Weighing your favorite foods and getting their SmartPoints values couldn’t be easier!

**Weighing your food**
Put your food on the scale to get its weight.

**Getting SmartPoints values**
Using the keypad, enter the first letter 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 SmartPoints button and the SmartPoints value of your portion will get displayed.

And the scale does so much more...
• Subtracts the weight of the plate or bowl used
• Calculates SmartPoints values of foods where Calories, Saturated Fat, Sugars, and Protein grams are known
• Stores SmartPoints values for up to 10 of your favorite foods
• Quickly searches through over 500 foods in database for accurate portioning

- Get accurate SmartPoints values for foods you weigh
- Calculate SmartPoints values for your recipes
- Contains SmartPoints values for over 500 foods
Congratulations! You now own the Weight Watchers® Kitchen Scale—the only scale designed to weigh foods, and give you accurate SmartPoints® values.

Using your scale couldn’t be easier. First of all, your scale already has over 500 of the most commonly searched foods stored in it. Plus, you can even add your own favorite foods right into the scale’s memory. You can also calculate SmartPoints values for recipes that you prepare, using the new ADD & WEIGH feature. It’s simple to set up and easy to use.

**TABLE OF CONTENTS:**

**IMPORTANT TO KNOW** ................................................................. 3

**SETTING UP YOUR SCALE** ........................................................... 3

  - Loading the Battery .................................................................. 3
  - Screen and Platform Protector .................................................. 4

**USING YOUR SCALE** .................................................................... 4

  - Key by Key ................................................................................ 5
  - Turning on the Scale .................................................................. 6
  - Set or Change Language .............................................................. 6

**WEIGHING YOUR FOOD** ............................................................... 6

**FINDING THE SMARTPOINTS VALUE OF A FOOD LISTED IN THE SCALE’S DATABASE** ................................................................. 7

**WEIGHING YOUR FOOD WITH A BOWL OR PLATE** .................... 8

**PAUSE FUNCTION** ........................................................................ 10

**USING ADD & WEIGH TO CALCULATE SMARTPOINTS VALUES FOR A RECIPE** .......................................................... 10

  - Adding Foods to Your Recipe ..................................................... 11
  - Clearing a Food from Your Recipe .............................................. 13
  - Adding Foods to Your Recipe that are NOT INCLUDED in the Scale ................................................................. 14
  - Clearing the ADD & WEIGH Memory ......................................... 15

**CALCULATING SMARTPOINTS VALUES OF PACKAGED FOODS** .................................................................................. 16

  - To Calculate SmartPoints Values .............................................. 16
  - Saving Your Favorite Packaged Foods ........................................ 17
  - Getting the SmartPoints Values for the Portions of Favorite Foods that You Weigh .................................................. 18
  - Deleting a Favorite Food from Memory ...................................... 19

**FOOD LIST** .................................................................................. 20

**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 SmartPoints® 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 (SmartPoints) Finds the SmartPoints 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 ADD & WEIGH 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.

Set or Change Language
1. Press and hold the ON/OFF button for 3 seconds to set the language.
2. Use the SCROLL WHEEL to view French (Français) or Spanish (Español).
3. Press the ENTER button to confirm language and return to the weighing screen.

NOTE: If the ADD & WEIGH memory is occupied, the language selection function will be disabled. The user must first clear the ADD & WEIGH memory before changing languages.

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 SMARTPOINTS® VALUE OF A FOOD LISTED IN THE SCALE’S DATABASE
Use this function to help you find the accurate SmartPoints values for the portions that you weigh. Your scale has over 500 commonly searched foods listed in its database. If you want to calculate the SmartPoints values of dishes with multiple ingredients, use ADD & WEIGH 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 SmartPoints® button to see the SmartPoints 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 the ZERO button to take the reading to 0g.

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

7. Press CE to weigh another food in the bowl or press ZERO to weigh another food without a bowl.
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 scroll wheel to enter the name of the food. Press the SmartPoints button to see the SmartPoints value of the food, or press ADD to build your recipe.

2. When you press ADD, the screen will display “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 ADD & WEIGH mode, the ADD icon to the left of the screen will be displayed. The item number will also be displayed.

Using Add & Weigh to Calculate SmartPoints® Value for a Recipe

Use this function to find the SmartPoints value of a recipe. ADD & WEIGH will save the information for each ingredient so that you can calculate the total SmartPoints 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 in the database, when calories, saturated fat, sugar and protein grams are known.

You can add a maximum of 10 ingredients per recipe.

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 show on the display.

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

This function will be automatically disabled 2 minutes after the PAUSE button is pressed.

NOTE: While this function is in use, no other operation can be performed.
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 display, 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 SmartPoints® value. Simply press the SmartPoints button, and the scale will display the current SmartPoints 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 SmartPoints value per serving.

9. While you are in the ADD & WEIGH 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 scroll wheel to scroll up and down. Press ADD again to continue adding ingredients. To view the SmartPoints™ value of each item, press the SmartPoints button, and use the scroll wheel to scroll through the list. Press ADD to continue adding ingredients.

NOTE: While in ADD & WEIGH 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 press ADD and then use the scroll wheel 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 SmartPoints value information of the deleted food is no longer included in the recipe, remember to remove the food from the bowl or plate.
4. 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.

**Calculating SmartPoints® Values of Items Not in the Scale’s Food List**

You will need to know the calories, saturated fat, sugar, protein, and serving size in grams. This will work best for packaged foods.

1. Place the item on the scale.

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

3. Follow the screen prompts to enter the total calories, saturated fat, sugar and protein, and serving size in grams (see **CALCULATING SMARTPOINTS VALUES OF PACKAGED FOODS** on page 16). The SmartPoints value of the food will show on the screen.

4. 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.

5. When your recipe is complete, press the SmartPoints button to view total SmartPoints value, and to adjust number of servings.

   a. To delete a food from a recipe see page 13 under ‘**Clearing a Food from Your Recipe.**’

   b. Now to get out of recipe builder press ADD and hold CE for 5 seconds.

**Clearing the ADD & WEIGH Memory**

1. You need to clear the ADD & WEIGH memory to return to weighing and calculating SmartPoints values for single items. To clear the ADD & WEIGH memory, press and hold the CE button for 3 seconds.

   The screen will display:

2. Press ENTER to confirm that you want to clear the recipe from memory. (Press CE if you want to continue in the ADD & WEIGH mode.)

3. The scale will return to simple weighing mode. Press ZERO to zero out the weight.
**CALCULATING SMARTPOINTS® VALUES OF PACKAGED FOODS**

**To Calculate SmartPoints Values:**

1. Press **INPUT**. “Calculate SmartPoints” will briefly display. The screen will then ask you to input total calories per serving (as seen in the screen below). Enter calories per serving, and press **ENTER**.

![Enter Calories](image)

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

![Enter Sat Fat](image)

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

![Enter Sugars](image)

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

![Enter Protein](image)

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

![Enter Serving Size in Grams](image)

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

![SmartPoints Value](image)

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

![SmartPoints Value](image)

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 SMARTPOINTS VALUES OF PACKAGED FOODS** section starting on page 16. Press **INPUT**.

![Please Input Food Name](image)
2. Use the keypad to input your food name and press ADD to save and ENTER to confirm.

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

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

   ![View Favorite Food Screen]

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

   ![Paste, Macaroni and Cheese Screen]

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

   ![Paste, Macaroni and Cheese SmartPoints Screen]

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. Turn the scroll wheel DOWN to enter DELETE mode.

   ![Delete Favorite Food Screen]

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.

   ![Paste, Macaroni and Cheese Delete Item Screen]

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

   ![Delete Item Confirmation Screen]
FOOD LIST

ALMOND BUTTER
ALMOND BUTTER, WITH SALT
ALMONDS
ALMONDS, DRY ROASTED W/ SALT
ALMONDS, SLICED
ALMONDS, SLIVERED
ANDOUILLE SAUSAGE
APPLE BUTTER
APPLESAUCE, CAN, WITH SUGAR
AVOCADO, HASS, CALIFORNIA, RAW
BACON, CANADIAN COOKED
BACON, COOKED, CRISP
BACON, TURKEY, COOKED
BAGEL CHIPS
BAGEL(S), ANY TYPE
BANANA BREAD W/ NUTS (HOMEMADE)
BARLEY, COOKED
BEANS, BAKED
BEANS, REFRIED
BEEF BACK RIBS, BARBECUED
BEEF BRISKET, BARBECUED
BEEF CUBE STEAK TRIMMED, COOKED
BEEF, CHUCK, ARM POT ROAST
BEEF, CHUCK, ARM POT ROAST, TRIM
BEEF, EYE ROUND TRIMMED, COOKED
BEEF, FILET MIGNON LEAN TRIM COOK
BEEF, FILET MIGNON, COOKED
BEEF, FLANK, LEAN TRIMMED, COOKED
BEEF, FLANK STEAK, RAW
BEEF, GROUND 80% LEAN COOKED
BEEF, GROUND 85% LEAN COOKED
BEEF, GROUND 90% LEAN COOKED
BEEF, GROUND 93% LEAN COOKED
BEEF, GROUND 93% LEAN RAW COOKED
BEEF, GROUND, 95% LEAN, COOKED
BEEF, GROUND, 95% LEAN, RAW COOKED
BEEF, GROUND PATTY, FRZN, COOK
BEEF, JERKY OR STICK
BEEF, NEW YORK STEAK, COOKED
BEEF, NY STEAK LEAN, TRIM, COOK
BEEF, RIB EYE, TRIMMED, COOKED
BEEF, ROUND, STK OR ROAST, COOKED
BEEF, SHORTRIBS, COOKED, BBQ
BEEF, SIRLOIN LEAN TRIM COOK
BEEF, SIRLOIN, GROUND, COOKED
BEEF, SKIRTSTK, FAT TRIM, COOKED
BEEF, STEAK, REGULAR, COOKED
BEEF, STK, LEAN, TRIMMED, COOKED
BEEF, TACO
BISCUIT(S)
BISCUITMIX, RED FAT, BUTTERMILK
BRATWURST (PORK SAUSAGE)
BREAD CRUMBS, DRIED, SEASONED
BREAD, ANY TYPE
BREAD, FRENCH BAGUETTE
BREAD, ITALIAN
BREAD, REDUCED CAL, WHOLEWHEAT
BREAD, REDUCED CALORIE ANYTYPE
BREAD, RYE
BREAD, SANDWICH THIN
BREAD, SANDWICH THIN, WH WHEAT
BREAD, SOURDOUGH
BREAD, WHEAT
BREAD, WHITE
BREAD, WHOLE WHEAT
BROWNIE, 2" SQR FAST FOOD
BULGUR, COOKED
BUTTER
BUTTER, REGULAR WITH SALT
CAESAR SALAD
CAKE, CHOCOLATE CHOC FROSTING
CAKE, WITH ICING
CANDY BAR, FUN SIZE
CANDY, CHOCO, ANY TYPE
CEREAL, GRANOLA HOMEMADE
CEREAL, HOT CRM WHEAT, COOKED
CEREAL, HOT, CORN GRITS, CKD
CEREAL, HOT, OATMEAL, COOKED
CEREAL, HOT, OATML, UNCOOKED
CEREAL, HOT, CRN GRITS, UNCKD
CEREAL, RAISIN BRAN
CEREAL,GRANOLA, LOW-FAT
CEREAL, HOT INST PLAIN, UNCOOKED
CEREAL, HOT, PLN OATMEAL, COOKED
CEREAL, HOT, CINN SPICE, UNCOOKED
CEREAL, READY TO EAT, ANY TYPE
CEREAL, READY TO EAT, BRAN FLAKES
CEREAL,WHOLE GRAIN, FORTIFIED
CHEESE, AMER OR CHEDDAR, SHRED
CHEESE, AMER OR COLBY, LOW FAT
CHEESE, AMERICAN
CHEESE, BLUE
CHEESE, BRIE
CHEESE, CHEDDAR FAT FREE, SHRED
CHEESE, CHEDDAR OR COLBY
CHEESE, CHEDDAR SHRED, LOW FAT
CHEESE, CHEDDAR SHREDDED
CHEESE, CREAM, FAT FREE
CHEESE, CREAM, LIGHT
CHEESE, CREAM, REGULAR
CHEESE, CREAM, WHIPPED
CHEESE, FETA
CHEESE, GOUDA
<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>POTATO, WHITE OR RED, COOKED</td>
<td>RICE, WHITE, LONG GRAIN, INST, CKD</td>
<td>SOY CRUM BleS, MEATLESS</td>
<td>TURKEY, GROUND, REGULAR, COOKED</td>
</tr>
<tr>
<td>PRESERVES</td>
<td>RISOTTO</td>
<td>SOY YOGURT, FLAVORED</td>
<td>TURKEY, HAM, XTR LEAN, DELI SLCE</td>
</tr>
<tr>
<td>PRESERVES, ALL-FRUIT</td>
<td>ROLL(S), DINNER</td>
<td>SPINACH ARTCKE DIP, REST.STYLE</td>
<td>VANILLA EXTRACT</td>
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<tr>
<td>PRETZEL RODS</td>
<td>SALAMI, PORK, DRY OR HARD</td>
<td>STEAK, FLAT IRON (RAW)</td>
<td>VEAL, CHOP, LEAN, COOKED</td>
</tr>
<tr>
<td>PRETZEL TWISTS</td>
<td>SALMON PATTY</td>
<td>STEAK, SIRLOIN, REST. STYLE</td>
<td>VEAL, CHOP, LEAN, RAW</td>
</tr>
<tr>
<td>PRETZELS, CHOC COVERED</td>
<td>SALTINE (CRACKERS)</td>
<td>STEW, BEEF</td>
<td>VEAL, CUTLET, LEAN, COOKED</td>
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<tr>
<td>PRETZELS, SOFT</td>
<td>SAUCE, BARBECUE</td>
<td>STUFFING</td>
<td>VEAL, CUTLET, LEAN, RAW</td>
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<tr>
<td>PRUNES</td>
<td>SAUCE, MARINARA W/MEAT, HOMEMADE</td>
<td>SUGAR, BROWN</td>
<td>VEG BURGER ON BUN, RESTAURANT</td>
</tr>
<tr>
<td>PUDDING, BREAD</td>
<td>SAUCE, PESTO</td>
<td>SUGAR, DARK BROWN</td>
<td>VEGETARIAN BKFT PATTY SAUS.TYPE</td>
</tr>
<tr>
<td>PUDDING, RICE</td>
<td>SAUCE, SPAGH, W/ MEAT</td>
<td>SUGAR, LIGHT BROWN, PACKED</td>
<td>VEGETARIAN BRGR BLACK BN, FRZN</td>
</tr>
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<td>PUDDING, CHOC FT &amp; SUG FREE INST.</td>
<td>SAUCE, MARINARA, HOME MADE</td>
<td>SUGAR, WHITE, GRANULATED</td>
<td>VEGETARIAN BRGR FAT FREE, FRZN</td>
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<td>PUDDING, VAN FAT &amp; SUG FREE INST.</td>
<td>SAUCE, MARINARA, STORE BOUGHT</td>
<td>SUNFLOWER SEEDS</td>
<td>VEGETARIAN BURGER, FROZEN</td>
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<td>PULLED PORK, IN BARBECUE SAUCE</td>
<td>SAUCE, SPAGH, BOTTLE, ANY TYPE</td>
<td>SUNFLOWER SEEDS DRY ROAST W/SLT</td>
<td>VEGETARIAN GRND MEAT, FROZEN</td>
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<td>PUMPKIN SEEDS, ROASTED, NO SALT</td>
<td>SAUSAGE PATTY, RESTAURANT TYPE</td>
<td>SUSHI, CALIF ROLL (4 PIECES)</td>
<td>VENISON (DEER), COOKED</td>
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<td>QUINOA, COOKED</td>
<td>SAUSAGE, BEEF &amp; PORK, COOKED</td>
<td>SYRUP, PANCAKE, REGULAR</td>
<td>WALNUTS</td>
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<td>QUINOA, UNCOOKED</td>
<td>SAUSAGE, CHICKEN, COOKED</td>
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<td>RASINS</td>
<td>SAUSAGE, CHORIZO</td>
<td>TEMPEH, FERMENTD SOYBEAN CAKE</td>
<td>YOGURT, FROZEN, CHOCOLATE</td>
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<td>SAUSAGE, ITAL. PORK, COOKED</td>
<td>Topping, whip, light/fat free</td>
<td>YOGURT, FROZEN, FATFR, NO SUGAR</td>
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<tr>
<td>RASINS, CHOC COVERED</td>
<td>SAUSAGE, PORK, COOKED</td>
<td>TORTILLA CHIPS</td>
<td>YOGURT, FROZEN, FATFR, W/ SUGAR</td>
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<tr>
<td>RASINS, CHOC COVERED</td>
<td>SAUSAGE, SMOKED LINK, PORK</td>
<td>TORTILLA CHIPS, BAKED, LOW FAT</td>
<td>YOGURT, FROZEN, LOW-FAT</td>
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<td>SAUSAGE, TRKY, FRESH, COOKED</td>
<td>TORTILLA CHIPS, BLUE CORN, BAKED</td>
<td>YOGURT, FROZEN, NOT CHOCOLATE</td>
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<td>SAUSAGE, TURKEY, BKFT LINK, MILD</td>
<td>TORTILLA, CORN, 6 INCH</td>
<td>YOGURT, FROZEN, VANILLA, FATFREE</td>
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<td>SEITAN SLICES</td>
<td>TRAIL MIX</td>
<td>YOGURT, GREEK, LOW-FAT, PLAIN</td>
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<td>SESAME SEEDS</td>
<td>TRAIL MIX, SALT WITH CHOCO CHIP</td>
<td>YOGURT, LIGHT ARTIF. SWEETND</td>
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<td>RICE CAKES, ALL (NOT PLAIN)</td>
<td>SHELLFISH, CRAB, IMITATION</td>
<td>TURKEY BURGER, FROZEN, PREPARED</td>
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<td>SHUMAI, FRIED</td>
<td>TURKEY SAUSAGE, SW. ITAL., RAW</td>
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<td>RICE, BASMATI, UNCOOKED</td>
<td>SHUMAI, STEAMED</td>
<td>TURKEY, BREAST, GROUND, RAW</td>
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<td>RICE, BASMATI, UNCOOKED</td>
<td>SORBET, ANY FLAVOR</td>
<td>TURKEY, GROUND, 93% LEAN, RAW</td>
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<td>RICE, BROWN, MED GRAIN, COOKED</td>
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<td>RICE, BROWN, MED GRAIN, COOKED</td>
<td>SOY CHEESE, REGULAR</td>
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<td>RICE, JASMINE, COOKED</td>
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<td>RICE, JASMINE, COOKED</td>
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<td>RICE, SPANISH (HOMEMADE)</td>
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<td>RICE, WHITE, LNG GRAIN, COOK</td>
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