

weightwatchers

electronic food scale

with **PointsPlus**® Value Database

Weighing your favorite foods and getting their **PointsPlus** values couldn't be easier!



Weighing your food

Put your food on the scale to get its weight.



Getting **PointsPlus** values

Using the keypad, enter the first few letters of the food. Press **ENTER**.



Use the scroll wheel to scroll through food database.



When you get to the food you are looking for, press the **PointsPlus** button and the **PointsPlus** value of your portion will get displayed.

And the scale does so much more...

- Subtracts the weight of the plate or bowl used
- Calculates **PointsPlus** values of foods where total fat, total carbohydrates, dietary fiber and protein grams are known
- Stores **PointsPlus** values for up to 10 of your favorite foods
- Quickly searches through 500+ foods in database for accurate portioning

weightwatchers

electronic food scale

with **PointsPlus**® Value Database



Get accurate **PointsPlus** values for foods you weigh

Calculate **PointsPlus** values for your recipes

Contains **PointsPlus** values for over 500 foods

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Congratulations! You now own the **Weight Watchers® Electronic Food Scale** – the only scale designed to weigh foods, and give you accurate **PointsPlus®** values.

Using your scale couldn't be easier. First of all, your scale already has the names of over 500 popular foods stored in it. Plus, you can even add your own favorite foods right into the scale's memory. You can also calculate **PointsPlus** values for recipes that you prepare, using the new **RECIPE BUILDER** feature. It's simple to set up and easy to use.

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IMPORTANT TO KNOW... Before Using Your Scale

DO...

- Store your scale securely, making sure it's turned off when it's not being used. Store the scale in a safe place to help protect the weighing platform. If excess pressure is put on the platform, the scale may no longer work.
- Clean your scale platform between food weighings with a damp cloth.
- Be sure to lock the scale before cleaning the platform to prevent overloading from excessive pressure.

DO NOT...

- Overload the scale. Make sure the items you place on the platform do not exceed 3kg (6 lbs., 9.8 oz) or the scale will no longer work. Excessively pressing on the weighing platform or placing the scale upside down may cause damage.

PLEASE NOTE: Any damage caused by such overloading will not be covered by your warranty.

- Immerse the scale in water or put it in a dishwasher, as this may cause it to malfunction.

SETTING UP YOUR SCALE

Loading the Battery

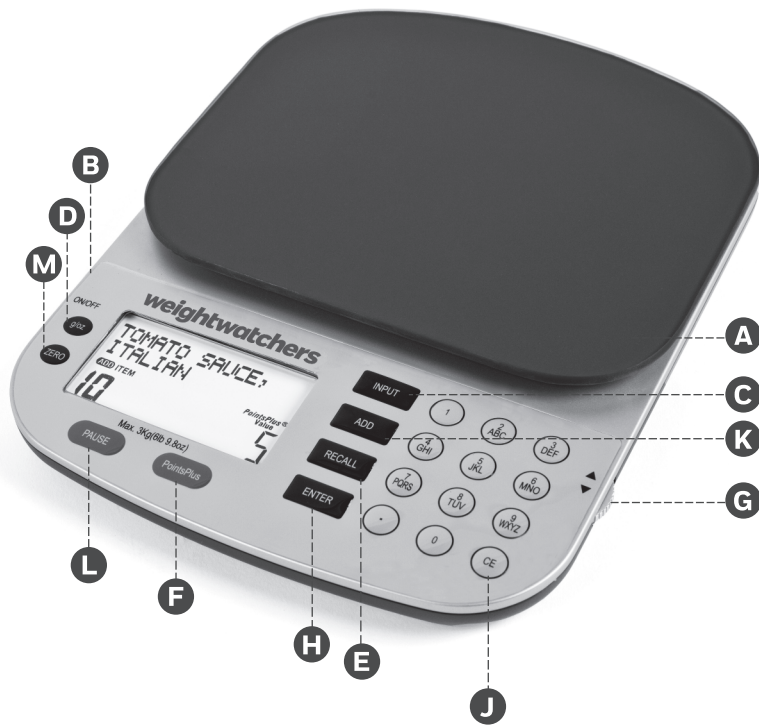
1. To insert the 4 AAA batteries, turn the scale over, being careful not to press down on the weighing platform.
2. Press and push the battery cover on the base of the scale to remove.
3. Load the batteries into the battery compartment.
4. Make sure that the positive and negative ends are facing correctly (*see diagram inside battery compartment*). This makes it easier to remove the batteries.
5. Replace the battery compartment cover, making sure that it closes securely and clicks shut.

YOUR SCALE HAS A 3KG (6 LBS, 9.8 OZ) MAXIMUM WEIGHT

Screen and Platform Protector

1. You will find a plastic strip positioned over the screen. Peel off the strip and discard it.
2. There is a plastic peel-off sticker protecting the scale platform. Peel this off too, and throw it away.

USING YOUR SCALE

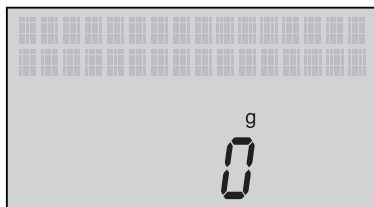


Key by Key

- A** (Platform) You can place food directly on the platform, or use a bowl or plate
- B** (**ON/OFF**) Turns the scale on and off
- C** (**INPUT**) Use this to calculate the **PointsPlus** value of a food, using the information from its Nutritional Facts panel
- D** (**g/oz**) Switches the unit of measurement between grams and ounces
- E** (**RECALL**) Brings up favorite foods stored in memory
- F** (**PointsPlus**) Finds the **PointsPlus** values of foods listed in the database
- G** (Scroll Wheel) Scrolls through the Food List to find your food
- H** (**ENTER**) Confirms an entry
- J** (**CE**) Clears last entry. Hold down for 3-5 seconds to clear **RECIPE BUILDER** memory
- K** (**ADD**) Adds what is on screen to calculation and/or memory
- L** (**PAUSE**) Holds data displaying on screen
- M** (**ZERO**) To zero out existing weight sitting on scale

Turning on the Scale

1. Press the **ON/OFF** button to turn on the unit. The display will read 0g:



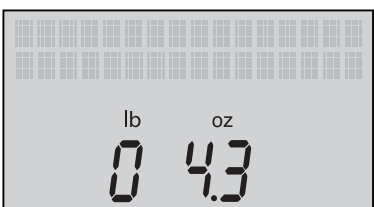
NOTE: Your scale will automatically turn off after 2 minutes of not being used.

WEIGHING YOUR FOOD

1. Place the food directly on the scale platform.
2. The screen will display the weight of the food.



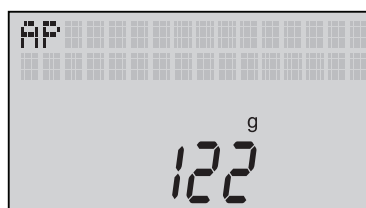
3. You can press **g/oz** to switch between grams and ounces at any time.



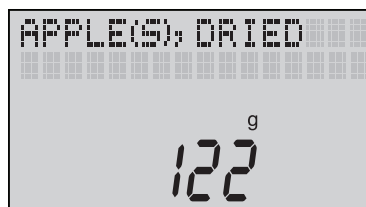
FINDING THE *PointsPlus*® VALUE OF A FOOD LISTED IN THE SCALE'S DATABASE

Use this function to help you find the accurate *PointsPlus* values for the portions that you weigh. Your scale has over 500 commonly eaten foods listed in its database. If you want to calculate the *PointsPlus* values of dishes with multiple ingredients, use *RECIPE BUILDER* on page 10.

1. After placing food on the platform, use the alphabetical keys to enter the food name. You can use as few, or as many, letters as you want to search for the food name.



2. This will take you to the first entry in the Food List that uses these letters.



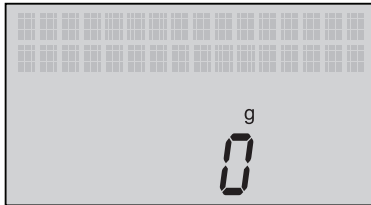
3. Use the scroll wheel to scroll through the Food List until you find your food.



4. Press **PointsPlus** button to see the **PointsPlus** value of the food.

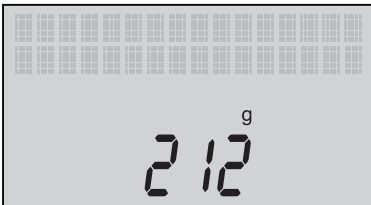


5. To clear the entry and use the scale to weigh another food, press **CE** and remove item from platform.

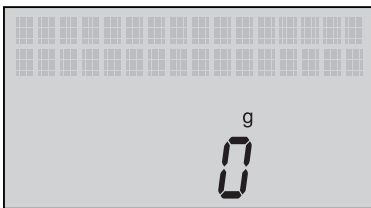


WEIGHING YOUR FOOD WITH A BOWL OR PLATE

1. Place the empty bowl or plate on the platform.



2. Press **ZERO** to zero out the weight of the bowl.



3. If you remove your bowl from the platform, the scale will show a negative weight. This is to remind you that the weight has been adjusted to remove the weight of the bowl.



4. Place the bowl back on the platform to get back to a 0g reading. (If you place the bowl on the platform before turning the scale on, the scale will display 0g when it is turned on.)

5. Place food in bowl to get the weight of the food without the bowl.



6. To get the **PointsPlus** value of the food, use the keypad and scroll wheel to get to your food name. Then press **PointsPlus** button (see **FINDING THE PointsPlus VALUE OF A FOOD LISTED IN THE SCALE'S DATABASE** on page 7).



7. Press **CE** to weigh another food.

PAUSE FUNCTION

1. If the plate or bowl covers the display, press **PAUSE** once. Remove the entire dish (along with its contents) from the platform; the weight will flash on the display.



2. Press **PAUSE** again, and the weight will update instantly to 0g.



This function will automatically be disabled after 2 minutes of not being used.

NOTE: While this function is in use, no other operation can be performed.

USING RECIPE BUILDER TO CALCULATE *PointsPlus*® VALUES FOR A RECIPE

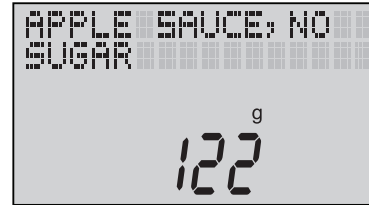
Use this function to find the *PointsPlus* value of a recipe. *RECIPE BUILDER* will save the information for each ingredient so that you can calculate the total *PointsPlus* value of a recipe. If you plan to place all of the ingredients in one bowl, remember to zero out the weight of the bowl first by placing it on the scale, and then pressing **ZERO**. You can also build your recipe by placing one item at a time directly on the platform and then taking it off after you add it.

You can add foods listed in the database, as well as foods not included the database, when total fat, total carbohydrates, dietary fiber, and protein grams are known.

You can add a maximum of 10 ingredients per recipe.

Adding Foods to Your Recipe

1. To weigh the first food, place it on the platform (or in the bowl after you have zeroed its weight). Use the keypad and arrows to enter the name of the food. Press the *PointsPlus* button to see the *PointsPlus* value of the food, or press **ADD** to build your recipe.



2. When you press **ADD**, the screen will flash "FOOD ADDED," to confirm that the food information is stored in memory.



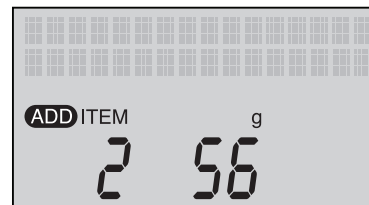
3. The scale is ready for you to add your second item to the recipe.

NOTE: If not using a bowl or dish, a minus sign will show after each food item has been removed from the scale. Press **ZERO** to zero out the weight.

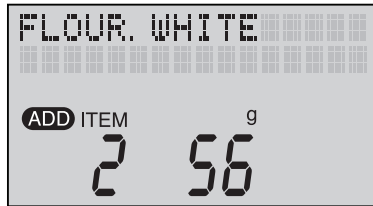


4. To add your second food to the recipe, place it on the scale.

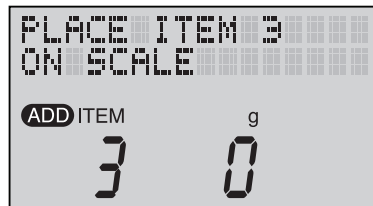
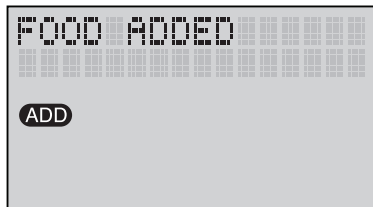
NOTE: While you are working in the *RECIPE BUILDER* mode, the **ADD** icon to the left of the screen will be displayed. The item number will also be displayed.



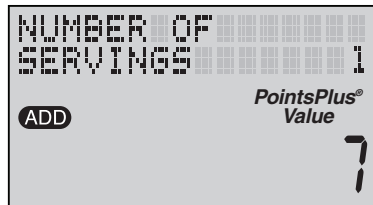
5. Use the keypad and/or scroll wheel to enter the name of your second food.



6. Press **ADD** to confirm entry. "FOOD ADDED" will flash, and your scale will be ready for you to add your third food to the recipe.



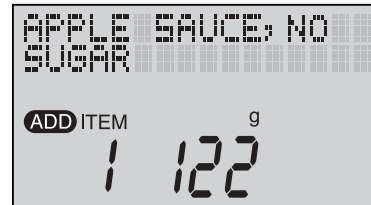
7. You can repeat this process for up to 10 ingredients. At any time, you can view the running **PointsPlus**® value. Simply press the **PointsPlus** button, and the scale will display the current **PointsPlus** value.



8. To continue building your recipe, press **ADD** and repeat the process for each new item. You can change the number of servings that your recipe makes by using the number buttons. The scale will calculate the **PointsPlus** value per serving.



9. While you are in the **RECIPE BUILDER** mode, you can scroll through the foods that you have added to your recipe at any time. To view each individual item that you added to the recipe, press **ADD** and use the arrows to scroll up and down. Press **ADD** again to continue adding ingredients. To view the **PointsPlus** value of each item, press the **PointsPlus** button, and use the

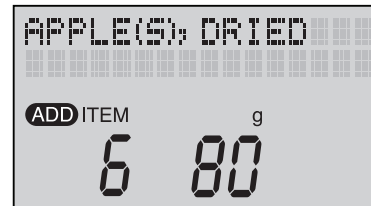


arrow keys to scroll through the list. Press **ADD** to continue adding ingredients.

NOTE: While in **RECIPE BUILDER** mode, you can press **ADD** at any time to switch between viewing the individual items and the total for the recipe.

Clearing a Food from Your Recipe

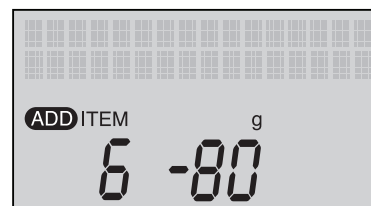
1. If you would like to delete a food from your recipe, use the arrows to get to the food you want to clear.



2. Press **CE** and the screen will display:



3. Press **ENTER** to confirm that you want to clear the food from your recipe. (Press **CE** if you want to continue with your recipe without clearing the item.) The food will be deleted from the recipe. Since the **PointsPlus** value information of the deleted food is no longer included in the recipe, remember to remove the food from the bowl or plate.

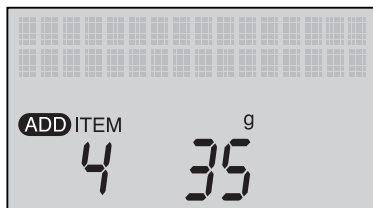


- A minus sign will show after the item has been removed from the bowl or plate. Press **ZERO** to zero out the weight of the removed food. The foods will automatically be renumbered in the recipe list. To continue adding more ingredients to your recipe, place food on scale and use the keypad to enter the food name.

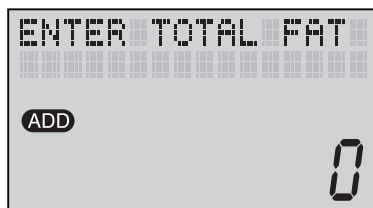
Adding Foods to Your Recipe that are Not Included in the Scale's Database

You will need to know the total fat, total carbohydrates, dietary fiber, protein, and serving size in grams. This will work best for packaged foods.

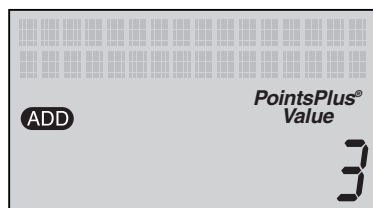
- Place the item on the scale.



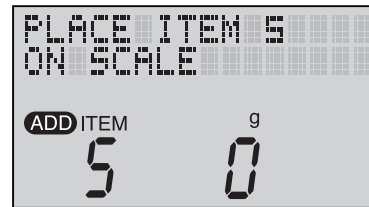
- Instead of using the keypad to enter a food name (as you would with a food included in the database), press **INPUT**.



- Follow the screen prompts to enter the total fat, total carbohydrates, fiber, and protein, and serving size in grams (see **CALCULATING PointsPlus® VALUES OF PACKAGED FOODS** on page 16). The **PointsPlus** value of the food will show on the screen.



- Press **ADD** to add this food to your recipe. You can continue adding foods to your recipe by placing the next item on the scale.



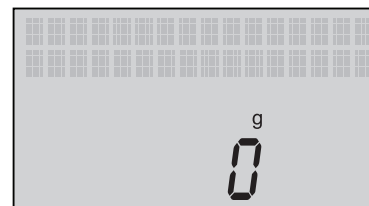
- When your recipe is complete, press the **PointsPlus** button to view total **PointsPlus** value, and to adjust number of servings.

Clearing the RECIPE BUILDER Memory

- To clear the *RECIPE BUILDER* memory, press and hold the **CE** button for 5 seconds. You need to clear the *RECIPE BUILDER* memory to return to weighing and calculating **PointsPlus** values for single items.
- The screen will display:



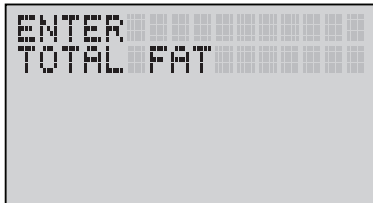
- Press **ENTER** to confirm that you want to clear the recipe from memory. (Press **CE** if you want to continue in the *RECIPE BUILDER* mode.)
- The scale will return to simple weighing mode. Press **ZERO** to zero out the weight.



CALCULATING *PointsPlus*® VALUES OF PACKAGED FOODS

To Calculate *PointsPlus* Values:

1. Press **INPUT**. The screen will then ask you to input total fat per serving (as seen in the screen below). Enter grams of fat per serving, and press **ENTER**.



2. Enter grams of total carbohydrates per serving, and press **ENTER**.



3. Enter grams of dietary fiber per serving, and press **ENTER**.



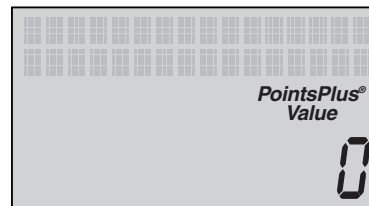
4. Enter grams of protein per serving, and press **ENTER**.



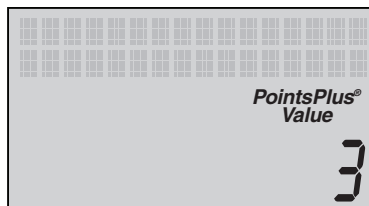
5. Enter serving size in grams, and press **ENTER**.



6. The *PointsPlus* value will display a zero until you place the food on the scale.



7. To find the *PointsPlus* value of that food, place the food on the scale.



8. Press **CE** to return to simple weighing mode.

Saving Your Favorite Packaged Foods

1. You can save up to 10 of your favorite foods in memory. Complete steps 1 through 6 from the **CALCULATING *PointsPlus* VALUES OF PACKAGED FOODS** section starting on page 16. Press **INPUT**.

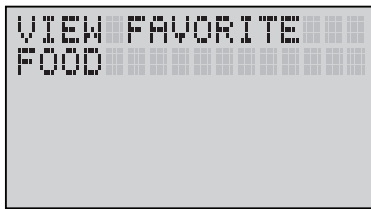


2. Use the keypad to input your food name and press **ADD** to save.

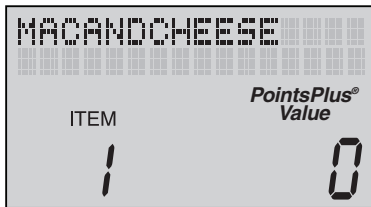


Getting the *PointsPlus*® Values for the Portions of Favorite Foods that you Weigh

1. Press **RECALL** to view your favorite foods stored in memory.



2. Press **ENTER**. Use scroll wheel to scroll to the food you are looking for. Press **ENTER** to select.

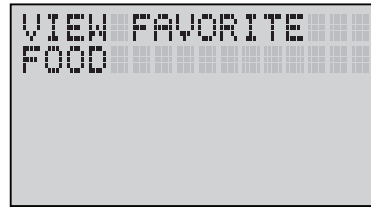


3. Place the food on scale to see the *PointsPlus* value for that portion. Press **CE** to return to the favorite food list.



Deleting a Favorite Food from Memory

If there are already 10 favorite foods stored in memory, the scale will display "MEMORY FULL" when you try to enter another favorite food. You will need to delete an item to make room for your new entry. Press **RECALL**.



1. Use the scroll wheel to scroll down to enter DELETE mode.



2. Press **ENTER** to view the favorite foods saved in memory, and use the scroll wheel to scroll to the food you would like to delete.



3. Press **ENTER** to delete the item. Press **ENTER** again to confirm deletion, or press **CE** to cancel the deletion.



FOOD LIST

On the **PointsPlus**® plan, fruits and most vegetables are assigned a **PointsPlus** value of 0 per serving, as they contribute to healthfulness and help reduce hunger while following the plan. Any time the scale shows a **PointsPlus** value higher than 0 for these foods, they should be counted as 0. The exception to this is when the *RECIPE BUILDER* function is being used, which uses the nutritional content per serving of fruits and vegetables to determine the **PointsPlus** value, rather than the assigned **PointsPlus** value of 0. To find out which fruits and vegetables count as 0 **PointsPlus** values, check your Program materials, *Shop or Eat Out* guide, or WeightWatchers.com.

ALMONDS	BEANS, REFRIED, CANNED
APPLE(S), DRIED	BEANS, REFRIED, FAT-FREE, CANNED
APPLE(S), FRESH	BEANS, SOY, COOKED
APPLE SAUCE, NO SUGAR	BEANS, WHITE, COOKED
APRICOT(S), FRESH	BEEF, BRISKET, LEAN, TRIM, COOK
APRICOTS, DRIED	BEEF, CORNED, COOKED
ARTICHOKE, HEARTS, CANNED, NO OIL	BEEF, FILET MIGNON, COOKED
ARTICHOKE, HEARTS, COOKED	BEEF, FILET MGN, LEAN, TRIM, COOK
ARTICHOKES, MARINATED	BEEF, FLANK STEAK, COOKED
ASPARAGUS, COOKED	BEEF, FLANK LEAN, TRIM, COOKED
AVOCADO, RAW	BEEF, GROUND, 80% LEAN, COOKED
BACON, CANADIAN STYLE, COOKED	BEEF, GROUND, 85% LEAN, COOKED
BACON, COOKED, CRISP	BEEF, GROUND, 90% LEAN, COOKED
BANANA(S)	BEEF, GROUND, 95% LEAN, COOKED
BARLEY, COOKED	BEEF, KC STRIP, LEAN, TRIM, COOK
BEANS, BAKED, CANNED	BEEF, LIVER, COOKED
BEANS, BLACK, COOKED	BEEF, NY STEAK, LEAN, TRIM, COOK
BEANS, CANNELLINI, CANNED	BEEF, PORTERHOUSE, TRIMMED, COOK
BEANS, GARBANZO, CANNED	BEEF, RIB EYE, TRIMMED, COOKED
BEANS, GREEN, COOKED	BEEF, SIRLOIN, TRIMMED, COOKED
BEANS, KIDNEY, COOKED	
BEANS, LIMA, COOKED	
BEANS, NAVY, COOKED	
BEANS, PINTO, COOKED	

BEEF, STEAK, TRIMMED, COOKED	CEREAL, GRITS, CORN, COOKED
BEEF, STEAK, REGULAR, COOKED	CEREAL, HOT OATMEAL, COOKED
BEEF, STRIP SIRLNL, LEAN, TRIM, COOK	CEREAL, HOT OATMEAL, FLAVORED
BEEF, T-BONE, LEAN, TRIM, COOK	CEREAL, HOT OATML, INSTANT, PLAIN
BEEF, TENDERLOIN, LEAN, TRIM, COOK	CEREAL, READY TO EAT, ANY TYPE
BEETS, CANNED, DRAINED	CEREAL, READY TO EAT, FROSTED
BLACKBERRIES	CEREAL, READY TO EAT, GRANOLA LOWFAT
BLUEBERRIES, FRESH	CEREAL, READY TO EAT, NUGGETS
BOLOGNA, BEEF OR PORK	CEREAL, READY TO EAT, RAISIN BRAN
BREAD CRUMBS, DRIED, PLAIN	CEREAL, READY TO EAT, RICE PUFFED
BREAD CRUMBS, DRIED, SEASONED	CEREAL, READY TO EAT, SHRED. WHEAT
BREAD ANY TYPE, WHITE, WHEAT, RYE	CHARD, SWISS, COOKED
BREAD, FOCCACCIA	CHEESE, COTTAGE, FAT FREE
BREAD, HIGH FIBER>3GR FIBER SLICE	CHEESE, COTTAGE, LOW FAT (1%)
BREAD, REDUCED CALORIE, ANY TYPE	CHEESE, COTTAGE, REDUCED FAT (2%)
BREAD, WHOLE WHEAT	CHEESE, COTTAGE, REGULAR (4%)
BREADSTICKS, ANY TYPE	CHEESE, CREAM, FAT FREE
BROCCOLI, COOKED	CHEESE, CREAM, REGULAR
BRUSSELS SPROUTS, COOKED	CHEESE, CREAM, SOY
BULGUR, COOKED	CHEESE, CREAM, WHIPPED
BUTTER, WHIPPED	CHEESE, FETA
CABBAGE, ALL VARIETIES	CHEESE, HARD OR SEMISOFT, FAT FREE
CANTALOUPE	CHEESE, HARD OR SEMISOFT, LOW FAT
CARAWAY SEEDS	CHEESE, HARD OR SEMISOFT, REG.
CARROTS, COOKED	CHEESE, JACK, RDCD FAT, SHREDDED
CARROTS, RAW	CHEESE, MEXICAN, RDCD FAT SHRED
CASHEWS	CHEESE, MOZZ., PART SKIM MILK
CAULIFLOWER, COOKED	CHEESE, NEUFCHATL, REDUCED FAT
CAULIFLOWER, RAW	CHEESE, PARMESAN
CELERY, RAW	
CEREAL, HOT CREAM OF RICE, COOKED	
CEREAL, HOT CREAM OF WHEAT, COOKED	
CEREAL, HOT FARINA, COOKED	

CHEESE, POT
CHEESE, RICOTTA, FAT FREE
CHEESE, RICOTTA, PART-SKIM
CHEESE, RICOTTA, WHOLE MILK
CHERRIES, DRIED
CHERRIES, FRESH
CHICKEN BRST, COOK, W/SKIN
NO BONE
CHICKEN BRST, COOK NO SKIN
NO BONE
CHICKEN, CANNED
CHICKEN, DARK MEAT, COOKED
CHICKEN, DRUMSTICK, W/SKIN,
NO BONE
CHICKEN, DRUMSTICK, NO SKIN,
NO BONE
CHICKEN, DRUMSTICK, W/SKIN
W/BONE
CHICKEN, GROUND, 93% LEAN
COOKED
CHICKEN, LIGHT MEAT, COOKED
CHICKEN, LIVER, COOKED
CHICKEN THIGH, CKD, W/SKIN,
NO BONE
CHICKEN THIGH, CKD, NO SKIN,
NO BONE
CHICKEN THIGH, CKD, W/SKIN,
W/BONE
CHICKEN THIGH, CKD, NO SKIN,
W/BONE
CHICKEN LEG, COOK, W/SKIN,
W/BONE
CLEMENTINE
COLESLAW
CORN BREAD
CORN, BABY (EARS)
CORN, KERNELS, COOKED
CORN, ON THE COB
CORNMEAL, COOKED
COUSCOUS, SEMOLINA, COOKED
COUSCOUS, WHOLE WHEAT,
COOKED

COUSCOUS, WHOLE WHEAT,
UNCOOKED
CRANBERRIES, DRIED
CRANBERRIES, FRESH
CRANBERRY SAUCE, CANNED
CREAM, SOUR, FAT-FREE
CREAM, SOUR, LIGHT
CREAM, SOUR, REGULAR
CREAM, WHIPPED, NO SUG.,
HOMEMADE
CREAM, WHIPPED, AEROSOL
CREAM, WHIPPED, DAIRY NON
FROZEN
CREAMER, NONDAIRY, POWDER
CROUTONS, FAT FREE, PACKAGED
CROUTONS, REGULAR, PACKAGED
CUCUMBER
CURRANTS, DRIED
CURRANTS, FRESH
DATES, DRIED
DATES, FRESH
DUCK, DOMESTIC, COOKED,
W/SKIN
DUCK, DOMESTIC, COOKED,
NO SKIN
EDAMAME, IN PODS
EDAMAME, SHELLED
EGG SUBSTITUTE, FAT FREE
EGG SUBSTITUTE, REGULAR
EGG WHITES
EGG(S)
EGGPLANT, COOKED
ENDIVE
ESCAROLE
FALAFEL, PATTIES
FISH, ANCHOVY, CAN, OIL DRAINED
FISH, BASS, STRIPED, COOKED
FISH, CATFISH, COOKED
FISH, COD, PACIFIC, COOKED
FISH, GEFILTE
FISH, HALIBUT, COOKED

FISH, HERRING, COOKED
FISH, HERRING, CRM SAUCE,
STORE-BGHT
FISH, LOX
FISH, SALMON, FARMED, COOKED
FISH, SALMON, WILD, COOKED
FISH, SALMON, WILD, UNCOOKED
FISH, SALMON, CAN, DRAINED
FISH, SARDINE, CAN, OIL, DRAINED
FISH, SEA BASS, COOKED
FISH, SNAPPER, COOKED
FISH, SOLE, COOKED
FISH, SWORDFISH, COOKED
FISH, TILAPIA, COOKED
FISH, TROUT, COOKED
FISH, TUNA, CAN, IN OIL, DRAINED
FISH, TUNA, CAN, IN WATER,
DRAINED
FISH, TUNA, COOKED
FLAX SEED
FLOUR, WHITE
FLOUR, WHOLE WHEAT
FRANKFURTER, BEEF OR PORK,
FAT FREE
FRANKFURTER, BEEF OR PORK,
LIGHT
FRANKFURTER, BEEF OR PORK,
REG
FRANKFURTER, CHICKEN
FRANKFURTER, TURKEY
FRANKFURTER, TURKEY, FAT FREE
FRANKFURTER, TURKEY, LIGHT
FRENCH FRIES, FROZEN
FRUIT BUTTER
FRUIT, DRIED, MIXED
FRUIT SALAD, CAN, IN WATER
FUDGE
GELATIN, FRUIT FLAVORED
GELATIN, SUG-FREE, FLAVORED,
PREPRD
GRAPEFRUIT

GRAPES
GREENS, COLLARD, COOKED
GREENS, KALE, COOKED
GREENS, MUSTARD, COOKED
GREENS, TURNIP, COOKED
GUACAMOLE
HAM, COOKED, LEAN
HAM, COOKED, REGULAR
HEARTS OF PALM (PALMETTO)
HONEY
HONEYDEW MELON
HUMMUS
ICE CREAM, FAT FREE, WITH
SUGAR
ICE CREAM, FAT FREE, NO SUGAR
ICE CREAM, LIGHT, WITH SUGAR
ICE CREAM, LIGHT, WITHOUT
SUGAR
ICE CREAM, PREMIUM
ICE CREAM, REGULAR
JAM
JELLY
JERUSALEM ARTICHOKE
(SUNCHOKES)
JICAMA, RAW
KASHA, BUCKWHEAT GROAT,
COOKED
KETCHUP
KIWIFRUIT (KIWI)
KNISH, POTATO, STORE-BOUGHT
KNOCKWURST
LAMB, BABY CHOP, COOKED,
TRIMMED
LAMB, LEG, COOKED
LAMB, LEG, COOKED, TRIMMED
LAMB, LOIN, COOKED
LAMB, LOIN, COOKED, TRIMMED
LAMB, SHOULDER, COOKED
LEEK, COOKED
LENTILS, COOKED
LETTUCE, ANY TYPE

LIVER PATE
LUNCHEON MEAT, FAT FREE
LUNCHEON MEAT, LEAN
(3G FAT OR LESS PER OZ)
MACARONI AND CHEESE,
PREPARED
MACARONI SALAD
MACARONI, COOKED
MACARONI, WHOLE WHEAT,
COOKED
MANDARIN ORANGES
(TANGERINE)
MANGO
MARGARINE, FAT FREE
MARGARINE, REDUCED CALORIE
MATZO
MATZO BRIE
MAYONNAISE, FAT FREE
MAYONNAISE, REDUCED CALORIE
MAYONNAISE, REGULAR
MELBA TOAST
MILK CHOCOLATE CHIPS
MOLASSES
MUFFIN, ANY TYPE
MUFFIN, ANY TYPE, STORE-
BOUGHT
MUFFIN, ENGLISH, ANY TYPE
MUFFIN, FAT FREE,
STORE-BOUGHT
MUSHROOMS, CANNED
MUSHROOMS, COOKED
MUSHROOMS, DRIED
MUSHROOMS, FRESH
NECTARINE
NOODLES, CELLOPHANE, COOK
NOODLES, EGG, COOKED
NOODLES, JAPANESE, SOBA,
COOKED
NOODLES, RICE, COOKED
NUTS, BRAZIL
NUTS, HAZELNUTS

NUTS, MACADAMIA, SHELLED
NUTS, MIXED, SHELLED
NUTS, PECANS
NUTS, PIGNOLIAS (PINE NUTS)
NUTS, PISTACHIO, SHELLED
OAT BRAN, COOKED
OATS, ROLLED
OATS, STEEL CUT, UNCOOKED
OLIVES
ONION(S), UNCOOKED
ONIONS, FROZEN, CHOPPED,
COOKED
ORANGE(S)
ORANGE, SECTIONS
PAPAYA, FRESH
PARSNIPS, COOKED
PASTA, COOKED
PASTA, WHOLE WHEAT, COOKED
PASTRAMI, BEEF
PASTRAMI, MADE FROM TURKEY
PEACH
PEACHES, CAN, UNSWEETENED
PEANUT BUTTER
PEANUTS
PEANUTS, CHOCOLATE COVER
PEANUTS, COOKED W/SALT,
SHELLED
PEAR(S)
PEARS, CAN, WITHOUT SUGAR
PEAS, BLACK-EYED COOKED
PEAS, GARBANZO (CHICK), CAN
PEAS, GREEN, COOKED
PEAS, SNOW, CHINESE PEA PODS
PEAS, SUGAR SNAP
PEPPER, GREEN
PEPPERONI
PEPPERS, RED, ROASTED
PERSIMMONS
PHYLLO DOUGH
PICKLES, SWEET

PICKLES, WITHOUT SUGAR (DILL)
PICO DE GALLO
PIE CRUST, ANY TYPE, REFRG
FROZN
PIE FILLING, CANNED, FRUIT
PIE FILLING, FRUIT, LIGHT CAN
PIMIENTOS, CANNED
PINEAPPLE, CAN, IN JUICE
PINEAPPLE, CAN, WITHOUT SUGAR
PINEAPPLE, FRESH
PITA, WHITE
PLANTAIN, BAKED OR BOILED
PLUMS
POLENTA, DRY
POMEGRANATES
POPCORN, BUTTER FLAVORED,
POPPED
POPCORN, BUTTER FLAV,
LIGHT, POP
POPCORN, LIGHT, MICROWAVE
POPPED
POPCORN, PLAIN, AIR-POPPED
POPCORN, PLAIN, MICROWAVE
POPPED
POPCORN, 94% FAT FREE, MRWV
POPPED
PORK, BACKRIBS, COOKED
PORK, CENTERLOIN, LEAN,
COOKED
PORK, GROUND, COOKED
PORK, LEG, TRIMMED, COOKED
PORK, LOIN, TRIMMED, COOKED
PORK, SHOULDER, LEAN, COOKED
PORK, SIRLOIN, COOKED
PORK, SIRLOIN, LEAN, COOKED
PORK, TENDERLOIN, LEAN,
COOKED
PORK, TOP LOIN, LEAN, COOKED
POTATO FLAKES, DRY
POTATO SALAD
POTATO(ES), SWEET, COOKED

POTATO(ES), SWEET, UNCOOKED
POTATO(ES), WHITE OR RED,
COOKED
POTATO(ES), WHITE OR RED,
UNCOOKED
PRESERVES
PRETZEL RODS
PRETZEL TWISTS
PRETZELS, SOFT
PRUNES
PUDDING, VAN, INST SUGAR AND
FAT FREE
PUDDING, READYMADE,
RDUCED-CAL
PUDDING, RICE
PUDDING, VANILLA MIX W/WHOLE
MLK
PUMPKIN SEEDS
PUMPKIN, CANNED
QUINOA, COOKED
QUINOA, UNCOOKED
RADISHES
RAISINS
RAISINS, CHOCO COVERED
RAISINS, YOGURT COVERED
RASPBERRIES
RICE, BROWN, COOKED
RICE, WHITE, COOKED
RICE, WHITE, LONG GRAIN, INST,
CKD
SALAD, EGG
SALAD, MACARONI STORE-
BOUGHT
SALAD, SALMON, KIPPERED
W/MAYO
SALAD, SEAFOOD, STORE-BOUGHT
SALAD, THREE BEAN
SALAD, THREE BEAN, CANNED,
NO OIL
SALSA, BLACK BEAN & CORN
SALSA, FAT FREE
SAUCE, BARBECUE

SAUCE, BECHAMEL (WHITE)
SAUCE, BROWN, CHINESE
SAUCE, CHEESE, READY-TO-SERVE
SAUCE, CHEESE, STORE-BOUGHT
SAUCE, COCKTAIL, STORE-BOUGHT
SAUCE, HOISIN
SAUCE, HORSERADISH
SAUCE, MOLE, STORE-BOUGHT, BROWN
SAUCE, PEPPER OR HOT
SAUCE, PLUM
SAUCE, SLOPPY JOE, STORE-BOUGHT
SAUCE, STEAK
SAUCE, TACO
SAUCE, TAHINI
SAUCE, TAMARI
SAUCE, TARTAR
SAUCE, TARTAR, FAT FREE
SAUCE, TERIYAKI
SAUCE, WORCESTERSHIRE
SAUERBRATEN
SAUERKRAUT
SAUSAGE, BEEF OR PORK, COOKED
SAUSAGE, CHICKEN, COOKED
SAUSAGE, CHORIZO
SAUSAGE, ITALIAN PORK, COOKED
SCALLIONS
SESAME SEEDS
SHALLOTS, RAW
SHELLFISH, CLAM, CANNED
SHELLFISH, CLAM, COOKED
SHELLFISH, CONCH, CRACKED
SHELLFISH, CRAB, IMITATION
SHELLFISH, CRABMEAT, CANNED
SHELLFISH, CRABMEAT, COOKED
SHELLFISH, CRAYFISH, COOKED
SHELLFISH, LOBSTER, COOKED

SHELLFISH, MUSSEL, COOKED
SHELLFISH, OYSTER, CANNED
SHELLFISH, OYSTER, COOKED
SHELLFISH, SCALLOPS, COOKED
SHELLFISH, SCALLP, FRIED, FROZEN
SHELLFISH, SHRIMP, CANNED
SHELLFISH, SHRIMP, COOKED
SHERBET
SHORTENING
SHRIMP SALAD
SHUMAI, FRIED
SHUMAI, STEAMED
SORBET, ANY FLAVOR
SOY BURGER
SOY CHEESE, FAT FREE
SOY CHEESE, REGULAR
SOY YOGURT, FLAVORED
SOY YOGURT, PLAIN
SOYBEAN NUTS
SPAGHETTI SAUCE, BOTTL'D, ANY TYPE
SPAGHETTI SAUCE, BOTTL'D, RDCD FAT
SPAGHETTI, COOKED
SPAGHETTI, WHOLE WHEAT, COOKED
SPAGHETTI, WHOLE WHEAT, UNCOOKED
SPINACH, COOKED
SPINACH, UNCOOKED
SPROUTS, ALFALFA
SPROUTS, BEAN
SQUASH, SPAGHETTI COOKED
SQUASH, SUMMER COOKED
SQUASH, BUTTERNUT COOKED
SQUID, COOKED
STRAWBERRIES, FRESH
STUFFING, BREAD, FROM MIX, PREPRD
SUGAR, BROWN

SUGAR, POWDERED
SUGAR, WHITE
SUNFLOWER SEEDS
TABOULI
TANGERINE
TOFU, FIRM, REGULAR
TOFU, LITE, FIRM
TOFU, LOW-FAT
TOFU, SOFT, REGULAR
TOMATO PASTE, CANNED
TOMATO PUREE, CANNED
TOMATO SAUCE, CANNED
TOMATO SAUCE, ITALIAN
TOMATOES, CANNED
TOMATOES, CANNED, STEWED
TOMATOES, DRIED (NOT IN OIL)
TOMATOES, FRESH
TORTILLA, CORN
TORTILLA, FLOUR
TORTILLA, FLOUR FAT FREE
TORTILLA, WHOLE WHEAT
TUNA SALAD, STORE-BOUGHT
TURKEY, BREAST, COOKED, W/SKIN
TURKEY, COOKED, DARK MEAT, NO SKN
TURKEY, COOKED, LITE MEAT, NO SKN
TURKEY, GROUND, REGULAR, COOKED
TURKEY, LEG, COOKED, W/ SKIN
TURKEY, ROASTED, LITE & DARK MEAT
TURNIPS, COOKED
VEAL, BREAST, TRIMMED, COOKED
VEAL, GROUND, COOKED
VEAL, LOIN, TRIMMED, COOKED
VEAL, SHOULDER, TRIMMED, COOKED
VEAL, SIRLOIN, COOKED
VEAL, SIRLOIN, LEAN, COOKED

VEGETABLES, STIRFRY, NO SAUCE
VEGGIE BREAKFAST LINK
VEGGIE BREAKFAST PATTY
VEGETARIAN BREAKFAST STRIPS
VEGGIE BURGER, FAT FREE, FROZEN
VEGETARIAN BURGER, FROZEN
WALNUTS
WATER CHESTNUTS, CANNED
WATERMELON
WHEAT GERM
YAM, COOKED
YOGURT, FAT FREE, FLAVORED, W/SUG
YOGURT, FAT FREE, FRT-FLVR, W/SUG
YOGURT, FAT FREE, PLAIN
YOGURT, FROZEN, FAT FREE, NO SUG
YOGURT, FROZEN, FAT FREE, W/SUG
YOGURT, FROZEN, LOW-FAT
YOGURT, GREEK, PLAIN, LOW FAT
YOGURT, GREEK, PLAIN, FAT FREE
YOGURT, LIGHT, ARTIFICIAL SWEET
YOGURT, LOW-FAT, PLAIN
YOGURT, LOW-FAT, W/SUG, FLAVORED
YOGURT, LOW-FAT, W/SUG, FRT-FLVR
YOGURT, PLAIN, WHOLE MILK
ZUCCHINI, COOKED