALLOP,MIXED SPECIES,RAW	0.02	0.08
SCALLOP,MXD SP,CKD,BREADED&FRIED	0.10	0.09
SCALLOP,MXD SP,IMITN,MADE FROM SURIMI	0.10	0.06
SCRAMBLED EGGS&SAUSAGE W/HASHED BROWN POTATOES,FRZ BRKFST	0.08	0.04
SEAWEED,AGAR,RAW	0.06	0
SEAWEED,IRISHMOSS,RAW	0.10	0.01
SEAWEED,KELP,RAW	0.08	0.01
SEAWEED,LAVER,RAW	0.04	0.03
SEAWEED,SPIRULINA,RAW	0.02	0.03
SEAWEED,WAKAME,RAW	0.08	0.02

Carb Factors

SEEDS,FLAXSEED	0.06	0.1
SESAME BUTTER,TAHINI,FROM RSTD&TSTD KRNL (MOST COMMON TYPE)	0.11	0.09
SESAME BUTTER,TAHINI,FROM UNROASTED KRNL	0.08	0.09
SESAME SD KRNL,TSTD,W/SALT (DECORT)	0.09	0.08
SESAME SD KRNL,TSTD,WO/SALT (DECORT)	0.09	0.08
SESAME SEEDS,WHL,RSTD&TSTD	0.11	0.08
SESAME SEEDS,WHOLE,DRIED	0.11	0.09
SESBANIA FLOWER,CKD,STMD,W/SALT	0.05	0.01
SESBANIA FLOWER,CKD,STMD,WO/SALT	0.05	0.01
SESBANIA FLOWER,RAW	0.06	0.01
SHARK,MXD SP,CKD,BATTER-DIPPED&FRIED	0.06	0.09
SHRIMP,MXD SP,CKD,BREADED&FRIED	0.11	0.11
SHRIMP,MXD SP,CND	0.01	0.12
SHRIMP,MXD SP,IMITN,MADE FROM SURIMI	0.09	0.06
SIDE DISHES,POTATO SALAD	0.13	0.01
SMOKED LINK SAUSAGE,PORK	0.02	0.11
SMOKED LINK SAUSAGE,PORK&BF	0.01	0.07
SMOKED LINK SAUSAGE,PORK&BF,FLR&NONFAT DRY MILK	0.03	0.07
SMOKED LINK SAUSAGE,PORK&BF,NONFAT DRY MILK	0.01	0.07
SNACKS,BF STKS,SMOKED	0.05	0.11
SNAPPLE,SNAPPLE KIWI STRAWBERRY COCKTAIL,RTD	0.11	0
SOUP,BEAN W/BACON,COND,SINGLE BRAND	0.13	0.03
SOUP,BEAN W/BACON,DEHYD,PREP W/H2O	0.02	0.01
SOUP,BEAN W/FRANKFURTERS,CND,COND,COMM	0.12	0.04
SOUP,BEAN W/FRANKFURTERS,CND,PREP W/EQ VOLUME H2O,COMM	0.08	0.02
SOUP,BEAN W/HAM,CND,CHUNKY,RTS,COMM	0.06	0.03
SOUP,BEAN W/PORK,CND,COND,COMM	0.11	0.03
SOUP,BEAN W/PORK,CND,PREP W/EQ VOLUME H2O,COMM	0.05	0.02
SOUP,BF BROTH BOUILLON&CONSOMME,CND,COND,COMM	0.01	0.02
SOUP,BF MUSHROOM,CND,COND,COMM	0.05	0.02
SOUP,BF MUSHROOM,CND,PREP W/EQ VOLUME H2O,COMM	0.02	0.01
SOUP,BF NOODLE,CND,COND,COMM	0.06	0.02
SOUP,BF NOODLE,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0.01
SOUP,BF NOODLE,DEHYD,PREP W/H2O	0.02	0
SOUP,BF W/COUNTRY VEG,CHUNKY,RTS,SINGLE BRAND	0.06	0.03
SOUP,BF W/VEG&BARLEY,CND,COND,SINGLE BRAND	0.08	0.02
SOUP,BF,CND,CHUNKY,RTS	0.07	0.02
SOUP,BLACK BEAN,CND,COND,COMM	0.08	0.02
SOUP,BLACK BEAN,CND,PREP W/EQ VOLUME H2O,COMM	0.06	0.01
SOUP,CAMPBELL'S CHICK NOODLE,CND,COND	0.06	0.01
SOUP,CAULIFLOWER,DEHYD,PREP W/H2O	0.04	0.01
SOUP,CHICK CORN CHOWDER,CHUNKY,RTS,SINGLE BRAND	0.06	0.02
SOUP,CHICK GUMBO,CND,COND,COMM	0.05	0.01
SOUP,CHICK GUMBO,CND,PREP W/EQ VOLUME H2O,COMM	0.02	0.01
SOUP,CHICK MUSHROOM CHOWDER,CHUNKY,RTS,SINGLE BRAND	0.05	0.02
SOUP,CHICK MUSHROOM,CND,COND,COMM	0.07	0.02
SOUP,CHICK MUSHROOM,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0.01
SOUP,CHICK NOODLE W/CELERY&CARROTS,HOMESTYLE,RTS,SINGLE BRAN	0.03	0.01
SOUP,CHICK NOODLE,CHUNKY,RTS,SINGLE BRAND	0.05	0.02
SOUP,CHICK NOODLE,CND,CHUNKY,RTS	0.05	0.03
SOUP,CHICK NOODLE,CND,COND,COMM	0.07	0.02

Carb Factors

SOUP,CHICK NOODLE,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0.01
SOUP,CHICK NOODLE,DEHYD,PREP W/H2O	0.03	0
SOUP,CHICK NOODLE,W/MEATBALLS,CND,CHUNKY,RTS	0.03	0.02
SOUP,CHICK RICE,CND,CHUNKY,RTS	0.05	0.03
SOUP,CHICK RICE,DEHYD,PREP W/H2O	0.03	0
SOUP,CHICK VEG,CHUNKY,RED FAT,RED NA,RTS,SINGLE BRAND	0.06	0.01
SOUP,CHICK VEG,CND,CHUNKY,RTS	0.07	0.03
SOUP,CHICK VEG,CND,COND,COMM	0.06	0.01
SOUP,CHICK VEG,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0.01
SOUP,CHICK VEG,DEHYD,PREP W/H2O	0.03	0.01
SOUP,CHICK W/DUMPLINGS,CND,COND,COMM	0.04	0.02
SOUP,CHICK W/DUMPLINGS,CND,PREP W/EQ VOLUME H2O,COMM	0.02	0.01
SOUP,CHICK W/RICE,CND,COND,COMM	0.05	0.01
SOUP,CHICK W/RICE,CND,PREP W/EQ VOLUME H2O,COMM	0.02	0.01
SOUP,CHICK W/STAR-SHAPED PASTA,CND,COND,SINGLE BRAND	0.07	0.01
SOUP,CHICK,CND,CHUNKY,RTS,COMM	0.06	0.03
SOUP,CHILI BF,CND,COND,COMM	0.09	0.03
SOUP,CHILI BF,CND,PREP W/EQ VOLUME H2O,COMM	0.04	0.01
SOUP,CHS,CND,COND,COMM	0.07	0.02
SOUP,CHS,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0.01
SOUP,CHS,CND,PREP W/EQ VOLUME MILK,COMM	0.06	0.02
SOUP,CLAM CHOWDER,MANHATTAN STYLE,CND,CHUNKY,RTS	0.06	0.02
SOUP,CLAM CHOWDER,MANHATTAN,CND,COND,COMM	0.08	0.01
SOUP,CLAM CHOWDER,MANHATTAN,CND,PREP W/EQ VOLUME H2O	0.04	0
SOUP,CLAM CHOWDER,NEW ENGLAND,CND,COND,COMM	0.08	0.02
SOUP,CLAM CHOWDER,NEW ENGLAND,CND,PREP W/EQ VOLUME H2O,COMM	0.04	0.01
SOUP,CLAM CHOWDER,NEW ENGLAND,CND,PREP W/EQ VOLUME MILK,COMM	0.06	0.02
SOUP,CRAB,CND,RTS	0.03	0.01
SOUP,CRM OF ASPARAGUS,CND,COND,COMM	0.08	0.01
SOUP,CRM OF ASPARAGUS,CND,PREP W/EQ VOLUME H2O,COMM	0.04	0
SOUP,CRM OF ASPARAGUS,CND,PREP W/EQ VOLUME MILK,COMM	0.06	0.01
SOUP,CRM OF ASPARAGUS,DEHYD,PREP W/H2O	0.03	0
SOUP,CRM OF CELERY,CND,COND,COMM	0.06	0.01
SOUP,CRM OF CELERY,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0
SOUP,CRM OF CELERY,CND,PREP W/EQ VOLUME MILK,COMM	0.05	0.01
SOUP,CRM OF CELERY,DEHYD,PREP W/H2O	0.03	0.01
SOUP,CRM OF CHICK,CND,COND,COMM	0.07	0.01
SOUP,CRM OF CHICK,CND,COND,SINGLE BRAND	0.07	0.01
SOUP,CRM OF CHICK,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0.01
SOUP,CRM OF CHICK,DEHYD,PREP W/H2O	0.05	0
SOUP,CRM OF CHICK,PREP W/EQ VOLUME MILK,COMM	0.05	0.02
SOUP,CRM OF MUSHROOM,CND,COND,COMM	0.07	0.01
SOUP,CRM OF MUSHROOM,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0
SOUP,CRM OF MUSHROOM,CND,PREP W/EQ VOLUME MILK,COMM	0.05	0.01
SOUP,CRM OF ONION,CND,COND,COMM	0.10	0.01
SOUP,CRM OF ONION,CND,PREP W/EQ VOLUME H2O,COMM	0.04	0.01
SOUP,CRM OF ONION,CND,PREP W/EQ VOLUME MILK,COMM	0.07	0.01
SOUP,CRM OF POTATO,CND,COND	0.08	0.01
SOUP,CRM OF POTATO,CND,PREP W/EQ VOLUME H2O,COMM	0.04	0
SOUP,CRM OF POTATO,CND,PREP W/EQ VOLUME MILK,COMM	0.06	0.01
SOUP,CRM OF SHRIMP,CND,COND	0.06	0.01

Carb Factors

SOUP,CRM OF SHRIMP,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0.01
SOUP,CRM OF SHRIMP,CND,PREP W/EQ VOLUME MILK,COMM	0.05	0.01
SOUP,CRM OF VEG,DEHYD,PREP W/H2O	0.04	0
SOUP,GAZPACHO,CND,RTS	0.01	0.01
SOUP,LEEK,DEHYD,PREP W/H2O	0.03	0
SOUP,LENTIL W/HAM,CND,RTS	0.08	0.02
SOUP,MINESTRONE,CND,CHUNKY,RTS	0.06	0.01
SOUP,MINESTRONE,CND,COND,COMM	0.08	0.02
SOUP,MINESTRONE,CND,PREP W/EQ VOLUME H2O,COMM	0.04	0.01
SOUP,MINESTRONE,DEHYD,PREP W/H2O	0.04	0.01
SOUP,MUSHROOM BARLEY,CND,COND,COMM	0.09	0.01
SOUP,MUSHROOM BARLEY,CND,PREP W/EQ VOLUME H2O,COMM	0.04	0
SOUP,MUSHROOM W/BF STOCK,CND,COND,COMM	0.07	0.01
SOUP,MUSHROOM W/BF STOCK,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0.01
SOUP,MUSHROOM,DEHYD,PREP W/H2O	0.04	0
SOUP,ONION,CND,COND,COMM	0.05	0.02
SOUP,ONION,CND,PREP W/EQ VOLUME H2O,COMM	0.02	0.01
SOUP,ONION,DEHYD,PREP W/H2O	0.01	0
SOUP,OXTAIL,DEHYD,PREP W/H2O	0.03	0.01
SOUP,OYSTER STEW,CND,COND,COMM	0.03	0.01
SOUP,OYSTER STEW,CND,PREP W/EQ VOLUME H2O,COMM	0.01	0
SOUP,OYSTER STEW,CND,PREP W/EQ VOLUME MILK,COMM	0.03	0.01
SOUP,PEA,GRN,CND,PREP W/EQ VOLUME H2O,COMM	0.09	0.02
SOUP,PEA,GRN,CND,PREP W/EQ VOLUME MILK,COMM	0.11	0.02
SOUP,PEA,GRN,MIX,DEHYD,PREP W/H2O	0.07	0.01
SOUP,PEA,SPLIT W/HAM,CND,CHUNKY,RTS	0.09	0.02
SOUP,PEA,SPLIT W/HAM,CND,PREP W/EQ VOLUME H2O,COMM	0.10	0.02
SOUP,PEPPERPOT,CND,COND,COMM	0.07	0.03
SOUP,PEPPERPOT,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0.01
SOUP,POTATO HAM CHOWDER,CHUNKY,RTS,SINGLE BRAND	0.05	0.01
SOUP,PROG HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER,CND,RTS	0.07	0.01
SOUP,PROGRESSO CHICK&WILD RICE W/VEG	0.05	0.01
SOUP,PROGRESSO HEALTHY CLASSICS BF BARLEY,99% FAT FREE	0.05	0.03
SOUP,PROGRESSO HEALTHY CLASSICS BF BARLEY,CND,RTS	0.07	0.02
SOUP,PROGRESSO HEALTHY CLASSICS BF VEG,CND,RTS	0.07	0.02
SOUP,PROGRESSO HEALTHY CLASSICS CHICK NOODLE,CND,RTS	0.03	0.01
SOUP,PROGRESSO HEALTHY CLASSICS CHICK RICE W/VEG,CND,RTS	0.04	0.01
SOUP,PROGRESSO HEALTHY CLASSICS CRM OF BROCCOLI,CND,RTS	0.04	0
SOUP,PROGRESSO HEALTHY CLASSICS GARLIC&PASTA,CND,RTS	0.06	0.01
SOUP,PROGRESSO HEALTHY CLASSICS LENTIL,CND,RTS	0.06	0.02
SOUP,PROGRESSO HEALTHY CLASSICS MINESTRONE,CND,RTS	0.07	0.01
SOUP,PROGRESSO HEALTHY CLASSICS SPLIT PEA,CND,RTS	0.09	0.02
SOUP,PROGRESSO HEALTHY CLASSICS TOMATO GARDEN,CND,RTS	0.06	0.01
SOUP,PROGRESSO HEALTHY CLASSICS VEG,CND,RTS	0.04	0.01
SOUP,SCOTCH BROTH,CND,COND,COMM	0.06	0.02
SOUP,SCOTCH BROTH,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0.01
SOUP,SHARK FIN,REST-PREP	0.03	0.02
SOUP,SIRLOIN BURGER W/VEG,RTS,SINGLE BRAND	0.04	0.02
SOUP,SPLIT PEA W/ HAM,CHUNKY,RED FAT,RED NA,RTS,SINGLE BRAND	0.11	0.03
SOUP,STOCKPOT,CND,COND,COMM	0.08	0.02
SOUP,STOCKPOT,CND,PREP W/EQ VOLUME H2O,COMM	0.04	0.01



Carb Factors

SOUP,TOMATO BF W/NOODLE,CND,PREP W/EQ VOLUME H2O,COMM	0.08	0.01
SOUP,TOMATO BISQUE,CND,PREP W/EQ VOLUME H2O,COMM	0.09	0
SOUP,TOMATO BISQUE,CND,PREP W/EQ VOLUME MILK,COMM	0.11	0.01
SOUP,TOMATO RICE,CND,PREP W/EQ VOLUME H2O,COMM	0.08	0
SOUP,TOMATO VEG,DEHYD,PREP W/H2O	0.03	0
SOUP,TOMATO,CND,COND,COMM	0.12	0.01
SOUP,TOMATO,CND,PREP W/EQ VOLUME H2O,COMM	0.06	0
SOUP,TOMATO,CND,PREP W/EQ VOLUME MILK,COMM	0.07	0.01
SOUP,TOMATO,DEHYD,PREP W/H2O	0.07	0
SOUP,TURKEY NOODLE,CND,COND,COMM	0.06	0.02
SOUP,TURKEY NOODLE,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0.01
SOUP,TURKEY VEG,CND,COND,COMM	0.06	0.01
SOUP,TURKEY VEG,CND,PREP W/EQ VOLUME H2O,COMM	0.03	0.01
SOUP,TURKEY,CHUNKY,RTS	0.05	0.02
SOUP,VEG BF,CND,COND,COMM	0.06	0.02
SOUP,VEG BF,CND,COND,SINGLE BRAND	0.07	0.02
SOUP,VEG BF,DEHYD,PREP W/H2O	0.02	0.01
SOUP,VEG BF,MICROWAVABLE,RTS,SINGLE BRAND	0.01	0.03
SOUP,VEG BF,PREP W/EQ VOLUME H2O,COMM	0.03	0.01
SOUP,VEG W/BF BROTH,CND,COND,COMM	0.09	0.01
SOUP,VEG W/BF BROTH,CND,PREP W/EQ VOLUME H2O,COMM	0.05	0.01
SOUP,VEG,CND,CHUNKY,RTS,COMM	0.07	0.01
SOUP,VEGETARIAN VEG,CND,COND,COMM	0.09	0.01
SOUP,VEGETARIAN VEG,CND,PREP W/EQ VOLUME H2O,COMM	0.04	0
SOUR CRM,IMITN,CULTURED	0.06	0.01
SOUR DRSNG,NON-BUTTERFAT,CULTURED,FILLED CREAM-TYPE	0.04	0.02
SOURSOP,RAW	0.13	0.01
SOY PROT ISOLATE,K TYPE	0.01	0.4
SOY PROTEIN ISOLATE	0.01	0.4
SOY SAU MADE FROM HYDROLYZED VEG PROT	0.07	0.01
SOY SAU MADE FROM SOY (TAMARI)	0.04	0.05
SOY SAU MADE FROM SOY&WHEAT (SHOYU)	0.07	0.03
SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO NA	0.07	0.03
SOYBEANS,GREEN,RAW	0.06	0.06
SOYBEANS,GRN,CKD,BLD,DRND,W/SALT	0.06	0.06
SOYBEANS,GRN,CKD,BLD,DRND,WO/SALT	0.06	0.06
SOYBEANS,MATURE CKD,BLD,WO/SALT	0.03	0.08
SOYBEANS,MATURE SEEDS,CKD,BLD,W/SALT	0.03	0.08
SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STIR-FRIED	0.08	0.07
SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STIR-FRIED,W/SALT	0.08	0.07
SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STMD	0.05	0.04
SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STMD,W/SALT	0.05	0.04
SOYBEANS,MATURE SEEDS,SPROUTED,RAW	0.08	0.07
SPEARMINT,FRESH	0.01	0.02
SPINACH SOUFFLE,HOME-PREPARED	0.02	0.04
SPINACH,CKD,BLD,DRND,W/SALT	0.01	0.01
SPINACH,CKD,BLD,DRND,WO/SALT	0.01	0.01
SPINACH,CND,DRND SOL	0.01	0.01
SPINACH,CND,REG PK,SOL&LIQUIDS	0.01	0.01
SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,W/SALT	0.02	0.02
SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,WO/SALT	0.02	0.02

Carb Factors

SPINACH,FRZ,CHOPD OR LEAF,UNPREP	0.01	0.01
SPINY LOBSTER,MXD SP,CKD,MOIST HEAT	0.03	0.13
SPINY LOBSTER,MXD SP,RAW	0.02	0.1
SQUASH,SMMR,ALL VAR,CKD,BLD,DRND,W/SALT	0.02	0
SQUASH,SMMR,ALL VAR,CKD,BLD,DRND,WO/SALT	0.02	0
SQUASH,SMMR,ALL VAR,RAW	0.02	0.01
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CKD,BLD,DRND,W/SALT	0.02	0
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CKD,BLD,DRND,WO/SALT	0.02	0
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CND,DRND,SOLID,WO/SALT	0.01	0
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,CKD,BLD,DRND,W/SALT	0.04	0.01
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,CKD,BLD,DRND,WO/SALT	0.04	0.01
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,UNPREP	0.03	0
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,RAW	0.02	0
SQUASH,SMMR,SCALLOP,CKD,BLD,DRND,W/SALT	0.01	0.01
SQUASH,SMMR,SCALLOP,CKD,BLD,DRND,WO/SALT	0.01	0.01
SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,W/SALT	0.02	0
SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,WO/SALT	0.02	0
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,CKD,BLD,DRND,W/SALT	0.02	0.01
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,CKD,BLD,DRND,WO/SALT	0.02	0.01
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,UNPREP	0.02	0.01
SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	0.01	0.01
SQUASH,SMMR,ZUCCHINI,ITALIAN STYLE,CND	0.06	0.01
SQUASH,SUMMER,SCALLOP,RAW	0.03	0.01
SQUASH,WINTER,ACORN,RAW	0.08	0
SQUASH,WINTER,HUBBARD,RAW	0.08	0.01
SQUASH,WNTR,ACORN,CKD,BKD,W/SALT	0.10	0.01
SQUASH,WNTR,ACORN,CKD,BKD,WO/SALT	0.10	0.01
SQUASH,WNTR,ACORN,CKD,BLD,MSHD,W/SALT	0.06	0
SQUASH,WNTR,ACORN,CKD,BLD,MSHD,WO/SALT	0.06	0
SQUASH,WNTR,ALL VAR,CKD,BKD,W/SALT	0.05	0
SQUASH,WNTR,ALL VAR,CKD,BKD,WO/SALT	0.05	0
SQUASH,WNTR,ALL VAR,RAW	0.07	0.01
SQUASH,WNTR,BUTTERNUT,CKD,BKD,W/SALT	0.10	0
SQUASH,WNTR,BUTTERNUT,CKD,BKD,WO/SALT	0.10	0
SQUASH,WNTR,BUTTERNUT,FRZ,CKD,BLD,W/SALT	0.10	0.01
SQUASH,WNTR,BUTTERNUT,FRZ,CKD,BLD,WO/SALT	0.10	0.01
SQUASH,WNTR,BUTTERNUT,FRZ,UNPREP	0.13	0.01
SQUASH,WNTR,BUTTERNUT,RAW	0.11	0.01
SQUASH,WNTR,HUBBARD,CKD,BKD,W/SALT	0.10	0.01
SQUASH,WNTR,HUBBARD,CKD,BKD,WO/SALT	0.10	0.01
SQUASH,WNTR,HUBBARD,CKD,BLD,MSHD,W/SALT	0.03	0.01
SQUASH,WNTR,HUBBARD,CKD,BLD,MSHD,WO/SALT	0.03	0.01
SQUASH,WNTR,SPAGHETTI,CKD,BLD,DRND,OR BKD,W/SALT	0.05	0
SQUASH,WNTR,SPAGHETTI,CKD,BLD,DRND,OR BKD,WO/SALT	0.05	0
SQUASH,WNTR,SPAGHETTI,RAW	0.06	0
SQUASH,ZUCCHINI,BABY,RAW	0.02	0.01
SQUID,MIXED SPECIES,RAW	0.03	0.08
SQUID,MXD SP,CKD,FRIED	0.07	0.09
STAGG CLASSIC CHILI W/BNS,CND ENTREE	0.08	0.03
STAGG COUNTRY CHILI W/BNS,CND ENTREE	0.09	0.03
STAGG DYNAMITE CHILI W/BNS,CND ENTREE	0.09	0.04

Carb Factors

STAGG RANCHHOUSE CHILI W/BNS,CND ENTREE	0.09	0.04
STAGG SILVERADO CHILI W/BNS,CND ENTREE	0.10	0.04
STOUFFER'S CHICK PIE,FRZ ENTREE	0.11	0.04
STOUFFER'S CRMD CHIPPED BF,FRZ ENTREE	0.05	0.04
STOUFFER'S ESCALOPED CHICK&NOODLES,FRZ ENTREE	0.11	0.03
STOUFFER'S HOMESTYLE SALSARY STK,GRAVY&MACRONI&CHS,FRZ ENTRE	0.09	0.04
STOUFFER'S LASAGNA W/MEAT&SAU,FRZ ENTREE	0.10	0.04
STOUFFER'S LN CUISINE CHICK&VEG W/VERMICELLI,FRZ ENTREE	0.09	0.03
STOUFFER'S LN CUISINE HOMESTY STUFF CABGE,MT,TOM SAU,POT,FRZ	0.07	0.02
STOUFFER'S LN CUISINE HOMESTYLE BF POT RST,WHIP POT,FRZ ENTR	0.07	0.03
STOUFFER'S LN CUISINE LUNCH EXP RICE&CHICK STIR-FRY,FRZ ENTR	0.13	0.02
STOUFFER'S LN CUISINE MACARONI&BF IN TOMATO SAU,FRZ ENTREE	0.11	0.02
STOUFFER'S LN CUISINE SPAGHETTI W/MEAT SAU,FRZ ENTREE	0.13	0.02
STOUFFER'S LN CUISINE SPAGHETTI W/MEATBALLS&SAU,FRZ ENTREE	0.13	0.03
STOUFFER'S LN CUISINE SWEDISH MEATBALLS W/PASTA,FRZ ENTREE	0.11	0.04
STOUFFER'S LUNCH EXPRS CHICK ALFREDO W/FETUCINI&VEG,FRZ MEAL	0.10	0.04
STOUFFER'S STUFFED PEPPERS W/BF IN TOMATO SAU,FRZ ENTREE	0.07	0.02
STOUFFER'S,CRMD SPINACH,FRZ	0.05	0.01
STRAWBERRIES,FRZ,UNSWTND	0.07	0
STRAWBERRIES,RAW	0.04	0
STRAWBERRY-FLAVOR BEV MIX,PDR,PREP W/MILK	0.12	0.02
SUCCOTASH,(CORN&LIMAS),CND,W/WHL KERNEL CORN,SOL&LIQUIDS	0.11	0.01
SUNFLOWER SD KRNLS,DRIED	0.08	0.11
SUNFLOWER SD KRNLS,DRY RSTD,WO/SALT	0.12	0.1
SUNFLOWER SD KRNLS,OIL RSTD,W/SALT	0.07	0.11
SUNFLOWER SD KRNLS,OIL RSTD,WO/SALT	0.07	0.11
SUNFLOWER SD KRNLS,TSTD,W/SALT	0.09	0.09
SUNFLOWER SD KRNLS,TSTD,WO/SALT	0.09	0.09
SURIMI	0.06	0.08
SWAMP CABBAGE,(SKUNK CABBAGE),RAW	0.01	0.01
SWAMP CABBAGE,CKD,BLD,DRND,W/SALT	0.01	0.01
SWAMP CABBAGE,CKD,BLD,DRND,WO/SALT	0.01	0.01
SWEET SUE CHICK&DUMPLINGS,CND	0.08	0.03
SWEETPOTATO LEAVES,CKD,STMD,W/SALT	0.05	0.01
SWEETPOTATO LEAVES,CKD,STMD,WO/SALT	0.05	0.01
SWEETPOTATO LEAVES,RAW	0.04	0.02
TANGERINE JUC,CND,SWTND	0.11	0
TANGERINE JUC,FRZ CONC,SWTND,DIL W/3 VOLUME H2O	0.11	0
TANGERINE JUICE,RAW	0.09	0
TANGERINES,(MANDARIN ORANGES),CND,JUC PK	0.08	0
TANGERINES,(MANDARIN ORANGES),RAW	0.08	0
TARO LEAVES,CKD,STMD,WO/SALT	0.02	0.01
TARO LEAVES,RAW	0.03	0.02
TARO SHOOTS,CKD,WO/SALT	0.03	0
TARO SHOOTS,RAW	0.02	0
TARO,LEAVES,CKD,STMD,W/SALT	0.02	0.01
TARO,SHOOTS,CKD,W/SALT	0.03	0
TARO,TAHITIAN,CKD,W/SALT	0.06	0.02
TARO,TAHITIAN,CKD,WO/SALT	0.06	0.02
TARO,TAHITIAN,RAW	0.06	0.01
TEA,INST,SWTND W/SUGAR,LEMON-FLAVORED,W/ VIT C,PDR,PREP	0.08	0

Carb Factors

TEA,INST,SWTND W/SUGAR,LEMON-FLAVORED,WO/ VIT C,PDR,PREP	0.08	0
TEMPEH	0.09	0.09
TEMPEH,CKD	0.09	0.09
THE BUDGET GOURMET ITALIAN SAUSAGE LASAGNA,FRZ ENTREE	0.12	0.03
THE BUDGET GOURMET,SPINACH AU GRATIN,FRZ	0.05	0.02
THIRST QUENCHER DRK,BTLD	0.06	0
THYME,FRESH	0.10	0.03
TODDLER FORMULA,MEAD JOHNSON NEXT STEP SOY,PREP FROM PDR	0.07	0.01
TODDLER FORMULA,MEAD JOHNSON NEXT STEP SOY,PRP FROM LIQ CONC	0.06	0.01
TOFU,DRIED-FROZEN (KOYADOFU)	0.07	0.24
TOFU,DRIED-FROZEN (KOYADOFU),PREP W/CA SULFATE	0.13	0.24
TOFU,EX FIRM,PREP W/NIGARI	0.01	0.05
TOFU,FIRM,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	0.02	0.04
TOFU,FRIED	0.06	0.09
TOFU,FRIED,PREP W/CA SULFATE	0.06	0.09
TOFU,HARD,PREP W/NIGARI	0.03	0.06
TOFU,OKARA	0.12	0.02
TOFU,RAW,FIRM,PREP W/CA SULFATE	0.01	0.08
TOFU,RAW,REG,PREP W/CA SULFATE	0.01	0.04
TOFU,SALTED&FERMENTED (FUYU)	0.05	0.04
TOFU,SALTED&FERMENTED (FUYU),PREP W/CA SULFATE	0.05	0.04
TOFU,SOFT,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	0.01	0.03
TOMATILLOS,RAW	0.03	0
TOMATO JUC,CND,W/SALT	0.03	0
TOMATO JUC,CND,WO/SALT	0.03	0
TOMATO PRODUCTS,CND,PUREE,W/SALT	0.07	0.01
TOMATO PRODUCTS,CND,PUREE,WO/SALT	0.07	0.01
TOMATO PRODUCTS,CND,SAU	0.05	0.01
TOMATO PRODUCTS,CND,SAU,SPANISH STYLE	0.05	0.01
TOMATO PRODUCTS,CND,SAU,W/HERBS&CHS	0.08	0.01
TOMATO PRODUCTS,CND,SAU,W/MUSHROOMS	0.06	0.01
TOMATO PRODUCTS,CND,SAU,W/ONIONS	0.08	0.01
TOMATO PRODUCTS,CND,SAU,W/ONIONS,GRN PEPPERS,&CELERY	0.07	0
TOMATO PRODUCTS,CND,SAU,W/TOMATO TIDBITS	0.05	0.01
TOMATOES,CRUSHED,CANNED	0.05	0.01
TOMATOES,GREEN,RAW	0.04	0.01
TOMATOES,ORANGE,RAW	0.02	0.01
TOMATOES,RED,RIPE,CKD,BLD,W/SALT	0.04	0.01
TOMATOES,RED,RIPE,CKD,BLD,WO/SALT	0.04	0.01
TOMATOES,RED,RIPE,CKD,STWD	0.11	0.01
TOMATOES,RED,RIPE,CND,STWD	0.05	0
TOMATOES,RED,RIPE,CND,W/GRN CHILIES	0.03	0
TOMATOES,RED,RIPE,CND,WEDGES IN TOMATO JUC	0.06	0
TOMATOES,RED,RIPE,CND,WHL,NO SALT	0.03	0
TOMATOES,RED,RIPE,CND,WHL,REG PK	0.03	0
TOMATOES,RED,RIPE,RAW,JUNE THRU OCTOBER AVERAGE	0.03	0
TOMATOES,RED,RIPE,RAW,NOVEMBER THRU MAY AVERAGE	0.03	0
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	0.03	0
TOMATOES,YELLOW,RAW	0.02	0
TOSTADA WITH GUACAMOLE	0.12	0.02
TREE FERN,CKD,W/SALT	0.07	0

Carb Factors

TREE FERN,CKD,WO/SALT	0.07	0
TUNA SALAD	0.09	0.08
TURKEY AND GRAVY,FROZEN	0.04	0.03
TURKEY ROLL,LT&DK MEAT	0.02	0.09
TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RAW	0.06	0.09
TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RSTD	0.03	0.11
TURKEY,ALL CLASSES,GIBLETS,CKD,SIMMRD,SOME GIBLET FAT	0.02	0.13
TURKEY,ALL CLASSES,GIBLETS,RAW	0.02	0.1
TURKEY,DICED,LT&DK MEAT,SEASONED	0.01	0.09
TURKEY,HEART,ALL CLASSES,CKD,SIMMRD	0.02	0.13
TURKEY,LIVER,ALL CLASSES,CKD,SIMMRD	0.03	0.12
TURKEY,LIVER,ALL CLASSES,RAW	0.04	0.1
TURNIP GREENS,RAW	0.02	0.01
TURNIP GRNS&TURNIPS,FRZ,CKD,BLD,DRND,WO/SALT	0.01	0.01
TURNIP GRNS&TURNIPS,FRZ,UNPREP	0.01	0.01
TURNIP GRNS,FRZ,CKD,BLD,DRND,W/SALT	0.01	0.02
TURNIP GRNS,FRZ,CKD,BLD,DRND,WO/SALT	0.01	0.02
TURNIP GRNS,FRZ,UNPREP	0.01	0.01
TURNIPS,CKD,BLD,DRND,W/SALT	0.02	0
TURNIPS,CKD,BLD,DRND,WO/SALT	0.02	0
TURNIPS,FROZEN,UNPREPARED	0.01	0.01
TURNIPS,FRZ,CKD,BLD,DRND,W/SALT	0.02	0.01
TURNIPS,FRZ,CKD,BLD,DRND,WO/SALT	0.02	0.01
TURNIPS,RAW	0.04	0
TYSON RSTD CHICK W/GARLIC SAU,PASTA&VEG MEDLEY,FRZ ENTREE	0.07	0.03
USDA COMMODITY,BF PATTIES W/VPP,FRZ,CKD	0.06	0.08
USDA COMMODITY,BF PATTIES W/VPP,FRZ,RAW	0.02	0.08
USDA COMMODITY,SALMON NUGGETS,BREADED,FRZ,HTD	0.13	0.06
USDA COMMODITY,SALMON NUGGETS,CKD AS PURCHASED,UNHTD	0.11	0.06
USDA COMMODITY,SALSA	0.05	0.01
USDA COMMODITY,SPAGHETTI SAU,MEATLESS,CND	0.08	0.01
USDA COMMODITY,TURKEY HAM,DK MEAT,SMOKED,FRZ	0.03	0.08
VANILLA EXTRACT	0.12	0
VANILLA EXTRACT,IMITN,ALCOHOL	0.02	0
VEAL,LEG (TOP RND),LN&FAT,CKD,PAN-FRIED,BREADED	0.09	0.14
VEAL,LEG (TOP RND),LN,CKD,PAN-FRIED,BREADED	0.09	0.14
VEAL,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	0.02	0.11
VEAL,VAR MEATS&BY-PRODUCTS,LIVER,CKD,PAN-FRIED	0.03	0.15
VEAL,VAR MEATS&BY-PRODUCTS,LIVER,RAW	0.04	0.09
VEAL,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	0.01	0.09
VEGETABLE JUC COCKTAIL,CND	0.03	0
VEGETABLES,MXD,CND,DRND SOL	0.06	0.01
VEGETABLES,MXD,CND,SOL&LIQUIDS	0.03	0.01
VEGETABLES,MXD,FRZ,CKD,BLD,DRND,W/SALT	0.08	0.01
VEGETABLES,MXD,FRZ,CKD,BLD,DRND,WO/SALT	0.08	0.01
VEGETABLES,MXD,FRZ,UNPREP	0.09	0.02
VERYFINE,VRYFNE APPL QUENCHERS APPL RSPBRY CHRY JUC CKTL,RTD	0.13	0
VIENNA SAUSAGE,CND,BF&PORK	0.02	0.05
VINEGAR,CIDER	0.05	0
VINESPINACH,(BASELLA),RAW	0.03	0.01
WALNUTS,BLACK,DRIED	0.07	0.12

Carb Factors

WALNUTS,ENGLISH	0.07	0.08
WATERCHESTNUTS,CHINESE,CND,SOL&LIQUIDS	0.09	0
WATERMELON,RAW	0.06	0
WAXGOURD,(CHINESE PRESERVING MELON),CKD,BLD,DRND,W/SALT	0.02	0
WAXGOURD,(CHINESE PRESERVING MELON),CKD,BLD,DRND,WO/SALT	0.02	0
WEIGHT WATCHERS CHICKEN ENCHILADA SUIZA,FRZ ENTREE	0.11	0.03
WEIGHT WATCHERS SMART ONES RST TURKEY&MUSHROOMS,SAU,RICE&VEG	0.13	0.03
WEIGHT WATCHERS ULTIMATE 200 BARBQ GLAZE CHICK,SAU,FRZ ENTR	0.12	0.05
WHELK,UNSPECIFIED,RAW	0.07	0.12
WHEY,ACID,FLUID	0.05	0
WHEY,SWEET,FLUID	0.05	0
WINE,NON-ALCOHOLIC	0.01	0
WINGED BEAN,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	0.03	0.03
WINGED BNS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	0.03	0.03
WINGED BNS,IMMAT SEEDS,RAW	0.04	0.03
WORTHINGTON FOODS,MORNINGSTAR FARMS "BURGER"CRUMBLES	0.01	0.1
WORTHINGTON FOODS,MORNINGSTAR FARMS BETTER'N BURGERS,FRZ	0.03	0.08
WORTHINGTON FOODS,MORNINGSTAR FARMS BRKfst PATTIES	0.04	0.13
WORTHINGTON FOODS,MORNINGSTAR FARMS DELI FRANKS	0.02	0.12
WORTHINGTON FOODS,MORNINGSTAR FARMS GARDEN VEGE PATTIES,FRZ	0.09	0.08
WORTHINGTON FOODS,MORNINGSTAR FARMS,SPICY BLACK BEAN BURGER	0.13	0.08
WORTHINGTON FOODS,NAT TOUCH VEGAN BURGERS,FRZ	0.03	0.08
WORTHINGTON FOODS,NAT TOUCH,GARDEN VEGE PATTIES,FRZ	0.09	0.08
YAMBEAN (JICAMA),CKD,BLD,DRND,W/SALT	0.08	0
YAMBEAN (JICAMA),CKD,BLD,DRND,WO/SALT	0.08	0
YAMBEAN (JICAMA),RAW	0.03	0
YARDLONG BEAN,CKD,BLD,DRND,W/SALT	0.09	0.01
YARDLONG BEAN,CKD,BLD,DRND,WO/SALT	0.09	0.01
YARDLONG BEAN,RAW	0.08	0.01
YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ	0.07	0.03
YOGURT,PLN,SKIM MILK,13 GRAMS PROT PER 8 OZ	0.07	0.03
YOGURT,PLN,WHL MILK,8 GRAMS PROT PER 8 OZ	0.04	0.02
YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ	0.13	0.02
BABYFOOD,CRL,OATMEAL,PREP W/WHL MILK	0.14	0.03
BABYFOOD,CRL,OATMEAL,W/APPLSAUC&BANANAS,JR	0.14	0.01
BABYFOOD,CRL,OATMEAL,W/APPLSAUC&BANANAS,STR	0.14	0.01
BABYFOOD,FRUIT,APPL&BLUEBERRY,JR	0.14	0
BABYFOOD,FRUIT,APPL&BLUEBERRY,STR	0.14	0
BABYFOOD,FRUIT,APPLSAUC W/BANANA,JR	0.14	0
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,STR	0.14	0
BABYFOOD,VEG,CORN,CRMD,JR	0.14	0.01
BANQUET,OUR ORIGINAL FRIED CHICK MEAL,MSHD POT,CORN,FRZ MEAL	0.14	0.05
BEANS,BKD,CND,W/PORK	0.14	0.03
BEANS,BKD,CND,W/PORK&TOMATO SAU	0.14	0.03
BEANS,CRANBERRY (ROMAN),MATURE SEEDS,CKD,BLD,W/SALT	0.14	0.05
BEANS,CRANBERRY (ROMAN),MATURE SEEDS,CKD,BLD,WO/SALT	0.14	0.05
BEANS,FRENCH,MATURE SEEDS,CKD,BLD,W/SALT	0.14	0.04
BEANS,FRENCH,MATURE SEEDS,CKD,BLD,WO/SALT	0.14	0.04
BEANS,GREAT NORTHERN,MATURE SEEDS,CKD,BLD,W/SALT	0.14	0.04
BEANS,GREAT NORTHERN,MATURE SEEDS,CKD,BLD,WO/SALT	0.14	0.04
BEANS,WINGED,MATURE SEEDS,CKD,BLD,WO/SALT	0.14	0.05

Carb Factors

BEANS,YEL,MATURE SEEDS,CKD,BLD,W/SALT	0.14	0.05
BEANS,YEL,MATURE SEEDS,CKD,BLD,WO/SALT	0.14	0.05
BREAKFAST ITEMS,BISCUIT W/EGG&STEAK	0.14	0.06
BROADBEANS (FAVA BNS),MATURE SEEDS,CKD,BLD,W/SALT	0.14	0.04
BROADBEANS (FAVA BNS),MATURE SEEDS,CKD,BLD,WO/SALT	0.14	0.04
BULGUR,COOKED	0.14	0.02
BURDOCK ROOT,RAW	0.14	0.01
CEREALS,CREAM OF WHEAT,MIX'N EAT,PLN,PREP W/ H2O	0.14	0.01
CEREALS,MALTEX,CKD W/ H2O,W/ SALT	0.14	0.01
CEREALS,MALTEX,CKD W/ H2O,WO/ SALT	0.14	0.01
CEREALS,QUAKER,CORN GRITS,INST,PLN,PREP W/H2O	0.14	0.01
CEREALS,QUAKER,OATMEAL,INST,LO NA,PREP W/H2O	0.14	0.02
CHEF BOYARDEE MINI RAVIOLI,BF RAVIOLI W/TOM&MT SAU,CND ENTR	0.14	0.02
CHEF BOYARDEE TEEN MUTNT NINJA TURTL PSTA,MTBALL,TOM SAU,CND	0.14	0.02
CHERRIES,SWEET,RAW	0.14	0.01
CORN,SWT,WHITE,CND,WHL KERNEL,NO SALT,SOL&LIQUIDS	0.14	0.01
COWPEAS,COMMON (BLKEYES,CRWDR,STHRN),MTURE,CKD,BLD,WO/SALT	0.14	0.04
COWPEAS,COMMON,MATURE SEEDS,CKD,BLD,W/SALT	0.14	0.04
CRANBERRY JUC COCKTAIL,BTLD	0.14	0
DESSERTS,GELATINS,DRY MIX,PREP W/H2O	0.14	0.01
EGGNOG-FLAVOR MIX,PDR,PREP W/MILK	0.14	0.02
FAST FOODS,CHEESEBURGER,LRG,SINGLE PATTY,W/HAM,CONDMNT&VEG	0.14	0.08
FAST FOODS,CHEESEBURGER,REG,DOUBLE PATTY,PLN	0.14	0.09
FAST FOODS,CHICK,BREADED&FRIED,BNLESS PIECES,PLN	0.14	0.09
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU&BACON	0.14	0.03
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU&CHILI	0.14	0.03
FRUIT SALAD,CND,LT SYRUP,SOL&LIQUIDS	0.14	0
GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,W/SALT	0.14	0
GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,WO/SALT	0.14	0
GRAPE JUC,CND OR BTLD,UNSWTND,WO/ VIT C	0.14	0
HEALTHY CHOICE MESQ CHICK BBQ,WH RI,MXD VEG,AP/RAISN COB,FRZ	0.14	0.03
INFANT FORM,MEAD JOHNSON,NUTRAMIGEN,W/IRON,LIQ CNC, NOT REC	0.14	0.02
INFANT FORMULA,CARNATION GOOD START,W/IRON,LIQ CONC, NOT REC	0.14	0.02
INFANT FORMULA,MEAD JOHNSON,ENFAMIL,LO IRON,LIQ CNC, NOT REC	0.14	0.01
INFANT FORMULA,MEAD JOHNSON,ENFAMIL,W/IRON,LIQ CONC, NOT REC	0.14	0.01
INFANT FORMULA,MEAD JOHNSON,GERBER,LO IRON,LIQ CONC, NOT REC	0.14	0.01
INFANT FORMULA,MEAD JOHNSON,GERBER,W/IRON,LIQ CONC,NOT RECON	0.14	0.01
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,UNPREP	0.14	0.03
LONGANS,RAW	0.14	0.01
LOUIS RICH,TURKEY NUGGETS/STICKS (BREADED)	0.14	0.07
MARIE CALLENDER'S BF STROGANOFF&NOODLES W/CARROTS&PEAS,FRZ	0.14	0.04
MICHELINA'S SPAGHETTI,MEATBALL&POMODORO SAU,LOFAT FRZ ENTREE	0.14	0.02
ORANGE PEEL,RAW	0.14	0.01
PASSION-FRUIT JUC,YEL,RAW	0.14	0
PEANUT BUTTER,CHUNK STYLE,W/SALT	0.14	0.12
PEANUT BUTTER,CHUNK STYLE,WO/SALT	0.14	0.12
PERSIMMONS,JAPANESE,RAW	0.14	0
PINEAPPLE,CND,JUC PK,SOL&LIQUIDS	0.14	0
PLUMS,CND,PURPLE,JUC PK,SOL&LIQUIDS	0.14	0
POTATOES,MSHD,HOME-PREPARED,WHL MILK&BUTTER	0.14	0.01
POTATOES,MSHD,HOME-PREPARED,WHL MILK&MARGARINE	0.14	0.01

Carb Factors

SALAD DRSNG,HOME RECIPE,CKD	0.14	0.02
SALAD DRSNG,HOME RECIPE,CKD,W/HARD MARGARINE	0.14	0.02
SALAD DRSNG,HOME RECIPE,CKD,W/SOFT MARGARINE	0.14	0.02
SALAD DRSNG,KRAFT MIRACLE WHIP LT DRSNG	0.14	0
SAPODILLA,RAW	0.14	0
STOUFFER'S LN CUISINE ORIENTAL BF W/VEG&RICE,FRZ MEAL	0.14	0.03
SUCCOTASH,(CORN&LIMAS),CND,W/CRM STYLE CORN	0.14	0.01
VANILLA EXTRACT,IMITN,NO ALCOHOL	0.14	0
WEIGHT WATCHERS MACARONI&BF IN TOMATO SAU,FRZ ENTREE	0.14	0.03
WINGED BEAN LEAVES,RAW	0.14	0.03
WINGED BNS,MATURE SEEDS,CKD,BLD,W/SALT	0.14	0.05
ALCOHOLIC BEV,DAIQUIRI,CND	0.15	0
ALCOHOLIC BEV,WHISKEY SOUR,PREP W/H2O,WHISKEY&PDR MIX	0.15	0
APPLES,CND,SWTND,SLICED,DRND,UNHTD	0.15	0
BABYFOOD,CRL,MXD,W/BANANAS,PREP W/WHL MILK	0.15	0.02
BABYFOOD,CRL,MXD,W/HONEY,PREP W/WHL MILK	0.15	0.03
BABYFOOD,CRL,OATMEAL,W/HONEY,PREP W/WHL MILK	0.15	0.03
BABYFOOD,DSSRT,DUTCH APPL,STR	0.15	0
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,STR	0.15	0
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,JR	0.15	0
BABYFOOD,FRUIT,PRUNES W/TAPIOCA,WO/VIT C,STR	0.15	0
BAKING CHOC,UNSWTND,LIQ	0.15	0.06
BEANS,BAKED,HOME PREPARED	0.15	0.03
BEANS,BKD,CND,PLN OR VEGETARIAN	0.15	0.02
BEANS,BKD,CND,W/PORK&SWT SAU	0.15	0.03
BEANS,BLACK,MATURE SEEDS,CKD,BLD,W/SALT	0.15	0.04
BEANS,BLACK,MATURE SEEDS,CKD,BLD,WO/SALT	0.15	0.04
BEANS,KIDNEY,RED,MATURE SEEDS,CKD,BLD,W/SALT	0.15	0.04
BEANS,KIDNEY,RED,MATURE SEEDS,CKD,BLD,WO/SALT	0.15	0.04
BEANS,NAVY,MATURE SEEDS,CND	0.15	0.04
BEANS,NAVY,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	0.15	0.04
BEANS,NAVY,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,WO/SALT	0.15	0.04
BEANS,SML WHITE,MATURE SEEDS,CKD,BLD,W/SALT	0.15	0.04
BEANS,SML WHITE,MATURE SEEDS,CKD,BLD,WO/SALT	0.15	0.04
BEETS,HARVARD,CND,SOL&LIQUIDS	0.15	0
BUDGET GOURMET LT&HLTHY TERYAKI CHICK,ORNTL STY VEG,FRZ ENTR	0.15	0.03
CEREALS,QUAKER,OATMEAL,INST,W/APPLS&CINN,PREP W/H2O	0.15	0.01
CHERRIES,SWT,CND,LT SYRUP PK,SOL&LIQUIDS	0.15	0
COWPEAS (BLACK EYES),IMMAT SEEDS,CKD,BLD,DRND,W/SALT	0.15	0.02
COWPEAS (BLACK EYES),IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	0.15	0.02
CURRANTS,EUROPEAN BLACK,RAW	0.15	0.01
FAST FOODS,BISCUIT,W/EGG&HAM	0.15	0.05
FAST FOODS,CHEESEBURGER,LRG,DOUBLE PATTY,W/CONDMNT&VEG	0.15	0.07
FAST FOODS,CROISSANT,W/EGG,CHS,&HAM	0.15	0.06
FAST FOODS,CROISSANT,W/EGG,CHS,&SAUSAGE	0.15	0.06
FAST FOODS,ENCHILADA,W/CHS&BF	0.15	0.03
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU	0.15	0.02
FAST FOODS,TACO	0.15	0.06
FIGS,RAW	0.15	0
FORMULATED,WHEAT-BASED,ALL FLAVORS XCPT MACADAMIA,WO/SALT	0.15	0.07
GRAPEFRUIT,SECTIONS,CND,LT SYRUP PK,SOL&LIQUIDS	0.15	0



Carb Factors

HEALTHY CHOIC,CHEDDAR BROCCOLI POTATOES W/CHS SAU,FRZ	0.15	0.02
HUMMUS,HOME-PREPARED	0.15	0.02
JAVA-PLUM,(JAMBOLAN),RAW	0.15	0
JERUSALEM-ARTICHOKES,RAW	0.15	0.01
KRAFT BREAKSTONE'S FREE FAT FREE SOUR CRM	0.15	0.02
LIMA BNS,IMMAT SEEDS,RAW	0.15	0.03
LIMA BNS,THIN SEEDED (BABY),MATURE SEEDS,CKD,BLD,W/SALT	0.15	0.04
LIMA BNS,THIN SEEDED (BABY),MATURE SEEDS,CKD,BLD,WO/SALT	0.15	0.04
LITCHIS,RAW	0.15	0
MANGOS,RAW	0.15	0
OSCAR MAYER,SNDWCH SPRD (PORK,CHICK,BF)	0.15	0.03
PARSNIPS,CKD,BLD,DRND,W/SALT	0.15	0.01
PARSNIPS,CKD,BLD,DRND,WO/SALT	0.15	0.01
PEANUT FLOUR,LOW FAT	0.15	0.17
PEAR NECTAR,CND,W/ VIT C	0.15	0
PEAR NECTAR,CND,WO/ VIT C	0.15	0
PLUMS,CND,PURPLE,LT SYRUP PK,SOL&LIQUIDS	0.15	0
POTATOES,HASHED BROWN,FRZ,W/BUTTER SAU,UNPREP	0.15	0.01
POTATOES,MSHD,HOME-PREPARED,WHL MILK	0.15	0.01
POTATOES,O'BRIEN,FRZ,UNPREP	0.15	0.01
POTATOES,O'BRIEN,HOME-PREPARED	0.15	0.01
SALAD DRSNG,1000 ISLAND,COMM,REG,W/SALT	0.15	0
SALAD DRSNG,1000 ISLAND,DIET,LO CAL,10 CAL PER TSP,W/SALT	0.15	0
SALAD DRSNG,MAYO,IMITN,SOYBN WO/CHOL	0.15	0
SALSIFY,(VEG OYSTER),RAW	0.15	0.02
SAUCE,NESTLE,CHEF-MATE ALLPURP STIR FRY SAU,RTS	0.15	0.01
SAUCE,TERIYAKI,RTS	0.15	0.03
SOUP,TOMATO BF W/NOODLE,CND,COND,COMM	0.15	0.02
SOUP,TOMATO RICE,CND,COND,COMM	0.15	0.01
SOYBEANS,MATURE SEEDS,RSTD,SALTED	0.15	0.18
SOYBEANS,MATURE SEEDS,RSTED,NO SALT ADDED	0.15	0.18
STOUFFER'S CHICK ENCHLDA&MEX RICE,MONT JACK CHS SAU,FRZ ENTR	0.15	0.02
STOUFFER'S LN CUISINE CHICK A L'ORANGE W/SAU,BROC&RICE,FR ML	0.15	0.05
SUCCOTASH,(CORN&LIMAS),FRZ,CKD,BLD,DRND,W/SALT	0.15	0.02
SUCCOTASH,(CORN&LIMAS),FRZ,CKD,BLD,DRND,WO/SALT	0.15	0.02
SUCCOTASH,(CORN&LIMAS),FRZ,UNPREP	0.15	0.02
SUCCOTASH,(CORN&LIMAS),RAW	0.15	0.03
SUNFLOWER SD KRNLs,DRY RSTD,W/SALT	0.15	0.1
TANGERINES,(MANDARIN ORANGES),CND,LT SYRUP PK	0.15	0
TOMATO PRODUCTS,CND,PASTE,W/SALT	0.15	0.02
TOMATO PRODUCTS,CND,PASTE,WO/SALT	0.15	0.02
TURKEY PATTIES,BREADED,BATTERED,FRIED	0.15	0.07
TYSON CHICK MESQ W/BBQ SAU,CORN,POTATOES AU GRATIN,FRZ MEAL	0.15	0.03
WASABI,ROOT,RAW	0.15	0.02
WATERMELON SD KRNLs,DRIED	0.15	0.14
WHELK,UNSPEC,CKD,MOIST HEAT	0.15	0.24
ARROWHEAD,CKD,BLD,DRND,W/SALT	0.16	0.02
ARROWHEAD,CKD,BLD,DRND,WO/SALT	0.16	0.02
BABYFOOD,CRL,BARLEY,PREP W/WHL MILK	0.16	0.02
BABYFOOD,CRL,MXD,W/APPLSAUC&BANANAS,STR	0.16	0.01
BABYFOOD,CRL,OATMEAL,W/BANANAS,PREP W/WHL MILK	0.16	0.02

Carb Factors

BABYFOOD,CRL,RICE,PREP W/WHL MILK	0.16	0.02
BABYFOOD,CRL,RICE,W/APPLSAUC&BANANAS,STR	0.16	0.01
BABYFOOD,CRL,RICE,W/BANANAS,PREP W/WHL MILK	0.16	0.02
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,STR	0.16	0.01
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,JR	0.16	0
BABYFOOD,DSSRT,TROPICAL FRUIT,JR	0.16	0
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,JR	0.16	0
BABYFOOD,FRUIT,BANANAS&PNAPPL W/TAPIOCA,JR	0.16	0
BABYFOOD,FRUIT,BANANAS&PNAPPL W/TAPIOCA,STR	0.16	0
BABYFOOD,FRUIT,GUAVA W/TAPIOCA,STR	0.16	0
BABYFOOD,FRUIT,PRUNES W/TAPIOCA,WO/VIT C,JR	0.16	0
BABYFOOD,JUC,PRUNE&ORANGE	0.16	0
BEANS,BKD,CND,W/BF	0.16	0.03
BEANS,GREAT NORTHERN,MATURE SEEDS,CND	0.16	0.04
BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CKD,BLD,W/SALT	0.16	0.04
BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CKD,BLD,WO/SALT	0.16	0.04
CORN,SWEET,WHITE,RAW	0.16	0.02
CORN,SWEET,YELLOW,RAW	0.16	0.02
CORN,SWT,WHITE,CND,CRM STYLE,NO SALT	0.16	0.01
CORN,SWT,WHITE,CND,CRM STYLE,REG PK	0.16	0.01
CORN,SWT,WHITE,CND,WHL KERNEL,DRND SOL	0.16	0.01
CORN,SWT,YEL,CND,CRM STYLE,NO SALT	0.16	0.01
CORN,SWT,YEL,CND,CRM STYLE,REG PK	0.16	0.01
CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL	0.16	0.01
COTTONSEED KRNL,RSTD (GLANDLESS)	0.16	0.16
COWPEAS,CATJANG,MATURE SEEDS,CKD,BLD,W/SALT	0.16	0.04
COWPEAS,CATJANG,MATURE SEEDS,CKD,BLD,WO/SALT	0.16	0.04
CRANBERRY-APRICOT JUC DRK,BTLD	0.16	0
DESSERT TOPPING,PDR,1.5 OZ PREP W/1/2 CUP MILK	0.16	0.02
DESSERT TOPPING,PRESSURIZED	0.16	0
ENTREES,FISH FILLET,BATTERED OR BREADED,&FRIED	0.16	0.07
FAST FOODS,CHICK,BREADED&FRIED,BNLESS PIECES,W/MUSTARD SAU	0.16	0.07
FAST FOODS,POTATO,BKD&TOPPED W/SOUR CRM&CHIVES	0.16	0.01
FAST FOODS,POTATO,MASHED	0.16	0.01
FIGS,CND,LT SYRUP PK,SOL&LIQUIDS	0.16	0
GOOSEBERRIES,CND,LT SYRUP PK,SOL&LIQUIDS	0.16	0
GRAPES,AMERICAN TYPE (SLIP SKN),RAW	0.16	0
GRAPES,RED OR GRN(EURO TYPE VAR,SUCH AS,THOMPSON SDLESS),RAW	0.16	0
KRAFT CHEEZ WHIZ LT PAST PROCESS CHS PRODUCT	0.16	0.08
MANGOSTEEN,CND,SYRUP PK	0.16	0
MARIE CALLENDER'S ESCALLOPED NOODLES&CHICK,FRZ ENTREE	0.16	0.03
MIXED NUTS,DRY RSTD,W/PNUTS,W/SALT	0.16	0.09
MIXED NUTS,DRY RSTD,W/PNUTS,WO/SALT	0.16	0.09
MIXED NUTS,OIL RSTD,WO/PNUTS,WO/SALT	0.16	0.08
MIXED NUTS,WO/PNUTS,OIL RSTD,W/SALT	0.16	0.08
MOUNTAIN YAM,HAWAII,RAW	0.16	0.01
PATIO MEX STY DIN,TAMALE,BF ENCHLDA&CHILI SAU,BNS&RICE,FR ML	0.16	0.02
PEACHES,DRIED,SULFURED,STWD,WO/ SUGAR	0.16	0.01
PIGEON PEAS (RED GM),MATURE SEEDS,CKD,BLD,W/SALT	0.16	0.03
PIGEON PEAS (RED GM),MATURE SEEDS,CKD,BLD,WO/SALT	0.16	0.03
PISTACHIO NUTS,DRY RSTD,W/SALT	0.16	0.11

Carb Factors

POMEGRANATES,RAW	0.16	0
POTATOES,FRZ,WHL,UNPREP	0.16	0.01
POTATOES,HASHED BROWN,FRZ,PLN,UNPREP	0.16	0.01
PRUNE JUICE,CANNED	0.16	0
SALAD DRSNG,MAYO,IMITN,SOYBN	0.16	0
SESAME BUTTER,TAHINI,FROM RAW&STONE GROUND KRNL	0.16	0.09
SESAME BUTTER,TAHINI,KRNL UNSPEC	0.16	0.09
SHALLOTS,RAW	0.16	0.01
SOUP,BEEF BROTH,CUBED,DRY	0.16	0.09
SOUP,CONSOMME W/GELATIN,DEHYD,DRY	0.16	0.09
SOY FLR,DEFATTED,CRUDE PROT BASIS (N X 6.25)	0.16	0.26
TURKEY POT PIE,FRZ ENTREE	0.16	0.03
TYSON CHICK FAJITA KIT,FRZ ENTREE,PROD CD 2266-921	0.16	0.04
ALMOND BUTTER,PLN,W/SALT	0.17	0.08
ALMOND BUTTER,PLN,WO/SALT	0.17	0.08
APPLES,DEHYD (LO MOIST),SULFURED,STWD	0.17	0
BABYFOOD,CRL,MXD,W/APPLSAUC&BANANAS,JR	0.17	0.01
BABYFOOD,CRL,RICE,W/HONEY,PREP W/WHL MILK	0.17	0.02
BABYFOOD,CRL,RICE,W/MXD FRUIT,JR	0.17	0
BABYFOOD,DSSRT,CHERRY VANILLA PUDD,STR	0.17	0
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,JR	0.17	0.01
BABYFOOD,DSSRT,DUTCH APPL,JR	0.17	0
BABYFOOD,DSSRT,FRUIT PUDD,ORANGE,STR	0.17	0.01
BABYFOOD,DSSRT,PEACH COBBLER,JR	0.17	0
BABYFOOD,DSSRT,PEACH COBBLER,STR	0.17	0
BABYFOOD,FRUIT,GUAVA&PAPAYA W/TAPIOCA,STR	0.17	0
BABYFOOD,FRUIT,PAPAYA&APPLSAUC W/TAPIOCA,STR	0.17	0
BABYFOOD,FRUIT,PEACHES W/SUGAR,JR	0.17	0
BABYFOOD,FRUIT,PEACHES W/SUGAR,STR	0.17	0
BABYFOOD,JUC,APPL&PRUNE	0.17	0
BANQUET CHICK POT PIE,FRZ ENTREE	0.17	0.03
BEANS,ADZUKI,MATURE SD,CKD,BLD,W/SALT	0.17	0.04
BEANS,ADZUKI,MATURE SEEDS,CKD,BLD,WO/SALT	0.17	0.04
BEANS,FAVA,IN POD,RAW	0.17	0.04
BEANS,PINTO,MATURE SEEDS,CKD,BLD,W/SALT	0.17	0.04
BEANS,PINTO,MATURE SEEDS,CKD,BLD,WO/SALT	0.17	0.04
BEANS,WHITE,MATURE SEEDS,CND	0.17	0.04
BUCKWHEAT GROATS,RSTD,CKD	0.17	0.02
CHICORY ROOTS,RAW	0.17	0.01
CORN,SWT,WHITE,CND,VACUUM PK,NO SALT	0.17	0.01
CORN,SWT,WHITE,CND,VACUUM PK,REG PK	0.17	0.01
CORN,SWT,WHITE,FRZ,KRNL CUT OFF COB,BLD,DRND,W/SALT	0.17	0.01
CORN,SWT,WHITE,FRZ,KRNL CUT OFF COB,BLD,DRND,WO/SALT	0.17	0.01
CORN,SWT,YEL,CND,VACUUM PK,NO SALT	0.17	0.01
CORN,SWT,YEL,CND,VACUUM PK,REG PK	0.17	0.01
CORN,SWT,YEL,FRZ,KRNL CUT OFF COB,BLD,DRND,WO/SALT	0.17	0.01
CORN,SWT,YEL,FRZ,KRNL,CUT OFF COB,BLD,DRND,W/SALT	0.17	0.01
COWPEAS (BLACK EYES),IMMAT SEEDS,FRZ,CKD,BLD,DRND,W/SALT	0.17	0.04
COWPEAS (BLACK EYES),IMMTRE SEEDS,FRZ,CKD,BLD,DRND,WO/SALT	0.17	0.04
CRANBERRY-APPLE JUC DRK,BTLD	0.17	0
DESSERTS,EGG CUSTARDS,DRY MIX,PREP W/2% MILK	0.17	0.02

Carb Factors

DESSERTS,EGG CUSTARDS,DRY MIX,PREP W/WHL MILK	0.17	0.02
DESSERTS,PUDD,CHOC,DRY MIX,REG,PREP W/WHL MILK	0.17	0.02
DESSERTS,PUDD,COCNT CRM,DRY MIX,REG,PREP W/2% MILK	0.17	0.02
DESSERTS,PUDD,COCNT CRM,DRY MIX,REG,PREP W/WHL MILK	0.17	0.02
FAST FOODS,CHEESEBURGER,LRG,SINGLE PATTY,W/CONDMNT&VEG	0.17	0.06
FAST FOODS,EGG&CHS SNDWCH	0.17	0.05
FAST FOODS,ENCHILADA,W/CHS	0.17	0.03
FAST FOODS,ENCHIRITO,W/CHS,BF,&BNS	0.17	0.05
FAST FOODS,FRIJOLES W/CHS	0.17	0.03
FAST FOODS,HAMBURGER,LRG,DOUBLE PATTY,W/CONDMNT&VEG	0.17	0.08
FRUIT COCKTAIL,CND,HVY SYRUP,SOL&LIQUIDS	0.17	0
FRUIT,MXD,(PEACH&PEAR&PNAPPL),CND,HVY SYRUP,SOL&LIQUIDS	0.17	0
HANOVER,STIR FRY 2,WHITE RICE&VEG W/ORIENTAL SOY SAU,FRZ	0.17	0.02
INFANT FORMULA,CARNATION FOLLOW-UP,W/IRON,LIQ CONC,NOT RECON	0.17	0.02
LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DRY	0.17	0.19
LOTUS SEEDS,RAW	0.17	0.02
MILK SHAKES,THICK VANILLA	0.17	0.02
PEARS,CND,HVY SYRUP PK,SOL&LIQUIDS	0.17	0
PISTACHIO NUTS,DRY RSTD,WO/SALT	0.17	0.11
PISTACHIO NUTS,RAW	0.17	0.1
ROWAL,RAW	0.17	0.01
SALAD DRSNG,FRENCH,COMM,REG,W/SALT	0.17	0
SALAD DRSNG,FRENCH,COMM,REG,WO/SALT	0.17	0
SAUCE,NESTLE,CHEF-MATE ITALIAN SAU,RTS	0.17	0.01
SHAKE,FAST FOOD,VANILLA	0.17	0.02
SOUP,PEA,GRN,CND,COND,COMM	0.17	0.03
SOUP,TOMATO BISQUE,CND,COND,COMM	0.17	0.01
TOMATOES,SUN-DRIED,PACKED IN OIL,DRND	0.17	0.03
TURKEY STKS,BREADED,BATTERED,FRIED	0.17	0.07
TYSON BF STIR FRY KIT;RICE,VEGS,BEEF STRIPS,SAUCE,FRZ ENTREE	0.17	0.03
YARDLONG BNS,MATURE SEEDS,CKD,BLD,WO/SALT	0.17	0.04
YARDLONG BNS,YARDLONG,MATURE SEEDS,CKD,BLD,W/SALT	0.17	0.04
APPLES,DRIED,SULFURED,STWD,W/ SUGAR	0.18	0
APPLESAUCE,CND,SWTND,W/SALT	0.18	0
APPLESAUCE,CND,SWTND,WO/SALT	0.18	0
APRICOTS,DRIED,SULFURED,STWD,WO/ SUGAR	0.18	0.01
BABYFOOD,DSSRT,CHERRY VANILLA PUDD,JR	0.18	0
BABYFOOD,FRUIT,PLUMS W/TAPIOCA,WO/VIT C,STR	0.18	0
BEANS,WHITE,MATURE SEEDS,CKD,BLD,W/SALT	0.18	0.05
BEANS,WHITE,MATURE SEEDS,CKD,BLD,WO/SALT	0.18	0.05
BREAD STUFFING,BREAD,DRY MIX,PREP	0.18	0.02
CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,PREP W/ H2O	0.18	0.01
CEREALS,QUAKER,OATMEAL,INST,MAPLE&BROWN SUGAR,PREP W/H2O	0.18	0.01
CHERRIES,SOUR,RED,CND,LT SYRUP PK,SOL&LIQUIDS	0.18	0
CHICKEN POT PIE,FRZ ENTREE	0.18	0.03
CHICKPEAS (GARBANZO BNS,BENGAL GM),MATURE SEEDS,CND	0.18	0.02
CORN W/RED&GRN PEPPERS,CND,SOL&LIQUIDS	0.18	0.01
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,UNPREP	0.18	0.02
CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPREP	0.18	0.02
DESSERTS,PUDD,BANANA,DRY MIX,REG,PREP W/2% MILK	0.18	0.01
DESSERTS,PUDD,BANANA,DRY MIX,REG,PREP W/WHL MILK	0.18	0.01

Carb Factors

DESSERTS,PUDD,CHOC,DRY MIX,INST,PREP W/2% MILK	0.18	0.02
DESSERTS,PUDD,VANILLA,DRY MIX,REG,PREP W/2% MILK	0.18	0.02
DESSERTS,PUDD,VANILLA,DRY MIX,REG,PREP W/WHL MILK	0.18	0.01
FAST FOODS,BISCUIT,W/EGG&BACON	0.18	0.06
FAST FOODS,CHEESEBURGER,REG,SINGLE PATTY,W/CONDMNT&VEG	0.18	0.06
FAST FOODS,CHICK FILLET SNDWCH,W/CHS	0.18	0.06
FAST FOODS,CROISSANT,W/EGG,CHS,&BACON	0.18	0.06
FAST FOODS,ENG MUFFIN,W/EGG,CHS,&CANADIAN BACON	0.18	0.06
FAST FOODS,ENG MUFFIN,W/EGG,CHS,&SAUSAGE	0.18	0.07
FAST FOODS,HAMBURGER,REG,DOUBLE PATTY,W/CONDMNT	0.18	0.07
FAST FOODS,HOTDOG,PLAIN	0.18	0.05
FAST FOODS,TOSTADA,W/BNS&CHS	0.18	0.03
FORMULATED,WHEAT-BASED,UNFLAVORED,W/SALT	0.18	0.07
FROZEN DESSERTS,ICE POPS	0.18	0
FROZEN DSSRT,ICE CRM,LT (NO SUGAR),W/ASPRT,VANILLA	0.18	0.02
FROZEN DSSRT,ICE POPS,W/ VIT C	0.18	0
FRUIT SALAD,CND,HVY SYRUP,SOL&LIQUIDS	0.18	0
KRAFT BREYERS LOWFAT STRAWBERRY YOGURT (1% MILKFAT)	0.18	0.02
LIMA BNS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	0.18	0.03
LIMA BNS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	0.18	0.03
MARIE CALLENDER'S CHICK POT PIE,FRZ ENTREE	0.18	0.03
PEACHES,CND,HVY SYRUP PK,SOL&LIQUIDS	0.18	0
PEACHES,SPICED,CND,HVY SYRUP PK,SOL&LIQUIDS	0.18	0
PEANUT FLOUR,DEFATTED	0.18	0.26
PIGEONPEAS,IMMAT SEEDS,RAW	0.18	0.04
POTATOES,BLD,CKD IN SKN,FLESH,W/SALT	0.18	0.01
POTATOES,BLD,CKD IN SKN,FLESH,WO/SALT	0.18	0.01
POTATOES,BLD,CKD WO/ SKN,FLESH,W/ SALT	0.18	0.01
POTATOES,BLD,CKD WO/ SKN,FLESH,WO/ SALT	0.18	0.01
PUMPKIN PIE MIX,CANNED	0.18	0.01
RICE,WHITE,W/PASTA,CKD	0.18	0.01
SANDWICHES&BURGERS,HAMBURGER,LRG,SINGLE PATTY,W/CONDMNT&VEG	0.18	0.06
SHAKE,FAST FD,STRAWBERRY	0.18	0.02
SOUP,CHICK BROTH OR BOUILLON,DEHYD,DRY	0.18	0.08
SOUP,SPLIT PEA W/HAM&BACON,CND,COND,SINGLE BRAND	0.18	0.04
STOUFFER'S LN CUISN CHICK ENCHLDA SUIZA,SAU&MEX-STY RICE,FRZ	0.18	0.02
SWEETPOTATO,CND,SYRUP PK,SOL&LIQUIDS	0.18	0
YOGURT,FRUIT,LOFAT,11 GRAMS PROT PER 8 OZ	0.18	0.02
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ	0.18	0.02
APRICOTS,CND,HVY SYRUP PK,W/SKN,SOL&LIQUIDS	0.19	0
APRICOTS,CND,HVY SYRUP PK,WO/SKN,SOL&LIQUIDS	0.19	0
BABYFOOD,CHERRY COBBLER,JR	0.19	0
BABYFOOD,DSSRT,FRUIT PUDD,PNAPPL,STR	0.19	0.01
BABYFOOD,FRUIT,PLUMS W/TAPIOCA,WO/VIT C,JR	0.19	0
BEANS,BLACK TURTLE SOUP,MATURE SEEDS,CKD,BLD,W/SALT	0.19	0.04
BEANS,BLACK TURTLE SOUP,MATURE SEEDS,CKD,BLD,WO/SALT	0.19	0.04
BEANS,NAVY,MATURE SEEDS,CKD,BLD,W/SALT	0.19	0.04
BEANS,NAVY,MATURE SEEDS,CKD,BLD,WO/SALT	0.19	0.04
BLACKBERRIES,CND,HVY SYRUP,SOL&LIQUIDS	0.19	0.01
BLUEBERRIES,FRZ,SWTND	0.19	0
BOYSENBERRIES,CND,HVY SYRUP	0.19	0

Carb Factors

BREAD STUFFING,CORNBREAD,DRY MIX,PREP	0.19	0.01
BURDOCK ROOT,CKD,BLD,DRND,W/SALT	0.19	0.01
BURDOCK ROOT,CKD,BLD,DRND,WO/SALT	0.19	0.01
CELESTE DELUXE PIZZA W/SAUSAGE,GRN&RED PEPPERS&MUSHROOMS,FRZ	0.19	0.05
CEREALS,CRM OF WHEAT,MIX'N EAT,APPL,BANANA&MAPLE FLAV,PREP	0.19	0.01
CHERRIES,SWT,CND,HVY SYRUP PK,SOL&LIQUIDS	0.19	0
CHICKPEAS ,MATURE SEEDS,CKD,BLD,WO/SALT	0.19	0.04
CHICKPEAS,MATURE SEEDS,CKD,BLD,W/SALT	0.19	0.04
CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	0.19	0.02
CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	0.19	0.02
CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO/SALT	0.19	0.02
CRABAPPLES,RAW	0.19	0
DESSERTS,FLAN,CARAMEL CUSTARD,DRY MIX,PREP W/2% MILK	0.19	0.02
DESSERTS,FLAN,CARAMEL CUSTARD,DRY MIX,PREP W/WHL MILK	0.19	0.02
DESSERTS,PUDD,BANANA,DRY MIX,INST,PREP W/2% MILK	0.19	0.01
DESSERTS,PUDD,BANANA,DRY MIX,INST,PREP W/WHL MILK	0.19	0.01
DESSERTS,PUDD,CHOC,DRY MIX,REG,PREP W/2% MILK	0.19	0.02
DESSERTS,PUDD,COCNT CRM,DRY MIX,INST,PREP W/2% MILK	0.19	0.01
DESSERTS,PUDD,COCNT CRM,DRY MIX,INST,PREP W/WHL MILK	0.19	0.01
DESSERTS,PUDD,KRAFT,JELL-O FAT FREE PUDD SNACKS CHOC,RTE	0.19	0.01
DESSERTS,PUDD,TAPIOCA,DRY MIX,PREP W/2% MILK	0.19	0.01
DESSERTS,PUDD,TAPIOCA,DRY MIX,PREP W/WHL MILK	0.19	0.01
DESSERTS,PUDD,TAPIOCA,RTE	0.19	0.01
DESSERTS,RENNIN,TABLETS,UNSWTND	0.19	0.01
FAST FOODS,BURRITO,W/BNS,CHS,&BF	0.19	0.04
FAST FOODS,CHICK,BREADED&FRIED,BNLESS PIECES,W/BARB. SAU	0.19	0.07
FAST FOODS,CROISSANT,W/EGG&CHS	0.19	0.05
GRAPES,CND,THOMPSON SEEDLESS,HVY SYRUP PK,SOL&LIQUIDS	0.19	0
GRAVY,CUSTOM FOODS,RED LABEL AU JUS BASE,DRY	0.19	0.08
KID CUISINE COSMIC CHICK NUGTS,MAC&CHS,CORN,CHOC PUDD,FRZ ML	0.19	0.03
KRAFT BREYERS SMOTH&CRM LOWFAT STR'BERY YOGURT (1% MILKFAT)	0.19	0.02
LIMA BNS,IMMAT SEEDS,FRZ,BABY,UNPREP	0.19	0.04
PIE,EGG CUSTARD,COMMLY PREP	0.19	0.03
PINEAPPLE,CND,HVY SYRUP PK,SOL&LIQUIDS	0.19	0
POTATOES,HASHED BROWN,HOME-PREPARED	0.19	0.01
RAMBUTAN,CND,SYRUP PK	0.19	0
SANDWICHES&BURGERS,CHSBURGER,LRG,SNGL PATTY,W/BACON&CONDMNT	0.19	0.08
SESAME BUTTER,PASTE	0.19	0.09
SHAKE,FAST FOOD,CHOCOLATE	0.19	0.02
SOUP,PEA,SPLIT W/HAM,CND,COND,COMM	0.19	0.04
SOY PROT CONC,CRUDE PROT BASIS (N X 6.25),ACID WASH	0.19	0.32
STRAWBERRIES,FRZ,SWTND,WHL	0.19	0
SUCCOTASH,(CORN&LIMAS),CKD,BLD,DRND,WO/SALT	0.19	0.03
SUGAR-APPLES,(SWEETSOP),RAW	0.19	0.01
SWEETPOTATO,CND,VACUUM PK	0.19	0.01
WILD RICE,COOKED	0.19	0.02
YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ	0.19	0.02
ALCOHOLIC BEV,LIQUEUR,COFFEE W/CRM,34 PROOF	0.20	0.01
ARROWHEAD,RAW	0.20	0.03
BABYFOOD,DSSRT,FRUIT PUDD,PNAPPL,JR	0.20	0.01
BABYFOOD,FRUIT,MANGO W/TAPIOCA,STR	0.20	0

Carb Factors

BASIL,GROUND	0.20	0.07
BLUEBERRIES,CND,HVY SYRUP,SOL&LIQUIDS	0.20	0
CEREALS,OATS,INST,FORT,W/ CINN & SPICE,PREP W/ H2O	0.20	0.02
CHERRIES,SWT,FRZ,SWTND	0.20	0.01
CHILI POWDER	0.20	0.06
CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO/SALT	0.20	0.02
CORN,SWT,WHITE,FRZ,KRNLS ON COB,UNPREP	0.20	0.02
CORN,SWT,YEL,FRZ,KRNLS ON COB,UNPREP	0.20	0.02
COWPEAS (BLACKEYES),IMMAT SEEDS,FRZ,UNPREP	0.20	0.04
DESSERTS,PUDD,KRAFT,JELL-O FAT FREE PUDD SNACKS VANILLA,RTE	0.20	0.01
DESSERTS,PUDD,LEMON,DRY MIX,INST,PREP W/2% MILK	0.20	0.01
DESSERTS,PUDD,LEMON,DRY MIX,INST,PREP W/WHL MILK	0.20	0.01
DESSERTS,PUDD,RICE,DRY MIX,PREP W/2% MILK	0.20	0.02
DESSERTS,PUDD,RICE,DRY MIX,PREP W/WHL MILK	0.20	0.02
FAST FOODS,BURRITO,W/BF,CHS,&CHILI PEPPERS	0.20	0.07
FAST FOODS,HAMBURGER,LRG,SINGLE PATTY,W/CONDMNT	0.20	0.07
FAST FOODS,SUBMARINE SNDWCH,W/RST BF	0.20	0.07
FIGS,CND,HVY SYRUP PK,SOL&LIQUIDS	0.20	0
FROZEN DSSRT,FRUIT&JUC BARS	0.20	0.01
HYACINTH BNS,MATURE SEEDS,CKD,BLD,W/SALT	0.20	0.04
HYACINTH BNS,MATURE SEEDS,CKD,BLD,WO/SALT	0.20	0.04
JUJUBE,RAW	0.20	0.01
MARJORAM,DRIED	0.20	0.06
MEAT EXTENDER	0.20	0.19
MILK SHAKES,THICK CHOC	0.20	0.02
MOTHBEANS,MATURE SEEDS,CKD,BLD,W/SALT	0.20	0.04
MOTHBEANS,MATURE SEEDS,CKD,BLD,WO/SALT	0.20	0.04
MOUNTAIN YAM,HAWAII,CKD,STMD,W/SALT	0.20	0.01
MOUNTAIN YAM,HAWAII,CKD,STMD,WO/SALT	0.20	0.01
MUSTARD SEED,YELLOW	0.20	0.12
PINEAPPLE,CND,EX HVY SYRUP PK,SOL&LIQUIDS	0.20	0
POTATOES,BKD,FLESH,W/SALT	0.20	0.01
POTATOES,BKD,FLESH,WO/SALT	0.20	0.01
POTATOES,FRZ,FRENCH FR,PAR FR,COTTAGE-CUT,UNPREP	0.20	0.01
POTATOES,HASHED BROWN,FRZ,W/BUTTER SAU,PREP	0.20	0.01
POTATOES,O'BRIEN,FRZ,PREP	0.20	0.01
RASPBERRIES,CND,RED,HVY SYRUP PK,SOL&LIQUIDS	0.20	0
RICE,WHITE,GLUTINOUS,CKD	0.20	0.01
RICE,WHITE,LONG-GRAIN,PRECKD OR INST,ENR,PREP	0.20	0.01
SAGE,GROUND	0.20	0.05
SEAWEED,SPIRULINA,DRIED	0.20	0.29
SOY FLOUR,DEFATTED	0.20	0.24
SOYBEANS,MATURE SEEDS,RAW	0.20	0.18
SUNNY FRSH,PRE-COOKED FRZ EGG,HAM&CHS BISCUIT SNDWCH	0.20	0.05
SWEETPOTATO,FRZ,UNPREP	0.20	0.01
WATERCHESTNUTS,CHINESE,(MATAI),RAW	0.20	0.01
BANANAS,RAW	0.21	0.01
BEEF POT PIE,FRZ ENTREE	0.21	0.03
CEREALS,QUAKER,OATMEAL,INST,FRUIT&CRM VAR,PREP W/H2O	0.21	0.01
CEREALS,QUAKER,OATMEAL,INST,RAISINS,DATES&WALNUTS,PREP W/H2O	0.21	0.01
CHERIMOYA,RAW	0.21	0.01

Carb Factors

COCOA, DRY PDR, UNSWTND	0.21	0.1
COCONUT MEAT, DRIED (DESICCATED), CRMD	0.21	0.03
COUSCOUS, COOKED	0.21	0.02
DESSERTS, PUDD, BANANA, RTE	0.21	0.01
DESSERTS, PUDD, CHOC, RTE	0.21	0.01
DESSERTS, PUDD, RICE, RTE	0.21	0.01
DESSERTS, PUDD, VANILLA, RTE	0.21	0.01
EGG SUBSTITUTE, POWDER	0.21	0.28
FAST FOODS, CHEESEBURGER, REG, DOUBLE PATTY, W/CONDMNT&VEG	0.21	0.06
FAST FOODS, CHICK FILLET SNDWCH, PLN	0.21	0.07
FAST FOODS, CHIMICHANGA, W/BF&CHS	0.21	0.05
FAST FOODS, CHIMICHANGA, W/BF, CHS, & RED CHILI PEPPERS	0.21	0.04
FAST FOODS, CORN ON THE COB W/BUTTER	0.21	0.02
FAST FOODS, HAM, EGG, & CHS SNDWCH	0.21	0.07
FAST FOODS, NACHOS, W/CHS, BNS, GROUND BF, & PEPPERS	0.21	0.04
FAST FOODS, SUBMARINE SNDWCH, W/TUNA SALAD	0.21	0.06
FIESTA CAFE BF&BEAN CHIMICHANGA, FRZ	0.21	0.05
FROZEN DSSRT, ICE CRM, LT (50% OF THE FAT), VANILLA, SOFT SERV	0.21	0.02
FRUIT COCKTAIL, CND, EX HVY SYRUP, SOL&LIQUIDS	0.21	0
FRUIT SALAD, CND, EX HVY SYRUP, SOL&LIQUIDS	0.21	0
FRUIT SALAD, TROPICAL, CND, HVY SYRUP, SOL&LIQUIDS	0.21	0
KRAFT BREYERS LT N' LVLY LOWFAT STR'BERY YOGURT (1% MILKFAT)	0.21	0.02
LENTILS, SPROUTED, CKD, STIR-FRIED, W/SALT	0.21	0.04
LENTILS, SPROUTED, CKD, STIR-FRIED, WO/SALT	0.21	0.04
NOODLES, EGG, SPINACH, CKD, ENR	0.21	0.03
NOODLES, JAPANESE, SOBA, CKD	0.21	0.03
OREGANO, GROUND	0.21	0.06
PARSLEY, DRIED	0.21	0.11
PEAS, MATURE SEEDS, SPROUTED, CKD, BLD, DRND, W/SALT	0.21	0.04
PEAS, MATURE SEEDS, SPROUTED, CKD, BLD, DRND, WO/SALT	0.21	0.04
PICKLE RELISH, HOT DOG	0.21	0.01
PINEAPPLE, FRZ, CHUNKS, SWTND	0.21	0
POTATOES, FRENCH FR, FRZ, UNPREP	0.21	0.01
POTATOES, MICROWAVED, CKD IN SKN, FLESH&SKN, WO/SALT	0.21	0.01
POTATOES, MICROWAVED, CKD IN SKN, FLESH, W/SALT	0.21	0.01
POTATOES, MICROWAVED, CKD IN SKN, FLESH, WO/SALT	0.21	0.01
POTATOES, MICROWAVED, CKD, IN SKN, FLESH&SKN, W/SALT	0.21	0.01
PRUNES, DRIED, STWD, WO/ SUGAR	0.21	0.01
RASPBERRIES, FRZ, RED, SWTND	0.21	0
RICE, BROWN, LONG-GRAIN, CKD	0.21	0.01
RICE, BROWN, MEDIUM-GRAIN, CKD	0.21	0.01
ROSEMARY, DRIED	0.21	0.02
SALAD DRSNG, FRENCH, DIET, LOFAT, 5 CAL PER TSP, W/SALT	0.21	0
SALAD DRSNG, FRENCH, DIET, LOFAT, 5 CAL PER TSP, WO/SALT	0.21	0
STRAWBERRIES, CND, HVY SYRUP PK, SOL&LIQUIDS	0.21	0
SUNNY FRSH, BRKFST "STUFF-ITS", PRE-COOKED FRZ EGG&CHS POCKETS	0.21	0.05
SWEETPOTATO, CANNED, MASHED	0.21	0.01
SWEETPOTATO, CKD, BKD IN SKN, W/SALT	0.21	0.01
SWEETPOTATO, CKD, BKD IN SKN, WO/SALT	0.21	0.01
SWEETPOTATO, FRZ, CKD, BKD, W/SALT	0.21	0.01
SWEETPOTATO, FRZ, CKD, BKD, WO/SALT	0.21	0.01



Carb Factors

SWEETPOTATO,RAW	0.21	0.01
TOMBSTONE ORIGINAL PEPPERONI&SAUSAGE PIZZA,FRZ	0.21	0.06
WHEAT BRAN,CRUDE	0.21	0.08
WHISKEY SOUR MIX,BTLD,W/ K&NA	0.21	0
WHISKEY SOUR MIX,BTLD,WO/ K&NA	0.21	0
ALCOHOLIC BEV,PINA COLADA,PREPARED-FROM-RECIPE	0.22	0
APRICOTS,FROZEN,SWEETENED	0.22	0
BEANS,PINK,MATURE SEEDS,CKD,BLD,W/SALT	0.22	0.05
BEANS,PINK,MATURE SEEDS,CKD,BLD,WO/SALT	0.22	0.05
BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,W/SALT	0.22	0.05
BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,WO/SALT	0.22	0.05
BREADFRUIT,RAW	0.22	0.01
BREAKFAST ITEMS,BISCUIT W/EGG&SAUSAGE	0.22	0.05
CHERRIES,SOUR,RED,CND,HVY SYRUP PK,SOL&LIQUIDS	0.22	0
CORN,SWT,WHITE,CKD,BLD,DRND,W/SALT	0.22	0.02
CORN,SWT,WHITE,CKD,BLD,DRND,WO/SALT	0.22	0.02
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	0.22	0.02
CORN,SWT,YEL,CKD,BLD,DRND,WO/SALT	0.22	0.02
CREAM PUFFS,PREP FROM RECIPE,SHELL (INCL ECLAIR)	0.22	0.05
CREAM PUFFS,PREP FROM RECIPE,SHELL,W/CUSTARD FILLING	0.22	0.03
CUSTARD-APPLE,(BULLOCK'S-HEART),RAW	0.22	0.01
FAST FOODS BISCUIT W/ EGG	0.22	0.04
FAST FOODS,CHICK,BREADED&FRIED,BNLESS PIECES,W/SWT&SOUR	0.22	0.07
FAST FOODS,HAM&CHS SNDWCH	0.22	0.07
FAST FOODS,POTATOES,HASHED BROWN	0.22	0.01
FAST FOODS,SUBMARINE SNDWCH,W/COLD CUTS	0.22	0.05
FIGS,DRIED,STEWED	0.22	0.01
FORMULATED,WHEAT-BASED,FLAV,MACADAMIA FLAV,WO/SALT	0.22	0.06
FROZEN DSSRT,ICE CRM,FRENCH VANILLA,SOFT-SERVE	0.22	0.02
FROZEN DSSRT,ICE CRM,LT (50% OF THE FAT),VANILLA	0.22	0.02
FROZEN DSSRT,ICE CRM,VANILLA,RICH	0.22	0.02
FROZEN DSSRT,YOGURT,CHOC,SOFT-SERVE	0.22	0.02
FRUIT,MXD,(PCH, CHER-SWT & SR, RASPB, GRAPE, BOYS),FRZ,SWTND	0.22	0.01
JACK'S GREAT COMBINATIONS SAUSAGE&PEPPERONI PIZZA,FRZ	0.22	0.06
JACKFRUIT,RAW	0.22	0.01
JENO'S CRISP 'N TASTY PEPPERONI PIZZA,FRZ	0.22	0.05
JIMMY DEAN,SAUSAGE BISCUITS,BRKfst SNDWCH,FRZ	0.22	0.05
LENTILS,SPROUTED,RAW	0.22	0.04
MACARONI,VEG,CKD,ENR	0.22	0.02
MILLET,COOKED	0.22	0.02
MISO	0.22	0.06
PEACHES,FRZ,SLICED,SWTND	0.22	0
PLUMS,CND,PURPLE,HVY SYRUP PK,SOL&LIQUIDS	0.22	0
POTATO PUFFS,FRZ,UNPREP	0.22	0.01
POTATOES,BKD,FLESH & SKN,WO/ SALT	0.22	0.01
POTATOES,BKD,FLESH&SKN,W/SALT	0.22	0.01
SANDWICH SPRD,W/CHOPD PICKLE,REG,UNSPEC OILS	0.22	0
SOY FLR,FULL-FAT,RAW,CRUDE PROT BASIS (N X 6.25)	0.22	0.19
SPAGHETTI,WHOLE-WHEAT,CKD	0.22	0.03
SPEARMINT,DRIED	0.22	0.1
SWEETPOTATO,CKD,BLD,WO/SKN,W/SALT	0.22	0.01

Carb Factors

SWEETPOTATO,CKD,BLD,WO/SKN,WO/SALT	0.22	0.01
SWEETPOTATO,CND,SYRUP PK,DRND SOL	0.22	0.01
TARO,RAW	0.22	0.01
TOMBSTONE ORIGINAL SAUSAGE&PEPPERONI PIZZA,FRZ	0.22	0.06
YAUTIA (TANNIER),RAW	0.22	0.01
APRICOTS,CND,EX HVY SYRUP PK,WO/SKN,SOL&LIQUIDS	0.23	0
CHEESE SUB,MOZZARELLA	0.23	0.06
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,FRIED,BATTER	0.23	0.05
CINNAMON SWIRL FRENCH TOAST W/SAUSAGE,FRZ BRKFST	0.23	0.04
COCOA,DRY PDR,UNSWTND,HERSHEY,HERSHEY'S EUROPEAN STYLE COCOA	0.23	0.12
DESSERT TOPPING,SEMI SOLID,FRZ	0.23	0.01
DURIAN,RAW OR FROZEN	0.23	0.01
ECLAIRS,CUSTARD-FILLED W/CHOC GLAZE,PREP FROM RECIPE	0.23	0.03
FAST FOODS,BISCUIT,W/EGG,CHS,&BACON	0.23	0.06
FAST FOODS,CHEESEBURGER,REG,DOUBLE PATTY&BUN,W/CONDMNT&VEG	0.23	0.07
FAST FOODS,CHEESEBURGER,REG,SINGLE PATTY,W/CONDMNT	0.23	0.07
FAST FOODS,CHICK,BREADED&FRIED,BNLESS PIECES,W/HONEY	0.23	0.07
FAST FOODS,ICE MILK,VANILLA,SOFT-SERVE,W/CONE	0.23	0.02
FISH PORTIONS&STKS,FRZ,PREHTD	0.23	0.08
FROZEN DSSRT,ICE CRM,VANILLA	0.23	0.02
FROZEN DSSRT,ICES,H2O,PINEAPPLE-COCONUT	0.23	0
JACKFRUIT,CND,SYRUP PK	0.23	0
LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,STRAIGHT PO4	0.23	0
MACARONI,WHOLE-WHEAT,CKD	0.23	0.03
NOODLES,EGG,CKD,ENR	0.23	0.02
NOODLES,EGG,CKD,ENR,W/ SALT	0.23	0.02
NOODLES,EGG,CKD,UNENR,WO/ SALT	0.23	0.02
PASTA,CORN,COOKED	0.23	0.01
PASTA,HOMEMADE,MADE W/EGG,CKD	0.23	0.03
PEARS,CND,EX HVY SYRUP PK,SOL&LIQUIDS	0.23	0
PEPPERONI PIZZA,FROZEN	0.23	0.06
RED BARON PEPPERONI PIZZA,FRZ	0.23	0.06
RED BARON SUPREME PIZZA,SAUSAGE,MUSHROOMS,PEPPERONI,FRZ	0.23	0.05
RICE NOODLES,COOKED	0.23	0
SALAD DRSNG,MAYO TYPE,REG,W/SALT	0.23	0
SANDWICHES&BURGERS,HAMBURGER,LRG,SINGLE MEAT PATTY,PLN	0.23	0.08
SAUCE,NESTLE,CHEF-MATE SWT N' SOUR SAU,RTS	0.23	0
SAUCE,NESTLE,CHEF-MATE TERIYAKI SAU,RTS	0.23	0
SAUSAGE&PEPPERONI PIZZA,FRZ	0.23	0.05
SAVORY,GROUND	0.23	0.03
SOUP,BF BROTH OR BOUILLON,PDR,DRY	0.23	0.08
SOUP,CHICK BROTH CUBES,DEHYD,DRY	0.23	0.07
SOY FLR,FULL-FAT,RSTD	0.23	0.17
SOY FLR,LOW-FAT,CRUDE PROT BASIS (N x 6.25)	0.23	0.25
STOUFFER'S DELUX FRENCH BREAD PIZZA W/SSG,PEPRONI&MUSHRM,FRZ	0.23	0.05
STOUFFER'S FRENCH BREAD PIZZA W/SAUSAGE&PEPPERONI,FRZ	0.23	0.05
TOMBSTONE ORIGINAL SAUSAGE&MUSHROOM PIZZA,FRZ	0.23	0.05
TOTINO'S PARTY PIZZA CRISP CRUST COMB SSG&PEPRONI PIZZA,FRZ	0.23	0.05
TOTINO'S PARTY PIZZA CRISP CRUST PEPPERONI,FRZ	0.23	0.04
USDA COMMODITY,POTATO WEDGES,FRZ	0.23	0.01
YAM,CKD,BLD,DRND,OR BKD,W/SALT	0.23	0.01

Carb Factors

YAM,CKD,BLD,DRND,OR BKD,WO/SALT	0.23	0.01
YAM,RAW	0.23	0.01
BARLEY,PEARLED,COOKED	0.24	0.01
BREADFRUIT SEEDS,RAW	0.24	0.04
CASHEW NUTS,OIL RSTD,W/SALT	0.24	0.08
CASHEW NUTS,OIL RSTD,WO/SALT	0.24	0.08
CEREALS,RTE,KELLOGG,KELLOGG'S ALL-BRAN W/EX FIBER	0.24	0.06
CHERRIES,SWT,CND,EX HVY SYRUP PK,SOL&LIQUIDS	0.24	0
CURRY POWDER	0.24	0.06
DESSERTS,PUDD,LEMON,DRY MIX,REG,PREP W/SUGAR,EGG YOLK&H2O	0.24	0
DESSERTS,PUDD,LEMON,RTE	0.24	0
FAST FOODS,BURRITO,W/BF&CHILI PEPPERS	0.24	0.05
FAST FOODS,CHIMICHANGA,W/BF	0.24	0.06
FAST FOODS,CHIMICHANGA,W/BF&RED CHILI PEPPERS	0.24	0.05
FAST FOODS,ENG MUFFIN,W/CHS&SAUSAGE	0.24	0.07
FAST FOODS,HAMBURGER,REG,DOUBLE PATTY,PLN	0.24	0.09
FAST FOODS,HAMBURGER,REG,SINGLE PATTY,W/CONDMNT&VEG	0.24	0.06
FAST FOODS,RST BF SNDWCH,PLN	0.24	0.08
FAST FOODS,SHRIMP,BREADED&FRIED	0.24	0.06
FROZEN DSSRT,ISLAY KLONDIKE,KLONDIK BR VNLA ICE CRM,W/CHC CT	0.24	0.02
FROZEN DSSRT,YOGURT,VANILLA,SOFT-SERVE	0.24	0.02
FRZN DSSRT,ESKIMO PIE,ESK PIE BAR,VNL ICE CRM,W/DK CHOC CTNG	0.24	0.02
JACK'S ORIGINAL PEPPERONI PIZZA,FRZ	0.24	0.06
JENO'S CRISP 'N TASTY COMBINATION PIZZA,SAUSGE&PEPPERONI,FRZ	0.24	0.04
NABISCO,KNOX DRINKING GELATIN,ORANGE FLVR,W/ASPRT,LO CAL,PDR	0.24	0.34
NOODLES,EGG,CKD,UNENR,W/ SALT	0.24	0.02
PASTA,FRESH-REFRIGERATED,PLN,CKD	0.24	0.03
PEACHES,DRIED,SULFURED,STWD,W/ SUGAR	0.24	0.01
PEPPERS,PASILLA,DRIED	0.24	0.06
PIE,PUMPKIN,COMMLY PREP	0.24	0.02
POTATOES,MICROWAVED,CKD IN SKN,SKN,WO/SALT	0.24	0.02
POTATOES,MICROWAVED,CKD,IN SKN,SKN W/SALT	0.24	0.02
PRUNES,CND,HVY SYRUP PK,SOL&LIQUIDS	0.24	0
RED BARON SPL DELUXE PIZZA,TWO CHS,SAUSAGE,PEPPRONI&ONS,FRZ	0.24	0.05
RICE,WHITE,LONG-GRAIN,PARBLD,CKD,ENR	0.24	0.01
RICE,WHITE,LONG-GRAIN,PARBLD,CKD,UNENR	0.24	0.01
SOYBEANS,MATURE SEEDS,DRY RSTD	0.24	0.2
STRAWBERRIES,FRZ,SWTND,SLICED	0.24	0
SUCCOTASH,(CORN&LIMAS),CKD,BLD,DRND,W/SALT	0.24	0.03
SUNNY FRSH,PRE-COOKED FRZ EGG&CHS BISCUIT SNDWCH	0.24	0.05
APRICOTS,DRIED,SULFURED,STWD,W/ SUGAR	0.25	0.01
CASHEW BUTTER,PLN,W/SALT	0.25	0.09
CASHEW BUTTER,PLN,WO/SALT	0.25	0.09
CATSUP	0.25	0.01
CATSUP,LOW SODIUM	0.25	0.01
CHEESECAKE COMMLY PREP	0.25	0.03
CINNAMON,GROUND	0.25	0.02
COCOA,DRY PDR,UNSWTND,PROC W/ALKALI	0.25	0.09
FAST FOODS,BURRITO,W/BNS,CHS,&CHILI PEPPERS	0.25	0.05
FAST FOODS,FISH SNDWCH,W/TARTAR SAU	0.25	0.05
FRENCH TOAST,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	0.25	0.04

Carb Factors

LEMON GRASS (CITRONELLA),RAW	0.25	0.01
MRS PATERSON'S AUSSIE PIE,HAND HELD CHICK PIE,FRZ	0.25	0.05
PASTA,FRESH-REFRIGERATED,SPINACH,CKD	0.25	0.03
PASTA,HOMEMADE,MADE WO/EGG,CKD	0.25	0.02
PEACHES,CND,EX HVY SYRUP PK,SOL&LIQUIDS	0.25	0
PIE FILLINGS,CANNED,APPLE	0.25	0
PLUMS,CND,PURPLE,EX HVY SYRUP PK,SOL&LIQUIDS	0.25	0
POTATOES,FRZ,FRENCH FR,PAR FR,EXTRUDED,UNPREP	0.25	0.01
SANDWICHES&BURGERS,CHEESEBURGER,LRG,SINGLE MEAT PATTY,PLN	0.25	0.08
SANDWICHES&BURGERS,RST BF SNDWCH W/CHS	0.25	0.09
SANDWICHES&BURGERS,STEAK SNDWCH	0.25	0.07
SAUCE,KRAFT BARBECUE SAU HICKORY SMOKE	0.25	0
SAUCE,KRAFT BARBECUE SAU ORIGINAL	0.25	0
SOY FLOUR,FULL-FAT,RAW	0.25	0.17
SOY PROT CONC,PRODUCED BY ACID WASH	0.25	0.29
SOY PROT CONC,PRODUCED BY ALCOHOL EXTRACTION	0.25	0.29
SWEETPOTATO,CKD,CANDIED,HOME-PREPARED	0.25	0
TOMBSTONE ORIGINAL PEPPERONI PIZZA,FRZ,12 INCH	0.25	0.06
TOMBSTONE ORIGINAL PEPPERONI PIZZA,FRZ,9 INCH	0.25	0.06
TONY'S SUPREME PIZZA,SSG,PEPRONI,MSHRM,GRN&RED PEP,ON,FRZ	0.25	0.05
BEANS,PINTO,IMMAT SEEDS,FRZ,UNPREP	0.26	0.05
BREAKFAST BURRITO,HAM&CHS FLAVOR,FRZ ENTREE	0.26	0.05
BREAKFAST ITEMS,FRENCH TOAST W/BUTTER	0.26	0.04
ENTREES,PIZZA W/CHS,MEAT,&VEG	0.26	0.08
FAST FOODS,BURRITO,W/BF	0.26	0.06
FAST FOODS,FISH SNDWCH,W/TARTAR SAU&CHS	0.26	0.06
FAST FOODS,SCALLOPS,BREADED&FRIED	0.26	0.05
LEAN POCKETS GLAZED CHICK SUPREME STUFFED SANDWICHES,FRZ	0.26	0.04
LENTILS,MATURE SEEDS,RAW	0.26	0.14
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE,PREP	0.26	0.04
PIE,PUMPKIN,PREP FROM RECIPE	0.26	0.02
POI	0.26	0
POTATO PANCAKES,HOME-PREPARED	0.26	0.03
POTATOES,HASHED BROWN,FRZ,PLN,PREP	0.26	0.02
SESAME FLOUR,HIGH-FAT	0.26	0.15
SESAME MEAL,PART DEFATTED	0.26	0.08
SOUP,BEAN W/BACON,DEHYD,DRY MIX	0.26	0.1
SPAGHETTI,CKD,ENR,W/ SALT	0.26	0.02
SPAGHETTI,CKD,ENR,WO/ SALT	0.26	0.02
SPAGHETTI,CKD,UNENR,WO/ SALT	0.26	0.02
SPAGHETTI,SPINACH,COOKED	0.26	0.02
THYME,GROUND	0.26	0.05
TONY'S PEPPERONI PIZZA W/ITALIAN STYLE PASTRY CRUST,FRZ	0.26	0.05
TOTINO'S PIZZA ROLLS PIZZA SNACKS,PEPPERONI. FRZ	0.26	0.05
TOTINO'S PIZZA ROLLS PIZZA SNACKS,SAUSAGE,FRZ	0.26	0.05
ALCOHOLIC BEV,PINA COLADA,CND	0.27	0
BREADFRUIT SEEDS,BOILED	0.27	0.03
CHESTNUTS,EUROPEAN,BLD&STMD	0.27	0.01
CLOVES,GROUND	0.27	0.03
ENTREES,PIZZA W/PEPPERONI	0.27	0.07
FAST FOODS,CHEESEBURGER,REG,DOUBLE PATTY&BUN,PLN	0.27	0.07

Carb Factors

FAST FOODS,HOTDOG,W/CHILI	0.27	0.06
FIGS,CND,EX HVY SYRUP PK,SOL&LIQUIDS	0.27	0
FROZEN DSSRT,ICE CRM,CHOC	0.27	0.02
FROZEN DSSRT,ICE CRM,STRAWBERRY	0.27	0.02
HOT POCKETS,BF&CHEDDAR STUFFED SNDWCH,FRZ	0.27	0.06
LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA AL SULFATE	0.27	0
MACARONI,CKD,UNENR	0.27	0.02
MACARONI,COOKED,ENRICHED	0.27	0.02
MXD VEG&FRUIT JUC DRK	0.27	0
NOODLES,JAPANESE,SOMEN,CKD	0.27	0.02
PANCAKES,PLN,DRY MIX,INCOMPLETE,PREP	0.27	0.04
PEARS,DRIED,SULFURED,STWD,WO/ SUGAR	0.27	0
PIE FILLINGS,CND,CHERRY	0.27	0
POTATO PUFFS,FRZ,PREP	0.27	0.02
POTATOES,FRENCH FR,FRZ,HOME-PREPARED,HTD IN OVEN,W/SALT	0.27	0.02
POTATOES,FRENCH FR,FRZ,HOME-PREPARED,HTD IN OVEN,WO/SALT	0.27	0.02
RED BARON PREMIUM POCKETS,ORIGINAL HAM&CHS,FRZ	0.27	0.06
RICE,WHITE,LONG-GRAIN,REG,CKD	0.27	0.01
RICE,WHITE,LONG-GRAIN,REG,CKD,ENR,W/SALT	0.27	0.01
RICE,WHITE,LONG-GRAIN,REG,CKD,UNENR,W/SALT	0.27	0.01
RICE,WHITE,LONG-GRAIN,REG,CKD,UNENR,WO/SALT	0.27	0.01
SALAD DRSNG,RUSSIAN,LO CAL,W/SALT	0.27	0
SOY FLOUR,LOW-FAT	0.27	0.23
SUNFLOWER SD BUTTER,W/SALT	0.27	0.1
SUNFLOWER SD BUTTER,WO/SALT	0.27	0.1
TONY'S TACO STY PIZZA,MEX STY SSG&TACO SAU,CORN STY CRST,FRZ	0.27	0.05
BREAD,REDUCED-CALORIE,RYE	0.28	0.05
CHERRIES,SOUR,RED,CND,EX HVY SYRUP PK,SOL&LIQUIDS	0.28	0
FAST FOODS,BURRITO,W/BNS&CHILI PEPPERS	0.28	0.04
FAST FOODS,BURRITO,W/BNS&MEAT	0.28	0.05
FAST FOODS,OYSTERS,BATTERED OR BREADED,&FRIED	0.28	0.05
MARQUEZ PRIMERA SHRED BF,GRN CHILI&MONT JACK CHS BURRITO,FRZ	0.28	0.05
NUTMEG,GROUND	0.28	0.03
ONION RINGS,BREADED,PAR FR,FRZ,UNPREP	0.28	0.02
PANCAKES,BTTRMLK,PREP FROM RECIPE	0.28	0.03
PANCAKES,PLN,PREP FROM RECIPE	0.28	0.03
PATIO BF&BEAN BURRITO W/GRN CHILI,MILD,FRZ	0.28	0.04
PEAS,MATURE SEEDS,SPROUTED,RAW	0.28	0.04
PIE,COCNT CRM,PREP FROM MIX,NO-BAKE TYPE	0.28	0.01
PIE,COCNT CUSTARD,COMMLY PREP	0.28	0.03
PLANTAINS,COOKED	0.28	0
RED BARON PREMIUM DEEP DISH SINGLES,PEPPERONI PIZZA,FRZ	0.28	0.05
RICE BRAN,CRUDE	0.28	0.07
RICE,WHITE,MEDIUM-GRAIN,CKD	0.28	0.01
RICE,WHITE,MEDIUM-GRAIN,CKD,UNENR	0.28	0.01
RICE,WHITE,SHORT-GRAIN,CKD	0.28	0.01
RICE,WHITE,SHORT-GRAIN,CKD,UNENR	0.28	0.01
SPAGHETTI,CKD,UNENR,W/ SALT	0.28	0.02
SPAGHETTI,PROTEIN-FORTIFIED,CKD,ENR (N X 6.25)	0.28	0.04
TONY'S D'PRIMO DEEP DISH SAUSAGE PIZZA,FRZ	0.28	0.04
TONY'S SAUSAGE&PEPPERONI PIZZA W/ITAL STYLE PASTRY CRUST,FRZ	0.28	0.05

Carb Factors

WEIGHT WATCHERS ON-THE-GO CHICK,BROCLI&CHDR POCKT SNDWCH,FRZ	0.28	0.05
WINGED BEAN TUBER,RAW	0.28	0.06
BREAD,RED-CAL,OAT BRAN	0.29	0.04
CASHEW NUTS,DRY RSTD,W/SALT	0.29	0.08
CASHEW NUTS,DRY RSTD,WO/SALT	0.29	0.08
CELERY SEED	0.29	0.09
DOUGHNUTS,YEAST-LEAVENED,W/CREME FILLING	0.29	0.03
FAST FOODS,BURRITO,W/BNS&CHS	0.29	0.04
FAST FOODS,NACHOS,W/CHS&JALAPENO PEPPERS	0.29	0.04
FAST FOODS,SUNDAE,STRAWBERRY	0.29	0.02
HOT POCKETS,CROISSANT POCKTS CHIK,BROC&CHDR STUFD SNDWCH,FRZ	0.29	0.04
MACARONI,PROTEIN-FORTIFIED,CKD,ENR,(N X 6.25)	0.29	0.04
PANCAKES,BLUEBERRY,PREP FROM RECIPE	0.29	0.03
PEPPER,ANCHO,DRIED	0.29	0.06
PEPPER,RED OR CAYENNE	0.29	0.06
PIE,CHOC MOUSSE,PREP FROM MIX,NO-BAKE TYPE	0.29	0.02
PLANTAINS,RAW	0.29	0.01
PRUNES,DEHYD (LOW-MOISTURE),STWD	0.29	0.01
PRUNES,DRIED,STWD,W/ SUGAR	0.29	0.01
RHUBARB,FRZ,CKD,W/SUGAR	0.29	0
SPAGHETTI,PROTEIN-FORTIFIED,CKD,ENR (N X 5.70)	0.29	0.04
SUNNY FRSH,FRZ BAGEL FRENCH TOAST W/MAPLE SYRUP	0.29	0.1
TARO,COOKED,WITH SALT	0.29	0
TARO,COOKED,WITHOUT SALT	0.29	0
FAST FOODS,HAMBURGER,REG,SINGLE PATTY,W/CONDMNT	0.30	0.06
FAST FOODS,SUNDAE,HOT FUDGE	0.30	0.02
FROZEN DSSRT,SHERBET,ORANGE	0.30	0.01
GARLIC,RAW	0.30	0.03
HOT POCKETS HAM 'N CHS STUFFED SNDWCH,FRZ	0.30	0.06
HOT POCKETS PEPPERONI PIZZA STUFFED SNDWCH,FRZ	0.30	0.05
MACE,GROUND	0.30	0.03
PAPPALO'S FOR ONE,DEEP DISH PEPPERONI PIZZA,FRZ	0.30	0.06
PICKLE,CUCUMBER,SWEET	0.30	0
PICKLE,CUCUMBER,SWT,LO NA	0.30	0
POTATOES,FRZ,FRCH FR,PAR FR,CTTGE-CUT,PREP,HTD OVEN,W/SALT	0.30	0.02
POTATOES,FRZ,FRCH FR,PAR FR,CTTGE-CUT,PREP,HTD OVEN,WO/SALT	0.30	0.02
SALAD DRSNG,KRAFT FREE FAT FREE RANCH DRSNG	0.30	0
SOY FLR,FULL-FAT,RSTD,CRUDE PROT BASIS (N X 6.25)	0.30	0.19
SUNFLOWER SD FLR,PART DEFATTED	0.30	0.24
SYRUPS,CHOC,HERSHEY,HERSHEY'S GENUINE CHOC FLAVOR LITE SYRUP	0.30	0.01
BREAD,RED-CAL,WHEAT	0.31	0.05
EPPAW,RAW	0.31	0.02
FALAFEL,HOME-PREPARED	0.31	0.07
FAST FOODS,BISCUIT,W/SAUSAGE	0.31	0.05
FAST FOODS,DANISH PASTRY,CHS	0.31	0.03
FAST FOODS,HOTDOG,W/CORN FLR COATING (CORNDOG)	0.31	0.05
FAST FOODS,SUNDAE,CARAMEL	0.31	0.02
FRENCH TOAST,FRZ,RTH	0.31	0.04
MACARONI,PROTEIN-FORTIFIED,CKD,ENR,(N X 5.70)	0.31	0.04
PEARS,DRIED,SULFURED,STWD,W/ SUGAR	0.31	0
PICKLE RELISH,HAMBURGER	0.31	0

Carb Factors

PIE,BANANA CRM,PREP FROM MIX,NO-BAKE TYPE	0.31	0.02
PIE,CHOC CREME,COMMLY PREP	0.31	0.01
SANDWICHES&BURGERS,CHEESEBURGER,REG,SINGLE MEAT PATTY,PLN	0.31	0.07
SAPOTES,(MARMALADE PLUM),RAW	0.31	0.01
SAUCE,HOLLANDAISE,W/BUTTER FAT,DEHYD,DRY	0.31	0.06
SAUCE,MOLE POBLANO,DRY MIX,SINGLE BRAND	0.31	0.04
SAUCE,NESTLE,CHEF-MATE LEMON SAU,RTS	0.31	0
TOTINO'S PIZZA ROLLS PIZZA SNACKS,HAMBURGER,FRZ	0.31	0.06
ALCOHOLIC BEV,LIQUEUR,COFFEE,63 PROOF	0.32	0
APRICOTS,DEHYD (LOW-MOISTURE),SULFURED,STWD	0.32	0.01
CEREALS RTE,GENERAL MILLS,FIBER ONE	0.32	0.05
ENTREES,PIZZA WITH CHEESE	0.32	0.06
FAST FOODS,BURRITO,W/BNS	0.32	0.03
FAST FOODS,NACHOS,W/CHS	0.32	0.04
FROZEN DSSRT,ICES,H2O,LIME	0.32	0
LAS CAMPANAS BF&BEAN BURRITO,FRZ	0.32	0.04
PIE,APPL,COMMLY PREP,ENR FLR	0.32	0.01
PIE,APPL,COMMLY PREP,UNENR FLR	0.32	0.01
PIE,BANANA CRM,PREP FROM RECIP	0.32	0.02
PIE,PEACH	0.32	0.01
PIE,VANILLA CRM,PREP FROM RECIP	0.32	0.02
SAUCE,CHS,DEHYD,DRY	0.32	0.11
WAFFLES,PLN,PREP FROM RECIP	0.32	0.04
BEANS,KIDNEY,ROYAL RED,MATURE SEEDS,RAW	0.33	0.13
BEECHNUTS,DRIED	0.33	0.03
BROADBEANS (FAVA BNS),MATURE SEEDS,RAW	0.33	0.13
CHEESECAKE PREP FROM MIX,NO-BAKE TYPE	0.33	0.03
CHESTNUTS,CHINESE,BLD&STMD	0.33	0.01
CUMIN SEED	0.33	0.09
DESSERTS,GELATINS,DRY MIX,RED CAL,W/ASPRT	0.33	0.28
DESSERTS,GELATINS,DRY MIX,RED CAL,W/ASPRT,NO NA	0.33	0.28
DESSERTS,GELATINS,DRY MIX,RED CAL,W/ASPRT,P,K,NA,VIT C	0.33	0.28
ENGLISH MUFFINS,WHOLE-WHEAT	0.33	0.04
FAST FOODS,CLAMS,BREADED&FRIED	0.33	0.06
FAST FOODS,HAMBURGER,REG,SINGLE PATTY,PLN	0.33	0.07
FENUGREEK SEED	0.33	0.12
PEPPERIDGE FARM APPL TURNOVERS,FRZ,READY TO BAKE	0.33	0.02
PERSIMMONS,NATIVE,RAW	0.33	0
PICKLE RELISH,SWEET	0.33	0
PIE,BLUEBERRY,COMMLY PREP	0.33	0.01
PIE,BLUEBERRY,PREP FROM RECIP	0.33	0.01
SAUCE,LA VICTORIA,MOLE POBLANO	0.33	0.07
BEANS,KIDNEY,CALIFORNIA RED,MATURE SEEDS,RAW	0.34	0.12
BREAD,RED-CAL,OAT BRAN,TSTD	0.34	0.05
BREAD,RED-CAL,WHITE	0.34	0.04
BREADFRUIT SEEDS,ROASTED	0.34	0.03
CHESTNUTS,JAPANESE,RAW	0.34	0.01
CROISSANTS,APPLE	0.34	0.04
DILL SEED	0.34	0.08
GRAPEFRUIT JUC,FRZ CONC,UNSWTND,UNDIL	0.34	0.01
KELLOGG'S EGGO GOLDEN OAT WAFFLES	0.34	0.03

Carb Factors

PAPRIKA	0.34	0.07
PEACHES,DEHYD (LOW-MOISTURE),SULFURED,STWD	0.34	0.01
PEAS,SPLIT,MATURE SEEDS,RAW	0.34	0.12
SAFFLOWER SD KRNL,S,DRIED	0.34	0.08
SAUCE,NESTLE,TRIO ALFREDO SAU MIX,DRY	0.34	0.08
ANISE SEED	0.35	0.09
BEANS,CRANBERRY (ROMAN),MATURE SEEDS,RAW	0.35	0.12
BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,RAW	0.35	0.12
BEANS,YEL,MATURE SEEDS,RAW	0.35	0.11
BREAD,OAT BRAN	0.35	0.05
FROZEN DSSRT,CONAGRA,HEALTHY CHOIC LOFAT DSSRT PRLINE CRMEL	0.35	0.02
PANCAKES,PLN,DRY MIX,COMPLETE,PREP	0.35	0.03
PIE,COCNT CREME,COMMLY PREP	0.35	0.01
ROLLS,HAMBURGER OR HOTDOG,RED-CAL	0.35	0.04
SESAME FLOUR,LOW-FAT	0.35	0.25
SESAME FLR,PART DEFATTED	0.35	0.2
SOY MEAL,DEFATTED,RAW,CRUDE PROT BASIS (N X 6.25)	0.35	0.25
BEANS,NAVY,MATURE SEEDS,RAW	0.36	0.11
CAKE,CHERRY FUDGE W/CHOC FRSTNG	0.36	0.01
CANDIES,CONFECTIONER'S COATING,PNUT BUTTER	0.36	0.09
CASSAVA,RAW	0.36	0.01
CEREALS RTE,WHEAT GERM,TSTD,PLN	0.36	0.15
COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED,CND	0.36	0.02
CONAGRA,BANQUET APPL PIE,FRZ,READY TO BAKE	0.36	0.01
COTTONSEED FLR,LOFAT (GLANDLESS)	0.36	0.25
DANISH PASTRY,CHEESE	0.36	0.04
ENGLISH MUFFINS,WHOLE-WHEAT,TSTD	0.36	0.05
FAST FOODS,POTATO,FRENCH FR IN VEG OIL	0.36	0.02
GRAVY,CUSTOM FOODS,SUPERB INST AU JUS MIX,DRY	0.36	0.11
KELLOGG'S EGGO LOWFAT NUTRI - GRAIN WAFFLES	0.36	0.03
ONION RINGS,BREADED,PAR FR,FRZ,PREP,HTD IN OVEN	0.36	0.03
POTATOES,FRZ,FRCH FR,PAR FR,EXTRUDED,PREP,HTD OVEN,WO/SALT	0.36	0.02
ROLLS,DINNER,OAT BRAN	0.36	0.05
WAFFLES,PLN,FRZ,RTH (INCL BTTRMLK)	0.36	0.03
BEANS,SML WHITE,MATURE SEEDS,RAW	0.37	0.11
CHERVIL,DRIED	0.37	0.12
CHESTNUTS,EUROPEAN,RAW,UNPEELED	0.37	0.01
COTTONSEED FLR,PART DEFATTED (GLANDLESS)	0.37	0.2
CRANBERRY SAU,CND,SWTND	0.37	0
FAST FOODS,ONION RINGS,BREADED&FRIED	0.37	0.02
GINKGO NUTS,RAW	0.37	0.02
KELLOGG,KELLOGG'S EGGO,BTTRMLK PANCAKE	0.37	0.03
ORANGE JUC,FRZ CONC,UNSWTND,UNDIL	0.37	0.01
PIE,APPL,PREP FROM RECIPE	0.37	0.01
BEANS,BLACK TURTLE SOUP,MATURE SEEDS,RAW	0.38	0.11
BEANS,FRENCH,MATURE SEEDS,RAW	0.38	0.09
BREAD,BOSTON BROWN,CANNED	0.38	0.03
BREAD,OAT BRAN,TOASTED	0.38	0.06
BREAD,RICE BRAN	0.38	0.04
CHIVES,FREEZE-DRIED	0.38	0.11
COTTONSEED MEAL,PART DEFATTED (GLANDLESS)	0.38	0.25



Carb Factors

DOUGHNUTS, YEAST-LEAVENED, W/JELLY FILLING	0.38	0.03
FAST FOODS, BISCUIT, W/HAM	0.38	0.06
HEINZ, WEIGHT WATCHERS CHOC ECLAIRS, FRZ	0.38	0.02
MILK, DRY, WHOLE	0.38	0.13
MUFFINS, PLN, PREP FROM RECIPE, MADE W/LOFAT (2%) MILK	0.38	0.03
ORANGE DRK, BRKFST TYPE, W/JUC&PULP, FRZ CONC	0.38	0
ORIENTAL MIX, RICE-BASED	0.38	0.09
PEPPER, BLACK	0.38	0.05
PIE CRUST, STANDARD-TYPE, PREP FROM RECIPE, UNBAKED	0.38	0.03
PIE, CHERRY, PREP FROM RECIPE	0.38	0.01
POTATOES, BKD, SKN, W/SALT	0.38	0.02
POTATOES, BKD, SKN, WO/SALT	0.38	0.02
SAUCE, NESTLE, CHEF-MATE SWT N' SOUR GLAZE, RTS	0.38	0
STRUDEL, APPLE	0.38	0.02
TANGERINE JUC, FRZ CONC, SWTND, UNDIL	0.38	0.01
WAFFLES, PLN, FRZ, RTH, TSTD (INCL BTTRMLK)	0.38	0.03
WHEAT GERM, CRUDE	0.38	0.12
BABYFOOD, CRL, HI PROT, DRY	0.39	0.18
BEANS, PINTO, MATURE SEEDS, RAW	0.39	0.1
BREAD, WHOLE-WHEAT, COMMLY PREP	0.39	0.05
CAMPIONE D'ITALIA FOODS, CAMPIONE GARLIC BREAD, FRZ	0.39	0.04
FAST FOODS, FRENCH TOAST STKS	0.39	0.03
FAST FOODS, PANCAKES W/BUTTER&SYRUP	0.39	0.02
KELLOGG'S EGGO LOWFAT BLUEBERRY NUTRI - GRAIN WAFFLES	0.39	0.03
KELLOGG, KELLOGG'S EGGO, BANANA BREAD WAFFLES	0.39	0.03
PIE, CHERRY, COMMLY PREP	0.39	0.01
PIE, LEMON MERINGUE, PREP FROM RECIPE	0.39	0.02
ACORNS, RAW	0.40	0.03
APPLE JUC, FRZ CONC, UNSWTND, UNDIL, WO/ VIT C	0.40	0
BREAD, MIXED-GRAIN (INCL WHOLE-GRAIN, 7-GRAIN)	0.40	0.05
BREAD, PROT (INCL GLUTEN)	0.40	0.06
CANDIES, HERSHEY, HERSHEY'S GOLDEN COLLECTION ALMOND CHOC BAR	0.40	0.06
CARDAMOM, GROUND	0.40	0.05
CEREALS RTE, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	0.40	0.05
CITRUS FRUIT JUC DRK, FRZ CONC	0.40	0.01
DOUGHNUTS, CAKE-TYPE, WHEAT, SUGARED OR GLAZED	0.40	0.03
ENGLISH MUFFINS, WHEAT	0.40	0.04
KRUSTEAZ BTTRMLK MINI PANCAKES, FRZ, READY TO MICROWAVE	0.40	0.03
LUPINS, MATURE SEEDS, RAW	0.40	0.18
MUFFINS, BLUEBERRY, PREP FROM RECIPE, MADE W/LOFAT (2%) MILK	0.40	0.03
MUNGO BNS, MATURE SEEDS, RAW	0.40	0.13
PIE, FRIED PIES, CHERRY	0.40	0.02
PIE, FRIED PIES, FRUIT	0.40	0.02
PIE, FRIED PIES, LEMON	0.40	0.02
ROLLS, HAMBURGER OR HOTDOG, MIXED-GRAIN	0.40	0.05
SOY MEAL, DEFATTED, RAW	0.40	0.22
ALCOHOLIC BEV, CREME DE MENTHE, 72 PROOF	0.41	0
APPLE JUC, FRZ CONC, UNSWTND, UNDIL, W/ VIT C	0.41	0
BREAD, PUMPERNICKEL	0.41	0.04
CAKE, BOSTON CRM PIE, COMMLY PREP	0.41	0.01
CANDIES, PEANUT BAR	0.41	0.08

Carb Factors

COFFEE,INST,REG,PDR	0.41	0.06
CORIANDER LEAF,DRIED	0.41	0.11
FRUIT BUTTERS,APPLE	0.41	0
FRUIT PUNCH DRK,FRZ CONC	0.41	0
PANCAKES PLN,FRZ,RTH (INCL BTTRMLK)	0.41	0.03
PEPPERIDGE FARM CRUSTY ITALIAN BREAD,GARLIC	0.41	0.04
PEPPERS,HOT CHILE,SUN-DRIED	0.41	0.05
PILLSBURY GRANDS BTTRMLK BISCUITS,REFR DOUGH	0.41	0.03
POPCORN,CHEESE-FLAVOR	0.41	0.05
SAUCE,HOISIN,RTS	0.41	0.02
TORTILLAS,RTB OR -FRY,CORN	0.41	0.03
TORTILLAS,RTB OR -FRY,CORN,WO/ SALT	0.41	0.03
WHEAT,SPROUTED	0.41	0.04
WINGED BNS,MATURE SEEDS,RAW	0.41	0.15
BEANS,GREAT NORTHERN,MATURE SEEDS,RAW	0.42	0.11
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,HIGHER FAT	0.42	0.03
BREAD,RICE BRAN,TOASTED	0.42	0.05
BREAD,RYE	0.42	0.04
BREAD,WHEAT (INCL WHEAT BERRY)	0.42	0.05
CANDIES,HERSHEY,GOLDEN ALMOND SOLITAIRES CHOC W/ALMONDS	0.42	0.06
CANDIES,NESTLE,GOOBERS CHOC COVERED PNUTS	0.42	0.07
CANDIES,SESAME CRUNCH	0.42	0.06
CEREALS RTE,GRANOLA,HOMEMADE,(OATS,WHEAT GERM)	0.42	0.07
CHEESE,GJETOST	0.42	0.05
COFFEE,INST,DECAFFEINATED,PDR	0.42	0.06
DILL WEED,DRIED	0.42	0.1
FRUIT PUNCH JUC DRK,FRZ CONC	0.42	0
KRAFT,CRYSTAL LT SUGAR FREE LO CAL ICED TEA MIX,W/ASPRT,PDR	0.42	0.03
LIMA BNS,THIN SEEDED (BABY),MATURE SEEDS,RAW	0.42	0.1
ORANGE-FLAVOR DRK,BRKFST TYPE,W/PULP,FRZ CONC	0.42	0
PEPPER,WHITE	0.42	0.05
PILLSBURY HUNGRY JACK BTTRMLK BISCUITS,ART FLAVOR,REFR DOUGH	0.42	0.04
QUAKER OATS,AUNT JEMIMA ORIGINAL WAFFLES,FRZ	0.42	0.04
ROLLS,DINNER,WHEAT	0.42	0.04
SAUCE,PLUM,READY-TO-SERVE	0.42	0
SAUCE,RIDG'S,BULLS-EYE ORIGINAL BARBECUE SAU	0.42	0.01
SWEET ROLLS,CHEESE	0.42	0.04
TARRAGON,GROUND	0.42	0.11
ALMOND PASTE	0.43	0.05
BISCUITS,PLN OR BTTRMLK,PREP FROM RECIPE	0.43	0.04
BREAD,CORNBREAD,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	0.43	0.03
BREAD,MIXED-GRAIN,TSTD (INCL WHOLE-GRAIN,7-GRAIN)	0.43	0.05
BREAD,RED-CAL,OATMEAL	0.43	0.04
BREAD,WHEAT BRAN	0.43	0.04
CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN	0.43	0.06
CHICKPEAS (GARBANZO BNS,BENGAL GM),MATURE SEEDS,RAW	0.43	0.1
COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED,PACKAGED	0.43	0.02
COCONUT MEAT,DRIED (DESICCATED),SWTND,SHREDDED	0.43	0.01
COFFEECAKE,CHEESE	0.43	0.04
CROISSANTS,BUTTER	0.43	0.04
DANISH PASTRY,CINN,ENR	0.43	0.04

Carb Factors

DANISH PASTRY,CINN,UNENR	0.43	0.04
DANISH PASTRY,NUT (INCL ALMOND,RAISIN NUT,CINN NUT)	0.43	0.04
DOUGHNUTS,YEAST-LEAVENED,GLAZED,ENR (INCL HONEY BUNS)	0.43	0.03
DOUGHNUTS,YEAST-LEAVENED,GLAZED,UNENR (INCL HONEY BUNS)	0.43	0.03
ENGLISH MUFFINS,MIXED-GRAIN (INCL GRANOLA)	0.43	0.05
ENGLISH MUFFINS,PLN,ENR,W/CA PROP (INCL SOURDOUGH)	0.43	0.04
ENGLISH MUFFINS,PLN,ENR,WO/CA PROP (INCL SOURDOUGH)	0.43	0.04
ENGLISH MUFFINS,PLN,UNENR,W/CA PROP (INCL SOURDOUGH)	0.43	0.04
ENGLISH MUFFINS,PLN,UNENR,WO/CA PROP (INCL SOURDOUGH)	0.43	0.04
ENGLISH MUFFINS,WHEAT,TSTD	0.43	0.05
HUSH PUPPIES,PREP FROM RECIPE	0.43	0.04
KELLOGG'S EGGO LOWFAT HOMESTYLE WAFFLES	0.43	0.04
MUFFINS,OAT BRAN	0.43	0.04
PIE CRUST,STANDARD-TYPE,FRZ,RTB,ENR	0.43	0.02
PIE CRUST,STANDARD-TYPE,FRZ,RTB,UNENR	0.43	0.02
PINEAPPLE JUC,FRZ CONC,UNSWTND,UNDIL	0.43	0.01
PUFF PASTRY,FRZ,RTB	0.43	0.04
ROLLS,DINNER,WHOLE-WHEAT	0.43	0.04
SESAME STKS,WHEAT-BASED,SALTED	0.43	0.05
SOUP,LIPTON,CUP-A-SOUP GRN PEA,MIX,DRY	0.43	0.11
SOUP,ONION MIX,DEHYD,DRY FORM	0.43	0.06
TOMATOES,SUN-DRIED	0.43	0.07
TURMERIC,GROUND	0.43	0.04
BREAD,CRACKED-WHEAT	0.44	0.04
BREAD,OATMEAL	0.44	0.04
BREAD,PROT,TSTD (INCL GLUTEN)	0.44	0.07
BREAD,WHOLE-WHEAT,COMMPLY PREP,TSTD	0.44	0.05
CANDIES,MILK CHOC COATD PNUTS	0.44	0.07
CHESTNUTS,EUROPEAN,RAW,PEELED	0.44	0.01
COCONUT MEAT,DRIED (DESICCATED),TSTD	0.44	0.03
COFFEECAKE,CINN W/CRUMB TOPPING,COMMPLY PREP,ENR	0.44	0.03
COFFEECAKE,CINN W/CRUMB TOPPING,COMMPLY PREP,UNENR	0.44	0.03
CROISSANTS,CHEESE	0.44	0.05
FAST FOODS,HUSH PUPPIES	0.44	0.03
GRAPE JUC,FRZ CONC,SWTND,UNDIL,W/ VIT C	0.44	0
LEAVENING AGENTS,BAKING PDR,LOW-SODIUM	0.44	0
LIMA BNS,LRG,MATURE SEEDS,RAW	0.44	0.11
MUFFINS,CORN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	0.44	0.04
MUFFINS,WHEAT BRAN,TOASTER-TYPE W/RAISINS	0.44	0.03
PUFF PASTRY,FRZ,RTB,BKD	0.44	0.04
SYRUPS,TABLE BLENDS,PANCAKE,RED-CAL	0.44	0
TRAIL MIX,REG,UNSALTED	0.44	0.07
TRAIL MIX,REG,W/CHOC CHIPS,SALTED NUTS&SEEDS	0.44	0.07
TRAIL MIX,REG,W/CHOC CHIPS,UNSALTED NUTS&SEEDS	0.44	0.07
TRAIL MIX,REGULAR	0.44	0.07
BEANS,WHITE,MATURE SEEDS,RAW	0.45	0.12
BEST FOODS,THOMAS' ENG MUFFINS,PLN	0.45	0.04
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,HIGHER FAT,BKD	0.45	0.03
BREAD,CORNBREAD,DRY MIX,PREP	0.45	0.04
BREAD,EGG	0.45	0.05
BREAD,PUMPERNICKEL,TSTD	0.45	0.05

Carb Factors

BREAD,WHOLE-WHEAT,PREP FROM RECIPE	0.45	0.04
CHESTNUTS,JAPANESE,RSTD	0.45	0.01
DANISH PASTRY,FRUIT,ENR	0.45	0.03
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	0.45	0.03
DANISH PASTRY,LEMON,UNENR	0.45	0.03
DANISH PASTRY,RASPBERRY,UNENR	0.45	0.03
ENGLISH MUFFINS,RAISIN-CINNAMON (INCL APPLE-CINNAMON)	0.45	0.04
HOWARD JOHNSON'S TOASTEES,BLUEBERRY TOASTER MUFFNS,FRZ,R T E	0.45	0.04
MUFFINS,BLUEBERRY,COMMLY PREP	0.45	0.03
PIE CRUST,STANDARD-TYPE,PREP FROM RECIPE,BKD	0.45	0.03
PIE,MINCE,PREP FROM RECIPE	0.45	0.01
SOUP,BF NOODLE MIX,DEHYD,DRY FORM	0.45	0.09
ALCOHOLIC BEV,LIQUEUR,COFFEE,53 PROOF	0.46	0
BEANS,KIDNEY,RED,MATURE SEEDS,RAW	0.46	0.11
BISCUITS,PLN OR BTTRMLK,DRY MIX,PREP	0.46	0.04
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,LOWER FAT	0.46	0.03
BREAD,RYE,TOASTED	0.46	0.05
BREAD,WHEAT GERM	0.46	0.05
BREAD,WHEAT,TSTD (INCL WHEAT BERRY)	0.46	0.05
BREADNUTTREE SEEDS,RAW	0.46	0.03
CRANBERRY-ORANGE RELISH,CND	0.46	0
DOUGHNUTS,CAKE-TYPE,PLN,CHOCOLATE-COATED OR FRSTD	0.46	0.03
LEMONADE,FRZ CONC,PINK	0.46	0
LEMONADE,FRZ CONC,WHITE	0.46	0
MUFFINS,CORN,DRY MIX,PREP	0.46	0.04
MUNG BNS,MATURE SEEDS,RAW	0.46	0.12
PIE,LEMON MERINGUE,COMMLY PREP	0.46	0.01
PILLSBURY,CRUSTY FRENCH LOAF,REFR DOUGH	0.46	0.05
POTATO CHIPS,SOUR-CREAM-AND-ONION-FLAVOR	0.46	0.04
RYE FLOUR,DARK	0.46	0.07
SESAME STKS,WHEAT-BASED,UNSALTED	0.46	0.05
TROPICANA PRODUCTS,TROPICANA TWISTER ORG STWBRY BN DRK,FRZ C	0.46	0
BEANS,BLACK,MATURE SEEDS,RAW	0.47	0.11
BISCUITS,MXD GRAIN,REFR DOUGH	0.47	0.03
BISCUITS,PLN OR BTTRMLK,COMMLY BKD	0.47	0.03
BREAD,ITALIAN	0.47	0.04
BREAD,PITA,WHOLE-WHEAT	0.47	0.05
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	0.47	0.04
BREAD,WHITE,COMMLY PREP,LO NA NO SALT	0.47	0.04
BREAD,WHITE,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	0.47	0.04
CANDIES,MILK CHOC,W/ALMONDS	0.47	0.05
CEREALS RTE,QUAKER,KRETSCHMER HONEY CRUNCH WHEAT GERM	0.47	0.13
CHESTNUTS,EUROPEAN,RSTD	0.47	0.02
CHIA SEEDS,DRIED	0.47	0.08
CHICKPEA FLOUR (BESAN)	0.47	0.11
ENGLISH MUFFINS,MIXED-GRAIN,TSTD (INCL GRANOLA)	0.47	0.05
ENGLISH MUFFINS,PLN,TSTD,ENR,W/CA PROP (INCL SOURDOUGH)	0.47	0.04
FAST FOODS,BURRITO,W/FRUIT (APPL OR CHERRY)	0.47	0.02
FAST FOODS,DANISH PASTRY,FRUIT	0.47	0.03
GRAVY,AU JUS,DRY	0.47	0.05
MUFFINS,CORN,COMMLY PREP	0.47	0.03

Carb Factors

MUFFINS,WHEAT BRAN,TOASTER-TYPE W/RAISINS,TSTD	0.47	0.03
PEPPERS,SWT,GRN,FREEZE-DRIED	0.47	0.09
PEPPERS,SWT,RED,FREEZE-DRIED	0.47	0.09
PIGEON PEAS (RED GM),MATURE SEEDS,RAW	0.47	0.11
PILLSBURY BTTRMLK BISCUITS,ART FLAVOR,REFR DOUGH	0.47	0.04
POPCORN,OIL-POPPED	0.47	0.05
POPCORN,OIL-POPPED,WHITE POPCORN	0.47	0.05
POTATO CHIPS,MADE FROM DRIED POTATOES,CHEESE-FLAVOR	0.47	0.04
POTATO CHIPS,MADE FROM DRIED POTATOES,PLN	0.47	0.03
ROLLS,DINNER,PLN,COMMLY PREP (INCL BROWN-AND-SERVE)	0.47	0.04
ROLLS,FRENCH	0.47	0.04
ROLLS,HAMBURGER OR HOTDOG,PLN	0.47	0.04
SAUCE,CPC,KNORR ALFREDO SAU,DRY MIX	0.47	0.07
SAUCE,WHITE,DEHYD,DRY	0.47	0.05
SOUP,LIPTON,KETTLE CREATIONS HOMESTYLE LENTIL,MIX,DRY	0.47	0.1
SOUP,MUSHROOM,DEHYD,DRY	0.47	0.05
SOUP,OXTAIL,DEHYD,DRY	0.47	0.08
BREAD,FRENCH OR VIENNA (INCLUDES SOURDOUGH)	0.48	0.04
BREAD,OATMEAL,TOASTED	0.48	0.05
BREAD,RAISIN,ENRICHED	0.48	0.04
BREAD,RAISIN,UNENRICHED	0.48	0.04
CAKE,POUND,COMMLY PREP,BUTTER	0.48	0.03
CAKE,SHORTCAKE,BISCUIT-TYPE,PREP FROM RECIPE	0.48	0.03
CANDIES,HERSHEY,MR. GOODBAR CHOC BAR	0.48	0.05
CEREALS,QUAKER,OAT BRAN,QUAKER/MOTHER'S OAT BRAN,DRY	0.48	0.09
COWPEAS,CATJANG,MATURE SEEDS,RAW	0.48	0.12
DAIRY DRK MIX,CHOC,RED CAL,W/ASPRT,PDR	0.48	0.13
DOUGHNUTS,CAKE-TYPE,PLN (INCL UNSUGARED,OLD-FASHIONED)	0.48	0.03
FAST FOODS,ENG MUFFIN,W/BUTTER	0.48	0.04
GRAVY,CUSTOM FOODS,SUPERB COUNTRY GRAVY MIX,DRY	0.48	0.04
INTERSTATE BRANDS CORP,WONDER HAMBURGER ROLLS	0.48	0.04
LENTILS,PINK,RAW	0.48	0.12
PIE CRUST,STANDARD-TYPE,DRY MIX,PREP,BKD	0.48	0.03
PIE CRUST,STANDARD-TYPE,FRZ,RTB,BKD	0.48	0.02
POTATO CHIPS,BARBECUE-FLAVOR	0.48	0.04
POTATO CHIPS,PLAIN,SALTED	0.48	0.04
POTATO CHIPS,PLN,MADE W/PART HYDR SOYBN OIL,SALTED	0.48	0.04
POTATO CHIPS,PLN,MADE W/PART HYDR SOYBN OIL,UNSALTED	0.48	0.04
POTATO CHIPS,PLN,UNSALTED	0.48	0.04
ROLLS,DINNER,EGG	0.48	0.05
ROLLS,DINNER,RYE	0.48	0.05
SAFFLOWER SD MEAL,PART DEFATTED	0.48	0.18
SAUCE,SOUR CRM,DEHYD,DRY	0.48	0.08
SPICES,BAY LEAF	0.48	0.04
SWEET ROLLS,CINN,COMMLY PREP W/RAISINS	0.48	0.03
BAGELS,OAT BRAN	0.49	0.05
BREAD,WHOLE-WHEAT,PREP FROM RECIPE,TSTD	0.49	0.05
CAKE,GINGERBREAD,PREP FROM RECIPE	0.49	0.02
CAKE,PNAPPL UPSIDE-DOWN,PREP FROM RECIPE	0.49	0.02
CANDIES,M&M MARS,TWIX PNUT BUTTER COOKIE BARS	0.49	0.05
CAROB FLOUR	0.49	0.02

Carb Factors

CEREALS RTE,KRAFT,POST 100% BRAN CRL	0.49	0.06
CHESTNUTS,CHINESE,RAW	0.49	0.02
COFFEECAKE,FRUIT	0.49	0.03
COWPEAS,COMMON (BLACKEYES,CROWDER,SOUTHERN),MTR SEEDS,RAW	0.49	0.12
CRACKERS,WHEAT,SNWCH,W/PNUT BUTTER FILLING	0.49	0.07
DOUGHNUTS,CAKE-TYPE,PLN,SUGARED OR GLAZED	0.49	0.03
ENGLISH MUFFINS,RAISIN-CINNAMON,TSTD (INCL APPLE-CINNAMON)	0.49	0.04
GRAVY,CUSTOM FOODS,SUPERB OLD-FASH BISCUIT MIX,DRY	0.49	0.03
GRAVY,CUSTOM FOODS,SUPERB PEPPERED OLD-FASH BISCUIT MIX,DRY	0.49	0.03
LIMEADE,FRZ CONC	0.49	0
MILK,BUTTERMILK,DRIED	0.49	0.17
MISSION FOODS,MISSION FLR TORTILLAS,SOFT TACO,8 INCH	0.49	0.04
POTATO STICKS	0.49	0.03
SAUCE,SPAGHETTI W/MUSHROOMS,DEHYD,DRY	0.49	0.05
SOUP,CRM OF VEG,DEHYD,DRY	0.49	0.04
SOUP,VEG BF,DEHYD,DRY	0.49	0.09
WELCH'S,WELCH'S ORCHARD TROPICALS PASSION FRUIT DRK,FRZ CONC	0.49	0
ALLSPICE,GROUND	0.50	0.03
AMARANTH	0.50	0.07
BABYFOOD,CRL,HI PROT,W/APPL&ORANGE,DRY	0.50	0.13
BAGELS,EGG	0.50	0.05
BANANA CHIPS	0.50	0.01
BEANS,ADZUKI,MATURE SEEDS,RAW	0.50	0.1
BREAD,EGG,TOASTED	0.50	0.05
COOKIES,BROWNIES,PREP FROM RECIPE	0.50	0.03
COOKIES,PNUT BUTTER SNWCH,SPL DIETARY	0.50	0.05
GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,PNUT BUTTER	0.50	0.05
LENDER'S BAGEL SHOP BLUEBERRY BAGELS	0.50	0.05
LENDER'S PREMIUM REFR BLUEBERRY BAGELS	0.50	0.05
OAT BRAN,RAW	0.50	0.09
PHYLLO DOUGH	0.50	0.04
PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,VANILLA WAFER,CHILLED	0.50	0.02
POTATO CHIPS,MADE FR DRIED POTATOES,SOUR-CREAM&ONION-FLAVOR	0.50	0.03
ROLLS,HARD (INCL KAISER)	0.50	0.05
SAUCE,CURRY,DEHYD,DRY	0.50	0.05
SOUP,MINISTRONE,DEHYD,DRY	0.50	0.1
SOUP,PEA,GRN,MIX,DEHYD,DRY FORM	0.50	0.1
YARDLONG BNS,MATURE SEEDS,RAW	0.50	0.12
BAGELS,PLN,ENR,W/CA PROP (INCL ONION,POPPY,SESAME)	0.51	0.05
BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	0.51	0.05
BAGELS,PLN,UNENR,W/CA PROP (INCL ONION,POPPY,SESAME)	0.51	0.05
BAGELS,PLN,UNENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	0.51	0.05
BEANS,PINK,MATURE SEEDS,RAW	0.51	0.1
BREAD,INDIAN (NAVAJO) FRY	0.51	0.04
BREAD,WHITE,COMMLY PREP,TSTD	0.51	0.05
BREAD,WHITE,PREP FROM RECIPE,MADE W/NONFAT DRY MILK	0.51	0.04
CAKE,CHOC,COMMLY PREP W/CHOC FRSTNG	0.51	0.02
CAKE,CHOC,PREP FROM RECIPE WO/FRSTNG	0.51	0.03
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,ENR	0.51	0.03
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,UNENR	0.51	0.03
CANDIES,HERSHEY,REESE'S PNUT BUTTER CUPS	0.51	0.05

Carb Factors

COCOA MIX,NESTLE,CARNATION NO SUGAR HOT COCOA MIX	0.51	0.14
COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX,PREP	0.51	0.03
COFFEECAKE,CREME-FILLED W/CHOC FRSTNG	0.51	0.03
COOKIES,PNUT BUTTER,REFR DOUGH	0.51	0.04
CORN-BASED,EXTRUDED,CHIPS,BARBECUE-FLAVOR	0.51	0.04
CRANBERRY JUC COCKTAIL,FRZ CONC	0.51	0
FROSTINGS,COCONUT-NUT,RTE	0.51	0.01
FROSTINGS,COCONUT-NUT,RTE,WO/ P	0.51	0.01
INFANT FORMULA,CARNATION,I-SOYALAC,W/IRON,PDR,NOT RECON	0.51	0.08
INFANT FORMULA,CARNATION,SOYALAC,W/IRON,PDR,NOT RECON	0.51	0.08
INFANT FORMULA,MEAD JOHNSON,PREGESTIMIL,W/IRON,PDR,NOT RECON	0.51	0.07
LENDER'S BIG'N CRUSTY BLUEBERRY BAGEL	0.51	0.05
MILK,DRY,NONFAT,CA RED	0.51	0.18
MILK,DRY,NONFAT,REG,W/ VIT A	0.51	0.18
MILK,DRY,NONFAT,REG,WO/ VIT A	0.51	0.18
MUFFINS,BLUEBERRY,TOASTER-TYPE	0.51	0.02
ROLLS,DINNER,PLN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	0.51	0.04
SOUP,CLAM CHOWDER,NEW ENGLAND,DEHYD,DRY	0.51	0.06
SOUP,LIPTON,CUP-A-SOUP BROCCOLI&CHS,MIX,DRY	0.51	0.06
SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG	0.51	0.03
TOPPINGS,NUTS IN SYRUP	0.51	0.02
APRICOTS,DRIED,SULFURED,UNCKD	0.52	0.02
ARCHWAY HOME STYLE COOKIES,PNUT JUMBLE	0.52	0.05
BAGELS,CINNAMON-RAISIN	0.52	0.05
BREAD,RAISIN,TSTD,ENR	0.52	0.04
BREAD,WHEAT GERM,TOASTED	0.52	0.05
CAKE,YEL,PREP FROM RECIPE WO/FRSTNG	0.52	0.03
CANDIES,CAROB	0.52	0.04
CANDIES,HERSHEY,ROLO CARAMELS IN MILK CHOC	0.52	0.02
CANDIES,NESTLE,CHUNKY BAR	0.52	0.05
CHESTNUTS,CHINESE,ROASTED	0.52	0.02
CORN-BASED,EXTRUDED,CHIPS,PLN	0.52	0.03
CORN-BASED,EXTRUDED,PUFFS OR TWISTS,CHEESE-FLAVOR	0.52	0.04
CRACKERS,RYE,WAFERS,SEASONED	0.52	0.05
DESSERT TOPPING,POWDERED	0.52	0.02
INFANT FORMULA,MEAD JOHNSON,GERBER SOY,W/IRON,PDR,NOT RECON	0.52	0.08
INFANT FORMULA,MEAD JOHNSON,PROSOBEE,W/IRON,PDR,NOT RECON	0.52	0.08
KRAFT,GENERAL FOODS INTRN COFFEE CAFE FRANCAIS FLV INST,PDR	0.52	0.02
MILK,DRY,NONFAT,INST,W/ VIT A	0.52	0.18
MILK,DRY,NONFAT,INST,WO/ VIT A	0.52	0.18
PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,CHOC WAFER,CHILLED	0.52	0.03
PIE CRUST,STANDARD-TYPE,DRY MIX	0.52	0.03
PIE,PECAN,PREP FROM RECIPE	0.52	0.02
POTATO CHIPS,CHEESE-FLAVOR	0.52	0.04
SAUCE,CUSTOM FOODS,SUPERB INST CHEDDAR CHS SAU MIX,DRY	0.52	0.04
SNACKS,CORN-BASED,EXTRDD,PUFFS OR TWISTS,CHEESE-FLAVOR,UNENR	0.52	0.04
SOUP,CHICK VEG,DEHYD,DRY	0.52	0.09
SOUP,CRM OF CHICK,DEHYD,DRY	0.52	0.04
SOUP,LIPTON,KETTLE CREATIONS PASTA&BEAN,MIX,DRY	0.52	0.08
TORTILLAS,RTB OR -FRY,FLR	0.52	0.04
TORTILLAS,RTB OR -FRY,FLR,WO/ CA	0.52	0.04

Carb Factors

ACORNS,DRIED	0.53	0.04
ARCHWAY HOME STYLE COOKIES,COCNT MACARON	0.53	0.02
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,LOWER FAT,BKD	0.53	0.04
BREAD,BANANA,PREP FROM RECIPE,MADE W/MARGARINE	0.53	0.02
BREAD,FRENCH OR VIENNA,TSTD (INCLUDES SOURDOUGH)	0.53	0.05
BREAD,IRISH SODA,PREP FROM RECIPE	0.53	0.03
BREAD,PITA,WHITE,ENRICHED	0.53	0.05
BREAD,PITA,WHITE,UNENR	0.53	0.05
CAKE,YEL,COMMLY PREP,W/CHOC FRSTNG	0.53	0.02
CANDIES,HERSHEY,ALMOND JOY CANDY BAR	0.53	0.02
CANDIES,HERSHEY,MOUNDS CANDY BAR	0.53	0.02
CEREALS,OATS,INST,FORT,PLN,DRY	0.53	0.08
FAST FOODS,DANISH PASTRY,CINN	0.53	0.03
FIGS,DRIED,UNCOOKED	0.53	0.02
GRAVY,CUSTOM FOODS,SUPERB INST CHICK GRAVY MIX,DRY	0.53	0.05
GRAVY,CUSTOM FOODS,SUPERB INST TURKEY GRAVY MIX,DRY	0.53	0.06
INFANT FORMULA,ROSS,ISOMIL,W/IRON,PDR,NOT RECON	0.53	0.06
NOODLES,CHINESE,CHOW MEIN	0.53	0.04
PEACHES,DRIED,SULFURED,UNCKD	0.53	0.02
PIE,PECAN,COMMLY PREP	0.53	0.02
PUMPKIN&SQUASH SEEDS,WHL,RSTD,W/SALT	0.53	0.09
PUMPKIN&SQUASH SEEDS,WHL,RSTD,WO/SALT	0.53	0.09
SAUCE,CUSTOM FOODS,SUPERB INST NACHO CHS SAU MIX,DRY	0.53	0.04
SOUP,CRM OF ASPARAGUS,DEHYD,DRY MIX	0.53	0.07
SOUP,CRM OF CELERY,DEHYD,DRY	0.53	0.08
SOUP,LIPTON,FAT FREE CUP-A-SOUP CHICK BROTH,MIX,DRY	0.53	0.1
TEA,INST,UNSWTND,PDR	0.53	0.06
TEA,INST,UNSWTND,PDR,DECAFFEINATED	0.53	0.1
ACORN FLOUR,FULL FAT	0.54	0.04
ARCHWAY HOME STYLE COOKIES,GOURMET OATMEAL PECAN	0.54	0.03
ARCHWAY HOME STYLE COOKIES,GOURMET OL'FASHION Pnut BUTTER	0.54	0.05
BREAD,WHITE,COMMLY PREP,TSTD,LO NA NO SALT	0.54	0.05
CANDIES,SWEET CHOCOLATE	0.54	0.02
CEREALS,ROMAN MEAL,PLN,DRY	0.54	0.07
COCOA MIX,W/ASPRT,PDR,W/ CA P,WO/ NA OR VIT A	0.54	0.13
COCOA MIX,W/ASPRT,PDR,WO/ CA OR P,W/ NA&VIT A	0.54	0.13
CRACKERS,CHS,SANDWICH-TYPE W/Pnut BUTTER FILLING	0.54	0.06
CREAM SUBSTITUTE,POWDERED	0.54	0.02
GRAVY,NESTLE,TRIO BROWN GRAVY MIX,DRY	0.54	0.05
INFANT FORMULA,MEAD JOHNSON,NUTRAMIGEN,W/IRON,PDR,NOT RECON	0.54	0.07
INFANT FORMULA,MEAD JOHNSON,PORTAGEN,W/IRON,PDR,NOT RECON	0.54	0.08
INFANT FORMULA,ROSS,SIMILAC PM 60/40,LO IRON,PDR,NOT RECON	0.54	0.06
INTERST BRNDS CRP,HOSTESS DING DONGS CHOC SNACK CKE,CRM FILL	0.54	0.02
MILK,CND,COND,SWTND	0.54	0.04
MUFFINS,BLUEBERRY,TOASTER-TYPE,TSTD	0.54	0.02
PASTA,FRESH-REFRIGERATED,PLN,AS PURCHASED	0.54	0.06
PILLSBURY CINN ROLLS W/ICING,REFR DOUGH	0.54	0.03
POULTRY SEASONING	0.54	0.05
PUMPKIN PIE SPICE	0.54	0.03
SAUCE,MUSHROOM,DEHYD,DRY	0.54	0.07
SOUP,LIPTON,RECIPE SECRETS BEEFY ONION,MIX,DRY	0.54	0.03



Carb Factors

SOUP,LIPTON,RECIPE SECRETS ONION MUSHROOM,MIX,DRY	0.54	0.04
SOUP,LIPTON,RECIPE SECRETS VEG,MIX,DRY	0.54	0.04
SOUP,LIPTON,SOUP SECRETS CHICK NOODLE,MIX,DRY	0.54	0.09
TACO SHELLS,BAKED	0.54	0.04
TACO SHELLS,BKD,WO/ SALT	0.54	0.04
ARCHWAY HOME STYLE COOKIES,PNUT BUTTER	0.55	0.05
BAGELS,PLN,TSTD,ENR,W/CA PROP (INCL ONION,POPPY,SESAME)	0.55	0.06
BEANS,ADZUKI,MATURE SEEDS,CND,SWTND	0.55	0.02
CANDIES,HALAVAH,PLAIN	0.55	0.06
CANDIES,HERSHEY,SPL DK SWT CHOC BAR	0.55	0.02
CANDIES,MILK CHOCOLATE	0.55	0.03
CANDIES,NESTLE,DEMET'S TURTLES CANDY	0.55	0.03
COOKIES,CHOC CHIP,COMMLY PREP,SOFT-TYPE	0.55	0.02
COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/MARGARINE	0.55	0.03
CRACKERS,CHEESE,REGULAR	0.55	0.05
CRACKERS,CHS,LO NA	0.55	0.05
CRACKERS,STD SNACK-TYPE,SNDWCH,W/PNUT BUTTER FILLING	0.55	0.06
CRACKERS,WHEAT,SNDWCH,W/CHS FILLING	0.55	0.05
DOUGHNUTS,CAKE-TYPE,CHOC,SUGARED OR GLAZED	0.55	0.02
GRAVY,NESTLE,TRIO COUNTRY GRAVY MIX,DRY	0.55	0.05
INFANT FORMULA,MEAD JOHNSON,LACTOFREE,W/IRON,PDR,NOT RECON	0.55	0.06
INFANT FORMULA,ROSS,SIMILAC,LO IRON,PDR,NOT RECON	0.55	0.05
INFANT FORMULA,ROSS,SIMILAC,W/IRON,PDR,NOT RECON	0.55	0.05
INFANT FORMULA,WYETH-AYERST,NURSOY,W/IRON,PDR,NOT RECON	0.55	0.07
MCKEE BAKING,LITTL DEBBI NUT BAR,WAFFER W/PNUT BUTE,CHOC COVE	0.55	0.04
OATS	0.55	0.08
PASTA,FRESH-REFRIGERATED,SPINACH,AS PURCHASED	0.55	0.06
PRUNES,DRIED,UNCOOKED	0.55	0.01
RYE	0.55	0.07
SOUP,CHICK RICE MIX,DEHYD,DRY FORM	0.55	0.08
SOUP,LIPTON,RECIPE SECRETS ONION,MIX,DRY	0.55	0.03
SOUP,LIPTON,SOUP SECRETS NOODLE W/REAL CHICK BROTH,MIX,DRY	0.55	0.06
WHEAT,HARD RED SPRING	0.55	0.08
ARCHWAY HOME STYLE COOKIES,MUD PIE	0.56	0.03
BAGELS,CINNAMON-RAISIN,TSTD	0.56	0.05
BARLEY	0.56	0.06
CAKE,ANGELFOOD,COMMLY PREP	0.56	0.03
CAKE,WHITE,PREP FROM RECIPE WO/FRSTNG	0.56	0.03
CANDIES,HERSHEY,SKOR TOFFEE BAR	0.56	0.02
CANDIES,HERSHEY,SYMPHONY MILK CHOC BAR	0.56	0.04
CANDIES,M&M MARS,SNICKERS BAR	0.56	0.04
CEREALS,OATS,REG & QUICK & INST,WO/ FORT,DRY	0.56	0.08
COOKIES,OATMEAL,REFR DOUGH	0.56	0.03
COOKIES,PNUT BUTTER,COMMLY PREP,SOFT-TYPE	0.56	0.03
COOKIES,PNUT BUTTER,REFR DOUGH,BKD	0.56	0.05
COOKIES,SHORTBREAD,COMMLY PREP,PECAN	0.56	0.02
CORN-BASED,EXTRUDED,CONES,NACHO-FLAVOR	0.56	0.03
FRUIT,MXD,(PRUNE&APRICOT&PEAR),DRIED	0.56	0.01
GRAVY,CUSTOM FOODS,SUPERB INST BF GRAVY MIX,DRY	0.56	0.05
GRAVY,CUSTOM FOODS,SUPERB INST BROWN GRAVY MIX,DRY	0.56	0.04
GRAVY,NESTLE,TRIO AU JUS GRAVY MIX,DRY	0.56	0

Carb Factors

INFANT FORMULA,CARNATION GOOD START,W/IRON,PDR,NOT RECON	0.56	0.06
INFANT FORMULA,MEAD JOHNSON,ENFAMIL,LO IRON,PDR,NOT RECON	0.56	0.06
INFANT FORMULA,MEAD JOHNSON,ENFAMIL,W/IRON,PDR,NOT RECON	0.56	0.06
INFANT FORMULA,WYETH-AYERST,SMA,LO IRON,PDR,NOT RECON	0.56	0.06
INFANT FORMULA,WYETH-AYERST,SMA,W/IRON,PDR,NOT RECON	0.56	0.06
MUFFINS,CORN,TOASTER-TYPE	0.56	0.03
SAUCE,STROGANOFF,DEHYD,DRY	0.56	0.06
SNACKS,CORN-BASE,EXTRUD,CHIPS,BARBECUE-FLAVOR,W/ENR MASA FLR	0.56	0.04
SOUP,CAULIFLOWER,DEHYD,DRY MIX	0.56	0.08
SOUP,LIPTON,KETTLE CREATIONS CHICK W/PASTA&BEAN,MIX,DRY	0.56	0.08
SOUP,LIPTON,SOUP SECRETS RING-O-NOODLE	0.56	0.06
SOUP,TOMATO VEG MIX,DEHYD,DRY FORM	0.56	0.06
SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG,BKD	0.56	0.03
TORTILLA CHIPS,PLAIN	0.56	0.04
WONTON WRAPPERS (INCL EGG ROLL WRAPPERS)	0.56	0.05
APPLES,DRIED,SULFURED,UNCKD	0.57	0
BULGUR,DRY	0.57	0.06
CAKE,FRUITCAKE,COMMLY PREP	0.57	0.01
CAKE,SPONGE,PREP FROM RECIPE	0.57	0.04
CANDIES,M&M MARS,"M&M'S"PNUT CHOC CANDIES	0.57	0.05
CANDIES,SEMISWEET CHOC	0.57	0.02
CANDIES,SEMISWEET CHOC,MADE W/BUTTER	0.57	0.02
CEREALS,QUAKER,OATMEAL,INST,LO NA,DRY	0.57	0.07
CEREALS,QUAKER,OATMEAL,MICROWAVE,QUICK 'N HEARTY,REG FLAVOR	0.57	0.07
COOKIES,PNUT BUTTER,COMMLY PREP,REG	0.57	0.05
CRACKERS,RYE,SANDWICH-TYPE W/CHS FILLING	0.57	0.05
CRACKERS,RYE,WAFERS,PLAIN	0.57	0.05
DOO DADS SNACK MIX,ORIGINAL FLAVOR	0.57	0.05
GRANOLA BARS,HARD,ALMOND	0.57	0.04
GRAVY,BROWN,DRY	0.57	0.05
INFANT FORMULA,MEAD JOHNSON,GERBER,LO IRON,PDR,NOT RECON	0.57	0.05
INFANT FORMULA,MEAD JOHNSON,GERBER,W/IRON,PDR,NOT RECON	0.57	0.05
POLANER,POLANER ALL-FRUIT STRAWBERRY SPRD	0.57	0
SNACKS,TORTILLA CHIPS,NACHO-FLAVOR,MADE W/ENR MASA FLR	0.57	0.04
SOUP,CLAM CHOWDER,MANHATTAN STYLE,DEHYD,DRY	0.57	0.05
SOUP,LEEK,DEHYDRATED,DRY	0.57	0.06
SOUP,NISSIN,CUP NOODLES,RAMEN NOODLE,CHICK FLAVOR,DRY MIX	0.57	0.04
TAMARINDS,RAW	0.57	0.01
TORTILLA CHIPS,NACHO-FLAVOR	0.57	0.04
TORTILLA CHIPS,TACO-FLAVOR	0.57	0.04
CAKE,ANGELFOOD,DRY MIX,PREP	0.58	0.03
CAKE,YEL,COMMLY PREP,W/VANILLA FRSTNG	0.58	0.02
CANDIES,HERSHEY,REESE'S PIECES CANDY	0.58	0.07
CANDIES,HERSHEY,WHATCHAMACALLIT CANDY BAR	0.58	0.05
CEREALS,RALSTON,DRY	0.58	0.07
COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/BUTTER	0.58	0.03
COOKIES,LADYFINGERS,W/LEMON JUC&RIND	0.58	0.05
COOKIES,LADYFINGERS,WO/LEMON JUC&RIND	0.58	0.05
COOKIES,PNUT BUTTER,PREP FROM RECIPE	0.58	0.05
COOKIES,SUGAR,PREP FROM RECIPE,MADE W/MARGARINE	0.58	0.03
COOKIES,SUGAR,REFR DOUGH	0.58	0.02

Carb Factors

CRACKERS,WHOLE-WHEAT	0.58	0.04
CRACKERS,WHOLE-WHEAT,LO SALT	0.58	0.04
CROUTONS,SEASONED	0.58	0.05
DOUGHNUTS,FRENCH CRULLERS,GLAZED	0.58	0.02
FAST FOODS,NACHOS,W/CINN&SUGAR	0.58	0.03
GINGER,GROUND	0.58	0.05
GRANOLA BARS,SOFT,UNCOATED,NUT&RAISIN	0.58	0.04
GRANOLA BARS,SOFT,UNCOATED,PNUT BUTTER&CHOC CHIP	0.58	0.05
GRAVY,UNSPEC TYPE,DRY	0.58	0.07
KELLOGG'S POP-TARTS PASTRY SWIRLS,APPL CINN DANISH	0.58	0.02
KELLOGG'S POP-TARTS PASTRY SWIRLS,CHS DANISH	0.58	0.02
KELLOGG'S POP-TARTS PASTRY SWIRLS,STRAWBERRY DANISH	0.58	0.02
PERSIMMONS,JAPANESE,DRIED	0.58	0.01
SAUCE,TERIYAKI,DEHYD,DRY	0.58	0.05
SISYMBRIUM SP. SEEDS,WHL,DRIED	0.58	0.06
SOKOL,SOLO POPPY SD FILLING	0.58	0.02
SOUP,CHICK NOODLE MIX,DEHYD,DRY FORM	0.58	0.07
SOUP,LIPTON,CUP-A-SOUP SPRING VEG,MIX,DRY	0.58	0.07
SOUP,LIPTON,SOUP SECRETS GIGGLE NOODLE,MIX,DRY	0.58	0.07
TOMATO POWDER	0.58	0.06
TRITICALE FLR,WHOLE-GRAIN	0.58	0.07
WHEAT,HARD RED WINTER	0.58	0.06
ARCHWAY HOME STYLE COOKIES,AUNT BEA'S POUND CAKE COOKIE	0.59	0.03
BAKING CHOC,M&M MARS,"M&M'S"SEMISWEET CHOC MINI BAKING BITS	0.59	0.02
CAKE,POUND,COMMLY PREP,FAT-FREE	0.59	0.03
CAKE,SNACK CAKES,CREME-FILLED,CHOC W/FRSTNG	0.59	0.02
CANDIES,CONFECTIONER'S COATING,WHITE	0.59	0.03
CANDIES,HERSHEY,KRACKEL CHOC BAR	0.59	0.03
CHEX MIX	0.59	0.06
COOKIES,CHOC CHIP,REFR DOUGH	0.59	0.02
CRACKERS,STD SNACK-TYPE,REG	0.59	0.04
CRACKERS,STD SNACK-TYPE,REG,LO SALT	0.59	0.04
CRACKERS,STD SNACK-TYPE,SNDWCH,W/CHS FILLING	0.59	0.05
GRANOLA BARS,HARD,PEANUT	0.59	0.06
GRANOLA BARS,HARD,PLAIN	0.59	0.05
GRANOLA BARS,HARD,PNUT BUTTER	0.59	0.05
GRAVY,MUSHROOM,DEHYD,DRY	0.59	0.05
SAUCE,BEARNAISE,DEHYD,DRY	0.59	0.07
SAUCE,CHS SAU MIX,DRY	0.59	0.04
SOUP,LIPTON,CUP-A-SOUP CHICK NOODLE W/MEAT	0.59	0.08
SOUP,LIPTON,RECIPE SECRETS BEEFY MUSHROOM,MIX,DRY	0.59	0.04
SOUP,LIPTON,RECIPE SECRETS FIESTA HERB W/RED,MIX,DRY	0.59	0.05
ARCHWAY HOME STYLE COOKIES,BLACK WALNUT ICE BOX	0.60	0.03
ARCHWAY HOME STYLE COOKIES,CHOC CHIP DROP	0.60	0.03
ARCHWAY HOME STYLE COOKIES,GOURMET ROCKY ROAD	0.60	0.03
ARCHWAY HOME STYLE COOKIES,GOURMET RUTH'S GOLDEN OATMEAL	0.60	0.03
ARCHWAY HOME STYLE COOKIES,LEMON DROP	0.60	0.03
ARCHWAY HOME STYLE COOKIES,PECAN ICE BOX	0.60	0.02
BEANS,ADZUKI,YOKAN,MATURE SEEDS	0.60	0.02
BUCKWHEAT FLR,WHOLE-GROAT	0.60	0.06
CAKE,SPONGE,COMMLY PREP	0.60	0.03

Carb Factors

CANDIES,M&M MARS,MARS ALMOND BAR	0.60	0.04
CANDIES,MILK CHOC,W/RICE CRL	0.60	0.03
CEREALS RTE,HEARTLAND NATURAL CEREAL,WITH COCONUT	0.60	0.05
COOKIES,CHOC SNDWCH,W/CREME FILLING,REG,CHOCOLATE-COATED	0.60	0.02
CRACKERS,WHEAT,LOW SALT	0.60	0.04
CRACKERS,WHEAT,REGULAR	0.60	0.04
GELATIN,DRINKING,ORANGE-FLAVOR,PDR	0.60	0.18
GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,CHOC CHIP	0.60	0.03
GRANOLA BARS,SOFT,UNCOATED,PNUT BUTTER	0.60	0.05
GRAVY,NESTLE,TRIO SOUTHERN GRAVY MIX,DRY	0.60	0.01
HYACINTH BNS,MATURE SEEDS,RAW	0.60	0.12
INFANT FORMULA,MEAD JOHNSON,LOFENALAC,W/IRON,PDR,NOT RECON	0.60	0.08
MOLASSES,BLACKSTRAP	0.60	0
SAUCE,NESTLE,TRIO CHS SAU MIX,DRY	0.60	0.04
SYRUPS,CHOC,FUDGE-TYPE	0.60	0.02
TARO CHIPS	0.60	0.01
TORTILLA CHIPS,RANCH-FLAVOR	0.60	0.04
WHEAT FLOUR,WHOLE-GRAIN	0.60	0.07
ARCHWAY HOME STYLE COOKIES,SUGAR FREE ROCKY ROAD	0.61	0.03
BISCUITS,PLN OR BTTRMLK,DRY MIX	0.61	0.04
BUCKWHEAT	0.61	0.07
CANDIES,HERSHEY,CARAMELLO CANDY BAR	0.61	0.03
CANDIES,NESTLE,OH HENRY! BAR	0.61	0.05
CEREALS RTE,KELLOGG,KELLOGG'S CRACKLIN' OAT BRAN	0.61	0.04
CEREALS RTE,QUAKER,QUAKER 100% NAT CRL W/OATS&HONEY	0.61	0.05
CEREALS,MAYPO,DRY	0.61	0.07
CEREALS,QUAKER,QUAKER MULTIGRAIN OATMEAL,DRY	0.61	0.06
COOKIES,BROWNIES,COMMLY PREP	0.61	0.02
CORN-BASED,EXTRUDED,CONES,PLN	0.61	0.03
CORN-BASED,EXTRUDED,ONION-FLAVOR	0.61	0.04
DESSERTS,CPC,ALSA MOUSSE MIX,PDR,DK CHOC	0.61	0.05
GRAVY,NESTLE,TRIO CHICK GRAVY MIX,DRY	0.61	0.06
GRAVY,ONION,DEHYD,DRY	0.61	0.05
GRAVY,PORK,DRY	0.61	0.04
HODGSON MILL,WHL WHEAT MACARONI&CHS DINNER,DRY MIX	0.61	0.07
LEAVENING AGENTS,CRM OF TARTAR	0.61	0
MOTHBEANS,MATURE SEEDS,RAW	0.61	0.11
PEPPERIDGE FARM CLASSIC STYLE CROUTONS,SEASONED	0.61	0.07
PILLSBURY,CHOC CHIP COOKIES,REFR DOUGH	0.61	0.02
POTATO CHIPS,MADE FROM DRIED POTATOES,LT	0.61	0.03
PRUNE PUREE	0.61	0.01
SAFFRON	0.61	0.06
SAUCE,HOLLANDAISE,W/VEG OIL,DEHYD,DRY	0.61	0.07
SAUCE,SPAGHETTI,DEHYD,DRY	0.61	0.03
SNACKS,POTATO CHIPS,RED FAT	0.61	0.04
SOUP,LIPTON,CUP-A-SOUP CRM OF MUSHROOM,MIX,DRY	0.61	0.03
SOUP,LIPTON,CUP-A-SOUP HEARTY CHICK NOODLE,MIX,DRY	0.61	0.08
SOUP,LIPTON,CUP-A-SOUP HEARTY CHICK SUPREME,MIX,DRY	0.61	0.03
SOUP,LIPTON,SOUP SECRETS SPIRAL PASTA SOUP,MIX,DRY	0.61	0.06
WHEAT,SOFT RED WINTER	0.61	0.05
ARCHWAY HOME STYLE COOKIES,GOURMET APPLE'N RAISIN	0.62	0.03

Carb Factors

ARCHWAY HOME STYLE COOKIES,GOURMET CARROT CAKE	0.62	0.02
ARCHWAY HOME STYLE COOKIES,GOURMET CHOC CHIP N' TOFFEE	0.62	0.02
ARCHWAY HOME STYLE COOKIES,SOFT SUGAR DROP	0.62	0.03
BABYFOOD,CRL,OATMEAL,DRY	0.62	0.07
BARLEY,PEARLED,RAW	0.62	0.05
BREAD STUFFING,CORNBREAD,DRY MIX	0.62	0.05
CAKE,SNACK CAKES,CUPCAKES,CHOC,W/FRSTNG,LOW-FAT	0.62	0.02
CAKE,WHITE,PREP FROM RECIPE W/COCNT FRSTNG	0.62	0.02
CANDIES,HERSHEY,KIT KAT WAFER BAR	0.62	0.04
CANDIES,NESTLE,BABY RUTH BAR	0.62	0.04
CANDIES,NESTLE,CRUNCH BAR&DSSRT TOPPING	0.62	0.03
CEREALS RTE,HEARTLAND NATURAL CEREAL,PLAIN	0.62	0.05
CEREALS RTE,KRAFT,POST BRAN FLAKES	0.62	0.05
CEREALS RTE,QUAKER,QUAKER OAT BRAN CRL	0.62	0.07
CEREALS RTE,QUAKER,SUN COUNTRY GRANOLA W/ALMONDS	0.62	0.06
CEREALS,WHEATENA,DRY	0.62	0.07
COOKIES,OATMEAL,REFR DOUGH,BKD	0.62	0.03
COOKIES,SHORTBREAD,COMMLY PREP,PLN	0.62	0.03
FROSTINGS,CHOC,CREAMY,RTE	0.62	0.01
FROSTINGS,CHOC,CREAMY,RTE,WO/ P,VIT A	0.62	0.01
FROSTINGS,WHITE,FLUFFY,DRY MIX,PREP W/H2O	0.62	0.01
GARLIC POWDER	0.62	0.08
GRANOLA BARS,SOFT,UNCOATED,PLN	0.62	0.04
GRANOLA BARS,SOFT,UNCOATED,RAISIN	0.62	0.04
GRAVY,CHICKEN,DRY	0.62	0.06
GRAVY,CUSTOM FOODS,SUPERB INST PORK GRAVY MIX,DRY	0.62	0.04
INFANT FORMULA,CARNATION FOLLOW-UP,W/IRON,PDR,NOT RECON	0.62	0.06
LIPTON,ALFREDO EGG NOODLES IN A CREAMY SAU,DRY MIX	0.62	0.08
NABISCO,NABISCO NILLA PIE CRUST,READY TO USE	0.62	0.02
NABISCO,NABISCO RITZ CRACKERS	0.62	0.04
PANCAKES,BUCKWHEAT,DRY MIX,INCOMPLETE	0.62	0.05
PEARS,DRIED,SULFURED,UNCKD	0.62	0.01
PIE CRUST,COOKIE-TYPE,PREP FR RECIPE,GRAHAM CRACKER,CHILLED	0.62	0.02
POPCORN,AIR-POPPED	0.62	0.06
POPCORN,AIR-POPPED,WHITE POPCORN	0.62	0.06
RYE FLOUR,MEDIUM	0.62	0.05
SAUCE,NESTLE,TRIO NACHO CHS SAU MIX,DRY	0.62	0.04
SOUP,LIPTON,FAT FREE CUP-A-SOUP CHICKEN/PASTA,MIX,DRY	0.62	0.08
SOUP,LIPTON,SOUP SECRETS EX NOODLE,MIX,DRY	0.62	0.07
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,BRWN SUGAR CINN	0.62	0.03
WHEAT,SOFT WHITE	0.62	0.05
ARCHWAY HOME STYLE COOKIES,APPL FILLED OATMEAL	0.63	0.02
ARCHWAY HOME STYLE COOKIES,APRICOT FILLED	0.63	0.03
ARCHWAY HOME STYLE COOKIES,CHERRY FILLED	0.63	0.03
ARCHWAY HOME STYLE COOKIES,CHOC CHIP ICE BOX	0.63	0.02
ARCHWAY HOME STYLE COOKIES,DATE FILLED OATMEAL	0.63	0.03
ARCHWAY HOME STYLE COOKIES,ICED OATMEAL	0.63	0.03
ARCHWAY HOME STYLE COOKIES,LEMON SNAPS	0.63	0.03
ARCHWAY HOME STYLE COOKIES,OATMEAL	0.63	0.03
ARCHWAY HOME STYLE COOKIES,RASPBERRY FILLED	0.63	0.03
ARCHWAY HOME STYLE COOKIES,RUTH'S OATMEAL	0.63	0.03

Carb Factors

ARCHWAY HOME STYLE COOKIES,STRAWBERRY FILLED	0.63	0.03
BREAD,CORNBREAD,DRY MIX,ENR (INCL CORN MUFFIN MIX)	0.63	0.04
BREAD,CORNBREAD,DRY MIX,UNENR (INCL CORN MUFFIN MIX)	0.63	0.04
CAKE,SNACK CAKES,CREME-FILLED,SPONGE	0.63	0.02
CANDIES,CONFECTIONER'S COATING,YOGURT	0.63	0.03
CANDIES,HERSHEY,5TH AVENUE CANDY BAR	0.63	0.05
CANDIES,NESTLE,BUTTERFINGER BAR&DSSRT TOPPING	0.63	0.06
CEREALS RTE,BRAN CHEX,(WHEAT BRAN,CORN)	0.63	0.05
CEREALS RTE,HEARTLAND NATURAL CEREAL,WITH RAISINS	0.63	0.05
CEREALS RTE,KELLOGG,KELLOGG'S COMPLETE WHEAT BRAN FLAKES	0.63	0.05
CEREALS RTE,KELLOGG,KELLOGG'S RAISIN BRAN	0.63	0.05
CEREALS RTE,QUAKER,QUAKER 100% NAT CRL W/OATS,HONEY,&RAISINS	0.63	0.05
CHOCOLATE SYRUP,WO/ADDED NUTR	0.63	0.01
COOKIES,CHOC SNDWCH,W/CREME FILLING,SPL DIETARY	0.63	0.02
COOKIES,GRAHAM CRACKERS,CHOCOLATE-COATED	0.63	0.03
COOKIES,OATMEAL,COMMLY PREP,SOFT-TYPE	0.63	0.03
COOKIES,PNUT BUTTER SNDWCH,REG	0.63	0.04
CORN FLR,WHOLE-GRAIN,YEL	0.63	0.03
CORNMEAL,SELF-RISING,BOLTED,PLN,ENR,WHITE	0.63	0.04
CORNMEAL,SELF-RISING,BOLTED,PLN,ENR,YEL	0.63	0.04
CORNNUTS,BARBECUE-FLAVOR	0.63	0.05
CORNNUTS,NACHO-FLAVOR	0.63	0.05
JAMS&PRESERVES,APRICOT	0.63	0
MACARONI,PROTEIN-FORTIFIED,DRY,ENR,(N X 6.25)	0.63	0.11
MUFFINS,BLUEBERRY,DRY MIX	0.63	0.02
MUSHROOMS,SHIITAKE,DRIED	0.63	0.05
NOODLES,EGG,SPINACH,DRY,ENR	0.63	0.07
PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,GRAHAM CRACKER,BKD	0.63	0.02
QUINOA	0.63	0.07
RADISHES,ORIENTAL,DRIED	0.63	0.04
SOUP,LIPTON,RECIPE SECRETS SAVORY HERB W/GARLIC,MIX,DRY	0.63	0.05
SPAGHETTI,PROTEIN-FORTIFIED,DRY,ENR (N X 6.25)	0.63	0.11
ARCHWAY HOME STYLE COOKIES,CINN APPL	0.64	0.02
ARCHWAY HOME STYLE COOKIES,COOKIES JAR HERMITS	0.64	0.03
ARCHWAY HOME STYLE COOKIES,FROSTY LEMON	0.64	0.02
ARCHWAY HOME STYLE COOKIES,FROSTY ORANGE	0.64	0.02
ARCHWAY HOME STYLE COOKIES,OATMEAL RAISIN	0.64	0.03
BAKING CHOC,M&M MARS,"M&M'S"MILK CHOC MINI BAKING BITS	0.64	0.02
BARLEY FLOUR OR MEAL	0.64	0.05
BETTY CROCKER,HAMBURGER HELPER,CHEESEBURGER MACARONI,DRY MIX	0.64	0.06
BREADNUTTREE SEEDS,DRIED	0.64	0.04
BUCKWHEAT GROATS,RSTD,DRY	0.64	0.06
CANDIES,M&M MARS,"M&M'S"MINI MILK CHOC CANDIES	0.64	0.02
CANDIES,M&M MARS,TWIX CARAMEL COOKIE BARS	0.64	0.02
CANDIES,MILK CHOC COATD RAISINS	0.64	0.02
CEREALS RTE,KELLOGG,KELLOGG'S COMMON SENSE OAT BRAN FLAKES	0.64	0.06
CEREALS RTE,KRAFT,POST GREAT GRAINS CRUNCHY PECAN CRL	0.64	0.05
CHOCOLATE SYRUP,W/ADDED NUTR	0.64	0.01
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	0.64	0.03
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,UNENR	0.64	0.03
COOKIES,SUGAR,REFR DOUGH,BKD	0.64	0.02

Carb Factors

FAST FOODS,BROWNIE	0.64	0.02
GENERAL MILLS,BETTY CROCKER WILD BLUEBERRY MUFFIN MIX,DRY	0.64	0.03
GRANOLA BARS,SOFT,UNCOATED,CHOC CHIP	0.64	0.04
KRAFT,GENERAL FOODS INTRN COFF SGR&FT FR MOCHA FLV INST,W/A	0.64	0.03
LEEK,(BULB&LOWER-LEAF PORTION),FREEZE-DRIED	0.64	0.08
LOTUS SEEDS,DRIED	0.64	0.08
MARTHA WHITE FOODS,MARTHA WHITE'S BTTRMLK BISCUIT MIX,DRY	0.64	0.04
MILLET,RAW	0.64	0.06
SNACKS,M&M MARS,KUDOS WHL GRAIN BARS,CHOC CHIP	0.64	0.03
SPAGHETTI,SPINACH,DRY	0.64	0.07
TOPPING,NESTLE,BUNCHA CRUNCH DSSRT TOPPING	0.64	0.03
ARCHWAY HOME STYLE COOKIES,FRUIT&HONEY BAR	0.65	0.02
ARCHWAY HOME STYLE COOKIES,SUGAR FREE CHOC CHIP	0.65	0.02
ARCHWAY HOME STYLE COOKIES,SUGAR FREE OATMEAL	0.65	0.03
ARCHWAY HOME STYLE COOKIES,SUGAR FREE SHORTBREAD	0.65	0.02
BABYFOOD,CEREAL,MIXED,DRY	0.65	0.06
BEST FOODS,BROWNBERRY SAGE&ONION STUFFING MIX,DRY	0.65	0.07
BREAD STICKS,PLAIN	0.65	0.06
CEREALS RTE,40% BRAN FLAKES,RALSTON PURINA,(WHEAT BRAN)	0.65	0.06
CEREALS RTE,KELLOGG,KELLOGG'S MUESLIX APPL&ALMOND CRUNCH	0.65	0.05
CEREALS RTE,KRAFT,POST GREAT GRAINS RAISIN,DATE&PECAN CRL	0.65	0.04
CEREALS RTE,KRAFT,POST RAISIN BRAN CRL	0.65	0.04
CEREALS,QUAKER,SCOTCH BARLEY,REG&QUICK,DRY	0.65	0.05
CEREALS,RTE,MALT-O-MEAL,TOASTY O'S	0.65	0.06
CEREALS,WHL WHEAT HOT NAT CRL,DRY	0.65	0.06
CHESTNUTS,EUROPEAN,DRIED,UNPEELED	0.65	0.03
COOKIES,MARSHMLLW,CHOCOLATE-COATED (INCL MARSHMLLW PIES)	0.65	0.02
COOKIES,OATMEAL,COMMLY PREP,REG	0.65	0.03
CRACKERS,CRISPBREAD,RYE	0.65	0.04
FAST FOODS,COOKIES,CHOC CHIP	0.65	0.03
GRAVY,TURKEY,DRY	0.65	0.05
KANPYO,(DRIED GOURD STRIPS)	0.65	0.04
KRAFT MACARONI & CHEESE DINNER ORIGINAL FLAVOR,UNPREP	0.65	0.08
KRAFT,JELL-O SGR FR CK&SRVE RED CAL PUD&PIE FLNG CHOC,W/A	0.65	0.03
MACARONI,PROTEIN-FORTIFIED,DRY,ENR,(N X 5.70)	0.65	0.1
POTATOES,SCALLPD,DRY MIX,UNPREP	0.65	0.04
RYE FLOUR,LIGHT	0.65	0.04
SOUP,LIPTON,CUP-A-SOUP CRM OF CHICK,MIX,DRY	0.65	0.02
SOUP,LIPTON,CUP-A-SOUP RING NOODLE,MIX,DRY	0.65	0.06
SOUP,OODLES OF NOODLES RAMEN NOODLE ORIENTAL FLAVOR, DRY	0.65	0.05
TOPPINGS,BUTTERSCOTCH OR CARAMEL	0.65	0.01
TOPPINGS,PINEAPPLE	0.65	0
TOPPINGS,STRAWBERRY	0.65	0
TRAIL MIX,TROPICAL	0.65	0.03
ARCHWAY HOME STYLE COOKIES,DUTCH COCOA	0.66	0.02
BABYFOOD,COOKIES	0.66	0.06
BABYFOOD,OATMEAL CRL W/FRUIT,DRY,INST,TODD	0.66	0.05
BREAD CRUMBS,DRY,GRATED,SEASONED	0.66	0.07
CANDIES,NESTLE,RAISINETS CHOC COVERED RAISINS	0.66	0.02
CEREALS RTE,GENERAL MILLS,RAISIN NUT BRAN	0.66	0.05
CEREALS RTE,KELLOGG'S MUESLIX RAISIN&ALMOND CRUNCH W/DATES	0.66	0.04

Carb Factors

CEREALS RTE,KRAFT,POST FRUIT&FIBRE DATES,RAISINS&WALNUTS CRL	0.66	0.04
CEREALS RTE,KRAFT,POST THE ORIGINAL SHREDDED WHEAT 'N BRAN	0.66	0.06
CEREALS RTE,QUAKER,QUAKER CRUNCHY BRAN	0.66	0.03
CEREALS RTE,QUAKER,QUAKER PUFFED WHEAT	0.66	0.08
CEREALS RTE,QUAKER,SUN COUNTRY GRANOLA,RAISIN&DATE	0.66	0.05
COOKIES,CHOC CHIP,DRY MIX	0.66	0.02
COOKIES,CHOC CHIP,REFR DOUGH,BKD	0.66	0.02
COOKIES,CHOC SNDWCH,W/EX CREME FILLING	0.66	0.02
COOKIES,FIG BARS	0.66	0.02
COOKIES,OATMEAL,PREP FROM RECIPE,WO/RAISINS	0.66	0.03
COOKIES,RAISIN,SOFT-TYPE	0.66	0.02
COOKIES,SUGAR WAFERS W/CREME FILLING,SPL DIETARY	0.66	0.02
CORN FLOUR,MASA,ENRICHED	0.66	0.05
CORNNUTS,PLAIN	0.66	0.04
DATES,DOMESTIC,NAT&DRY	0.66	0.01
FROSTINGS,CRM CHEESE-FLAVOR,RTE	0.66	0
FROSTINGS,CRM CHEESE-FLAVOR,RTE,WO/ NA,VIT A	0.66	0
GRANOLA BARS,SOFT,UNCOATED,CHOC CHIP,GRAHAM&MARSHMLLW	0.66	0.03
KRAFT,JELL-O FAT&SGR FR INST RED CAL PUD&PIE FLNG CHOC,W/A	0.66	0.02
LITCHIS,DRIED	0.66	0.02
MACARONI,WHOLE-WHEAT,DRY	0.66	0.07
MARMALADE,ORANGE	0.66	0
NABISCO,NABISCO WHEAT THINS CRACKERS,BKD	0.66	0.04
SNACKS,M&M MARS,COMBOS SNACKS CHEDDAR CHS PRETZEL	0.66	0.05
SNACKS,TORTILLA CHIPS,NACHO-FLAVOR,RED FAT	0.66	0.04
SOUP,LIPTON,CUP-A-SOUP CHICK FLAVOR VEG	0.66	0.05
SOUP,TOMATO,DEHYD,DRY	0.66	0.04
ARCHWAY HOME STYLE COOKIES,SUGAR	0.67	0.03
BABYFOOD,CRL,BARLEY,DRY	0.67	0.06
CANDIES,CONFECTIONER'S COATING,BUTTERSCOTCH	0.67	0.01
CANDIES,FUDGE,CHOC MARSHMLLW,W/NUTS,PREPARED-FROM-RECIPE	0.67	0.02
CANDIES,PNUT BRITTLE,PREPARED-FROM-RECIPE	0.67	0.04
CEREALS RTE,GENERAL MILLS,CHEERIOS	0.67	0.05
CEREALS RTE,KELLOGG,KELLOGG'S NUTRI-GRAIN WHEAT	0.67	0.05
CEREALS RTE,KRAFT,POST BANANA NUT CRUNCH CRL	0.67	0.04
CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,DRY	0.67	0.05
CEREALS,QUAKER,OATMEAL,INST,RAISINS,DATES&WALNUTS,DRY	0.67	0.04
COOKIES,BROWNIES,DRY MIX,SPL DIETARY,PREP	0.67	0.02
COOKIES,CHOC SNDWCH,W/CREME FILLING,REG	0.67	0.02
COOKIES,OATMEAL,COMMLY PREP,SPL DIETARY	0.67	0.02
COOKIES,OATMEAL,DRY MIX	0.67	0.03
COOKIES,SUGAR,COMMLY PREP,REG (INCL VANILLA)	0.67	0.03
CORN FLR,WHOLE-GRAIN,WHITE	0.67	0.03
CORNMEAL,SELF-RISING,BOLTED,W/WHEAT FLR,ENR,WHITE	0.67	0.04
CORNMEAL,SELF-RISING,BOLTED,W/WHEAT FLR,ENR,YEL	0.67	0.04
CORNMEAL,SELF-RISING,DEGERMED,ENR,WHITE	0.67	0.04
CORNMEAL,SELF-RISING,DEGERMED,ENR,YEL	0.67	0.04
CPC FD SERVICE,OROWEAT SEASONED DRSNG MIX,DRY	0.67	0.07
CRACKERS,MATZO,WHOLE-WHEAT	0.67	0.07
CRACKERS,MILK	0.67	0.04
CURRANTS,ZANTE,DRIED	0.67	0.02



Carb Factors

FROSTINGS,SOUR CREAM-FLAVOR,RTE	0.67	0
FROSTINGS,SOUR CREAM-FLAVOR,RTE,WO/ P,K	0.67	0
GRANOLA BARS,HARD,CHOC CHIP	0.67	0.04
HIDDEN VALLEY RANCH,SALAD CRISPINS ITAL STYLE,PARMES CROUTON	0.67	0.06
JAMS AND PRESERVES	0.67	0
NABISCO,NABISCO OREO CRUNCHIES,COOKIE CRUMB TOPPING	0.67	0.02
SPAGHETTI,PROTEIN-FORTIFIED,DRY,ENR (N X 5.70)	0.67	0.1
SYRUPS,MAPLE	0.67	0
TOASTER PASTRIES,BROWN-SUGAR-CINNAMON	0.67	0.03
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,BLUEBERRY	0.67	0.02
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,MILK CHOC	0.67	0.03
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TRTS,FRSTD BR SGR CIN	0.67	0.03
WHEAT FLR,WHITE,TORTILLA MIX,ENR	0.67	0.05
ARCHWAY HOME STYLE COOKIES,ICED MOLASSES	0.68	0.02
ARCHWAY HOME STYLE COOKIES,MOLASSES	0.68	0.02
ARCHWAY HOME STYLE COOKIES,OLD FASHIONED WINDMILL COOKIES	0.68	0.03
BABYFOOD,CRL,OATMEAL,W/BANANAS,DRY	0.68	0.06
CANDIES,M&M MARS,"M&M'S"PLN CHOC CANDIES	0.68	0.02
CEREALS RTE,GENERAL MILLS,OATMEAL CRISP W/ALMONDS	0.68	0.05
CEREALS RTE,GENERAL MILLS,TOTAL RAISIN BRAN	0.68	0.04
CEREALS RTE,KELLOGG,KELLOGG'S RAISIN SQUARES MINI-WHEATS	0.68	0.04
CEREALS RTE,TASTEEOS,(OAT W/OTHER GRAINS)	0.68	0.06
CEREALS,QKR,OATMEAL,MICRO,QUICK 'N HEARTY,BROWN SUGAR CINN	0.68	0.05
CEREALS,QKR,OATMEAL,MICRO,QUICK 'N HEARTY,CINN DOUBLE RAISI	0.68	0.04
CEREALS,QUAKER,OATMEAL,MICRO,QUICK 'N HEARTY,HONEY BRAN	0.68	0.05
COOKIES,BUTTER,COMMLY PREP,ENR	0.68	0.03
COOKIES,BUTTER,COMMLY PREP,UNENR	0.68	0.03
COOKIES,OATMEAL,PREP FROM RECIPE,W/RAISINS	0.68	0.03
CRACKERS,SALTINES (INCL OYSTER,SODA,SOUP)	0.68	0.05
CRACKERS,SALTINES,LO SALT (INCL OYSTER,SODA,SOUP)	0.68	0.05
CRACKERS,SALTINES,UNSALTED TOPS (INCL OYSTER,SODA,SOUP)	0.68	0.05
CROUTONS,PLAIN	0.68	0.06
KRAFT,GENERAL FOODS INTRN COFFEE SUISSE MOCHA FLV INST,PDR	0.68	0.02
MOLASSES	0.68	0
NABISCO,NABISCO ORIGINAL PREMIUM SALTINE CRACKERS	0.68	0.05
NABISCO,NABISCO SNACKWELL'S CARAMEL DELIGHTS COOKIES	0.68	0.02
NOODLES,EGG,DRY,ENRICHED	0.68	0.07
NOODLES,EGG,DRY,UNENR	0.68	0.07
PANCAKES,PLN,DRY MIX,COMPLETE (INCL BTTRMLK)	0.68	0.05
PANCAKES,PLN,DRY MIX,INCOMPLETE (INCL BTTRMLK)	0.68	0.05
PASTA,CORN,DRY	0.68	0.04
SEMOLINA,ENRICHED	0.68	0.06
SEMOLINA,UNENRICHED	0.68	0.06
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,S'MORES	0.68	0.03
TOPPINGS,NESTLE,RAINBOW MORSEL DSSRT TOPPING	0.68	0.02
WILD RICE,RAW	0.68	0.07
ARCHWAY HOME STYLE COOKIES,ICED GINGER SNAPS	0.69	0.02
ARCHWAY HOME STYLE COOKIES,OLD FASHIONED MOLASSES	0.69	0.02
BABYFOOD,CRL,MXD,W/BANANAS,DRY	0.69	0.05
BABYFOOD,CRL,OATMEAL,W/HONEY,DRY	0.69	0.07
CANDIES,NESTLE,100 GRAND BAR	0.69	0.02

Carb Factors

CEREALS RTE,GENERAL MILLS,WHEAT CHEX	0.69	0.05
CEREALS RTE,KELLOGG,KELLOGG'S NUTRI-GRAIN ALMOND&RAISIN	0.69	0.04
CEREALS RTE,KELLOGG,KELLOGG'S SPL K	0.69	0.1
CEREALS RTE,KELLOGG,KELLOGG'S STRAWBERRY SQUARES MINI-WHEATS	0.69	0.04
CEREALS RTE,QUAKER,QUAKER OATMEAL SQUARES	0.69	0.06
CEREALS RTE,RAISIN BRAN,RALSTON PURINA,(WHEAT)	0.69	0.04
CEREALS,QUAKER,CORN GRITS,INST,BUTTER FLAVOR,DRY	0.69	0.04
CEREALS,QUAKER,CORN GRITS,INST,CHEDDAR CHS FLAVOR,DRY	0.69	0.04
CEREALS,QUAKER,OATMEAL,INST,MAPLE&BROWN SUGAR,DRY	0.69	0.05
CEREALS,QUAKER,OATMEAL,INST,W/APPLS&CINN,DRY	0.69	0.05
COOKIES,CHOC CHIP,COMMLY PREP,REG,LOWER FAT	0.69	0.03
COOKIES,CHOCOLATE WAFERS	0.69	0.03
COOKIES,SUGAR WAFERS W/CREME FILLING,REG	0.69	0.02
COOKIES,VANILLA WAFERS,HIGHER FAT	0.69	0.02
CORNMEAL,WHOLE-GRAIN,WHITE	0.69	0.04
CORNMEAL,WHOLE-GRAIN,YEL	0.69	0.04
CRACKERS,MELBA TOAST,RYE (INCL PUMPERNICKEL)	0.69	0.06
CRACKERS,MELBA TOAST,WHEAT	0.69	0.06
FROSTINGS,CHOC,CREAMY,DRY MIX,PREP W/BUTTER	0.69	0.01
FROSTINGS,CHOC,CREAMY,DRY MIX,PREP W/MARGARINE	0.69	0.01
FROSTINGS,VANILLA,CREAMY,RTE	0.69	0
FROSTINGS,VANILLA,CREAMY,RTE,WO/ P, VIT A	0.69	0
JELLIES	0.69	0
KEEBLER,KEEBLER GOLDEN VANILLA WAFERS,ARTIFICIALLY FLAV	0.69	0.03
KRAFT,GENERAL FOODS INTRN COFFEE FRENCH VAN FLV INST,PDR	0.69	0.01
NOODLES,JAPANESE,SOMEN,DRY	0.69	0.06
SYRUPS,TABLE BLENDS,PANCAKE,W/2% MAPLE	0.69	0
SYRUPS,TABLE BLENDS,PANCAKE,W/2% MAPLE,W/ K	0.69	0
TOASTER PASTRIES,FRUIT	0.69	0.02
TOASTER PASTRIES,KELLOGG,KELLOG POP TARTS,FRSTD CHOC VAN CRM	0.69	0.03
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,STRAWBERRY	0.69	0.02
ARCHWAY HOME STYLE COOKIES,DK MOLASSES	0.70	0.02
BREAD CRUMBS,DRY,GRATED,PLN	0.70	0.06
CAKE,CHOC,DRY MIX,REG	0.70	0.03
CANDIES,M&M MARS,MARS MILKY WAY BAR	0.70	0.02
CEREALS RTE,GENERAL MILLS,BASIC 4	0.70	0.04
CEREALS RTE,GENERAL MILLS,TOTAL	0.70	0.05
CEREALS RTE,HEALTHY CHOIC,KELLOGG'S ALMOND CRUNCH W/RAISINS	0.70	0.04
CEREALS RTE,HONEYBRAN	0.70	0.04
CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS,BITE SIZE	0.70	0.05
CEREALS RTE,KELLOGG,KELLOGG'S BLUEBERRY SQUARES MINI-WHEATS	0.70	0.04
CEREALS RTE,QUAKER,QUAKER CINN OATMEAL SQUARES	0.70	0.06
CEREALS,QKR,OATMEAL,INST,POWR RANGRS FRUIT PUNCH FLAVOR,DRY	0.70	0.04
CEREALS,QUAKER,CORN GRITS,INST,W/IMITN HAM BITS,DRY	0.70	0.05
CEREALS,QUAKER,FARINA,ENR CINN FLAVOR,DRY	0.70	0.06
CEREALS,QUAKER,OATMEAL,MICROWAVE,QUICK 'N HEARTY APPL SPICE	0.70	0.04
COOKIES,COCNT MACAROONS,PREP FROM RECIPE	0.70	0.02
COOKIES,VANILLA SNDWCH W/CREME FILLING	0.70	0.02
CORNMEAL,DEGERMED,ENR,WHITE	0.70	0.04
CORNMEAL,DEGERMED,ENR,YEL	0.70	0.04
CORNMEAL,DEGERMED,UNENR,WHITE	0.70	0.04

Carb Factors

CORNMEAL,DEGERMED,UNENR,YEL	0.70	0.04
CRACKERS,MELBA TOAST,PLN	0.70	0.06
CRACKERS,MELBA TOAST,PLN,WO/SALT	0.70	0.06
CRISPED RICE BAR,CHOC CHIP	0.70	0.03
FROSTINGS,VANILLA,CREAMY,DRY MIX,PREP W/BUTTER	0.70	0
FROSTINGS,VANILLA,CREAMY,DRY MIX,PREP W/MARGARINE	0.70	0
GRAVY,NESTLE,TRIO TURKEY GRAVY MIX,DRY	0.70	0.04
KELLOGG,KELLOGG'S NUTRI-GRAIN CRL BARS,MXD BERRY	0.70	0.02
KRAFT,STOVE TOP STUFFING MIX CHICKEN FLAVOR	0.70	0.06
MACARONI,VEG,DRY,ENR	0.70	0.07
POTATOES,AU GRATIN,DRY MIX,UNPREP	0.70	0.04
PRETZELS,HARD,CONFECTIONER'S COATING,CHOCOLATE-FLAVOR	0.70	0.04
SAUCE,CUSTOM FOODS,RED LABEL ALLPURP ITALIAN SAU MIX,DRY	0.70	0.01
SNACKS,KELLOGG,KELLOGG'S NUTRI-GRAIN CRL BARS,FRUIT	0.70	0.02
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,APPL CINN	0.70	0.02
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD BLUEBERRY	0.70	0.02
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD CHERRY	0.70	0.02
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD CHOC FUDG	0.70	0.03
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD RASPBERRY	0.70	0.02
TOASTER PASTRIES,KELLOGG,KELLOGG'S POPTARTS,CHERRY	0.70	0.02
WHEAT FLR,WHITE,BREAD,ENR	0.70	0.06
BABYFOOD,COOKIES,ARROWROOT	0.71	0.04
BARLEY MALT FLOUR	0.71	0.05
CANDIES,FUDGE,CHOC,W/NUTS,PREPARED-FROM-RECIPE	0.71	0.02
CEREALS RTE,GENERAL MILLS,HONEY NUT CLUSTERS	0.71	0.05
CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS,REG	0.71	0.05
CEREALS RTE,KELLOGG,KELLOGG'S APPL CINN SQUARES MINI-WHEATS	0.71	0.04
CEREALS RTE,KRAFT,POST THE ORIGIN SHREDDED WHEAT SPOON SIZE	0.71	0.05
CEREALS RTE,KRAFT,POST THE ORIGINAL SHREDDED WHEAT CEREAL	0.71	0.05
CEREALS RTE,WHEAT,SHREDDED,PLN,SUGAR&SALT FREE,SINGLE BRAND	0.71	0.05
CEREALS,OATS,INST,FORT,W/ BRAN & RAISINS,DRY	0.71	0.06
CEREALS,OATS,INST,FORT,W/ CINN & SPICE,DRY	0.71	0.04
COOKIES,CHOC CHIP,COMMLY PREP,SPL DIETARY	0.71	0.02
COOKIES,OATMEAL,COMMLY PREP,FAT-FREE	0.71	0.03
COOKIES,VANILLA WAFERS,LOWER FAT	0.71	0.03
KEEBLER,KEEBLER CHOC GRAHAM SELECTS	0.71	0.04
KELLOGG,KELLOGG'S POP TARTS,FRSTD WILD WATERMELON	0.71	0.02
KRAFT,GENERAL FOODS INT COFFEE SGR&FAT FR LO CAL FRN VN INST	0.71	0.02
NABISCO,NABISCO SNACKWELL'S CRACKED PEPPER CRACKER	0.71	0.05
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE	0.71	0.06
POPOVERS,DRY MIX,ENRICHED	0.71	0.05
POPOVERS,DRY MIX,UNENR	0.71	0.05
RAISINS,SEEDED	0.71	0.01
RICE FLOUR,BROWN	0.71	0.04
SNACKS,KELLOGG'S LOFAT GRANOLA BAR,CRUNCHY ALMD/BRN SUGAR	0.71	0.04
SYRUPS,MALT	0.71	0.03
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD STRAWBERRY	0.71	0.02
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD GRAPE	0.71	0.02
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD WLD BERRY	0.71	0.02
WHEAT FLR,WHITE,ALL-PURPOSE,SELF-RISING,ENR	0.71	0.05
WHEAT,DURUM	0.71	0.07

Carb Factors

ZWIEBACK	0.71	0.05
CAKE,GINGERBREAD,DRY MIX	0.72	0.02
CEREALS RTE,GENERAL MILLS,MULTI-GRAIN CHEERIOS	0.72	0.04
CEREALS RTE,GENERAL MILLS,WHEATIES	0.72	0.05
CEREALS RTE,HEALTHY CHOIC,KELLOGG'S TSTD BROWN SUGAR SQUARES	0.72	0.05
CEREALS RTE,KRAFT,POST GRAPE-NUTS CRL	0.72	0.05
CEREALS RTE,KRAFT,POST GRAPE-NUTS FLAKES	0.72	0.05
CEREALS RTE,QUAKER,QUAKER OAT LIFE,PLN	0.72	0.05
CEREALS RTE,QUAKER,QUAKER TSTD OATMEAL CRL,HONEY NUT	0.72	0.05
CEREALS,CREAM OF WHEAT,INST,DRY	0.72	0.05
CEREALS,CREAM OF WHEAT,QUICK,DRY	0.72	0.05
CEREALS,CREAM OF WHEAT,REG,DRY	0.72	0.05
CEREALS,QUAKER,CORN GRITS,INST,W/IMITN BACON BITS,DRY	0.72	0.05
CEREALS,QUAKER,HOMINY GRITS,YEL,QUICK,DRY	0.72	0.04
COFFEE SUB,CRL GRAIN BEV,PDR	0.72	0.03
COOKIES,MOLASSES	0.72	0.03
COUSCOUS,DRY	0.72	0.06
CRACKERS,MATZO,EGG&ONION	0.72	0.05
CRACKERS,RUSK TOAST	0.72	0.07
GINKGO NUTS,DRIED	0.72	0.05
MACARONI,DRY,ENR	0.72	0.06
MACARONI,DRY,UNENRICHED	0.72	0.06
NABISCO,NABISCO GRAHAMS CRACKERS	0.72	0.03
NABISCO,NABISCO SNACKWELL'S FAT FREE DEVIL'S FD COOKIE CAKES	0.72	0.03
RICE,BROWN,MEDIUM-GRAIN,RAW	0.72	0.04
SPAGHETTI,DRY,ENRICHED	0.72	0.06
SPAGHETTI,DRY,UNENRICHED	0.72	0.06
TRITICALE	0.72	0.07
BAKING CHOC,MEXICAN,SQUARES	0.73	0.02
BREAD STUFFING,BREAD,DRY MIX	0.73	0.06
CEREALS RTE,GENERAL MILLS,NATURE VALLEY LOFAT FRUIT GRANOLA	0.73	0.04
CEREALS RTE,GENERAL MILLS,OATMEAL RAISIN CRISP	0.73	0.04
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD BRAN	0.73	0.04
CEREALS RTE,KELLOGG,KELLOGG'S LOFAT GRANOLA W/RAISINS	0.73	0.04
CEREALS RTE,KRAFT,POST HONEY BUNCHES OF OATS W/ALMONDS CRL	0.73	0.04
CEREALS,CREAM OF WHEAT,MIX'N EAT,PLN,DRY	0.73	0.05
CEREALS,MALTEX,DRY	0.73	0.06
CEREALS,QUAKER,FARINA,CREAMY WHEAT,ENR,DRY	0.73	0.05
COFFEE,INST,W/CHICORY,PDR	0.73	0.05
COOKIES,ANIMAL CRACKERS (INCL ARROWROOT,TEA BISCUITS,)	0.73	0.03
FROSTINGS,GLAZE,PREPARED-FROM-RECIPE	0.73	0
JUJUBE,DRIED	0.73	0.02
MUFFINS,WHEAT BRAN,DRY MIX	0.73	0.04
NABISCO,NABISCO SNACKWELL'S MINT CREME COOKIES	0.73	0.02
NABISCO,NABISCO SNACKWELL'S WHEAT CRACKER	0.73	0.04
PANCAKES,SPL DIETARY,DRY MIX	0.73	0.04
POPCORN,CARAMEL-COATED,WO/PNUTS	0.73	0.02
PRETZELS,HARD,WHOLE-WHEAT	0.73	0.06
RICE,BROWN,LONG-GRAIN,RAW	0.73	0.04
SEAWEED,AGAR,DRIED	0.73	0.03
WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED	0.73	0.05

Carb Factors

WHEAT FLR,WHITE,ALL-PURPOSE,ENR,CALCIUM-FORTIFIED	0.73	0.05
WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBLEACHED	0.73	0.05
WHEAT FLR,WHITE,ALL-PURPOSE,UNENR	0.73	0.05
WHEY,ACID,DRIED	0.73	0.06
CANDIES,FUDGE,VANILLA,W/NUTS,PREPARED-FROM-RECIPE	0.74	0.01
CANDIES,NESTLE,AFTER EIGHT MINTS	0.74	0.01
CEREALS RTE,GENERAL MILLS,CINN TOAST CRUNCH	0.74	0.03
CEREALS RTE,GENERAL MILLS,CRISPY WHEATIES 'N RAISINS	0.74	0.04
CEREALS RTE,HEALTHY CHOIC FROM KELLOGG'S MULTI-GRAIN FLAKES	0.74	0.04
CEREALS RTE,KELLOGG,KELLOGG'S LOFAT GRANOLA WO/RAISINS	0.74	0.04
CEREALS RTE,KRAFT,POST FRSTD SHREDDED WHEAT BITE SIZE CRL	0.74	0.04
CEREALS RTE,KRAFT,POST OREO O'S CRL	0.74	0.02
CEREALS RTE,QK,LOFAT 100% NAT CRISPY WHOLEGRAIN W/RAISINS	0.74	0.04
CEREALS RTE,QUAKER,QUAKER OAT CINN LIFE	0.74	0.04
CEREALS,QUAKER,CORN GRITS,INST,PLN,DRY	0.74	0.04
CEREALS,QUAKER,HOMINY GRITS,WHITE,QUICK,DRY	0.74	0.04
CEREALS,QUAKER,HOMINY GRITS,WHITE,REG,DRY	0.74	0.04
COCOA MIX,W/ADDED NUTR,PDR	0.74	0.03
COOKIES,GINGERSNAPS	0.74	0.03
COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL CINN)	0.74	0.03
CORN,WHITE	0.74	0.05
CORN,YELLOW	0.74	0.05
FRUIT LEATHER,PIECES	0.74	0.01
KELLOGG,KELLOGG'S LOFAT POP TARTS,FRSTD CHOC FUDGE	0.74	0.03
LONGANS,DRIED	0.74	0.02
NOODLES,JAPANESE,SOBA,DRY	0.74	0.07
ONION POWDER	0.74	0.05
ONIONS,DEHYDRATED FLAKES	0.74	0.04
POTATOES,MSHD,DEHYD,FLAKES WO/MILK,DRY FORM	0.74	0.04
SORGHUM	0.74	0.06
SOUP,LIPTON,CUP-A-SOUP TOMATO,MIX,DRY	0.74	0.04
SYRUPS,SORGHUM	0.74	0
SYRUPS,TABLE BLENDS,PANCAKE,W/BUTTER	0.74	0
WHEY,SWEET,DRIED	0.74	0.06
ARCHWAY HOME STYLE COOKIES,FAT FREE OATMEAL RAISIN	0.75	0.02
ARCHWAY HOME STYLE COOKIES,RED FAT GINGER SNAPS	0.75	0.02
BABYFOOD,TEETHING BISCUITS	0.75	0.05
CAKE,CHOC,DRY MIX,PUDDING-TYPE	0.75	0.02
CANDIES,CARAMELS	0.75	0.02
CANDIES,M&M MARS,3 MUSKETEERS BAR	0.75	0.02
CEREALS RTE,GENERAL MILLS,HONEY NUT CHEERIOS	0.75	0.05
CEREALS RTE,GENERAL MILLS,KABOOM	0.75	0.04
CEREALS RTE,GENERAL MILLS,OATMEAL CRISP W/APPLS	0.75	0.04
CEREALS RTE,GENERAL MILLS,REESE'S PNUT BUTTER PUFFS	0.75	0.04
CEREALS RTE,KELLOGG,JUST RIGHT FRUIT&NUT	0.75	0.04
CEREALS RTE,KRAFT,POST BLUEBERRY MORNING CRL	0.75	0.03
CEREALS RTE,WHEAT,PUFFED,FORT	0.75	0.07
COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX	0.75	0.02
COOKIES,FUDGE,CAKE-TYPE (INCL TROLLEY CAKES)	0.75	0.03
COOKIES,SUGAR,COMMLY PREP,SPL DIETARY	0.75	0.02
CRACKERS,MATZO,EGG	0.75	0.06

Carb Factors

FAST FOODS,COOKIES,ANIMAL CRACKERS	0.75	0.03
FRUIT LEATHER,BARS	0.75	0.01
KELLOGG,KELLOGG'S LOFAT POP TARTS,BLUEBERRY	0.75	0.02
KELLOGG,KELLOGG'S LOFAT POP TARTS,CHERRY	0.75	0.02
KELLOGG,KELLOGG'S LOFAT POP TARTS,FRSTD APPL CINN	0.75	0.02
KELLOGG,KELLOGG'S LOFAT POP TARTS,STRAWBERRY	0.75	0.02
MALTED MILK-FLAVOR MIX,NAT,NO ADDED NUTR,PDR	0.75	0.06
NABISCO,NABISCO SNACKWELL'S FRENCH ONION SNACK CRACKERS	0.75	0.04
NABISCO,NABISCO SNACKWELL'S ITALIAN RANCH SNACK CRACKERS	0.75	0.04
NABISCO,NABISCO SNACKWELL'S SALSA SNACK CRACKERS	0.75	0.04
NABISCO,NABISCO SNACKWELL'S ZESTY CHS CRACKERS	0.75	0.04
RAISINS,GOLDEN SEEDLESS	0.75	0.02
RAISINS,SEEDLESS	0.75	0.02
RICE CAKES,BROWN RICE,RYE	0.75	0.04
RICE,WHITE,WITH PASTA,DRY	0.75	0.05
SNACKS,SUNKIST,SUNKIST FRUIT ROLL,STRAWBERRY,W/VITMNS A,C,&E	0.75	0
SPAGHETTI,WHOLE-WHEAT,DRY	0.75	0.07
SYRUPS,TABLE BLENDS,CANE&15% MAPLE	0.75	0
SYRUPS,TABLE BLENDS,PANCAKE	0.75	0
TEA,INST,UNSWTND,LEMON-FLAVORED,PDR	0.75	0.04
WHEAT,HARD WHITE	0.75	0.06
ARCHWAY HOME STYLE COOKIES,FAT FREE DEVIL'S FD COOKIE	0.76	0.02
CAKE,GERMAN CHOC,DRY MIX,PUDDING-TYPE	0.76	0.02
CAKE,MARBLE,DRY MIX,PUDDING-TYPE	0.76	0.02
CANDIES,HERSHEY,TWIZZLERS STRAWBERRY TWISTS CANDY	0.76	0.02
CEREALS RTE,KELLOGG,KELLOGG'S APPL RAISIN CRISP	0.76	0.03
CEREALS RTE,QUAKER,CAP'N CRUNCH'S PNUT BUTTER CRUNCH	0.76	0.04
CEREALS,FARINA,ENR,DRY	0.76	0.05
CEREALS,FARINA,UNENR,DRY	0.76	0.05
COOKIES,BROWNIES,DRY MIX,REG	0.76	0.02
COOKIES,BROWNIES,DRY MIX,SPL DIETARY	0.76	0.01
CORN FLR,MASA,ENR,YEL	0.76	0.05
ICE CRM CONES,CAKE OR WAFER-TYPE	0.76	0.04
KELLOGG,KELLOGG'S LOFAT POP TARTS,FRSTD STRAWBERRY	0.76	0.02
KRAFT,JELL-O FAT&SGR FR INST RED CAL PUD&PIE FLNG VAN,W/A,PD	0.76	0
KRUSTEAZ ALMND POPPYSD MUFF MIX,ARTIFIC FLAV,DRY	0.76	0.03
MARTHA WHITE FOODS,MARTHA WHITE'S ART BLUEBERRY MUFFIN MIX	0.76	0.03
POPCORN,CARAMEL-COATED,W/PNUTS	0.76	0.03
PRETZELS,HARD,PLN,MADE W/UNENR FLR,SALTED	0.76	0.05
PRETZELS,HARD,PLN,MADE W/UNENR FLR,UNSALTED	0.76	0.05
PRETZELS,HARD,PLN,SALTED	0.76	0.05
RICE CAKES,BROWN RICE,BUCKWHEAT	0.76	0.05
RICE CAKES,BROWN RICE,SESAME SD	0.76	0.04
RICE,WHITE,SHORT-GRAIN,RAW	0.76	0.03
SNACKS,PRETZELS,HARD,PLN,MADE W/ ENR FLR,UNSALTED	0.76	0.05
SYRUPS,CORN,DARK	0.76	0
SYRUPS,CORN,HIGH-FRUCTOSE	0.76	0
SYRUPS,CORN,LIGHT	0.76	0
WHEAT FLR,WHITE,CAKE,ENR	0.76	0.04
ARCHWAY HOME STYLE COOKIES,FAT FREE OATMEAL RASPBERRY	0.77	0.02
ARTIFICIAL BLUEBERRY MUFFIN MIX,DRY	0.77	0.02

Carb Factors

BABYFOOD,CEREAL,RICE,DRY	0.77	0.04
CAKE,WHITE,DRY MIX,REG	0.77	0.02
CAKE,YEL,DRY MIX,REG,ENR	0.77	0.02
CAKE,YEL,DRY MIX,REG,UNENR	0.77	0.02
CANDIES,HERSHEY,TWIZZLERS CHERRY BITS CANDY	0.77	0.01
CEREALS RTE,KRAFT,POST HONEY BUNCHES OF OATS HONEY RSTD CRL	0.77	0.04
CEREALS RTE,KRAFT,POST WAFFLE CRISP CRL	0.77	0.03
CEREALS,MALT-O-MEAL,CHOC,DRY	0.77	0.05
CEREALS,MALT-O-MEAL,PLN,DRY	0.77	0.05
COCOA MIX,WO/ADDED NUTR,PDR	0.77	0.05
KELLOGG,KELLOGG'S LOFAT POP TARTS,FRSTD BROWN SUGAR CINN	0.77	0.02
POPCORN,CAKES	0.77	0.05
POTATO FLOUR	0.77	0.03
POTATOES,MSHD,DEHYD,GRANULES W/MILK,DRY FORM	0.77	0.05
RICE CAKES,BROWN RICE,MULTIGRAIN	0.77	0.04
RICE CAKES,BROWN RICE,PLN	0.77	0.04
RICE CAKES,BROWN RICE,PLN,UNSALTED	0.77	0.04
RICE FLOUR,WHITE	0.77	0.03
RICE,WHITE,MEDIUM-GRAIN,RAW,ENR	0.77	0.03
BABYFOOD,CRL,RICE,W/BANANAS,DRY	0.78	0.04
CANDIES,FUDGE,CHOC,PREPARED-FROM-RECIPE	0.78	0.01
CANDIES,HERSHEY,YORK PEPPERMINT PATTIE	0.78	0.01
CANDIES,SWT CHOC COATD FONDANT	0.78	0.01
CEREALS RTE,GENERAL MILLS,APPL CINN CHEERIOS	0.78	0.03
CEREALS RTE,GENERAL MILLS,TEAM CHEERIOS	0.78	0.04
CEREALS RTE,KELLOGG,KELLOGG'S JUST RIGHT W/CRUNCHY NUGGETS	0.78	0.04
CEREALS RTE,NUTRI-GRAIN,WHEAT,SEE NEW PRODUCT 08292	0.78	0.04
CEREALS,CORN GRITS,WHITE,REG,QUICK,ENR,DRY	0.78	0.04
CEREALS,CORN GRITS,WHITE,REG,QUICK,UNENR,DRY	0.78	0.04
CEREALS,CORN GRITS,YEL,REG,QUICK,ENR,DRY	0.78	0.04
CEREALS,CORN GRITS,YEL,REG,QUICK,UNENR,DRY	0.78	0.04
CHESTNUTS,EUROPEAN,DRIED,PEELED	0.78	0.03
CRACKER MEAL	0.78	0.05
GENERAL MILLS,GOLD MEDAL IMITATION BLUEBERRY MUFFIN MIX,DRY	0.78	0.02
PILLSBURY,TRADITIONAL FUDGE BROWNIE MIX,DRY	0.78	0.02
POTATOES,MSHD,DEHYD,GRANULES WO/MILK,DRY FORM	0.78	0.04
RICE CAKES,BROWN RICE,CORN	0.78	0.04
RICE,WHITE,GLUTINOUS,RAW	0.78	0.03
RICE,WHITE,LONG-GRAIN,REG,RAW,ENR	0.78	0.04
RICE,WHITE,LONG-GRAIN,REG,RAW,UNENR	0.78	0.04
TOPPINGS,MARSHMLLW CRM	0.78	0
BABYFOOD,PRETZELS	0.79	0.05
CAKE,CARROT,DRY MIX,PUDDING-TYPE	0.79	0.03
CAKE,WHITE,DRY MIX,SPL DIETARY (INCL LEMON-FLAVORED)	0.79	0.02
CAKE,YEL,DRY MIX,PUDDING-TYPE	0.79	0.02
CEREALS RTE,GENERAL MILLS,FRSTD CHEERIOS	0.79	0.03
CEREALS RTE,GENERAL MILLS,LUCKY CHARMS	0.79	0.04
CEREALS RTE,KELLOGG,KELLOGG'S PRODUCT 19	0.79	0.04
CEREALS RTE,KELLOGG,TEMPTATIONS,FRENCH VANILLA ALMOND	0.79	0.04
CEREALS RTE,KELLOGG,TEMPTATIONS,HONEY RSTD PECAN	0.79	0.03
CEREALS RTE,KRAFT,POST FRSTD ALPHA-BITS CRL	0.79	0.04

Carb Factors

CEREALS RTE,MALT-O-MEAL,MARSHMLLW MATEYS	0.79	0.04
CEREALS,CRM OF WHEAT,MIX'N EAT,APPL,BANANA&MAPLE FLAV,DRY	0.79	0.03
CHESTNUTS,CHINESE,DRIED	0.79	0.03
CRACKERS,SALTINES,FAT-FREE,LOW-SODIUM	0.79	0.05
KRAFT FOODS,SHAKE 'N' BAKE ORIG RECIPE,COATING FOR PORK,DRY	0.79	0.03
RICE,WHITE,MEDIUM-GRAIN,RAW,UNENR	0.79	0.03
RICE,WHITE,SHORT-GRAIN,RAW,UNENR	0.79	0.03
SNACKS,KELLOGG,KELLOGG'S RICE KRISPIES TREATS SQUARES	0.79	0.02
ARCHWAY HOME STYLE COOKIES,FAT FREE CINN HONEY HEARTS	0.80	0.02
BANANAS,DEHYD,OR BANANA PDR	0.80	0.02
CAKE,WHITE,DRY MIX,PUDDING-TYPE,ENR	0.80	0.02
CAKE,WHITE,DRY MIX,PUDDING-TYPE,UNENR	0.80	0.02
CEREALS RTE,KELLOGG,KELLOGG'S SMART START CRL	0.80	0.03
CEREALS RTE,QUAKER,KING VITAMAN	0.80	0.04
CEREALS RTE,QUAKER,QUAKER MARSHMLLW SAFARI	0.80	0.03
CORN FLR,DEGERMED,UNENR,YEL	0.80	0.03
CRACKERS,MATZO,PLN	0.80	0.05
FRUIT LEATHER,ROLLS	0.80	0.01
MALTED MILK-FLAVOR MIX,NAT,ADDED NUTR,PDR	0.80	0.04
RICE CAKES,BROWN RICE,BUCKWHEAT,UNSALTED	0.80	0.05
RICE CAKES,BROWN RICE,MULTIGRAIN,UNSALTED	0.80	0.04
RICE,WHITE,LONG-GRAIN,PARBLD,DRY,ENR	0.80	0.03
RICE,WHITE,LONG-GRAIN,PARBLD,DRY,UNENR	0.80	0.03
SHALLOTS,FREEZE-DRIED	0.80	0.06
SNACKS,FARLEY CANDY,FARLEY FRUIT SNACKS,W/VITAMINS A,C,&E	0.80	0.02
APPLES,DEHYD (LO MOIST),SULFURED,UNCKD	0.81	0.01
ARCHWAY HOME STYLE COOKIES,FAT FREE SUGAR COOKIES	0.81	0.02
CANDIES,MARSHMALLOWS	0.81	0.01
CEREALS RTE,QUAKER,HONEY GRAHAM OH'S	0.81	0.03
CEREALS,CREAM OF RICE,DRY	0.81	0.03
CHESTNUTS,JAPANESE,DRIED	0.81	0.03
CORN CAKES	0.81	0.04
GENERAL MILLS,BETTY CROCKER SUPERMOIST YEL CAKE MIX,DRY	0.81	0.02
JEW'S EAR,(PEPEAO),DRIED	0.81	0.02
KRAFT,JELL-O SGR FR CK&SRVE RED CAL PUD&PIE FLNG VAN,W/A,PDR	0.81	0.01
PECTIN,UNSWTND,DRY MIX	0.81	0
RICE CAKES,BROWN RICE,SESAME SD,UNSALTED	0.81	0.04
RICE NOODLES,DRY	0.81	0.02
RICE,WHITE,LONG-GRAIN,PRECKD OR INST,ENR,DRY	0.81	0.04
TEA,INST,SWTND W/NA SACCHARIN,LEMON-FLAV,PDR,DECAFFEINATED	0.81	0.04
TEA,INST,SWTND W/NA SACCHARIN,LEMON-FLAVORED,PDR	0.81	0.02
APRICOTS,DEHYD (LOW-MOISTURE),SULFURED,UNCKD	0.82	0.02
CAKE,BETTY CROCKER,SUPERMOIST PARTY CAKE SWIRL,DRY MIX	0.82	0.02
CAKE,YELLOW,DRY MIX,LIGHT	0.82	0.02
CANDIES,FUDGE,VANILLA,PREPARED-FROM-RECIPE	0.82	0.01
CEREALS RTE,GENERAL MILLS,CINN GRAHAMS	0.82	0.02
CEREALS RTE,GENERAL MILLS,GOLDEN GRAHAMS	0.82	0.03
CEREALS RTE,KELLOGG,KELLOGG'S NUT&HONEY CRUNCH	0.82	0.04
CEREALS RTE,KRAFT,POST TOASTIES CORN FLAKES	0.82	0.03
CEREALS RTE,MALT-O-MEAL,BERRY COLOSSAL CRUNCH	0.82	0.02
CEREALS RTE,MALT-O-MEAL,COLOSSAL CRUNCH	0.82	0.02



Carb Factors

CEREALS RTE,QUAKER,CAP'N CRUNCH	0.82	0.03
CEREALS RTE,QUAKER,QUAKER CORN BLASTS	0.82	0.02
CEREALS RTE,QUAKER,SWT CRUNCH/QUISP	0.82	0.02
COOKIES,FORTUNE	0.82	0.02
DESSERTS,EGG CUSTARDS,DRY MIX	0.82	0.03
HONEY,STR OR EXTRACTED	0.82	0
ICE CRM CONES,SUGAR,ROLLED-TYPE	0.82	0.04
ORANGE-FLAVOR DRK,KRAFT,TANG SUGAR FREE LO CAL DRK MIX	0.82	0.02
ARCHWAY HOME STYLE COOKIES,FAT FREE LEMON NUGGETS	0.83	0.02
CEREALS RTE,GENERAL MILLS,CORN CHEX	0.83	0.04
CEREALS RTE,GENERAL MILLS,HONEY FRSTD WHEATIES	0.83	0.03
CEREALS RTE,GENERAL MILLS,KIX	0.83	0.03
CEREALS RTE,GENERAL MILLS,TOTAL CORN FLAKES	0.83	0.03
CEREALS RTE,KELLOGG,KELLOGG'S CORN FLAKES	0.83	0.03
CEREALS RTE,KELLOGG,KELLOGG'S HONEY CRUNCH CORN FLAKES	0.83	0.03
CEREALS RTE,QUAKER,CAP'N CRUNCH'S CRUNCHBERRIES	0.83	0.02
CORN CAKES,VERY LO NA	0.83	0.04
LEMONADE,LO CAL,W/ASPRT,PDR	0.83	0.02
MALTED MILK-FLAVOR MIX,CHOC,ADDED NUTR,PDR	0.83	0.02
MARTHA WHITE'S CHEWY FUDGE BRWNIE MIX,DRY	0.83	0.02
PEACHES,DEHYD (LOW-MOISTURE),SULFURED,UNCKD	0.83	0.02
SYRUPS,TABLE BLENDS,CORN,REFINER,&SUGAR	0.83	0
ARROWROOT FLOUR	0.84	0
CAKE,ANGELFOOD,DRY MIX	0.84	0.04
CANDIES,M&M MARS,STARBURST FRUIT CHEWS	0.84	0
CEREALS RTE,GENERAL MILLS,TRIX	0.84	0.02
CEREALS RTE,KELLOGG,KELLOGG'S CRISPIX	0.84	0.04
CEREALS RTE,KELLOGG,KELLOGG'S RICE KRISPIES TREATS CRL	0.84	0.02
CEREALS RTE,KELLOGG,KELLOGG'S SMACKS	0.84	0.03
CEREALS RTE,QUAKER,QUAKER FRUITANGY OH!	0.84	0.02
CEREALS RTE,QUAKER,QUAKER SWT PUFFS	0.84	0.03
CHOCOLATE-FLAVOR BEV MIX,PDR	0.84	0.02
COCOA MIX,NESTLE,CARNATION HOT COCOA MIX W/MARSHMALLOWS	0.84	0.02
COCOA MIX,NESTLE,CARNATION RICH CHOC HOT COCOA MIX	0.84	0.02
KRAFT,SUGAR FREE KOOL-AID MIX,W/ASPRT&VIT C,CHERRY FLAVOR	0.84	0.03
CAROB-FLAVOR BEV MIX,PDR	0.85	0.01
CEREALS RTE,GENERAL MILLS,COUNTRY CORN FLAKES	0.85	0.03
CEREALS RTE,GENERAL MILLS,FRENCH TOAST CRUNCH	0.85	0.02
CEREALS RTE,KELLOGG,KELLOGG'S RICE KRISPIES	0.85	0.03
CEREALS RTE,KRAFT,POST MARSHMLLW ALPHA-BITS CRL	0.85	0.03
CEREALS RTE,MALT-O-MEAL,TOOTIE FRUITIES	0.85	0.02
CEREALS RTE,QUAKER,QUAKER COCOA BLASTS	0.85	0.02
DESSERTS,PUDD,CHOC,DRY MIX,INST	0.85	0.01
NOODLES,CHINESE,CELLOPHANE OR LONG RICE (MUNG BNS),DEHYD	0.85	0
SNACKS,GENERAL MILLS,BETTY CROCKER FRT RL UPS,BRY FLV,W/VT C	0.85	0
SWEETENERS,NUTRASWEET,EQ,PACKET	0.85	0.01
CANDIES,CARAMELS,CHOCOLATE-FLAVOR ROLL	0.86	0.01
CEREALS RTE,COOKIE-CRISP,CHOC CHIP&VANILLA	0.86	0.03
CEREALS RTE,GENERAL MILLS,BERRY BERRY KIX	0.86	0.02
CEREALS RTE,GENERAL MILLS,COUNT CHOCULA	0.86	0.02
CEREALS RTE,GENERAL MILLS,HONEY NUT CHEX	0.86	0.03

Carb Factors

CEREALS RTE,GENERAL MILLS,RICE CHEX	0.86	0.03
CEREALS RTE,KELLOGG,KELLOGG'S CINN MINI BUNS	0.86	0.02
CEREALS RTE,KELLOGG,KELLOGG'S COCOA KRISPIES	0.86	0.03
CEREALS RTE,KELLOGG,KELLOGG'S FROOT LOOPS	0.86	0.02
CEREALS RTE,KRAFT,POST COCOA PEBBLES CRL	0.86	0.02
CEREALS RTE,KRAFT,POST HONEYCOMB CRL	0.86	0.03
CEREALS RTE,MALT-O-MEAL,CRISPY RICE	0.86	0.03
CEREALS RTE,QUAKER,QUAKER APPL ZAPS	0.86	0.02
CEREALS RTE,QUAKER,QUAKER PUFFED RICE	0.86	0.04
CEREALS RTE,WAFFELOS	0.86	0.03
DESSERTS,PUDD,COCNT CRM,DRY MIX,REG	0.86	0.01
DESSERTS,RENNIN,CHOC,DRY MIX	0.86	0.01
MALTED MILK-FLAVOR MIX,CHOC,NO ADDED NUTR,PDR	0.86	0.03
CEREALS RTE,CRISPY RICE,(RICE)	0.87	0.03
CEREALS RTE,KELLOGG,KELLOGG'S APPL JACKS	0.87	0.02
CEREALS RTE,KELLOGG,KELLOGG'S APPLE-CINNAMON RICE KRISPIES	0.87	0.03
CEREALS RTE,KRAFT,POST FRUITY PEBBLES CRL	0.87	0.02
CEREALS RTE,QUAKER,QUAKER FRSTD FLAKERS	0.87	0.02
CEREALS RTE,SUGAR FROSTED FLAKES,RALSTON PURINA	0.87	0.03
DESSERTS,KRAFT,JELL-O BRAND INST PUD&PIE FLNG CHOC,PDR	0.87	0.01
DESSERTS,PUDD,CHOC,DRY MIX,REG	0.87	0.01
TAPIOCA,PEARL,DRY	0.87	0
CEREALS RTE,GENERAL MILLS,COCOA PUFFS	0.88	0.02
CEREALS RTE,RICE,PUFFED,FORT	0.88	0.03
DESSERTS,PUDD,COCNT CRM,DRY MIX,INST	0.88	0
DESSERTS,PUDDINGS,BANANA,DRY MIX,REG,W/ OIL	0.88	0
KRAFT,SUGAR FREE COUNTRY TIME PINK LEMONADE MIX,W/VIT C	0.88	0.01
CEREALS RTE,GENERAL MILLS,BOO BERRY	0.89	0.02
CEREALS RTE,KELLOGG,KELLOGG'S COCOA FRSTD FLAKES	0.89	0.02
CEREALS RTE,KELLOGG,KELLOGG'S DOUBLE DIP CRUNCH	0.89	0.02
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD FLAKES	0.89	0.02
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD KRISPIES	0.89	0.02
CEREALS RTE,KELLOGG,KELLOGG'S FRUITY MARSHMLLW KRISPIES	0.89	0.02
CEREALS RTE,KELLOGG,KELLOGG RAZZLE DAZZLE RICE KRISPIES	0.89	0.03
CEREALS RTE,KELLOGG,POP-TARTS CRUNCH FRSTD STRAWBERRY	0.89	0.02
CEREALS RTE,SUGAR SPARKLED FLAKES,(CORN)	0.89	0.03
DESSERTS,JELL-O FAT FR CK&SRV RD CL PUDD&PIE FLNG CHC,RG,PDR	0.89	0.01
DESSERTS,PUDD,BANANA,DRY MIX,INST,W/ OIL	0.89	0
FROSTINGS,CHOC,CREAMY,DRY MIX	0.89	0.01
PRUNES,DEHYD (LOW-MOISTURE),UNCKD	0.89	0.02
CANDIES,M&M MARS,SKITTLES ORIGINAL BITE SIZE CANDIES	0.90	0
CEREALS RTE,FRSTD RICE KRINKLES,(RICE)	0.90	0.02
CEREALS RTE,GENERAL MILLS,FRANKENBERRY	0.90	0.02
CEREALS RTE,KELLOGG,KELLOGG'S CORN POPS	0.90	0.02
CEREALS RTE,KRAFT,POST GOLDEN CRISP CRL	0.90	0.03
CORNSTARCH	0.90	0
DESSERTS,GELATINS,DRY MIX	0.90	0.04
DESSERTS,GELATINS,DRY MIX,W/ VIT C,SODIUM-CITRATE&SALT	0.90	0.04
DESSERTS,PUDD,RICE,DRY MIX	0.90	0.01
DESSERTS,PUDDINGS,LEMON,DRY MIX,REG,W/ OIL,K,NA	0.90	0
SUGARS,MAPLE	0.90	0

Carb Factors

CEREALS RTE,MALT-O-MEAL,CORN BURSTS	0.91	0.02
DESSERTS,FLAN,CARAMEL CUSTARD,DRY MIX	0.91	0
DESSERTS,PUDD,LEMON,DRY MIX,REG	0.91	0
ORANGE-FLAVOR DRK,BRKFST TYPE,PDR	0.91	0
CANDIES,FONDANT,PREPARED-FROM-RECIPE	0.92	0
CANDIES,SUNMARK,WILLY WONKA EVERLASTING GOBSTOPPERS JAWBRKRS	0.92	0
DESSERTS,PUDD,BANANA,DRY MIX,INST	0.92	0
DESSERTS,PUDD,BANANA,DRY MIX,REG	0.92	0
DESSERTS,PUDD,VANILLA,DRY MIX,INST	0.92	0
DESSERTS,PUDD,VANILLA,DRY MIX,REG,W/ OIL	0.92	0
CANDIES,JELLYBEANS	0.93	0
DESSERTS,KRAFT,JELL-O BRAND INST PUD&PIE FLNG VAN,PDR	0.93	0
DESSERTS,PUDD,VANILLA,DRY MIX,REG	0.93	0
FROSTINGS,VANILLA,CREAMY,DRY MIX	0.93	0
DESSERTS,JELL-O FAT FR CK&SRV RD CL PUDD&PIE FLNG VAN,RG,PDR	0.94	0
DESSERTS,PUDD,TAPIOCA,DRY MIX	0.94	0
DESSERTS,PUDD,TAPIOCA,DRY MIX,W/NO SALT	0.94	0
EGGNOG-FLAVOR MIX,POWDER	0.94	0
FROSTINGS,WHITE,FLUFFY,DRY MIX	0.94	0.01
SAUCE,SWT&SOUR,DEHYD,DRY	0.94	0.01
CANDIES,BUTTERSCOTCH	0.95	0
DESSERTS,PUDD,LEMON,DRY MIX,INST	0.95	0
KRAFT,KOOL-AID SUGAR SWTND SOFT DRK MIX TROPICAL PUNCH,PDR	0.95	0
QUAKER,GATORADE LEMON LIME FLAVOR MIX,PDR	0.95	0
CHEWING GUM	0.96	0
ALCOHOLIC BEV,WHISKEY SOUR MIX,PDR	0.97	0
CANDIES,E.J. BRACH'S,BRACH'S STAR BRITES PEPPERMINT MINTS	0.97	0
FRUIT PUNCH-FLAVOR DRK,PDR,W/ NA	0.97	0
FRUIT PUNCH-FLAVOR DRK,PDR,WO/ NA	0.97	0
SUGARS,BROWN	0.97	0
TEA,INST,SWTND W/SUGAR,LEMN-FLAV,WO/ VIT C,PDR,DECAFFEINATED	0.97	0
TEA,INST,SWTND W/SUGAR,LEMON-FLAVORED,W/ VIT C,PDR	0.97	0
TEA,INST,SWTND W/SUGAR,LEMON-FLAVORED,WO/ VIT C,PDR	0.97	0
CANDIES,GUMDROPS,STARCH JELLY PIECES	0.98	0
CANDIES,HARD	0.98	0
CONTINENTAL MILLS,ALPINE SPIC CIDR INST APL FLV DRK MIX,PDR	0.98	0
KRAFT. COUNTRY TIME LEMONADE MIX,W/VIT C	0.98	0
LEMONADE-FLAVOR DRK,PDR	0.98	0
LEMONADE,POWDER	0.98	0
ORANGE-FLAVOR DRK,KRAFT,TANG DRK MIX	0.98	0
STRAWBERRY-FLAVOR BEV MIX,PDR	0.98	0
DESSERTS,RENNIN,VANILLA,DRY MIX	0.99	0
SUGARS,GRANULATED	0.99	0
SUGARS,POWDERED	0.99	0

Description	Carb Factor	Protein Factor
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 80 PROOF	0.00	0
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 86 PROOF	0.00	0
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 90 PROOF	0.00	0
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 94 PROOF	0.00	0
ALCOHOLIC BEV,DISTILLED,ALL 100 PROOF	0.00	0
ALCOHOLIC BEV,DISTILLED,GIN,90 PROOF	0.00	0
ALCOHOLIC BEV,DISTILLED,RUM,80 PROOF	0.00	0
ALCOHOLIC BEV,DISTILLED,VODKA,80 PROOF	0.00	0
ALCOHOLIC BEV,DISTILLED,WHISKEY,86 PROOF	0.00	0
ALCOHOLIC BEV,WINE,TABLE,WHITE	0.00	0
ANCHOVY,EUROPEAN,CND IN OIL,DRND SOL	0.00	0.14
ANCHOVY,EUROPEAN,RAW	0.00	0.1
ASPARAGUS,CND,DRND SOL	0.00	0.01
BABYFOOD,DINNER,BROCCOLI&CHICK,STR	0.00	0.02
BABYFOOD,MEAT,BEEF,JUNIOR	0.00	0.07
BABYFOOD,MEAT,BF,STR	0.00	0.07
BABYFOOD,MEAT,CHICK,JR	0.00	0.07
BABYFOOD,MEAT,CHICK,STR	0.00	0.07
BABYFOOD,MEAT,HAM,JUNIOR	0.00	0.08
BABYFOOD,MEAT,HAM,STR	0.00	0.07
BABYFOOD,MEAT,LAMB,JUNIOR	0.00	0.08
BABYFOOD,MEAT,LAMB,STR	0.00	0.07
BABYFOOD,MEAT,MEAT STKS,JR	0.00	0.07
BABYFOOD,MEAT,TURKEY STKS,JR	0.00	0.07
BABYFOOD,MEAT,TURKEY,JR	0.00	0.08
BABYFOOD,MEAT,TURKEY,STR	0.00	0.07
BABYFOOD,MEAT,VEAL,JUNIOR	0.00	0.08
BABYFOOD,MEAT,VEAL,STR	0.00	0.07
BALSAM-PEAR (BITTER GOURD),PODS,RAW	0.00	0.01
BAMBOO SHOOTS,CKD,BLD,DRND,W/SALT	0.00	0.01
BAMBOO SHOOTS,CKD,BLD,DRND,WO/SALT	0.00	0.01
BASIL,FRESH	0.00	0.01
BASS,FRESHWATER,MXD SP,CKD,DRY HEAT	0.00	0.12
BASS,FRSH H2O,MXD SP,RAW	0.00	0.09
BASS,STRIPED,CKD,DRY HEAT	0.00	0.11
BASS,STRIPED,RAW	0.00	0.09
BEEF RND TIP RND LN ONLY TO 1/4" FAT SEL CKD RSTD	0.00	0.14
BEEF,BRISKET,FLAT HALF,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.15
BEEF,BRISKET,FLAT HALF,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.13
BEEF,BRISKET,FLAT HALF,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.09
BEEF,BRISKET,FLAT HALF,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	0.00	0.14
BEEF,BRISKET,FLAT HALF,LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,BRISKET,FLAT HALF,LN,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.16
BEEF,BRISKET,FLAT HALF,LN,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.16
BEEF,BRISKET,FLAT HALF,LN,1/4"FAT,ALL GRDS,RAW	0.00	0.11
BEEF,BRISKET,POINT HALF,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.12
BEEF,BRISKET,POINT HALF,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.11
BEEF,BRISKET,POINT HALF,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.08
BEEF,BRISKET,POINT HALF,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	0.00	0.12

BEEF,BRISKET,POINT HALF,LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.09
BEEF,BRISKET,POINT HALF,LN,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.14
BEEF,BRISKET,POINT HALF,LN,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.14
BEEF,BRISKET,POINT HALF,LN,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,BRISKET,WHL,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.13
BEEF,BRISKET,WHL,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.12
BEEF,BRISKET,WHL,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.08
BEEF,BRISKET,WHL,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	0.00	0.13
BEEF,BRISKET,WHL,LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.09
BEEF,BRISKET,WHL,LN,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.15
BEEF,BRISKET,WHL,LN,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.15
BEEF,BRISKET,WHL,LN,ALL GRDS,RAW	0.00	0.1
BEEF,CARCASS,LN&FAT,CHOIC,RAW	0.00	0.09
BEEF,CARCASS,LN&FAT,SEL,RAW	0.00	0.09
BEEF,CHUCK,ARM POT RST,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.15
BEEF,CHUCK,ARM POT RST,LN&FAT,0"FAT,CHOIC,CKD,BRSD	0.00	0.15
BEEF,CHUCK,ARM POT RST,LN&FAT,0"FAT,SEL,CKD,BRSD	0.00	0.15
BEEF,CHUCK,ARM POT RST,LN&FAT,1/2"FAT,PRIME,CKD,BRSD	0.00	0.13
BEEF,CHUCK,ARM POT RST,LN&FAT,1/2"FAT,PRIME,RAW	0.00	0.09
BEEF,CHUCK,ARM POT RST,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.14
BEEF,CHUCK,ARM POT RST,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.09
BEEF,CHUCK,ARM POT RST,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.13
BEEF,CHUCK,ARM POT RST,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.09
BEEF,CHUCK,ARM POT RST,LN&FAT,1/4"FAT,SEL,CKD,BRSD	0.00	0.14
BEEF,CHUCK,ARM POT RST,LN&FAT,1/4"FAT,SEL,RAW	0.00	0.09
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	0.00	0.14
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.09
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	0.00	0.14
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.09
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,SEL,CKD,BRSD	0.00	0.14
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,SEL,RAW	0.00	0.09
BEEF,CHUCK,ARM POT RST,LN,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.17
BEEF,CHUCK,ARM POT RST,LN,0"FAT,CHOIC,CKD,BRSD	0.00	0.17
BEEF,CHUCK,ARM POT RST,LN,0"FAT,SEL,CKD,BRSD	0.00	0.17
BEEF,CHUCK,ARM POT RST,LN,1/2"FAT,PRIME,CKD,BRSD	0.00	0.17
BEEF,CHUCK,ARM POT RST,LN,1/2"FAT,PRIME,RAW	0.00	0.11
BEEF,CHUCK,ARM POT RST,LN,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.17
BEEF,CHUCK,ARM POT RST,LN,1/4"FAT,ALL GRDS,RAW	0.00	0.11
BEEF,CHUCK,ARM POT RST,LN,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.17
BEEF,CHUCK,ARM POT RST,LN,1/4"FAT,CHOIC,RAW	0.00	0.11
BEEF,CHUCK,ARM POT RST,LN,1/4"FAT,SEL,CKD,BRSD	0.00	0.17
BEEF,CHUCK,ARM POT RST,LN,1/4"FAT,SEL,RAW	0.00	0.11
BEEF,CHUCK,BLADE RST,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.14
BEEF,CHUCK,BLADE RST,LN&FAT,0"FAT,CHOIC,CKD,BRSD	0.00	0.13
BEEF,CHUCK,BLADE RST,LN&FAT,0"FAT,SEL,CKD,BRSD	0.00	0.14
BEEF,CHUCK,BLADE RST,LN&FAT,1/2"FAT,PRIME,CKD,BRSD	0.00	0.13
BEEF,CHUCK,BLADE RST,LN&FAT,1/2"FAT,PRIME,RAW	0.00	0.08
BEEF,CHUCK,BLADE RST,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.13
BEEF,CHUCK,BLADE RST,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.09
BEEF,CHUCK,BLADE RST,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.13
BEEF,CHUCK,BLADE RST,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.08

BEEF,CHUCK,BLADE RST,LN&FAT,1/4"FAT,SEL,CKD,BRSD	0.00	0.13
BEEF,CHUCK,BLADE RST,LN&FAT,1/4"FAT,SEL,RAW	0.00	0.09
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	0.00	0.13
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.09
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	0.00	0.13
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.08
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,SEL,CKD,BRSD	0.00	0.14
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,SEL,RAW	0.00	0.09
BEEF,CHUCK,BLADE RST,LN,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.16
BEEF,CHUCK,BLADE RST,LN,0"FAT,CHOIC,CKD,BRSD	0.00	0.16
BEEF,CHUCK,BLADE RST,LN,0"FAT,SEL,CKD,BRSD	0.00	0.16
BEEF,CHUCK,BLADE RST,LN,1/2"FAT,PRIME,CKD,BRSD	0.00	0.16
BEEF,CHUCK,BLADE RST,LN,1/2"FAT,PRIME,RAW	0.00	0.1
BEEF,CHUCK,BLADE RST,LN,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.16
BEEF,CHUCK,BLADE RST,LN,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,CHUCK,BLADE RST,LN,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.16
BEEF,CHUCK,BLADE RST,LN,1/4"FAT,CHOIC,RAW	0.00	0.1
BEEF,CHUCK,BLADE RST,LN,1/4"FAT,SEL,CKD,BRSD	0.00	0.16
BEEF,CHUCK,BLADE RST,LN,1/4"FAT,SEL,RAW	0.00	0.1
BEEF,COMP OF RTL CUTS,LN&FAT,0"FAT,ALL GRDS,CKD	0.00	0.14
BEEF,COMP OF RTL CUTS,LN&FAT,0"FAT,CHOIC,CKD	0.00	0.14
BEEF,COMP OF RTL CUTS,LN&FAT,0"FAT,SEL,CKD	0.00	0.14
BEEF,COMP OF RTL CUTS,LN&FAT,1/2"FAT,PRIME,CKD	0.00	0.12
BEEF,COMP OF RTL CUTS,LN&FAT,1/2"FAT,PRIME,RAW	0.00	0.08
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,ALL GRDS,CKD	0.00	0.13
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.09
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,CKD	0.00	0.13
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.09
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,PRIME,CKD	0.00	0.13
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,PRIME,RAW	0.00	0.09
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,SEL,CKD	0.00	0.13
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,SEL,RAW	0.00	0.09
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,ALL GRDS,CKD	0.00	0.13
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.09
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,CKD	0.00	0.13
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.09
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,PRIME,CKD	0.00	0.13
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,PRIME,RAW	0.00	0.09
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,SEL,CKD	0.00	0.13
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,SEL,RAW	0.00	0.09
BEEF,COMP OF RTL CUTS,LN,0"FAT,ALL GRDS,CKD	0.00	0.15
BEEF,COMP OF RTL CUTS,LN,0"FAT,CHOIC,CKD	0.00	0.15
BEEF,COMP OF RTL CUTS,LN,0"FAT,SEL,CKD	0.00	0.15
BEEF,COMP OF RTL CUTS,LN,1/2"FAT,PRIME,CKD	0.00	0.15
BEEF,COMP OF RTL CUTS,LN,1/2"FAT,PRIME,RAW	0.00	0.1
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,ALL GRDS,CKD	0.00	0.15
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,CKD	0.00	0.15
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,RAW	0.00	0.1
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,PRIME,CKD	0.00	0.15
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,PRIME,RAW	0.00	0.11

BEEF,COMP OF RTL CUTS,LN,1/4"FAT,SEL,CKD	0.00	0.15
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,SEL,RAW	0.00	0.1
BEEF,CURED,BRKFST STRIPS,RAW OR UNHTD	0.00	0.06
BEEF,CURED,CORNED BF,BRISKET,CKD	0.00	0.09
BEEF,CURED,CORNED BF,BRISKET,RAW	0.00	0.07
BEEF,CURED,CORNED BF,CND	0.00	0.14
BEEF,CURED,LUNCHEON MEAT,JELLIED	0.00	0.1
BEEF,FLANK,LN&FAT,0"FAT,CHOIC,CKD,BRLD	0.00	0.13
BEEF,FLANK,LN&FAT,0"FAT,CHOIC,CKD,BRSD	0.00	0.13
BEEF,FLANK,LN&FAT,0"FAT,CHOIC,RAW	0.00	0.1
BEEF,FLANK,LN,0"FAT,CHOIC,CKD,BRLD	0.00	0.14
BEEF,FLANK,LN,0"FAT,CHOIC,CKD,BRSD	0.00	0.14
BEEF,FLANK,LN,0"FAT,CHOIC,RAW	0.00	0.1
BEEF,GROUND,EX LN,(APPROX 17% FAT),RAW	0.00	0.09
BEEF,GROUND,EX LN,CKD,BKD,MED	0.00	0.12
BEEF,GROUND,EX LN,CKD,BKD,WELL DONE	0.00	0.15
BEEF,GROUND,EX LN,CKD,BRLD,MED	0.00	0.13
BEEF,GROUND,EX LN,CKD,BRLD,WELL DONE	0.00	0.14
BEEF,GROUND,EX LN,CKD,PAN-FRIED,MED	0.00	0.12
BEEF,GROUND,EX LN,CKD,PAN-FRIED,WELL DONE	0.00	0.14
BEEF,GROUND,LN,(APPROX 21% FAT),RAW	0.00	0.09
BEEF,GROUND,LN,CKD,BKD,MED	0.00	0.12
BEEF,GROUND,LN,CKD,BKD,WELL DONE	0.00	0.15
BEEF,GROUND,LN,CKD,BRLD,MED	0.00	0.12
BEEF,GROUND,LN,CKD,BRLD,WELL DONE	0.00	0.14
BEEF,GROUND,LN,CKD,PAN-FRIED,MED	0.00	0.12
BEEF,GROUND,LN,CKD,PAN-FRIED,WELL DONE	0.00	0.14
BEEF,GROUND,PATTIES,FRZ,(APPROX 23% FAT),RAW	0.00	0.09
BEEF,GROUND,PATTIES,FRZ,CKD,BRLD,MED	0.00	0.12
BEEF,GROUND,REG,(APPROX 27% FAT),RAW	0.00	0.08
BEEF,GROUND,REG,CKD,BKD,MED	0.00	0.12
BEEF,GROUND,REG,CKD,BKD,WELL DONE	0.00	0.14
BEEF,GROUND,REG,CKD,BRLD,MED	0.00	0.12
BEEF,GROUND,REG,CKD,BRLD,WELL DONE	0.00	0.14
BEEF,GROUND,REG,CKD,PAN-FRIED,MED	0.00	0.12
BEEF,GROUND,REG,CKD,PAN-FRIED,WELL DONE	0.00	0.14
BEEF,RIB,EYE,SML END (10-12),LN&FAT,0"FAT,CHOIC,CKD,BRLD	0.00	0.12
BEEF,RIB,EYE,SML END (RIBS 10-12),LN&FAT,0"FAT,CHOIC,RAW	0.00	0.09
BEEF,RIB,EYE,SML END (RIBS 10-12),LN,0"FAT,CHOIC,CKD,BRLD	0.00	0.14
BEEF,RIB,EYE,SML END (RIBS 10-12),LN,0"FAT,CHOIC,RAW	0.00	0.1
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,0"FAT,ALL GRDS,CKD,RSTD	0.00	0.12
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,0"FAT,CHOIC,CKD,RSTD	0.00	0.11
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,0"FAT,SEL,CKD,RSTD	0.00	0.12
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/2"FAT,PRIME,CKD,BRLD	0.00	0.1
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/2"FAT,PRIME,CKD,RSTD	0.00	0.11
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/2"FAT,PRIME,RAW	0.00	0.08
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.11
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,ALL GRDS,CKD,RSTD	0.00	0.11
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.08
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.1
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.11

BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.08
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,PRIME,CKD,BRLD	0.00	0.1
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,PRIME,CKD,RSTD	0.00	0.11
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,PRIME,RAW	0.00	0.08
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,SEL,CKD,BRLD	0.00	0.11
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,SEL,CKD,RSTD	0.00	0.12
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,SEL,RAW	0.00	0.08
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	0.00	0.11
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	0.00	0.12
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.08
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	0.00	0.1
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	0.00	0.11
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.08
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	0.00	0.1
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	0.00	0.11
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,RAW	0.00	0.08
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,CKD,BRLD	0.00	0.11
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,CKD,RSTD	0.00	0.12
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,RAW	0.00	0.08
BEEF,RIB,LRG END (RIBS 6-9),LN,0"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RIB,LRG END (RIBS 6-9),LN,0"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RIB,LRG END (RIBS 6-9),LN,0"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RIB,LRG END (RIBS 6-9),LN,1/2"FAT,PRIME,CKD,BRLD	0.00	0.12
BEEF,RIB,LRG END (RIBS 6-9),LN,1/2"FAT,PRIME,CKD,RSTD	0.00	0.14
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.13
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.13
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,CHOIC,RAW	0.00	0.1
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,PRIME,CKD,BRLD	0.00	0.12
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,PRIME,CKD,RSTD	0.00	0.14
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,PRIME,RAW	0.00	0.1
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,SEL,CKD,BRLD	0.00	0.13
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,SEL,RAW	0.00	0.1
BEEF,RIB,SHORTRIBS,LN ONLY,CHOIC,RAW	0.00	0.1
BEEF,RIB,SHORTRIBS,LN&FAT,CHOIC,CKD,BRSD	0.00	0.11
BEEF,RIB,SHORTRIBS,LN&FAT,CHOIC,RAW	0.00	0.07
BEEF,RIB,SHORTRIBS,LN,CHOIC,CKD,BRSD	0.00	0.15
BEEF,RIB,SML END (10-12),LN&FAT,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.12
BEEF,RIB,SML END (10-12),LN&FAT,1/4"FAT,ALL GRDS,CKD,RSTD	0.00	0.11
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	0.00	0.12
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0"FAT,CHOIC,CKD,BRLD	0.00	0.12
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0"FAT,SEL,CKD,BRLD	0.00	0.12
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/2"FAT,PRIME,CKD,BRLD	0.00	0.12
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/2"FAT,PRIME,CKD,RSTD	0.00	0.11
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/2"FAT,PRIME,RAW	0.00	0.08
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.08
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.12
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.11



BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.08
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,PRIME,CKD,BRLD	0.00	0.12
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,PRIME,CKD,RSTD	0.00	0.11
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,PRIME,RAW	0.00	0.08
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,SEL,CKD,BRLD	0.00	0.12
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,SEL,CKD,RSTD	0.00	0.11
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,SEL,RAW	0.00	0.08
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,BR	0.00	0.12
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,RS	0.00	0.11
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.08
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	0.00	0.12
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	0.00	0.11
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.08
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	0.00	0.12
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	0.00	0.11
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,RAW	0.00	0.08
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,CKD,BRLD	0.00	0.12
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,CKD,RSTD	0.00	0.11
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,RAW	0.00	0.09
BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,ALL GRDS,CKD,BRLD	0.00	0.14
BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,CHOIC,CKD,BRLD	0.00	0.14
BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,SEL,CKD,BRLD	0.00	0.14
BEEF,RIB,SML END (RIBS 10-12),LN,1/2"FAT,PRIME,CKD,BRLD	0.00	0.14
BEEF,RIB,SML END (RIBS 10-12),LN,1/2"FAT,PRIME,CKD,RSTD	0.00	0.13
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.14
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,ALL GRDS,CKD,RSTD	0.00	0.13
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.14
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.13
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,CHOIC,RAW	0.00	0.1
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,PRIME,CKD,BRLD	0.00	0.14
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,PRIME,CKD,RSTD	0.00	0.13
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,PRIME,RAW	0.00	0.1
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,SEL,CKD,BRLD	0.00	0.14
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,SEL,CKD,RSTD	0.00	0.13
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,SEL,RAW	0.00	0.1
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/2"FAT,PRIME,CKD,BRLD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/2"FAT,PRIME,CKD,RSTD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/2"FAT,PRIME,RAW	0.00	0.08
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,ALL GRDS,CKD,RSTD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.08
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.08
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,PRIME,CKD,BRLD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,PRIME,CKD,RSTD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,PRIME,RAW	0.00	0.08
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,SEL,CKD,BRLD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,SEL,CKD,RSTD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,SEL,RAW	0.00	0.08

BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.08
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.08
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,RAW	0.00	0.08
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,CKD,BRLD	0.00	0.11
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,CKD,RSTD	0.00	0.12
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,RAW	0.00	0.08
BEEF,RIB,WHL (RIBS 6-12),LN,1/2"FAT,PRIME,CKD,BRLD	0.00	0.13
BEEF,RIB,WHL (RIBS 6-12),LN,1/2"FAT,PRIME,CKD,RSTD	0.00	0.14
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.13
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.13
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,CHOIC,RAW	0.00	0.1
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,PRIME,CKD,BRLD	0.00	0.13
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,PRIME,CKD,RSTD	0.00	0.14
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,PRIME,RAW	0.00	0.1
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,SEL,CKD,BRLD	0.00	0.13
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,SEL,RAW	0.00	0.1
BEEF,RND,BTTM RND,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.16
BEEF,RND,BTTM RND,LN&FAT,0"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RND,BTTM RND,LN&FAT,0"FAT,CHOIC,CKD,BRSD	0.00	0.15
BEEF,RND,BTTM RND,LN&FAT,0"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RND,BTTM RND,LN&FAT,0"FAT,SEL,CKD,BRSD	0.00	0.16
BEEF,RND,BTTM RND,LN&FAT,0"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RND,BTTM RND,LN&FAT,1/2"FAT,PRIME,CKD,BRSD	0.00	0.15
BEEF,RND,BTTM RND,LN&FAT,1/2"FAT,PRIME,RAW	0.00	0.1
BEEF,RND,BTTM RND,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.14
BEEF,RND,BTTM RND,LN&FAT,1/4"FAT,ALL GRDS,CKD,RSTD	0.00	0.13
BEEF,RND,BTTM RND,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,RND,BTTM RND,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.14
BEEF,RND,BTTM RND,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.13
BEEF,RND,BTTM RND,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.1
BEEF,RND,BTTM RND,LN&FAT,1/4"FAT,SEL,CKD,BRSD	0.00	0.14
BEEF,RND,BTTM RND,LN&FAT,1/4"FAT,SEL,CKD,RSTD	0.00	0.13
BEEF,RND,BTTM RND,LN&FAT,1/4"FAT,SEL,RAW	0.00	0.1
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	0.00	0.15
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	0.00	0.15
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.1
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,SEL,CKD,BRSD	0.00	0.15
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,SEL,CKD,RSTD	0.00	0.14

BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,SEL,RAW	0.00	0.1
BEEF,RND,BTTM RND,LN,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.16
BEEF,RND,BTTM RND,LN,0"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RND,BTTM RND,LN,0"FAT,CHOIC,CKD,BRSD	0.00	0.16
BEEF,RND,BTTM RND,LN,0"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RND,BTTM RND,LN,0"FAT,SEL,CKD,BRSD	0.00	0.16
BEEF,RND,BTTM RND,LN,0"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RND,BTTM RND,LN,1/2"FAT,PRIME,CKD,BRSD	0.00	0.16
BEEF,RND,BTTM RND,LN,1/2"FAT,PRIME,RAW	0.00	0.11
BEEF,RND,BTTM RND,LN,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.16
BEEF,RND,BTTM RND,LN,1/4"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RND,BTTM RND,LN,1/4"FAT,ALL GRDS,RAW	0.00	0.11
BEEF,RND,BTTM RND,LN,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.16
BEEF,RND,BTTM RND,LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RND,BTTM RND,LN,1/4"FAT,CHOIC,RAW	0.00	0.11
BEEF,RND,BTTM RND,LN,1/4"FAT,SEL,CKD,BRSD	0.00	0.16
BEEF,RND,BTTM RND,LN,1/4"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RND,BTTM RND,LN,1/4"FAT,SEL,RAW	0.00	0.11
BEEF,RND,EYE OF RND,LN&FAT,0"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN&FAT,0"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN&FAT,0"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN&FAT,1/2"FAT,PRIME,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN&FAT,1/2"FAT,PRIME,RAW	0.00	0.1
BEEF,RND,EYE OF RND,LN&FAT,1/4"FAT,ALL GRDS,CKD,RSTD	0.00	0.13
BEEF,RND,EYE OF RND,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,RND,EYE OF RND,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.13
BEEF,RND,EYE OF RND,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.1
BEEF,RND,EYE OF RND,LN&FAT,1/4"FAT,SEL,CKD,RSTD	0.00	0.13
BEEF,RND,EYE OF RND,LN&FAT,1/4"FAT,SEL,RAW	0.00	0.1
BEEF,RND,EYE OF RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,RND,EYE OF RND,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.1
BEEF,RND,EYE OF RND,LN&FAT,1/8"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN&FAT,1/8"FAT,SEL,RAW	0.00	0.1
BEEF,RND,EYE OF RND,LN,0"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN,0"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN,0"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN,1/2"FAT,PRIME,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN,1/2"FAT,PRIME,RAW	0.00	0.11
BEEF,RND,EYE OF RND,LN,1/4"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN,1/4"FAT,ALL GRDS,RAW	0.00	0.11
BEEF,RND,EYE OF RND,LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN,1/4"FAT,CHOIC,RAW	0.00	0.11
BEEF,RND,EYE OF RND,LN,1/4"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RND,EYE OF RND,LN,1/4"FAT,SEL,RAW	0.00	0.11
BEEF,RND,FULL CUT,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.14
BEEF,RND,FULL CUT,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.1
BEEF,RND,FULL CUT,LN&FAT,1/4"FAT,SEL,CKD,BRLD	0.00	0.14
BEEF,RND,FULL CUT,LN&FAT,1/4"FAT,SEL,RAW	0.00	0.1
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	0.00	0.14

BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.1
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,SEL,CKD,BRLD	0.00	0.14
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,SEL,RAW	0.00	0.1
BEEF,RND,FULL CUT,LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.15
BEEF,RND,FULL CUT,LN,1/4"FAT,CHOIC,RAW	0.00	0.11
BEEF,RND,FULL CUT,LN,1/4"FAT,SEL,CKD,BRLD	0.00	0.15
BEEF,RND,FULL CUT,LN,1/4"FAT,SEL,RAW	0.00	0.11
BEEF,RND,TIP RND,LN&FAT,0"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN&FAT,0"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN&FAT,0"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN&FAT,1/2"FAT,PRIME,CKD,RSTD	0.00	0.13
BEEF,RND,TIP RND,LN&FAT,1/2"FAT,PRIME,RAW	0.00	0.1
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,ALL GRDS,CKD,RSTD	0.00	0.13
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.13
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.1
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,PRIME,CKD,RSTD	0.00	0.13
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,PRIME,RAW	0.00	0.1
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,SEL,RAW	0.00	0.1
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.1
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,SEL,RAW	0.00	0.1
BEEF,RND,TIP RND,LN,0"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN,0"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN,0"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN,1/2"FAT,PRIME,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN,1/4"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN,1/4"FAT,ALL GRDS,RAW	0.00	0.11
BEEF,RND,TIP RND,LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN,1/4"FAT,CHOIC,RAW	0.00	0.11
BEEF,RND,TIP RND,LN,1/4"FAT,PRIME,CKD,RSTD	0.00	0.14
BEEF,RND,TIP RND,LN,1/4"FAT,PRIME,RAW	0.00	0.11
BEEF,RND,TIP RND,LN,1/4"FAT,SEL,RAW	0.00	0.11
BEEF,RND,TOP RND,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.18
BEEF,RND,TOP RND,LN&FAT,0"FAT,CHOIC,CKD,BRSD	0.00	0.18
BEEF,RND,TOP RND,LN&FAT,0"FAT,SEL,CKD,BRSD	0.00	0.18
BEEF,RND,TOP RND,LN&FAT,1/2"FAT,PRIME,CKD,BRLD	0.00	0.15
BEEF,RND,TOP RND,LN&FAT,1/2"FAT,PRIME,RAW	0.00	0.11
BEEF,RND,TOP RND,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.15
BEEF,RND,TOP RND,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.17
BEEF,RND,TOP RND,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.11
BEEF,RND,TOP RND,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.15
BEEF,RND,TOP RND,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.17
BEEF,RND,TOP RND,LN&FAT,1/4"FAT,CHOIC,CKD,PAN-FRIED	0.00	0.16
BEEF,RND,TOP RND,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.11
BEEF,RND,TOP RND,LN&FAT,1/4"FAT,PRIME,CKD,BRLD	0.00	0.16
BEEF,RND,TOP RND,LN&FAT,1/4"FAT,PRIME,RAW	0.00	0.11

BEEF,RND,TOP RND,LN&FAT,1/4"FAT,SEL,CKD,BRLD	0.00	0.15
BEEF,RND,TOP RND,LN&FAT,1/4"FAT,SEL,CKD,BRSD	0.00	0.17
BEEF,RND,TOP RND,LN&FAT,1/4"FAT,SEL,RAW	0.00	0.11
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	0.00	0.15
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	0.00	0.17
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.11
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	0.00	0.15
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	0.00	0.17
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,CHOIC,CKD,PAN-FRIED	0.00	0.16
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.11
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,PRIME,CKD,BRLD	0.00	0.16
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,PRIME,RAW	0.00	0.11
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,SEL,CKD,BRLD	0.00	0.15
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,SEL,CKD,BRSD	0.00	0.17
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,SEL,RAW	0.00	0.11
BEEF,RND,TOP RND,LN,0"FAT,ALL GRDS,CKD,BRSD	0.00	0.18
BEEF,RND,TOP RND,LN,0"FAT,CHOIC,CKD,BRSD	0.00	0.18
BEEF,RND,TOP RND,LN,0"FAT,SEL,CKD,BRSD	0.00	0.18
BEEF,RND,TOP RND,LN,1/2"FAT,PRIME,CKD,BRLD	0.00	0.16
BEEF,RND,TOP RND,LN,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.16
BEEF,RND,TOP RND,LN,1/4"FAT,ALL GRDS,CKD,BRSD	0.00	0.18
BEEF,RND,TOP RND,LN,1/4"FAT,ALL GRDS,RAW	0.00	0.11
BEEF,RND,TOP RND,LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.16
BEEF,RND,TOP RND,LN,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.18
BEEF,RND,TOP RND,LN,1/4"FAT,CHOIC,CKD,PAN-FRIED	0.00	0.18
BEEF,RND,TOP RND,LN,1/4"FAT,CHOIC,RAW	0.00	0.11
BEEF,RND,TOP RND,LN,1/4"FAT,PRIME,CKD,BRLD	0.00	0.16
BEEF,RND,TOP RND,LN,1/4"FAT,PRIME,RAW	0.00	0.11
BEEF,RND,TOP RND,LN,1/4"FAT,SEL,CKD,BRLD	0.00	0.16
BEEF,RND,TOP RND,LN,1/4"FAT,SEL,CKD,BRSD	0.00	0.18
BEEF,RND,TOP RND,LN,1/4"FAT,SEL,RAW	0.00	0.11
BEEF,RTL CUTS,FAT,CKD	0.00	0.05
BEEF,RTL CUTS,FAT,RAW	0.00	0.04
BEEF,SHANK CROSSCUTS,LN&FAT,1/4"FAT,CHOIC,CKD,SIMMRD	0.00	0.15
BEEF,SHANK CROSSCUTS,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.1
BEEF,SHANK CROSSCUTS,LN,1/4"FAT,CHOIC,CKD,SIMMRD	0.00	0.17
BEEF,SHANK CROSSCUTS,LN,1/4"FAT,CHOIC,RAW	0.00	0.11
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,0"FAT,CHOIC,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,0"FAT,SEL,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.11
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.09
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.11
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.09
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/4"FAT,SEL,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/4"FAT,SEL,RAW	0.00	0.1
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.09
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.09
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,SEL,CKD,BRLD	0.00	0.12

BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,SEL,RAW	0.00	0.1
BEEF,SHRT LOIN,PRTRHS STEAK,LN, 1/4" FAT,USDA CHOIC,RAW	0.00	0.1
BEEF,SHRT LOIN,PRTRHS STEAK,LN,0"FAT,ALL GRDS,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,PRTRHS STEAK,LN,0"FAT,CHOIC,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,PRTRHS STEAK,LN,0"FAT,SEL,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4"FAT,ALL GRDS,RAW	0.00	0.11
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4"FAT,SEL,CKD,BRLD	0.00	0.14
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4"FAT,SEL,RAW	0.00	0.11
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,0"FAT,CHOIC,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,0"FAT,SEL,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.09
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/4"FAT,SEL,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/4"FAT,SEL,RAW	0.00	0.1
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.09
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8"FAT,SEL,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8"FAT,SEL,RAW	0.00	0.1
BEEF,SHRT LOIN,T-BONE STEAK,LN,0"FAT,ALL GRDS,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,T-BONE STEAK,LN,0"FAT,CHOIC,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,T-BONE STEAK,LN,0"FAT,SEL,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4"FAT,CHOIC,RAW	0.00	0.1
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4"FAT,SEL,CKD,BRLD	0.00	0.14
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4"FAT,SEL,RAW	0.00	0.11
BEEF,SHRT LOIN,TENDERLOIN,LN&FAT,1/2"FAT,PRIME,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,TENDERLOIN,LN&FAT,1/2"FAT,PRIME,CKD,RSTD	0.00	0.12
BEEF,SHRT LOIN,TENDERLOIN,LN&FAT,1/2"FAT,PRIME,RAW	0.00	0.09
BEEF,SHRT LOIN,TENDERLOIN,LN,1/2"FAT,PRIME,CKD,BRLD	0.00	0.14
BEEF,SHRT LOIN,TENDERLOIN,LN,1/2"FAT,PRIME,CKD,RSTD	0.00	0.14
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	0.00	0.14
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,0"FAT,CHOIC,CKD,BRLD	0.00	0.14
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,0"FAT,SEL,CKD,BRLD	0.00	0.14
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/2"FAT,PRIME,CKD,BRLD	0.00	0.12
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/2"FAT,PRIME,RAW	0.00	0.09
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.09
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/4"FAT,PRIME,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/4"FAT,PRIME,RAW	0.00	0.09
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/4"FAT,SEL,CKD,BRLD	0.00	0.13
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/4"FAT,SEL,RAW	0.00	0.1

BEEF,SHRT LOIN, TOP LOIN, LN&FAT, 1/8" FAT, ALL GRDS, CKD, BRLD	0.00	0.13
BEEF,SHRT LOIN, TOP LOIN, LN&FAT, 1/8" FAT, ALL GRDS, RAW	0.00	0.1
BEEF,SHRT LOIN, TOP LOIN, LN&FAT, 1/8" FAT, CHOIC, CKD, BRLD	0.00	0.13
BEEF,SHRT LOIN, TOP LOIN, LN&FAT, 1/8" FAT, CHOIC, RAW	0.00	0.1
BEEF,SHRT LOIN, TOP LOIN, LN&FAT, 1/8" FAT, PRIME, CKD, BRLD	0.00	0.13
BEEF,SHRT LOIN, TOP LOIN, LN&FAT, 1/8" FAT, PRIME, RAW	0.00	0.1
BEEF,SHRT LOIN, TOP LOIN, LN&FAT, 1/8" FAT, SEL, CKD, BRLD	0.00	0.13
BEEF,SHRT LOIN, TOP LOIN, LN&FAT, 1/8" FAT, SEL, RAW	0.00	0.1
BEEF,SHRT LOIN, TOP LOIN, LN, 0" FAT, ALL GRDS, CKD, BRLD	0.00	0.14
BEEF,SHRT LOIN, TOP LOIN, LN, 0" FAT, CHOIC, CKD, BRLD	0.00	0.14
BEEF,SHRT LOIN, TOP LOIN, LN, 0" FAT, SEL, CKD, BRLD	0.00	0.14
BEEF,SHRT LOIN, TOP LOIN, LN, 1/2" FAT, PRIME, CKD, BRLD	0.00	0.14
BEEF,SHRT LOIN, TOP LOIN, LN, 1/4" FAT, ALL GRDS, CKD, BRLD	0.00	0.14
BEEF,SHRT LOIN, TOP LOIN, LN, 1/4" FAT, ALL GRDS, RAW	0.00	0.11
BEEF,SHRT LOIN, TOP LOIN, LN, 1/4" FAT, CHOIC, CKD, BRLD	0.00	0.14
BEEF,SHRT LOIN, TOP LOIN, LN, 1/4" FAT, CHOIC, RAW	0.00	0.11
BEEF,SHRT LOIN, TOP LOIN, LN, 1/4" FAT, PRIME, CKD, BRLD	0.00	0.14
BEEF,SHRT LOIN, TOP LOIN, LN, 1/4" FAT, PRIME, RAW	0.00	0.11
BEEF,SHRT LOIN, TOP LOIN, LN, 1/4" FAT, SEL, CKD, BRLD	0.00	0.14
BEEF,SHRT LOIN, TOP LOIN, LN, 1/4" FAT, SEL, RAW	0.00	0.11
BEEF,SNWCH STEAKS, FLAKED, CHOPD, FORMED & THINLY SLICED, RAW	0.00	0.08
BEEF, TENDERLOIN, LN&FAT, 0" FAT, ALL GRDS, CKD, BRLD	0.00	0.14
BEEF, TENDERLOIN, LN&FAT, 0" FAT, CHOIC, CKD, BRLD	0.00	0.14
BEEF, TENDERLOIN, LN&FAT, 0" FAT, SEL, CKD, BRLD	0.00	0.14
BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, ALL GRDS, CKD, BRLD	0.00	0.13
BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, ALL GRDS, CKD, RSTD	0.00	0.12
BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, ALL GRDS, RAW	0.00	0.09
BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, CHOIC, CKD, BRLD	0.00	0.13
BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, CHOIC, CKD, RSTD	0.00	0.12
BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, CHOIC, RAW	0.00	0.09
BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, PRIME, CKD, BRLD	0.00	0.12
BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, PRIME, CKD, RSTD	0.00	0.12
BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, PRIME, RAW	0.00	0.09
BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, SEL, CKD, BRLD	0.00	0.13
BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, SEL, CKD, RSTD	0.00	0.12
BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, SEL, RAW	0.00	0.09
BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, ALL GRDS, CKD, BRLD	0.00	0.13
BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, ALL GRDS, CKD, RSTD	0.00	0.12
BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, ALL GRDS, RAW	0.00	0.09
BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, CHOIC, CKD, BRLD	0.00	0.13
BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, CHOIC, CKD, RSTD	0.00	0.12
BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, CHOIC, RAW	0.00	0.09
BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, PRIME, CKD, BRLD	0.00	0.13
BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, PRIME, CKD, RSTD	0.00	0.12
BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, PRIME, RAW	0.00	0.09
BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, SEL, CKD, BRLD	0.00	0.13
BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, SEL, CKD, RSTD	0.00	0.12
BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, SEL, RAW	0.00	0.09
BEEF, TENDERLOIN, LN, 0" FAT, ALL GRDS, CKD, BRLD	0.00	0.14
BEEF, TENDERLOIN, LN, 0" FAT, CHOIC, CKD, BRLD	0.00	0.14
BEEF, TENDERLOIN, LN, 0" FAT, SEL, CKD, BRLD	0.00	0.14

BEEF,TENDERLOIN,LN,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.14
BEEF,TENDERLOIN,LN,1/4"FAT,ALL GRDS,CKD,RSTD	0.00	0.14
BEEF,TENDERLOIN,LN,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,TENDERLOIN,LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.14
BEEF,TENDERLOIN,LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.14
BEEF,TENDERLOIN,LN,1/4"FAT,CHOIC,RAW	0.00	0.1
BEEF,TENDERLOIN,LN,1/4"FAT,PRIME,CKD,BRLD	0.00	0.14
BEEF,TENDERLOIN,LN,1/4"FAT,PRIME,CKD,RSTD	0.00	0.14
BEEF,TENDERLOIN,LN,1/4"FAT,PRIME,RAW	0.00	0.1
BEEF,TENDERLOIN,LN,1/4"FAT,SEL,CKD,BRLD	0.00	0.14
BEEF,TENDERLOIN,LN,1/4"FAT,SEL,CKD,RSTD	0.00	0.14
BEEF,TENDERLOIN,LN,1/4"FAT,SEL,RAW	0.00	0.1
BEEF,TOP LOIN,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,TOP SIRLOIN,LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	0.00	0.15
BEEF,TOP SIRLOIN,LN&FAT,0"FAT,CHOIC,CKD,BRLD	0.00	0.15
BEEF,TOP SIRLOIN,LN&FAT,0"FAT,SEL,CKD,BRLD	0.00	0.15
BEEF,TOP SIRLOIN,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.14
BEEF,TOP SIRLOIN,LN&FAT,1/4"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,TOP SIRLOIN,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.14
BEEF,TOP SIRLOIN,LN&FAT,1/4"FAT,CHOIC,CKD,PAN-FRIED	0.00	0.14
BEEF,TOP SIRLOIN,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.1
BEEF,TOP SIRLOIN,LN&FAT,1/4"FAT,SEL,CKD,BRLD	0.00	0.14
BEEF,TOP SIRLOIN,LN&FAT,1/4"FAT,SEL,RAW	0.00	0.1
BEEF,TOP SIRLOIN,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	0.00	0.14
BEEF,TOP SIRLOIN,LN&FAT,1/8"FAT,ALL GRDS,RAW	0.00	0.1
BEEF,TOP SIRLOIN,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	0.00	0.14
BEEF,TOP SIRLOIN,LN&FAT,1/8"FAT,CHOIC,CKD,PAN-FRIED	0.00	0.14
BEEF,TOP SIRLOIN,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.1
BEEF,TOP SIRLOIN,LN&FAT,1/8"FAT,SEL,CKD,BRLD	0.00	0.14
BEEF,TOP SIRLOIN,LN&FAT,1/8"FAT,SEL,RAW	0.00	0.1
BEEF,TOP SIRLOIN,LN,0"FAT,ALL GRDS,CKD,BRLD	0.00	0.15
BEEF,TOP SIRLOIN,LN,0"FAT,CHOIC,CKD,BRLD	0.00	0.15
BEEF,TOP SIRLOIN,LN,0"FAT,SEL,CKD,BRLD	0.00	0.15
BEEF,TOP SIRLOIN,LN,1/4"FAT,ALL GRDS,CKD,BRLD	0.00	0.15
BEEF,TOP SIRLOIN,LN,1/4"FAT,ALL GRDS,RAW	0.00	0.11
BEEF,TOP SIRLOIN,LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.15
BEEF,TOP SIRLOIN,LN,1/4"FAT,CHOIC,CKD,PAN-FRIED	0.00	0.16
BEEF,TOP SIRLOIN,LN,1/4"FAT,CHOIC,RAW	0.00	0.11
BEEF,TOP SIRLOIN,LN,1/4"FAT,SEL,CKD,BRLD	0.00	0.15
BEEF,TOP SIRLOIN,LN,1/4"FAT,SEL,RAW	0.00	0.11
BEEF,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,PAN-FRIED	0.00	0.06
BEEF,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,SIMMRD	0.00	0.06
BEEF,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	0.00	0.05
BEEF,VAR MEATS&BY-PRODUCTS,HEART,CKD,SIMMRD	0.00	0.14
BEEF,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,SIMMRD	0.00	0.13
BEEF,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	0.00	0.1
BEEF,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	0.00	0.08
BEEF,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED BF,RAW	0.00	0.07
BEEF,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	0.00	0.14
BEEF,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	0.00	0.08
BEEF,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	0.00	0.13



BEEF,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	0.00	0.09
BEEF,VAR MEATS&BY-PRODUCTS,SUET,RAW	0.00	0.01
BEEF,VAR MEATS&BY-PRODUCTS,THYMUS,CKD,BRSD	0.00	0.11
BEEF,VAR MEATS&BY-PRODUCTS,THYMUS,RAW	0.00	0.06
BEEF,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,SIMMRD	0.00	0.11
BEEF,VAR MEATS&BY-PRODUCTS,TRIBE,RAW	0.00	0.07
BEET GREENS,RAW	0.00	0.01
BLUEFISH,COOKED,DRY HEAT	0.00	0.13
BLUEFISH,RAW	0.00	0.1
BOCKWURST,RAW,PORK,VEAL,MILK,EGGS	0.00	0.07
BOLOGNA,BEEF	0.00	0.06
BOLOGNA,PORK	0.00	0.08
BOLOGNA,TURKEY	0.00	0.07
BURBOT,COOKED,DRY HEAT	0.00	0.12
BURBOT,RAW	0.00	0.1
BUTTER OIL,ANHYDROUS	0.00	0
BUTTER,WHIPPED,WITH SALT	0.00	0
BUTTER,WITH SALT	0.00	0
BUTTER,WITHOUT SALT	0.00	0
BUTTERBUR,CANNED	0.00	0
BUTTERFISH,CKD,DRY HEAT	0.00	0.11
BUTTERFISH,RAW	0.00	0.09
CABBAGE,CHINESE (PAK-CHOI),CKD,BLD,DRND,W/SALT	0.00	0.01
CABBAGE,CHINESE (PAK-CHOI),CKD,BLD,DRND,WO/SALT	0.00	0.01
CABBAGE,CHINESE (PE-TSAI),CKD,BLD,DRND,W/SALT	0.-0	0.01
CABBAGE,CHINESE (PE-TSAI),CKD,BLD,DRND,WO/SALT	0.-0	0.01
CABBAGE,CHINESE (PE-TSAI),RAW	0.00	0.01
CARBON BEV,LO CAL,OTHER THAN COLA OR PEPPER,W/ASPRT,W/CAFFEINE	0.00	0
CARBONATED BEV,CLUB SODA	0.00	0
CARBONATED BEV,LO CAL,COLA OR PEP-TYPE,W/NA SACHRN,CNTNS CAF	0.00	0
CARBONATED BEV,LO CAL,COLA,W/ASPRT,CONTAINS CAFFEINE	0.00	0
CARBONATED BEV,LO CAL,COLA,W/ASPRT,WO/CAFFEINE	0.00	0
CARBONATED BEV,LO CAL,OTHER THN COLA OR PPPR,W/ASPRT,WO/CAF	0.00	0
CARBONATED BEV,LOCAL,OTHR THAN COLA OR PEP,W/ NA SAC,WO/ CAF	0.00	0
CARL BUDDIG,SMOKED SLICED BF	0.00	0.1
CARL BUDDIG,SMOKED SLICED CHICK,LT&DK MEAT	0.00	0.09
CARP,COOKED,DRY HEAT	0.00	0.11
CARP,RAW	0.00	0.09
CATFISH,CHANNEL,FARMED,CKD,DRY HEAT	0.00	0.09
CATFISH,CHANNEL,FARMED,RAW	0.00	0.08
CATFISH,CHANNEL,WILD,CKD,DRY HEAT	0.00	0.09
CATFISH,CHANNEL,WILD,RAW	0.00	0.08
CHEESE,BRIE	0.00	0.1
CHEESE,CAMEMBERT	0.00	0.1
CHEESE,GOAT,SOFT TYPE	0.00	0.09
CHEESE,GRUYERE	0.00	0.15
CHEESE,LIMBURGER	0.00	0.1
CHEESE,MONTEREY	0.00	0.12
CHEESE,PORT DE SALUT	0.00	0.12
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,RSTD	0.00	0.14
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,STWD	0.00	0.13

CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,RAW	0.00	0.1
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,RSTD	0.00	0.13
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,STWD	0.00	0.11
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,RAW	0.00	0.07
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,FRIED	0.00	0.17
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,RSTD	0.00	0.16
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,STWD	0.00	0.14
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,RAW	0.00	0.12
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,RSTD	0.00	0.15
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,STWD	0.00	0.14
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,RAW	0.00	0.1
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,RSTD	0.00	0.14
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,STWD	0.00	0.13
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,RAW	0.00	0.1
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,RSTD	0.00	0.13
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,STWD	0.00	0.12
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,RAW	0.00	0.08
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,FRIED	0.00	0.14
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,RSTD	0.00	0.14
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,STWD	0.00	0.14
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,RAW	0.00	0.1
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,RSTD	0.00	0.14
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,STWD	0.00	0.13
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,RAW	0.00	0.1
CHICKEN,BROILERS OR FRYERS,FAT,RAW	0.00	0.02
CHICKEN,BROILERS OR FRYERS,GIBLETS,CKD,SIMMRD	0.00	0.13
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,FRIED	0.00	0.14
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,RSTD	0.00	0.14
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,STWD	0.00	0.13
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,RAW	0.00	0.1
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,RSTD	0.00	0.13
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,STWD	0.00	0.12
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,RAW	0.00	0.09
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,FRIED	0.00	0.16
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,RSTD	0.00	0.15
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,STWD	0.00	0.14
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,RAW	0.00	0.12
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,RSTD	0.00	0.15
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,STWD	0.00	0.13
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,RAW	0.00	0.1
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,RAW	0.00	0.11
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,RSTD	0.00	0.14
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,STWD	0.00	0.14
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,RAW	0.00	0.09
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,RSTD	0.00	0.13
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,STWD	0.00	0.12
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,RSTD	0.00	0.14
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,STWD	0.00	0.12
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,RAW	0.00	0.09
CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,CKD,SIMMRD	0.00	0.12
CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,RAW	0.00	0.09

CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD SIMMRD	0.00	0.1
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,RAW	0.00	0.07
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,RSTD	0.00	0.1
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,STWD	0.00	0.08
CHICKEN,BROILERS OR FRYERS,SKN ONLY,RAW	0.00	0.07
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,RSTD	0.00	0.13
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,STWD	0.00	0.13
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,RAW	0.00	0.1
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,RSTD	0.00	0.13
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,STWD	0.00	0.12
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,RAW	0.00	0.09
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,FRIED	0.00	0.15
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,RSTD	0.00	0.15
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,STWD	0.00	0.14
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,RAW	0.00	0.11
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,RSTD	0.00	0.13
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,STWD	0.00	0.11
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,RAW	0.00	0.09
CHICKEN,CAPONS,GIBLETS,CKD,SIMMRD	0.00	0.13
CHICKEN,CAPONS,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	0.00	0.14
CHICKEN,CAPONS,MEAT&SKN&GIBLETS&NECK,RAW	0.00	0.09
CHICKEN,CAPONS,MEAT&SKN,CKD,RSTD	0.00	0.14
CHICKEN,CAPONS,MEAT&SKN,RAW	0.00	0.09
CHICKEN,CND,MEAT ONLY,W/BROTH	0.00	0.11
CHICKEN,CORNISH GAME HENS,MEAT ONLY,CKD,RSTD	0.00	0.12
CHICKEN,CORNISH GAME HENS,MEAT ONLY,RAW	0.00	0.1
CHICKEN,CORNISH GAME HENS,MEAT&SKN,CKD,RSTD	0.00	0.11
CHICKEN,CORNISH GAME HENS,MEAT&SKN,RAW	0.00	0.09
CHICKEN,GIZZARD,ALL CLASSES,RAW	0.00	0.09
CHICKEN,HEART,ALL CLASSES,CKD,SIMMRD	0.00	0.13
CHICKEN,HEART,ALL CLASSES,RAW	0.00	0.08
CHICKEN,LIVER,ALL CLASSES,CKD,SIMMRD	0.00	0.12
CHICKEN,ROASTING,DK MEAT,MEAT ONLY,CKD,RSTD	0.00	0.12
CHICKEN,ROASTING,DK MEAT,MEAT ONLY,RAW	0.00	0.09
CHICKEN,ROASTING,GIBLETS,CKD,SIMMRD	0.00	0.13
CHICKEN,ROASTING,LT MEAT,MEAT ONLY,CKD,RSTD	0.00	0.14
CHICKEN,ROASTING,LT MEAT,MEAT ONLY,RAW	0.00	0.11
CHICKEN,ROASTING,MEAT ONLY,CKD,RSTD	0.00	0.13
CHICKEN,ROASTING,MEAT ONLY,RAW	0.00	0.1
CHICKEN,ROASTING,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	0.00	0.12
CHICKEN,ROASTING,MEAT&SKN&GIBLETS&NECK,RAW	0.00	0.09
CHICKEN,ROASTING,MEAT&SKN,CKD,RSTD	0.00	0.12
CHICKEN,ROASTING,MEAT&SKN,RAW	0.00	0.09
CHICKEN,STEWING,DK MEAT,MEAT ONLY,CKD,STWD	0.00	0.14
CHICKEN,STEWING,DK MEAT,MEAT ONLY,RAW	0.00	0.1
CHICKEN,STEWING,GIBLETS,CKD,SIMMRD	0.00	0.13
CHICKEN,STEWING,LT MEAT,MEAT ONLY,CKD,STWD	0.00	0.17
CHICKEN,STEWING,LT MEAT,MEAT ONLY,RAW	0.00	0.12
CHICKEN,STEWING,MEAT ONLY,CKD,STWD	0.00	0.15
CHICKEN,STEWING,MEAT ONLY,RAW	0.00	0.11
CHICKEN,STEWING,MEAT&SKN,&GIBLETS&NECK,CKD,STWD	0.00	0.13

CHICKEN,STEWING,MEAT&SKN,&GIBLETS&NECK,RAW	0.00	0.09
CHICKEN,STEWING,MEAT&SKN,CKD,STWD	0.00	0.13
CHICKEN,STEWING,MEAT&SKN,RAW	0.00	0.09
CHICORY GREENS,RAW	0.00	0.01
CHICORY,WITLOOF,RAW	0.00	0
CISCO,RAW	0.00	0.09
CISCO,SMOKED	0.00	0.08
CLAM,MXD SP,CND,LIQ	0.00	0
COD,ATLANTIC,CKD,DRY HEAT	0.00	0.11
COD,ATLANTIC,CND,SOL&LIQ	0.00	0.11
COD,ATLANTIC,DRIED&SALTED	0.00	0.31
COD,ATLANTIC,RAW	0.00	0.09
COD,PACIFIC,CKD,DRY HEAT	0.00	0.11
COD,PACIFIC,RAW	0.00	0.09
COFFEE,BREWED,PREP W/DISTILLED H2O	0.00	0
COFFEE,BREWED,PREP W/TAP H2O	0.00	0
COFFEE,BREWED,PREP W/TAP H2O,DECAFFEINATED	0.00	0
COFFEE,INST,DECAFFEINATED,PDR,PREP W/H2O	0.00	0
COFFEE,INST,REG,PREP W/H2O	0.00	0
COFFEE,INST,W/CHICORY,PREP W/H2O	0.00	0
CORIANDER LEAVES,RAW	0.00	0.01
CORN BRAN,CRUDE	0.00	0.04
CORNED BEEF LOAF,JELLIED	0.00	0.11
CRAB,ALASKA KING,CKD,MOIST HEAT	0.00	0.1
CRAB,ALASKA KING,RAW	0.00	0.09
CRAB,BLUE,CANNED	0.00	0.1
CRAB,BLUE,CKD,MOIST HEAT	0.00	0.1
CRAB,BLUE,CRAB CAKES	0.00	0.1
CRAB,BLUE,RAW	0.00	0.09
CRAB,DUNGENESS,CKD,MOIST HEAT	0.00	0.11
CRAB,DUNGENESS,RAW	0.00	0.09
CRAB,QUEEN,CKD,MOIST HEAT	0.00	0.12
CRAB,QUEEN,RAW	0.00	0.09
CRAYFISH,MXD SP,FARMED,CKD,MOIST HEAT	0.00	0.09
CRAYFISH,MXD SP,FARMED,RAW	0.00	0.07
CRAYFISH,MXD SP,WILD,CKD,MOIST HEAT	0.00	0.08
CRAYFISH,MXD SP,WILD,RAW	0.00	0.08
CROAKER,ATLANTIC,RAW	0.00	0.09
CUSK,COOKED,DRY HEAT	0.00	0.12
CUSK,RAW	0.00	0.09
CUTTLEFISH,MXD SP,RAW	0.00	0.08
DESSERTS,GELATINS,DRY MIX,RED CAL,W/ASPRT,PREP W/H2O	0.00	0.01
DESSERTS,GELATINS,DRY PDR,UNSWTND	0.00	0.43
DOCK,CKD,BLD,DRND,WO/SALT	0.00	0.01
DOCK,RAW	0.00	0.01
DOLPHINFISH,CKD,DRY HEAT	0.00	0.12
DOLPHINFISH,RAW	0.00	0.09
DRUM,FRESHWATER,CKD,DRY HEAT	0.00	0.11
DRUM,FRESHWATER,RAW	0.00	0.09
DUCK,DOMESTICATED,MEAT ONLY,CKD,RSTD	0.00	0.12
DUCK,DOMESTICATED,MEAT ONLY,RAW	0.00	0.09

DUCK,DOMESTICATED,MEAT&SKN,CKD,RSTD	0.00	0.09
DUCK,DOMESTICATED,MEAT&SKN,RAW	0.00	0.06
DUCK,WILD,BREAST,MEAT ONLY,RAW	0.00	0.1
DUCK,WILD,MEAT&SKN,RAW	0.00	0.09
DUCK,YNG DUCKL,DOM,WH PEKIN,BRST,MEAT,BNLESS,CKD WO/SKN,BRLI	0.00	0.14
DUCK,YNG DUCKL,DOM,WH PEKIN,LEG,MEAT,BONE IN,CKD WO/SKN,BRSD	0.00	0.15
DUCK,YNG DUCKLING,DOM,WH PEKIN,BRST,MEAT&SKN,BNLESS,CKD,RST	0.00	0.12
DUCK,YNG DUCKLING,DOM,WH PEKIN,LEG,MEAT&SKN,BONE IN,CKD,RSTD	0.00	0.13
EEL,MIXED SPECIES,RAW	0.00	0.09
EEL,MXD SP,CKD,DRY HEAT	0.00	0.12
EGG SUBSTITUTE,LIQUID	0.00	0.06
EGG,QUAIL,WHOLE,FRESH,RAW	0.00	0.07
ENDIVE,RAW	0.00	0.01
FAT,BEEF TALLOW	0.00	0
FAT,CHICKEN	0.00	0
FAT,DUCK	0.00	0
FAT,GOOSE	0.00	0
FAT,MUTTON TALLOW	0.00	0
FAT,TURKEY	0.00	0
FISH OIL,COD LIVER	0.00	0
FISH OIL,HERRING	0.00	0
FISH OIL,MENHADEN	0.00	0
FISH OIL,MENHADEN,FULLY HYDR	0.00	0
FISH OIL,SALMON	0.00	0
FISH OIL,SARDINE	0.00	0
FLATFISH (FLOUNDER&SOLE SP),CKD,DRY HEAT	0.00	0.12
FLATFISH (FLOUNDER&SOLE SP),RAW	0.00	0.09
GAME MEAT,ANTELOPE,CKD,RSTD	0.00	0.15
GAME MEAT,ANTELOPE,RAW	0.00	0.11
GAME MEAT,BEAR,CKD,SIMMRD	0.00	0.16
GAME MEAT,BEAR,RAW	0.00	0.1
GAME MEAT,BEAVER,CKD,RSTD	0.00	0.17
GAME MEAT,BEAVER,RAW	0.00	0.12
GAME MEAT,BEEFALO,COMP OF CUTS,CKD,RSTD	0.00	0.15
GAME MEAT,BEEFALO,COMP OF CUTS,RAW	0.00	0.12
GAME MEAT,BISON,CKD,RSTD	0.00	0.14
GAME MEAT,BISON,RAW	0.00	0.11
GAME MEAT,BISON,RIBEYE,LN,0"FAT,RAW	0.00	0.11
GAME MEAT,BISON,SHLDR CLOD,LN,0"FAT,RAW	0.00	0.11
GAME MEAT,BISON,TOP RND,LN,0"FAT,RAW	0.00	0.11
GAME MEAT,BISON,TOP SIRLOIN,LN,0"FAT,RAW	0.00	0.11
GAME MEAT,BOAR,WILD,CKD,RSTD	0.00	0.14
GAME MEAT,BOAR,WILD,RAW	0.00	0.11
GAME MEAT,BUFFALO,H2O,CKD,RSTD	0.00	0.13
GAME MEAT,BUFFALO,H2O,RAW	0.00	0.1
GAME MEAT,CARIBOU,CKD,RSTD	0.00	0.15
GAME MEAT,CARIBOU,RAW	0.00	0.11
GAME MEAT,DEER,CKD,RSTD	0.00	0.15
GAME MEAT,DEER,RAW	0.00	0.11
GAME MEAT,ELK,CKD,RSTD	0.00	0.15
GAME MEAT,ELK,RAW	0.00	0.11

GAME MEAT,GOAT,CKD,RSTD	0.00	0.14
GAME MEAT,HORSE,CKD,RSTD	0.00	0.14
GAME MEAT,HORSE,RAW	0.00	0.11
GAME MEAT,MOOSE,CKD,RSTD	0.00	0.15
GAME MEAT,MOOSE,RAW	0.00	0.11
GAME MEAT,MUSKRAT,CKD,RSTD	0.00	0.15
GAME MEAT,MUSKRAT,RAW	0.00	0.1
GAME MEAT,OPOSSUM,CKD,RSTD	0.00	0.15
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,CKD,RSTD	0.00	0.15
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,CKD,STWD	0.00	0.15
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,RAW	0.00	0.1
GAME MEAT,RABBIT,WILD,CKD,STWD	0.00	0.17
GAME MEAT,RABBIT,WILD,RAW	0.00	0.11
GAME MEAT,RACCOON,CKD,RSTD	0.00	0.15
GAME MEAT,SQUIRREL,CKD,RSTD	0.00	0.15
GAME MEAT,SQUIRREL,RAW	0.00	0.11
GOAT,RAW	0.00	0.1
GOOSE,DOMESTICATED,MEAT ONLY,CKD,RSTD	0.00	0.14
GOOSE,DOMESTICATED,MEAT ONLY,RAW	0.00	0.11
GOOSE,DOMESTICATED,MEAT&SKN,CKD,RSTD	0.00	0.13
GOOSE,DOMESTICATED,MEAT&SKN,RAW	0.00	0.08
GROUPE,MIXED SPECIES,RAW	0.00	0.1
GROUPE,MXD SP,CKD,DRY HEAT	0.00	0.12
GUINEA HEN,MEAT ONLY,RAW	0.00	0.1
GUINEA HEN,MEAT&SKN,RAW	0.00	0.12
HADDOCK,COOKED,DRY HEAT	0.00	0.12
HADDOCK,RAW	0.00	0.09
HADDOCK,SMOKED	0.00	0.13
HALIBUT,ATLANTIC&PACIFIC,CKD,DRY HEAT	0.00	0.13
HALIBUT,ATLANTIC&PACIFIC,RAW	0.00	0.1
HALIBUT,GREENLAND,CKD,DRY HEAT	0.00	0.09
HALIBUT,GREENLAND,RAW	0.00	0.07
HAM,CHOPPED,CANNED	0.00	0.08
HAM,CHOPPED,NOT CANNED	0.00	0.09
HAM,SLICED,EX LN,(APPROX 5% FAT)	0.00	0.1
HEADCHEESE,PORK	0.00	0.08
HERRING,ATLANTIC,CKD,DRY HEAT	0.00	0.12
HERRING,ATLANTIC,KIPPERED	0.00	0.12
HERRING,ATLANTIC,RAW	0.00	0.09
HERRING,PACIFIC,CKD,DRY HEAT	0.00	0.11
HERRING,PACIFIC,RAW	0.00	0.08
HORMEL ALWAYS TENDER,BNLESS PORK LOIN,FRSH PORK	0.00	0.1
HORMEL ALWAYS TENDER,CNTR CUT CHOPS,FRSH PORK	0.00	0.09
HORMEL,CURE 81 HAM	0.00	0.09
ITALIAN SAUSAGE,RAW,PORK	0.00	0.07
KRAFT,JELL-O SGR FR LO CAL GELATIN SNACKS STRAWBERRY, W/AP	0.00	0.01
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CKD	0.00	0.12
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN&FAT,1/8"FAT,RAW	0.00	0.09
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN,1/8"FAT,CKD	0.00	0.13
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN,1/8"FAT,RAW	0.00	0.1
LAMB,AUS,IMP,FRSH,FAT,CKD	0.00	0.05

LAMB,AUS,IMP,FRSH,FAT,RAW	0.00	0.03
LAMB,AUS,IMP,FRSH,FORESHANK,LN&FAT,1/8"FAT,CKD,BRSD	0.00	0.12
LAMB,AUS,IMP,FRSH,FORESHANK,LN&FAT,1/8"FAT,RAW	0.00	0.09
LAMB,AUS,IMP,FRSH,FORESHANK,LN,1/8"FAT,CKD,BRSD	0.00	0.14
LAMB,AUS,IMP,FRSH,FORESHANK,LN,1/8"FAT,RAW	0.00	0.1
LAMB,AUS,IMP,FRSH,LEG,CNTR SLCE,BNE-IN,LN&FT,1/8"FT,CKD,BRLD	0.00	0.13
LAMB,AUS,IMP,FRSH,LEG,CNTR SLICE,BONE-IN,LN&FAT,1/8"FAT,RAW	0.00	0.1
LAMB,AUS,IMP,FRSH,LEG,CNTR SLICE,BONE-IN,LN,1/8"FAT,CKD,BRLD	0.00	0.13
LAMB,AUS,IMP,FRSH,LEG,CNTR SLICE,BONE-IN,LN,1/8"FAT,RAW	0.00	0.1
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN&FAT,1/8"FAT,CKD,RSTD	0.00	0.13
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN&FAT,1/8"FAT,RAW	0.00	0.09
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN,1/8"FAT,CKD,RSTD	0.00	0.14
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN,1/8"FAT,RAW	0.00	0.1
LAMB,AUS,IMP,FRSH,LEG,SIRL CHOPS,BNLESS,LN&FAT,1/8"FAT,RAW	0.00	0.09
LAMB,AUS,IMP,FRSH,LEG,SIRL CHOPS,BNLESS,LN,1/8"FAT,CKD,BRLD	0.00	0.14
LAMB,AUS,IMP,FRSH,LEG,SIRL CHPS,BNLESS,LN&FT,1/8"FT,CKD,BRLD	0.00	0.13
LAMB,AUS,IMP,FRSH,LEG,SIRL HALF,BNLESS,LN,1/8"FAT,CKD,RSTD	0.00	0.14
LAMB,AUS,IMP,FRSH,LEG,SIRL HLF,BNLESS,LN&FT,1/8"FAT,CKD,RSTD	0.00	0.12
LAMB,AUS,IMP,FRSH,LEG,SIRLOIN CHOPS,BNLESS,LN,1/8"FAT,RAW	0.00	0.1
LAMB,AUS,IMP,FRSH,LEG,SIRLOIN HALF,BNLESS,LN&FAT,1/8"FAT,RAW	0.00	0.09
LAMB,AUS,IMP,FRSH,LEG,SIRLOIN HALF,BNLESS,LN,1/8"FAT,RAW	0.00	0.1
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CKD,RSTD	0.00	0.13
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,RAW	0.00	0.09
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN,1/8"FAT,CKD,RSTD	0.00	0.14
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN,1/8"FAT,RAW	0.00	0.1
LAMB,AUS,IMP,FRSH,LOIN,LN&FAT,1/8"FAT,CKD,BRLD	0.00	0.13
LAMB,AUS,IMP,FRSH,LOIN,LN&FAT,1/8"FAT,RAW	0.00	0.1
LAMB,AUS,IMP,FRSH,LOIN,LN,1/8"FAT,CKD,BRLD	0.00	0.13
LAMB,AUS,IMP,FRSH,LOIN,LN,1/8"FAT,RAW	0.00	0.11
LAMB,AUS,IMP,FRSH,RIB,LN&FAT,1/8"FAT,CKD,RSTD	0.00	0.11
LAMB,AUS,IMP,FRSH,RIB,LN&FAT,1/8"FAT,RAW	0.00	0.08
LAMB,AUS,IMP,FRSH,RIB,LN,1/8"FAT,CKD,RSTD	0.00	0.12
LAMB,AUS,IMP,FRSH,RIB,LN,1/8"FAT,RAW	0.00	0.1
LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN&FAT,1/8"FAT,CKD,BRSD	0.00	0.15
LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN&FAT,1/8"FAT,RAW	0.00	0.09
LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN,1/8"FAT,CKD,BRSD	0.00	0.17
LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN,1/8"FAT,RAW	0.00	0.1
LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN&FAT,1/8"FAT,CKD,BRLD	0.00	0.11
LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN&FAT,1/8"FAT,RAW	0.00	0.08
LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN,1/8"FAT,CKD,BRLD	0.00	0.12
LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN,1/8"FAT,RAW	0.00	0.1
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CKD	0.00	0.12
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,RAW	0.00	0.08
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN,1/8"FAT,CKD	0.00	0.13
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN,1/8"FAT,RAW	0.00	0.1
LAMB,DOM,COMP OF RTL CUTS,FAT,1/4"FAT,CHOIC,CKD	0.00	0.06
LAMB,DOM,COMP OF RTL CUTS,FAT,1/4"FAT,CHOIC,RAW	0.00	0.03
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,CKD	0.00	0.12
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.08
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,CKD	0.00	0.13
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.09

LAMB,DOM,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,CKD	0.00	0.14
LAMB,DOM,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,RAW	0.00	0.1
LAMB,DOM,CUBED FOR STEW (LEG&SHLDR),LN,1/4"FAT,CKD,BRLD	0.00	0.14
LAMB,DOM,CUBED FOR STEW (LEG&SHLDR),LN,1/4"FAT,CKD,BRSD	0.00	0.17
LAMB,DOM,CUBED FOR STEW OR KABOB (LEG&SHLDR),LN,1/4"FAT,RAW	0.00	0.1
LAMB,DOM,FORESHANK,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.14
LAMB,DOM,FORESHANK,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.09
LAMB,DOM,FORESHANK,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.09
LAMB,DOM,FORESHANK,LN&FAT,1/8"FAT,CKD,BRSD	0.00	0.14
LAMB,DOM,FORESHANK,LN,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.16
LAMB,DOM,FORESHANK,LN,1/4"FAT,CHOIC,RAW	0.00	0.11
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.13
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.09
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	0.00	0.13
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.09
LAMB,DOM,LEG,SHANK HALF,LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.14
LAMB,DOM,LEG,SHANK HALF,LN,1/4"FAT,CHOIC,RAW	0.00	0.1
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.12
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.08
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	0.00	0.12
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.09
LAMB,DOM,LEG,SIRLOIN HALF,LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.14
LAMB,DOM,LEG,SIRLOIN HALF,LN,1/4"FAT,CHOIC,RAW	0.00	0.1
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.13
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.09
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	0.00	0.13
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.09
LAMB,DOM,LEG,WHL (SHK&SIRL),LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.14
LAMB,DOM,LEG,WHL (SHK&SIRL),LN,1/4"FAT,CHOIC,RAW	0.00	0.1
LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.13
LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.11
LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.08
LAMB,DOM,LOIN,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	0.00	0.13
LAMB,DOM,LOIN,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	0.00	0.12
LAMB,DOM,LOIN,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.09
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.15
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.13
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,RAW	0.00	0.1
LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.11
LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.11
LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.07
LAMB,DOM,RIB,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	0.00	0.12
LAMB,DOM,RIB,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	0.00	0.11
LAMB,DOM,RIB,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.08
LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.14
LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.13
LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,RAW	0.00	0.1
LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.12
LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.15
LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.11
LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.08



LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	0.00	0.16
LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.09
LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CHOIC,RSTD	0.00	0.11
LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CKD,BRLD	0.00	0.12
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.14
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.18
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.13
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,RAW	0.00	0.1
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.12
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.14
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.11
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.08
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	0.00	0.12
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	0.00	0.14
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	0.00	0.11
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.09
LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.13
LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.16
LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.12
LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,RAW	0.00	0.1
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.12
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.14
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.11
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,RAW	0.00	0.08
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	0.00	0.12
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	0.00	0.15
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	0.00	0.11
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,RAW	0.00	0.09
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,CKD,BRLD	0.00	0.14
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,CKD,BRSD	0.00	0.16
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,CKD,RSTD	0.00	0.12
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,RAW	0.00	0.1
LAMB,GROUND,CKD,BRLD	0.00	0.12
LAMB,GROUND,RAW	0.00	0.08
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,FAT,CKD	0.00	0.05
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,FAT,RAW	0.00	0.03
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CKD	0.00	0.13
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,1/8"FAT,RAW	0.00	0.09
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,CKD	0.00	0.12
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,RAW	0.00	0.08
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN,CKD	0.00	0.15
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN,RAW	0.00	0.1
LAMB,NZ,IMP,FRZ,FORESHANK,LN&FAT,1/8"FAT,CKD,BRSD	0.00	0.13
LAMB,NZ,IMP,FRZ,FORESHANK,LN&FAT,1/8"FAT,RAW	0.00	0.09
LAMB,NZ,IMP,FRZ,FORESHANK,LN&FAT,CKD,BRSD	0.00	0.13
LAMB,NZ,IMP,FRZ,FORESHANK,LN&FAT,RAW	0.00	0.09
LAMB,NZ,IMP,FRZ,FORESHANK,LN,CKD,BRSD	0.00	0.15
LAMB,NZ,IMP,FRZ,FORESHANK,LN,RAW	0.00	0.1
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CKD,RSTD	0.00	0.13
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,RAW	0.00	0.09
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,CKD,RSTD	0.00	0.12

LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,RAW	0.00	0.09
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN,CKD,RSTD	0.00	0.14
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN,RAW	0.00	0.1
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,1/8"FAT,CKD,BRLD	0.00	0.12
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,1/8"FAT,RAW	0.00	0.09
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,CKD,BRLD	0.00	0.12
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,RAW	0.00	0.08
LAMB,NZ,IMP,FRZ,LOIN,LN,CKD,BRLD	0.00	0.15
LAMB,NZ,IMP,FRZ,LOIN,LN,RAW	0.00	0.11
LAMB,NZ,IMP,FRZ,RIB,LN&FAT,1/8"FAT,CKD,RSTD	0.00	0.1
LAMB,NZ,IMP,FRZ,RIB,LN&FAT,1/8"FAT,RAW	0.00	0.08
LAMB,NZ,IMP,FRZ,RIB,LN&FAT,CKD,RSTD	0.00	0.09
LAMB,NZ,IMP,FRZ,RIB,LN&FAT,RAW	0.00	0.07
LAMB,NZ,IMP,FRZ,RIB,LN,CKD,RSTD	0.00	0.12
LAMB,NZ,IMP,FRZ,RIB,LN,RAW	0.00	0.1
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CKD,BRSD	0.00	0.15
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,RAW	0.00	0.09
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,BRSD	0.00	0.14
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,RAW	0.00	0.08
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN,CKD,BRSD	0.00	0.17
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN,RAW	0.00	0.1
LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	0.00	0.06
LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,PAN-FRIED	0.00	0.08
LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	0.00	0.05
LAMB,VAR MEATS&BY-PRODUCTS,HEART,RAW	0.00	0.08
LAMB,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	0.00	0.12
LAMB,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	0.00	0.08
LAMB,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	0.00	0.1
LAMB,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	0.00	0.08
LAMB,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED,RAW	0.00	0.07
LAMB,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	0.00	0.11
LAMB,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	0.00	0.07
LAMB,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	0.00	0.13
LAMB,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	0.00	0.09
LAMB,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	0.00	0.11
LAMB,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	0.00	0.08
LARD	0.00	0
LEAVENING AGENTS,BAKING SODA	0.00	0
LEMONADE,LO CAL,W/ASPRT,PDR,PREP W/H2O	0.00	0
LETTUCE,COS OR ROMAINE,RAW	0.00	0.01
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	0.00	0.01
LING,COOKED,DRY HEAT	0.00	0.12
LING,RAW	0.00	0.09
LINGCOD,COOKED,DRY HEAT	0.00	0.11
LINGCOD,RAW	0.00	0.09
LOBSTER,NORTHERN,RAW	0.00	0.09
LOUIS RICH,TURKEY HAM (10% H2O)	0.00	0.09
LOUIS RICH,TURKEY SALAMI	0.00	0.08
LOUIS RICH,TURKEY SALAMI COTTO	0.00	0.08
MACKEREL,ATLANTIC,CKD,DRY HEAT	0.00	0.12
MACKEREL,ATLANTIC,RAW	0.00	0.09

MACKEREL,JACK,CND,DRND SOL	0.00	0.12
MACKEREL,KING,CKD,DRY HEAT	0.00	0.13
MACKEREL,KING,RAW	0.00	0.1
MACKEREL,PACIFIC&JACK,MXD SP,CKD,DRY HEAT	0.00	0.13
MACKEREL,PACIFIC&JACK,MXD SP,RAW	0.00	0.1
MACKEREL,SPANISH,CKD,DRY HEAT	0.00	0.12
MACKEREL,SPANISH,RAW	0.00	0.1
MALABAR SPINACH,COOKED	0.00	0.01
MARGARINE-BUTTER BLEND,60% CORN OIL MARGARINE&40% BUTTER	0.00	0
MARGARINE-LIKE SPRD,(APPROX 40% FAT),CORN (HYDR&REG)	0.00	0
MARGARINE-LIKE SPRD,(APPROX 40% FAT),SOY(HYDR)&CTTNSD(HYDR)	0.00	0
MARGARINE-LIKE SPRD,(APPROX 40% FAT),SOY(HYDR)&PLM(HYDR&REG)	0.00	0
MARGARINE-LIKE SPRD,(APPROX 40% FAT),SOYBN (HYDR)	0.00	0
MARGARINE-LIKE SPRD,(APPROX 40% FAT),SOYBN (HYDR)&CTTNSD	0.00	0
MARGARINE-LIKE SPRD,(APPROX 40% FAT),UNSPEC OILS	0.00	0
MARGARINE-LIKE SPRD,APPROX 60% FAT,STK,SOYBN HYDR&PALM HYDR	0.00	0
MARGARINE-LIKE SPRD,APPROX 60% FAT,TUB,UNSPEC OILS	0.00	0
MARGARINE-LIKE SPRD,APPRX 60% FAT,TUB,SOYBN HYDR&CTTNSD HYD	0.00	0
MARGARINE-LIKE SPRD,APPRX 60%FAT,TUB,SOYBN HYDR&PALM HYDR&F	0.00	0
MARGARINE,REG,HARD,COCNT (HYDR&REG)&SAFFLOWER&PALM (HYDR)	0.00	0
MARGARINE,REG,HARD,CORN (HYDR&REG)	0.00	0
MARGARINE,REG,HARD,CORN (HYDR)	0.00	0
MARGARINE,REG,HARD,CORN&SOYBN (HYDR)&CTTNSD (HYDR),W/SALT	0.00	0
MARGARINE,REG,HARD,CORN&SOYBN (HYDR)&CTTNSD (HYDR),WO/SALT	0.00	0
MARGARINE,REG,HARD,LARD (HYDR)	0.00	0
MARGARINE,REG,HARD,SAFFLOWER&SOYBN (HYDR&REG)&CTTNSD (HYD	0.00	0
MARGARINE,REG,HARD,SAFFLOWER&SOYBN (HYDR)	0.00	0
MARGARINE,REG,HARD,SAFFLOWER&SOYBN (HYDR)&CTTNSD (HYDR)	0.00	0
MARGARINE,REG,HARD,SOYBN (HYDR&REG)	0.00	0
MARGARINE,REG,HARD,SOYBN (HYDR)	0.00	0
MARGARINE,REG,HARD,SOYBN (HYDR)&CORN&CTTNSD (HYDR)	0.00	0
MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD	0.00	0
MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD (HYDR)	0.00	0
MARGARINE,REG,HARD,SOYBN (HYDR)&PALM (HYDR&REG)	0.00	0
MARGARINE,REG,HARD,SOYBN (HYDR)&PALM (HYDR)	0.00	0
MARGARINE,REG,HARD,SOYBN (HYDR),CTTNSD (HYDR),&SOYBN	0.00	0
MARGARINE,REG,HARD,SOYBN,SOYBN (HYDR),&CTTNSD (HYDR)	0.00	0
MARGARINE,REG,HARD,SUNFLOWER&SOYBN (HYDR)&CTTNSD (HYDR)	0.00	0
MARGARINE,REG,LIQ,SOYBN (HYDR&REG)&CTTNSD	0.00	0.01
MARGARINE,REG,UNSPEC OILS,W/SALT	0.00	0
MARGARINE,REG,UNSPEC OILS,WO/ SALT	0.00	0
MARGARINE,SOFT,CORN (HYDR&REG)	0.00	0
MARGARINE,SOFT,SAFFLOWER (HYDR&REG)	0.00	0
MARGARINE,SOFT,SAFFLOWER&CTTNSD (HYDR)&PNUT (HYDR)	0.00	0
MARGARINE,SOFT,SOYBN (HYDR&REG),W/SALT	0.00	0
MARGARINE,SOFT,SOYBN (HYDR)&CTTNSD	0.00	0
MARGARINE,SOFT,SOYBN (HYDR)&CTTNSD (HYDR),W/SALT	0.00	0
MARGARINE,SOFT,SOYBN (HYDR)&CTTNSD (HYDR),WO/SALT	0.00	0
MARGARINE,SOFT,SOYBN (HYDR)&PALM (HYDR&REG)	0.00	0
MARGARINE,SOFT,SOYBN (HYDR)&SAFFLOWER	0.00	0
MARGARINE,SOFT,SOYBN (HYDR),CTTNSD (HYDR),&SOYBN	0.00	0

MARGARINE,SOFT,SOYBN (HYDROGENATE&REG),WO/SALT	0.00	0
MARGARINE,SOFT,SOYBN,SOYBN (HYDR),&CTTNSD (HYDR)	0.00	0
MARGARINE,SOFT,SUNFLOWER&CTTNSD (HYDR)&PNUT (HYDR)	0.00	0
MARGARINE,SOFT,UNSPEC OILS,W/SALT	0.00	0
MARGARINE,SOFT,UNSPEC OILS,WO/ SALT	0.00	0
MILKFISH,COOKED,DRY HEAT	0.00	0.13
MILKFISH,RAW	0.00	0.1
MONKFISH,COOKED,DRY HEAT	0.00	0.09
MONKFISH,RAW	0.00	0.07
MULLET,STRIPED,CKD,DRY HEAT	0.00	0.12
MULLET,STRIPED,RAW	0.00	0.1
MUSTARD GRNS,CKD,BLD,DRND,W/SALT	0.00	0.01
MUSTARD GRNS,CKD,BLD,DRND,WO/SALT	0.00	0.01
MUSTARD GRNS,FRZ,CKD,BLD,DRND,W/SALT	0.00	0.01
MUSTARD GRNS,FRZ,CKD,BLD,DRND,WO/SALT	0.00	0.01
MUSTARD GRNS,FRZ,UNPREP	0.00	0.01
MUSTARD SPINACH,(TENDERGREEN),CKD,BLD,DRND,W/SALT	0.00	0.01
MUSTARD SPINACH,(TENDERGREEN),CKD,BLD,DRND,WO/SALT	0.00	0.01
NALLEY CHILI CON CARNE W/BNS,CND ENTREE	0.-0	0.08
OCEAN PERCH,ATLANTIC,CKD,DRY HEAT	0.00	0.12
OCEAN PERCH,ATLANTIC,RAW	0.00	0.09
OIL,OLIVE,SALAD OR COOKING	0.00	0
OIL,PNUT,SALAD OR COOKING	0.00	0
OIL,SESAME,SALAD OR COOKING	0.00	0
OIL,SOYBN,SALAD OR COOKING	0.00	0
OIL,SOYBN,SALAD OR COOKING,(HYDR)	0.00	0
OIL,SOYBN,SALAD OR COOKING,(HYDR)&CTTNSD	0.00	0
OIL,VEG CORN,SALAD OR COOKING	0.00	0
OIL,VEG SAFFLOWER,SALAD OR COOKING,LINOLEIC,(OVER 70%)	0.00	0
OIL,VEG SAFFLOWER,SALAD OR COOKING,OLEIC,(OVER 70%)	0.00	0
OIL,VEG,APRICOT KERNEL	0.00	0
OIL,VEG,COCOA BUTTER	0.00	0
OIL,VEG,CTTNSD,SALAD OR COOKING	0.00	0
OIL,VEG,NUTMEG BUTTER	0.00	0
OIL,VEG,SUNFLOWER,LINOLEIC (LESS THAN 60%)	0.00	0
OIL,VEG,SUNFLOWER,LINOLEIC,(60%&OVER)	0.00	0
OIL,VEG,SUNFLOWER,LINOLEIC,(HYDR)	0.00	0
OIL,VEG,UCUHUBA BUTTER	0.00	0
OIL,VEGETABLE,ALMOND	0.00	0
OIL,VEGETABLE,BABASSU	0.00	0
OIL,VEGETABLE,CUPU ASSU	0.00	0
OIL,VEGETABLE,GRAPESEED	0.00	0
OIL,VEGETABLE,HAZELNUT	0.00	0
OIL,VEGETABLE,PALM	0.00	0
OIL,VEGETABLE,POPPYSEED	0.00	0
OIL,VEGETABLE,RICE BRAN	0.00	0
OIL,VEGETABLE,SHEANUT	0.00	0
OIL,VEGETABLE,TEASEED	0.00	0
OIL,VEGETABLE,TOMATOSEED	0.00	0
OIL,VEGETABLE,WALNUT	0.00	0
OIL,WHEAT GERM	0.00	0

OSCAR MAYER,HAM (H2O ,SMOKED,CKD)	0.00	0.08
OSCAR MAYER,HEAD CHEESE	0.00	0.08
OSCAR MAYER,SMMR SAUSAGE THURINGER CERVALAT	0.00	0.07
PERCH,MIXED SPECIES,RAW	0.00	0.1
PERCH,MXD SP,CKD,DRY HEAT	0.00	0.12
PHEASANT,BREAST,MEAT ONLY,RAW	0.00	0.12
PHEASANT,LEG,MEAT ONLY,RAW	0.00	0.11
PHEASANT,RAW,MEAT ONLY	0.00	0.12
PHEASANT,RAW,MEAT&SKN	0.00	0.11
PIKE,NORTHERN,CKD,DRY HEAT	0.00	0.12
PIKE,NORTHERN,RAW	0.00	0.1
PIKE,WALLEYE,CKD,DRY HEAT	0.00	0.12
PIKE,WALLEYE,RAW	0.00	0.1
POLLOCK,ATLANTIC,CKD,DRY HEAT	0.00	0.12
POLLOCK,ATLANTIC,RAW	0.00	0.1
POLLOCK,WALLEYE,CKD,DRY HEAT	0.00	0.12
POLLOCK,WALLEYE,RAW	0.00	0.09
POMPANO,FLORIDA,CKD,DRY HEAT	0.00	0.12
POMPANO,FLORIDA,RAW	0.00	0.09
PORK SKINS,PLAIN	0.00	0.31
PORK,CURED,BACON,CKD,BRLD,PAN-FRIED OR RSTD	0.00	0.15
PORK,CURED,BACON,RAW	0.00	0.04
PORK,CURED,BRKFST STRIPS,RAW OR UNHTD	0.00	0.06
PORK,CURED,FAT (FROM HAM&ARM PICNIC),RSTD	0.00	0.04
PORK,CURED,FAT (FROM HAM&ARM PICNIC),UNHTD	0.00	0.03
PORK,CURED,FEET,PICKLED	0.00	0.07
PORK,CURED,HAM,BNLESS,EX LN&REG,RSTD	0.00	0.11
PORK,CURED,HAM,BNLESS,REG (APPROX 11% FAT),RSTD	0.00	0.11
PORK,CURED,HAM,CNTR SLICE,COUNTRY-STYLE,LN,RAW	0.00	0.14
PORK,CURED,HAM,CNTR SLICE,LN&FAT,UNHTD	0.00	0.1
PORK,CURED,HAM,EX LN (APPROX 4% FAT),CND,RSTD	0.00	0.11
PORK,CURED,HAM,EX LN (APPROX 4% FAT),CND,UNHTD	0.00	0.09
PORK,CURED,HAM,EX LN&REG,CND,RSTD	0.00	0.1
PORK,CURED,HAM,EX LN&REG,CND,UNHTD	0.00	0.09
PORK,CURED,HAM,REG (APPROX 13% FAT),CND,RSTD	0.00	0.1
PORK,CURED,HAM,REG (APPROX 13% FAT),CND,UNHTD	0.00	0.08
PORK,CURED,HAM,STEAK,BNLESS,EX LN,UNHTD	0.00	0.1
PORK,CURED,HAM,WHL,LN&FAT,RSTD	0.00	0.11
PORK,CURED,HAM,WHL,LN&FAT,UNHTD	0.00	0.09
PORK,CURED,HAM,WHL,LN,RSTD	0.00	0.13
PORK,CURED,HAM,WHL,LN,UNHTD	0.00	0.11
PORK,CURED,SALT PORK,RAW	0.00	0.03
PORK,CURED,SHLDR,ARM PICNIC,LN&FAT,RSTD	0.00	0.1
PORK,CURED,SHLDR,ARM PICNIC,LN,RSTD	0.00	0.12
PORK,CURED,SHLDR,BLADE ROLL,LN&FAT,RSTD	0.00	0.09
PORK,CURED,SHLDR,BLADE ROLL,LN&FAT,UNHTD	0.00	0.08
PORK,FRESH,BACKFAT,RAW	0.00	0.01
PORK,FRESH,BELLY,RAW	0.00	0.05
PORK,FRESH,GROUND,COOKED	0.00	0.13
PORK,FRESH,GROUND,RAW	0.00	0.08
PORK,FRSH,BACKRIBS,LN&FAT,CKD,RSTD	0.00	0.12

PORK,FRSH,BACKRIBS,LN&FAT,RAW	0.00	0.08
PORK,FRSH,CARCASS,LN&FAT,RAW	0.00	0.07
PORK,FRSH,COMP (LEG,LOIN,SHLDR,&SPARERIBS),LN&FAT,CKD	0.00	0.14
PORK,FRSH,COMP (LEG,LOIN,SHLDR,&SPARERIBS),LN&FAT,RAW	0.00	0.09
PORK,FRSH,COMP OF LEG,LOIN,SHLDR,&SPARERIBS,LN&FAT,RAW	0.00	0.09
PORK,FRSH,COMP OF RTL CUTS (LEG,LOIN,&SHLDR),LN,CKD	0.00	0.15
PORK,FRSH,COMP OF RTL CUTS (LEG,LOIN,SHLDR),LN,RAW	0.00	0.11
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN&FAT,CKD	0.00	0.14
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN&FAT,RAW	0.00	0.1
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN,CKD	0.00	0.15
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN,RAW	0.00	0.11
PORK,FRSH,FAT,CKD	0.00	0.06
PORK,FRSH,FAT,RAW	0.00	0.03
PORK,FRSH,LEG (HAM),RUMP HALF,LN&FAT,CKD,RSTD	0.00	0.14
PORK,FRSH,LEG (HAM),RUMP HALF,LN&FAT,RAW	0.00	0.09
PORK,FRSH,LEG (HAM),RUMP HALF,LN,CKD,RSTD	0.00	0.15
PORK,FRSH,LEG (HAM),RUMP HALF,LN,RAW	0.00	0.11
PORK,FRSH,LEG (HAM),SHANK HALF,LN&FAT,CKD,RSTD	0.00	0.13
PORK,FRSH,LEG (HAM),SHANK HALF,LN&FAT,RAW	0.00	0.09
PORK,FRSH,LEG (HAM),SHANK HALF,LN,CKD,RSTD	0.00	0.14
PORK,FRSH,LEG (HAM),SHANK HALF,LN,RAW	0.00	0.1
PORK,FRSH,LEG (HAM),WHL,LN&FAT,CKD,RSTD	0.00	0.13
PORK,FRSH,LEG (HAM),WHL,LN&FAT,RAW	0.00	0.09
PORK,FRSH,LEG (HAM),WHL,LN,CKD,RSTD	0.00	0.15
PORK,FRSH,LEG (HAM),WHL,LN,RAW	0.00	0.1
PORK,FRSH,LOIN,BLADE (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	0.00	0.08
PORK,FRSH,LOIN,BLADE (CHOPS OR ROASTS),BONE-IN,LN,RAW	0.00	0.1
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	0.00	0.11
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	0.00	0.11
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,PAN-FRIED	0.00	0.11
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,BRLD	0.00	0.13
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,BRSD	0.00	0.13
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	0.00	0.12
PORK,FRSH,LOIN,BLADE (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	0.00	0.12
PORK,FRSH,LOIN,BLADE (ROASTS),BONE-IN,LN,CKD,RSTD	0.00	0.13
PORK,FRSH,LOIN,CNTR LOIN (CHOPS OR ROASTS),BONE-IN,LN,RAW	0.00	0.11
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	0.00	0.14
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	0.00	0.14
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,BRLD	0.00	0.15
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,BRSD	0.00	0.15
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	0.00	0.16
PORK,FRSH,LOIN,CNTR LOIN (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	0.00	0.13
PORK,FRSH,LOIN,CNTR LOIN (ROASTS),BONE-IN,LN,CKD,RSTD	0.00	0.14
PORK,FRSH,LOIN,CNTR LOIN CHOPS OR ROASTS,BONE-IN,LN&FAT,RAW	0.00	0.1
PORK,FRSH,LOIN,CNTR LOIN CHOPS,BONE-IN,LN&FAT,CKD,PAN-FRIED	0.00	0.15
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BNLESS,LN&FAT,RAW	0.00	0.1
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BNLESS,LN,RAW	0.00	0.11
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	0.00	0.1
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BONE-IN,LN,RAW	0.00	0.11
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,BRLD	0.00	0.14
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,BRSD	0.00	0.13

PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,PAN-FRIED	0.00	0.14
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,BRLD	0.00	0.15
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,BRSD	0.00	0.14
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,PAN-FRIED	0.00	0.14
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	0.00	0.14
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	0.00	0.13
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,PAN-FRIED	0.00	0.13
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,BRLD	0.00	0.15
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,BRSD	0.00	0.14
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	0.00	0.14
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BNLESS,LN&FAT,CKD,RSTD	0.00	0.13
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BNLESS,LN,CKD,RSTD	0.00	0.14
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	0.00	0.14
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BONE-IN,LN,CKD,RSTD	0.00	0.14
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BONE-IN,LN,CKD,RSTD	0.00	0.14
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN&FAT,CKD,BRSD	0.00	0.12
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN&FAT,CKD,RSTD	0.00	0.12
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN&FAT,RAW	0.00	0.08
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,CKD,BRSD	0.00	0.13
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,CKD,RSTD	0.00	0.13
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,RAW	0.00	0.1
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BNLESS,LN&FAT,RAW	0.00	0.1
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BNLESS,LN,RAW	0.00	0.11
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	0.00	0.1
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BONE-IN,LN,RAW	0.00	0.11
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN&FAT,CKD,BRLD	0.00	0.15
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN&FAT,CKD,BRSD	0.00	0.13
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN,CKD,BRLD	0.00	0.16
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN,CKD,BRSD	0.00	0.14
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	0.00	0.13
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	0.00	0.13
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN,CKD,BRLD	0.00	0.14
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN,CKD,BRSD	0.00	0.14
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BNLESS,LN&FAT,CKD,RSTD	0.00	0.14
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BNLESS,LN,CKD,RSTD	0.00	0.14
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	0.00	0.14
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BONE-IN,LN,CKD,RSTD	0.00	0.14
PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,CKD,BRLD	0.00	0.15
PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,CKD,RSTD	0.00	0.14
PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,RAW	0.00	0.1
PORK,FRSH,LOIN,TENDERLOIN,LN,CKD,BRLD	0.00	0.15
PORK,FRSH,LOIN,TENDERLOIN,LN,CKD,RSTD	0.00	0.14
PORK,FRSH,LOIN,TENDERLOIN,LN,RAW	0.00	0.1
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN&FAT,CKD,BRLD	0.00	0.15
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN&FAT,CKD,BRSD	0.00	0.14
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN&FAT,CKD,PAN-FRIED	0.00	0.15
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN&FAT,RAW	0.00	0.1
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,BRLD	0.00	0.16
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,BRSD	0.00	0.15
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,PAN-FRIED	0.00	0.15
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,RAW	0.00	0.11
PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN&FAT,CKD,RSTD	0.00	0.14

PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN&FAT,RAW	0.00	0.1
PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN,CKD,RSTD	0.00	0.15
PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN,RAW	0.00	0.11
PORK,FRSH,LOIN,WHL,LN&FAT,CKD,BRLD	0.00	0.14
PORK,FRSH,LOIN,WHL,LN&FAT,CKD,BRSD	0.00	0.14
PORK,FRSH,LOIN,WHL,LN&FAT,CKD,RSTD	0.00	0.14
PORK,FRSH,LOIN,WHL,LN&FAT,RAW	0.00	0.1
PORK,FRSH,LOIN,WHL,LN,CKD,BRLD	0.00	0.14
PORK,FRSH,LOIN,WHL,LN,CKD,BRSD	0.00	0.14
PORK,FRSH,LOIN,WHL,LN,CKD,RSTD	0.00	0.14
PORK,FRSH,LOIN,WHL,LN,RAW	0.00	0.11
PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,CKD,BRSD	0.00	0.14
PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,CKD,RSTD	0.00	0.12
PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,RAW	0.00	0.08
PORK,FRSH,SHLDR,ARM PICNIC,LN,CKD,BRSD	0.00	0.16
PORK,FRSH,SHLDR,ARM PICNIC,LN,CKD,RSTD	0.00	0.13
PORK,FRSH,SHLDR,ARM PICNIC,LN,RAW	0.00	0.1
PORK,FRSH,SHLDR,BLADE,BOSTON (ROASTS OR STEAKS),LN&FAT,RAW	0.00	0.09
PORK,FRSH,SHLDR,BLADE,BOSTON (ROASTS OR STEAKS),LN,RAW	0.00	0.1
PORK,FRSH,SHLDR,BLADE,BOSTON (ROASTS),LN&FAT,CKD,RSTD	0.00	0.12
PORK,FRSH,SHLDR,BLADE,BOSTON (ROASTS),LN,CKD,RSTD	0.00	0.12
PORK,FRSH,SHLDR,BLADE,BOSTON (STEAKS),LN&FAT,CKD,BRLD	0.00	0.13
PORK,FRSH,SHLDR,BLADE,BOSTON (STEAKS),LN&FAT,CKD,BRSD	0.00	0.14
PORK,FRSH,SHLDR,BLADE,BOSTON (STEAKS),LN,CKD,BRLD	0.00	0.13
PORK,FRSH,SHLDR,BLADE,BOSTON (STEAKS),LN,CKD,BRSD	0.00	0.16
PORK,FRSH,SHLDR,WHL,LN&FAT,CKD,RSTD	0.00	0.12
PORK,FRSH,SHLDR,WHL,LN&FAT,RAW	0.00	0.09
PORK,FRSH,SHLDR,WHL,LN,CKD,RSTD	0.00	0.13
PORK,FRSH,SHLDR,WHL,LN,RAW	0.00	0.1
PORK,FRSH,SPARERIBS,LN&FAT,CKD,BRSD	0.00	0.15
PORK,FRSH,SPARERIBS,LN&FAT,RAW	0.00	0.09
PORK,FRSH,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	0.00	0.06
PORK,FRSH,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	0.00	0.05
PORK,FRSH,VAR MEATS&BY-PRODUCTS,CHITTERLINGS,CKD,SIMMRD	0.00	0.05
PORK,FRSH,VAR MEATS&BY-PRODUCTS,CHITTERLINGS,RAW	0.00	0.05
PORK,FRSH,VAR MEATS&BY-PRODUCTS,EARS,FRZ,CKD,SIMMRD	0.00	0.08
PORK,FRSH,VAR MEATS&BY-PRODUCTS,EARS,FRZ,RAW	0.00	0.11
PORK,FRSH,VAR MEATS&BY-PRODUCTS,FEET,CKD,SIMMRD	0.00	0.1
PORK,FRSH,VAR MEATS&BY-PRODUCTS,FEET,RAW	0.00	0.11
PORK,FRSH,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	0.00	0.12
PORK,FRSH,VAR MEATS&BY-PRODUCTS,JOWL,RAW	0.00	0.03
PORK,FRSH,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	0.00	0.13
PORK,FRSH,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	0.00	0.08
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LEAF FAT,RAW	0.00	0.01
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	0.00	0.08
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	0.00	0.07
PORK,FRSH,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED,RAI	0.00	0.08
PORK,FRSH,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	0.00	0.14
PORK,FRSH,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	0.00	0.09
PORK,FRSH,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	0.00	0.14
PORK,FRSH,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	0.00	0.09



PORK,FRSH,VAR MEATS&BY-PRODUCTS,STOMACH,RAW	0.00	0.08
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TAIL,CKD,SIMMRD	0.00	0.09
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TAIL,RAW	0.00	0.09
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	0.00	0.12
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	0.00	0.08
POULTRY FD PRODUCTS,GROUND TURKEY,CKD	0.00	0.14
POULTRY FD PRODUCTS,GROUND TURKEY,RAW	0.00	0.09
POULTRY,MECHANICALLY DEBONED,FROM BACKS&NECKS W/SKN,RAW	0.00	0.06
POULTRY,MECHANICALLY DEBONED,FROM BACKS&NECKS WO/SKN,RAW	0.00	0.07
POULTRY,MECHANICALLY DEBONED,FROM MATURE HENS,RAW	0.00	0.07
POUT,OCEAN,CKD,DRY HEAT	0.00	0.11
POUT,OCEAN,RAW	0.00	0.08
PUMPKIN LEAVES,CKD,BLD,DRND,WO/SALT	0.00	0.01
PUMPKIN,LEAVES,CKD,BLD,DRND,W/SALT	0.00	0.01
QUAIL,BREAST,MEAT ONLY,RAW	0.00	0.11
QUAIL,MEAT AND SKIN,RAW	0.00	0.1
QUAIL,MEAT ONLY,RAW	0.00	0.11
ROCKFISH,PACIFIC,MXD SP,CKD,DRY HEAT	0.00	0.12
ROCKFISH,PACIFIC,MXD SP,RAW	0.00	0.09
ROUGHY,ORANGE,CKD,DRY HEAT	0.00	0.09
ROUGHY,ORANGE,RAW	0.00	0.07
SABLEFISH,COOKED,DRY HEAT	0.00	0.09
SABLEFISH,RAW	0.00	0.07
SABLEFISH,SMOKED	0.00	0.09
SALAMI,COOKED,TURKEY	0.00	0.08
SALMON,ATLANTIC,FARMED,CKD,DRY HEAT	0.00	0.11
SALMON,ATLANTIC,FARMED,RAW	0.00	0.1
SALMON,ATLANTIC,WILD,CKD,DRY HEAT	0.00	0.13
SALMON,ATLANTIC,WILD,RAW	0.00	0.1
SALMON,CHINOOK,CKD,DRY HEAT	0.00	0.13
SALMON,CHINOOK,RAW	0.00	0.1
SALMON,CHINOOK,SMOKED	0.00	0.09
SALMON,CHINOOK,SMOKED,(LOX),REG	0.00	0.09
SALMON,CHUM,CKD,DRY HEAT	0.00	0.13
SALMON,CHUM,CND,WO/SALT,DRND SOL W/BONE	0.00	0.11
SALMON,CHUM,DRND SOL W/BONE	0.00	0.11
SALMON,CHUM,RAW	0.00	0.1
SALMON,COHO,FARMED,CKD,DRY HEAT	0.00	0.12
SALMON,COHO,FARMED,RAW	0.00	0.11
SALMON,COHO,WILD,CKD,DRY HEAT	0.00	0.12
SALMON,COHO,WILD,CKD,MOIST HEAT	0.00	0.14
SALMON,COHO,WILD,RAW	0.00	0.11
SALMON,PINK,CKD,DRY HEAT	0.00	0.13
SALMON,PINK,CND,SOL W/BONE&LIQ	0.00	0.1
SALMON,PINK,CND,WO/SALT,SOL W/BONE&LIQ	0.00	0.1
SALMON,PINK,RAW	0.00	0.1
SALMON,SOCKEYE,CKD,DRY HEAT	0.00	0.14
SALMON,SOCKEYE,CND,DRND SOL W/BONE	0.00	0.1
SALMON,SOCKEYE,CND,WO/SALT,DRND SOL W/BONE	0.00	0.1
SALMON,SOCKEYE,RAW	0.00	0.11
SALT,TABLE	0.00	0

SARDINE,ATLANTIC,CND IN OIL,DRND SOL W/BONE	0.00	0.12
SARDINE,PACIFIC,CND IN TOMATO SAU,DRND SOL W/BONE	0.00	0.08
SAUCE,RTS,PEPPER OR HOT	0.00	0
SAUCE,RTS,PEPPER,TABASCO	0.00	0.01
SCUP,COOKED,DRY HEAT	0.00	0.12
SCUP,RAW	0.00	0.09
SEA BASS,MXD SP,CKD,DRY HEAT	0.00	0.12
SEA BASS,MXD SP,RAW	0.00	0.09
SEATROUT,MXD SP,CKD,DRY HEAT	0.00	0.11
SEATROUT,MXD SP,RAW	0.00	0.08
SESAME SD KRNL, DRIED (DECORT)	0.-2	0.13
SHAD,AMERICAN,CKD,DRY HEAT	0.00	0.11
SHAD,AMERICAN,RAW	0.00	0.08
SHARK,MIXED SPECIES,RAW	0.00	0.1
SHEEPSHEAD,CKD,DRY HEAT	0.00	0.13
SHEEPSHEAD,RAW	0.00	0.1
SHORTENING BREAD,SOYBN (HYDR)&CTTNSD	0.00	0
SHORTENING CAKE MIX,SOYBN (HYDR)&CTTNSD (HYDR)	0.00	0
SHORTENING CONFECTIONERY,COCNT (HYDR)&OR PALM KERNEL (HYDR)	0.00	0
SHORTENING FRYING (HVY DUTY),BF TALLOW&CTTNSD	0.00	0
SHORTENING FRYING (HVY DUTY),PALM (HYDR)	0.00	0
SHORTENING FRYING (REG),SOYBN (HYDR)&CTTNSD (HYDR)	0.00	0
SHORTENING FRYING HVY DUTY,SOYBN HYDR,LINOLEIC (LESS THAN 1%	0.00	0
SHORTENING FRYING HVY DUTY,SOYBN HYDR,LINOLEIC 30% W/SILICON	0.00	0
SHORTENING HOUSEHOLD SOYBN (HYDR)&PALM	0.00	0
SHORTENING INDUSTRIAL,LARD&VEG OIL	0.00	0
SHORTENING INDUSTRIAL,SOYBN (HYDR)&CTTNSD	0.00	0
SHORTENING,CONFECTIONERY,FRACTIONATED PALM	0.00	0
SHORTENING,HOUSEHOLD,LARD&VEG OIL	0.00	0
SHORTENING,HOUSEHOLD,SOYBN (HYDR) -COTTONSEED (HYDR)	0.00	0
SHORTENING,MULTIPURPOSE,SOYBN (HYDR)&PALM (HYDR)	0.00	0
SHORTENING,SPL PURPOSE FOR BAKING,SOYBN (HYDR) PALM&CTTNSD	0.00	0
SHORTENING,SPL PURPOSE FOR CAKES&FROSTINGS,SOYBN (HYDR)	0.00	0
SHRIMP,MIXED SPECIES,RAW	0.00	0.1
SHRIMP,MXD SP,CKD,MOIST HEAT	0.00	0.1
SMELT,RAINBOW,CKD,DRY HEAT	0.00	0.11
SMELT,RAINBOW,RAW	0.00	0.09
SNAPPER,MIXED SPECIES,RAW	0.00	0.1
SNAPPER,MXD SP,CKD,DRY HEAT	0.00	0.13
SOUP,BF BROTH OR BOUILLON CND,RTS	0.00	0.01
SOUP,BF BROTH OR BOUILLON,PDR,PREP W/H2O	0.00	0
SOUP,BF BROTH,BOUILLON,CONSOMME,PREP W/EQ VOLUME H2O,COMM	0.00	0.01
SOUP,BF BROTH,CND,COND,SINGLE BRAND	0.00	0.01
SOUP,BF BROTH,CUBED,PREP W/H2O	0.00	0
SOUP,CHICK BROTH CUBES,DEHYD,PREP W/H2O	0.00	0
SOUP,CHICK BROTH OR BOUILLON,DEHYD,PREP W/H2O	0.00	0
SOUP,CHICK BROTH,CND,COND,COMM	0.00	0.02
SOUP,CHICK BROTH,CND,PREP W/EQ VOLUME H2O,COMM	0.00	0.01
SOUP,CONSOMME W/GELATIN,DEHYD,PREP W/H2O	0.00	0
SOUP,ESCAROLE,CND,RTS	0.00	0
SOUP,STOCK,FISH,HOME-PREPARED	0.00	0.01

SOY MILK,FLUID	0.00	0.01
SOY PROT ISOLATE,K TYPE,CRUDE PROT BASIS	0.00	0.44
SOY PROT ISOLATE,PROT TECHNOLOGIES INTERNATIONAL,PROPLUS	0.00	0.43
SOY PROT ISOLATE,PROT TECHNOLOGIES INTERNATIONAL,SUPRO	0.00	0.44
SPINACH,CND,NO SALT,SOL&LIQUIDS	0.00	0.01
SPINACH,RAW	0.00	0.01
SPOT,COOKED,DRY HEAT	0.00	0.12
SPOT,RAW	0.00	0.09
SQUAB,(PIGEON),LT MEAT WO/SKN,RAW	0.00	0.11
SQUAB,(PIGEON),MEAT ONLY,RAW	0.00	0.09
SQUAB,(PIGEON),MEAT&SKN,RAW	0.00	0.09
STURGEON,MXD SP,CKD,DRY HEAT	0.00	0.1
STURGEON,MXD SP,RAW	0.00	0.08
STURGEON,MXD SP,SMOKED	0.00	0.16
SUCKER,WHITE,CKD,DRY HEAT	0.00	0.11
SUCKER,WHITE,RAW	0.00	0.08
SUNFISH,PUMPKIN SD,CKD,DRY HEAT	0.00	0.12
SUNFISH,PUMPKIN SEED,RAW	0.00	0.1
SWORDFISH,COOKED,DRY HEAT	0.00	0.13
SWORDFISH,RAW	0.00	0.1
TEA,BREWED,PREP W/DISTILLED H2O	0.00	0
TEA,BREWED,PREP W/TAP H2O	0.00	0
TEA,BREWED,PREP W/TAP H2O,DECAFFEINATED	0.00	0
TEA,HERB,CHAMOMILE,BREWED	0.00	0
TEA,HERB,OTHER THAN CHAMOMILE,BREWED	0.00	0
TEA,INST,SWTND W/NA SACCHARIN,LEMON-FLAVORED,PREP	0.00	0
TEA,INST,UNSWTND,LEMON-FLAVORED,PDR,PREP	0.00	0
TEA,INST,UNSWTND,PDR,PREP	0.00	0
THURINGER,CERVELAT,SMMR SAUSAGE,BF,PORK	0.00	0.08
TILEFISH,COOKED,DRY HEAT	0.00	0.12
TILEFISH,RAW	0.00	0.09
TROUT,MIXED SPECIES,RAW	0.00	0.1
TROUT,MXD SP,CKD,DRY HEAT	0.00	0.13
TROUT,RAINBOW,FARMED,CKD,DRY HEAT	0.00	0.12
TROUT,RAINBOW,FARMED,RAW	0.00	0.1
TROUT,RAINBOW,WILD,CKD,DRY HEAT	0.00	0.11
TROUT,RAINBOW,WILD,RAW	0.00	0.1
TUNA,FRESH,BLUEFIN,RAW	0.00	0.12
TUNA,FRESH,SKIPJACK,RAW	0.00	0.11
TUNA,FRESH,YELLOWFIN,RAW	0.00	0.12
TUNA,FRSH,BLUEFIN,CKD,DRY HEAT	0.00	0.15
TUNA,LT,CND IN H2O,DRND SOL	0.00	0.13
TUNA,LT,CND IN H2O,WO/SALT,DRND SOL	0.00	0.13
TUNA,LT,CND IN OIL,DRND SOL	0.00	0.15
TUNA,LT,CND IN OIL,WO/SALT,DRND SOL	0.00	0.15
TUNA,SKIPJACK,FRSH,CKD,DRY HEAT	0.00	0.14
TUNA,WHITE,CND IN H2O,DRND SOL	0.00	0.12
TUNA,WHITE,CND IN H2O,WO/SALT,DRND SOL	0.00	0.12
TUNA,WHITE,CND IN OIL,DRND SOL	0.00	0.13
TUNA,WHITE,CND IN OIL,WO/SALT,DRND SOL	0.00	0.13
TUNA,YELLOWFIN,FRSH,CKD,DRY HEAT	0.00	0.15

TURBOT,EUROPEAN,CKD,DRY HEAT	0.00	0.1
TURBOT,EUROPEAN,RAW	0.00	0.08
TURKEY BREAST MEAT	0.00	0.11
TURKEY BREAST,PRE-BASTED,MEAT&SKN,CKD,RSTD	0.00	0.11
TURKEY HAM,CURED TURKEY THIGH MEAT	0.00	0.09
TURKEY ROLL,LIGHT MEAT	0.00	0.09
TURKEY THIGH,PRE-BASTED,MEAT&SKN,CKD,RSTD	0.00	0.09
TURKEY,ALL CLASSES,BACK,MEAT&SKN,CKD,RSTD	0.00	0.13
TURKEY,ALL CLASSES,BACK,MEAT&SKN,RAW	0.00	0.09
TURKEY,ALL CLASSES,BREAST,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,ALL CLASSES,BREAST,MEAT&SKN,RAW	0.00	0.11
TURKEY,ALL CLASSES,DK MEAT,CKD,RSTD	0.00	0.14
TURKEY,ALL CLASSES,DK MEAT,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,ALL CLASSES,DK MEAT,MEAT&SKN,RAW	0.00	0.09
TURKEY,ALL CLASSES,DK MEAT,RAW	0.00	0.1
TURKEY,ALL CLASSES,LEG,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,ALL CLASSES,LEG,MEAT&SKN,RAW	0.00	0.1
TURKEY,ALL CLASSES,LT MEAT,CKD,RSTD	0.00	0.15
TURKEY,ALL CLASSES,LT MEAT,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,ALL CLASSES,LT MEAT,MEAT&SKN,RAW	0.00	0.11
TURKEY,ALL CLASSES,LT MEAT,RAW	0.00	0.12
TURKEY,ALL CLASSES,MEAT ONLY,CKD,RSTD	0.00	0.15
TURKEY,ALL CLASSES,MEAT ONLY,RAW	0.00	0.11
TURKEY,ALL CLASSES,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	0.00	0.14
TURKEY,ALL CLASSES,MEAT&SKN&GIBLETS&NECK,RAW	0.00	0.1
TURKEY,ALL CLASSES,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,ALL CLASSES,MEAT&SKN,RAW	0.00	0.1
TURKEY,ALL CLASSES,NECK,MEAT ONLY,CKD,SIMMRD	0.00	0.13
TURKEY,ALL CLASSES,NECK,MEAT ONLY,RAW	0.00	0.1
TURKEY,ALL CLASSES,SKN ONLY,CKD,RSTD	0.00	0.1
TURKEY,ALL CLASSES,SKN ONLY,RAW	0.00	0.06
TURKEY,ALL CLASSES,WING,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,ALL CLASSES,WING,MEAT&SKN,RAW	0.00	0.1
TURKEY,CND,MEAT ONLY,W/BROTH	0.00	0.12
TURKEY,FRYER-ROASTERS,BACK,MEAT ONLY,CKD,RSTD	0.00	0.14
TURKEY,FRYER-ROASTERS,BACK,MEAT ONLY,RAW	0.00	0.1
TURKEY,FRYER-ROASTERS,BACK,MEAT&SKN,CKD,RSTD	0.00	0.13
TURKEY,FRYER-ROASTERS,BACK,MEAT&SKN,RAW	0.00	0.1
TURKEY,FRYER-ROASTERS,BREAST,MEAT ONLY,CKD,RSTD	0.00	0.15
TURKEY,FRYER-ROASTERS,BREAST,MEAT ONLY,RAW	0.00	0.12
TURKEY,FRYER-ROASTERS,BREAST,MEAT&SKN,CKD,RSTD	0.00	0.15
TURKEY,FRYER-ROASTERS,BREAST,MEAT&SKN,RAW	0.00	0.12
TURKEY,FRYER-ROASTERS,DK MEAT,MEAT ONLY,CKD,RSTD	0.00	0.14
TURKEY,FRYER-ROASTERS,DK MEAT,MEAT ONLY,RAW	0.00	0.1
TURKEY,FRYER-ROASTERS,DK MEAT,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,FRYER-ROASTERS,DK MEAT,MEAT&SKN,RAW	0.00	0.1
TURKEY,FRYER-ROASTERS,LEG,MEAT ONLY,CKD,RSTD	0.00	0.15
TURKEY,FRYER-ROASTERS,LEG,MEAT ONLY,RAW	0.00	0.1
TURKEY,FRYER-ROASTERS,LEG,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,FRYER-ROASTERS,LEG,MEAT&SKN,RAW	0.00	0.1
TURKEY,FRYER-ROASTERS,LT MEAT,MEAT ONLY,CKD,RSTD	0.00	0.15

TURKEY,FRYER-ROASTERS,LT MEAT,MEAT ONLY,RAW	0.00	0.12
TURKEY,FRYER-ROASTERS,LT MEAT,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,FRYER-ROASTERS,LT MEAT,MEAT&SKN,RAW	0.00	0.12
TURKEY,FRYER-ROASTERS,MEAT ONLY,CKD,RSTD	0.00	0.15
TURKEY,FRYER-ROASTERS,MEAT ONLY,RAW	0.00	0.11
TURKEY,FRYER-ROASTERS,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	0.00	0.14
TURKEY,FRYER-ROASTERS,MEAT&SKN&GIBLETS&NECK,RAW	0.00	0.11
TURKEY,FRYER-ROASTERS,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,FRYER-ROASTERS,MEAT&SKN,RAW	0.00	0.11
TURKEY,FRYER-ROASTERS,SKN ONLY,CKD,RSTD	0.00	0.1
TURKEY,FRYER-ROASTERS,SKN ONLY,RAW	0.00	0.08
TURKEY,FRYER-ROASTERS,WING,MEAT ONLY,CKD,RSTD	0.00	0.15
TURKEY,FRYER-ROASTERS,WING,MEAT ONLY,RAW	0.00	0.11
TURKEY,FRYER-ROASTERS,WING,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,FRYER-ROASTERS,WING,MEAT&SKN,RAW	0.00	0.1
TURKEY,GIZZARD,ALL CLASSES,CKD,SIMMRD	0.00	0.15
TURKEY,GIZZARD,ALL CLASSES,RAW	0.00	0.1
TURKEY,HEART,ALL CLASSES,RAW	0.00	0.09
TURKEY,MECHANICALLY DEBONED,FROM TURKEY FRAMES,RAW	0.00	0.07
TURKEY,YOUNG HEN,BACK,MEAT&SKN,CKD,RSTD	0.00	0.13
TURKEY,YOUNG HEN,BACK,MEAT&SKN,RAW	0.00	0.09
TURKEY,YOUNG HEN,BREAST,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,YOUNG HEN,BREAST,MEAT&SKN,RAW	0.00	0.11
TURKEY,YOUNG HEN,DK MEAT,MEAT ONLY,CKD,RSTD	0.00	0.14
TURKEY,YOUNG HEN,DK MEAT,MEAT ONLY,RAW	0.00	0.1
TURKEY,YOUNG HEN,DK MEAT,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,YOUNG HEN,DK MEAT,MEAT&SKN,RAW	0.00	0.09
TURKEY,YOUNG HEN,LEG,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,YOUNG HEN,LEG,MEAT&SKN,RAW	0.00	0.1
TURKEY,YOUNG HEN,LT MEAT,MEAT ONLY,CKD,RSTD	0.00	0.15
TURKEY,YOUNG HEN,LT MEAT,MEAT ONLY,RAW	0.00	0.12
TURKEY,YOUNG HEN,LT MEAT,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,YOUNG HEN,LT MEAT,MEAT&SKN,RAW	0.00	0.11
TURKEY,YOUNG HEN,MEAT ONLY,CKD,RSTD	0.00	0.15
TURKEY,YOUNG HEN,MEAT ONLY,RAW	0.00	0.11
TURKEY,YOUNG HEN,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	0.00	0.14
TURKEY,YOUNG HEN,MEAT&SKN&GIBLETS&NECK,RAW	0.00	0.1
TURKEY,YOUNG HEN,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,YOUNG HEN,MEAT&SKN,RAW	0.00	0.1
TURKEY,YOUNG HEN,SKN ONLY,CKD,RSTD	0.00	0.1
TURKEY,YOUNG HEN,SKN ONLY,RAW	0.00	0.06
TURKEY,YOUNG HEN,WING,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,YOUNG HEN,WING,MEAT&SKN,RAW	0.00	0.1
TURKEY,YOUNG TOM,BACK,MEAT&SKN,CKD,RSTD	0.00	0.13
TURKEY,YOUNG TOM,BACK,MEAT&SKN,RAW	0.00	0.09
TURKEY,YOUNG TOM,BREAST,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,YOUNG TOM,BREAST,MEAT&SKN,RAW	0.00	0.11
TURKEY,YOUNG TOM,DK MEAT,MEAT ONLY,CKD,RSTD	0.00	0.14
TURKEY,YOUNG TOM,DK MEAT,MEAT ONLY,RAW	0.00	0.1
TURKEY,YOUNG TOM,DK MEAT,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,YOUNG TOM,DK MEAT,MEAT&SKN,RAW	0.00	0.1

TURKEY,YOUNG TOM,LEG,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,YOUNG TOM,LEG,MEAT&SKN,RAW	0.00	0.1
TURKEY,YOUNG TOM,LT MEAT,MEAT ONLY,CKD,RSTD	0.00	0.15
TURKEY,YOUNG TOM,LT MEAT,MEAT ONLY,RAW	0.00	0.12
TURKEY,YOUNG TOM,LT MEAT,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,YOUNG TOM,LT MEAT,MEAT&SKN,RAW	0.00	0.11
TURKEY,YOUNG TOM,MEAT ONLY,CKD,RSTD	0.00	0.15
TURKEY,YOUNG TOM,MEAT ONLY,RAW	0.00	0.11
TURKEY,YOUNG TOM,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	0.00	0.14
TURKEY,YOUNG TOM,MEAT&SKN&GIBLETS&NECK,RAW	0.00	0.1
TURKEY,YOUNG TOM,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,YOUNG TOM,MEAT&SKN,RAW	0.00	0.1
TURKEY,YOUNG TOM,SKN ONLY,CKD,RSTD	0.00	0.1
TURKEY,YOUNG TOM,SKN ONLY,RAW	0.00	0.07
TURKEY,YOUNG TOM,WING,MEAT&SKN,CKD,RSTD	0.00	0.14
TURKEY,YOUNG TOM,WING,MEAT&SKN,RAW	0.00	0.1
TURNIP GRNS&TURNIPS,FRZ,CKD,BLD,DRND,W/SALT	0.00	0.01
TURNIP GRNS,CKD,BLD,DRND,W/SALT	0.00	0.01
TURNIP GRNS,CKD,BLD,DRND,WO/SALT	0.00	0.01
TURNIP GRNS,CND,SOL&LIQUIDS	0.00	0.01
USDA COMMODITY,BF,GROUND BULK/COARSE GROUND,FRZ,CKD	0.00	0.13
USDA COMMODITY,BF,GROUND,BULK/COARSE GROUND,FRZ,RAW	0.00	0.09
USDA COMMODITY,BF,PATTIES (100%),FRZ,CKD	0.00	0.11
USDA COMMODITY,BF,PATTIES (100%),FRZ,RAW	0.00	0.07
USDA COMMODITY,PORK SAUSAGE,BULK/LINKS/PATTIES,FRZ,RAW	0.00	0.07
USDA COMMODITY,PORK,CURED,HAM,BNLESS,CKD,HTD	0.00	0.09
USDA COMMODITY,PORK,CURED,HAM,BNLESS,CKD,UNHTD	0.00	0.09
USDA COMMODITY,PORK,GROUND,FINE/COARSE,FRZ,CKD	0.00	0.12
USDA COMMODITY,PORK,GROUND,FINE/COARSE,FRZ,RAW	0.00	0.08
USDA COMMODITY,PORK,SAUSAGE,BULK/LINKS/PATTIES,FRZ,CKD	0.00	0.1
VEAL,BREAST,FAT,CKD	0.00	0.05
VEAL,BREAST,PLATE HALF,BNLESS,LN&FAT,CKD,BRSD	0.00	0.13
VEAL,BREAST,POINT HALF,BNLESS,LN&FAT,CKD,BRSD	0.00	0.14
VEAL,BREAST,WHL,BNLESS,LN&FAT,CKD,BRSD	0.00	0.13
VEAL,BREAST,WHL,BNLESS,LN&FAT,RAW	0.00	0.09
VEAL,BREAST,WHL,BNLESS,LN,CKD,BRSD	0.00	0.15
VEAL,COMP OF RTL CUTS,FAT,CKD	0.00	0.05
VEAL,COMP OF RTL CUTS,FAT,RAW	0.00	0.03
VEAL,COMP OF RTL CUTS,LN&FAT,CKD	0.00	0.15
VEAL,COMP OF RTL CUTS,LN&FAT,RAW	0.00	0.1
VEAL,COMP OF RTL CUTS,LN,CKD	0.00	0.16
VEAL,COMP OF RTL CUTS,LN,RAW	0.00	0.1
VEAL,CUBED FOR STEW (LEG&SHLDR),LN,CKD,BRSD	0.00	0.17
VEAL,CUBED FOR STEW (LEG&SHLDR),LN,RAW	0.00	0.1
VEAL,GROUND,CKD,BRLD	0.00	0.12
VEAL,GROUND,RAW	0.00	0.1
VEAL,LEG (TOP RND),LN&FAT,CKD,BRSD	0.00	0.18
VEAL,LEG (TOP RND),LN&FAT,CKD,PAN-FRIED,NOT BREADED	0.00	0.16
VEAL,LEG (TOP RND),LN&FAT,CKD,RSTD	0.00	0.14
VEAL,LEG (TOP RND),LN&FAT,RAW	0.00	0.1
VEAL,LEG (TOP RND),LN,CKD,BRSD	0.00	0.18

VEAL,LEG (TOP RND),LN,CKD,PAN-FRIED,NOT BREADED	0.00	0.17
VEAL,LEG (TOP RND),LN,CKD,RSTD	0.00	0.14
VEAL,LEG (TOP RND),LN,RAW	0.00	0.11
VEAL,LOIN,LN&FAT,CKD,BRSD	0.00	0.15
VEAL,LOIN,LN&FAT,CKD,RSTD	0.00	0.12
VEAL,LOIN,LN&FAT,RAW	0.00	0.09
VEAL,LOIN,LN,CKD,BRSD	0.00	0.17
VEAL,LOIN,LN,CKD,RSTD	0.00	0.13
VEAL,LOIN,LN,RAW	0.00	0.1
VEAL,RIB,LN&FAT,CKD,BRSD	0.00	0.16
VEAL,RIB,LN&FAT,CKD,RSTD	0.00	0.12
VEAL,RIB,LN&FAT,RAW	0.00	0.09
VEAL,RIB,LN,CKD,BRSD	0.00	0.17
VEAL,RIB,LN,CKD,RSTD	0.00	0.13
VEAL,RIB,LN,RAW	0.00	0.1
VEAL,SHANK (FORE&HIND),LN&FAT,CKD,BRSD	0.00	0.16
VEAL,SHANK (FORE&HIND),LN&FAT,RAW	0.00	0.1
VEAL,SHANK (FORE&HIND),LN,CKD,BRSD	0.00	0.16
VEAL,SHANK (FORE&HIND),LN,RAW	0.00	0.1
VEAL,SHLDR,ARM,LN&FAT,CKD,BRSD	0.00	0.17
VEAL,SHLDR,ARM,LN&FAT,CKD,RSTD	0.00	0.13
VEAL,SHLDR,ARM,LN&FAT,RAW	0.00	0.1
VEAL,SHLDR,ARM,LN,CKD,BRSD	0.00	0.18
VEAL,SHLDR,ARM,LN,CKD,RSTD	0.00	0.13
VEAL,SHLDR,ARM,LN,RAW	0.00	0.1
VEAL,SHLDR,BLADE,LN&FAT,CKD,BRSD	0.00	0.16
VEAL,SHLDR,BLADE,LN&FAT,CKD,RSTD	0.00	0.13
VEAL,SHLDR,BLADE,LN&FAT,RAW	0.00	0.1
VEAL,SHLDR,BLADE,LN,CKD,BRSD	0.00	0.16
VEAL,SHLDR,BLADE,LN,CKD,RSTD	0.00	0.13
VEAL,SHLDR,BLADE,LN,RAW	0.00	0.1
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,BRSD	0.00	0.16
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,RSTD	0.00	0.13
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,RAW	0.00	0.1
VEAL,SHLDR,WHL (ARM&BLD),LN,CKD,BRSD	0.00	0.17
VEAL,SHLDR,WHL (ARM&BLD),LN,CKD,RSTD	0.00	0.13
VEAL,SHLDR,WHL (ARM&BLD),LN,RAW	0.00	0.1
VEAL,SIRLOIN,LN&FAT,CKD,BRSD	0.00	0.16
VEAL,SIRLOIN,LN&FAT,CKD,RSTD	0.00	0.13
VEAL,SIRLOIN,LN&FAT,RAW	0.00	0.1
VEAL,SIRLOIN,LN,CKD,BRSD	0.00	0.17
VEAL,SIRLOIN,LN,CKD,RSTD	0.00	0.13
VEAL,SIRLOIN,LN,RAW	0.00	0.1
VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	0.00	0.06
VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,PAN-FRIED	0.00	0.07
VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	0.00	0.05
VEAL,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	0.00	0.15
VEAL,VAR MEATS&BY-PRODUCTS,HEART,RAW	0.00	0.09
VEAL,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	0.00	0.13
VEAL,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	0.00	0.08
VEAL,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	0.00	0.09

VEAL,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	0.00	0.08
VEAL,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	0.00	0.15
VEAL,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	0.00	0.08
VEAL,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	0.00	0.12
VEAL,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	0.00	0.09
VEAL,VAR MEATS&BY-PRODUCTS,THYMUS,CKD,BRSD	0.00	0.16
VEAL,VAR MEATS&BY-PRODUCTS,THYMUS,RAW	0.00	0.09
VEAL,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	0.00	0.13
VEGETABLE OIL,AVOCADO	0.00	0
VEGETABLE OIL,CANOLA	0.00	0
VEGETABLE OIL,COCONUT	0.00	0
VEGETABLE OIL,MUSTARD	0.00	0
VEGETABLE OIL,OAT	0.00	0
VEGETABLE OIL,PALM KERNEL	0.00	0
VEGETABLE OIL,SOYBN LECITHIN	0.00	0
VEGETABLE OIL,SUNFLOWER,OLEIC (70%&OVER)	0.00	0
WATER,BOTTLED,PERRIER	0.00	0
WATER,BTLD,POLAND SPRING	0.00	0
WATER,MUNICIPAL	0.00	0
WATERCRESS,RAW	0.-0	0.01
WAXGOURD,(CHINESE PRESERVING MELON),RAW	0.00	0
WHITEFISH,MXD SP,CKD,DRY HEAT	0.00	0.12
WHITEFISH,MXD SP,RAW	0.00	0.1
WHITEFISH,MXD SP,SMOKED	0.00	0.12
WHITING,MIXED SPECIES,RAW	0.00	0.09
WHITING,MXD SP,CKD,DRY HEAT	0.00	0.12
WOLFFISH,ATLANTIC,CKD,DRY HEAT	0.00	0.11
WOLFFISH,ATLANTIC,RAW	0.00	0.09
WORTHINGTON FOODS,LOMA LINDA,BIG FRANKS,MEATLESS FRANKS,CNF	0.-2	0.12
YELLOWTAIL,MXD SP,CKD,DRY HEAT	0.00	0.15
YELLOWTAIL,MXD SP,RAW	0.00	0.12