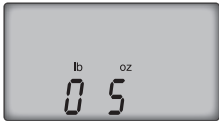


weightwatchers

# kitchen scale

with SmartPoints™ value Database

**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

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weightwatchers

# kitchen scale

with SmartPoints™ value Database



**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.

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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

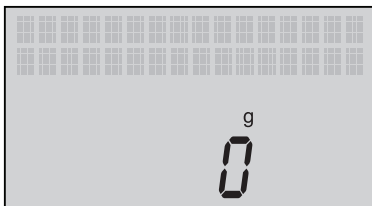


## Key by Key

- 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 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.

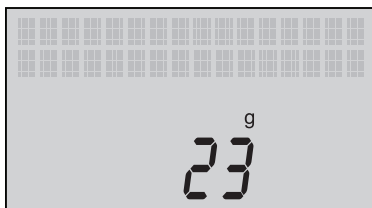
## Set or Change Language

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.



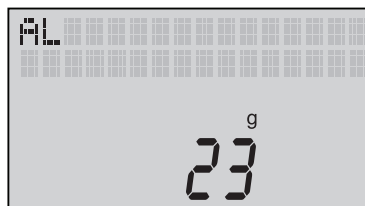
3. You can press **g/oz** to switch between grams and ounces at any time.



## 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.

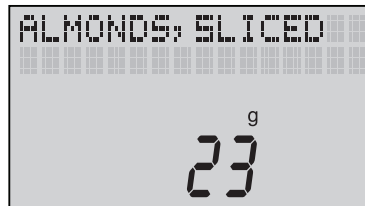
1. After placing food on the platform, use the alphabetical keys to enter the food name. You can use as few, or as many, letters as you want to search for the food name.



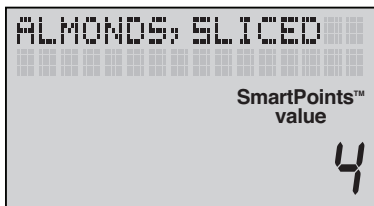
2. This will take you to the first entry in the Food List that uses these letters.



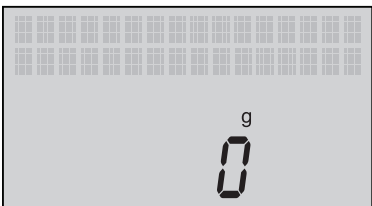
3. Use the scroll wheel to scroll through the Food List until you find your food.



4. Press SmartPoints™ button to see the SmartPoints value of the food.

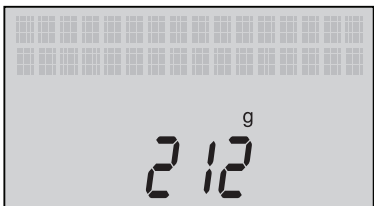


5. To clear the entry and use the scale to weigh another food, press **CE** and remove item from platform.

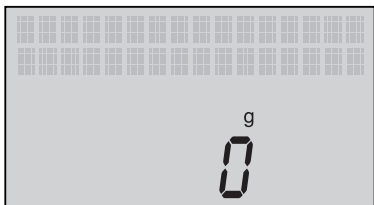


## WEIGHING YOUR FOOD WITH A BOWL OR PLATE

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



2. Press the **ZERO** button to take the reading to 0g.

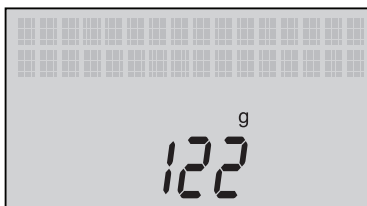


3. If you remove your bowl from the platform, the scale will show a negative weight. This is to remind you that the weight has been adjusted to remove the weight of the bowl.

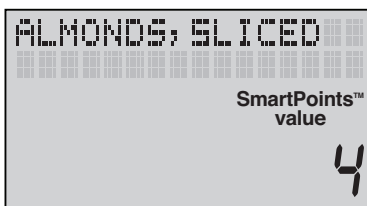


4. Place the bowl back on the platform to get back to a 0g reading. (If you place the bowl on the platform before turning the scale on, the scale will display 0g when it is turned on.)

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).



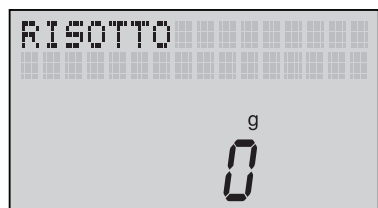
7. Press **CE** to weigh another food in the bowl or press **ZERO** to weigh another food without a bowl.

## 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.

## 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.

## 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.



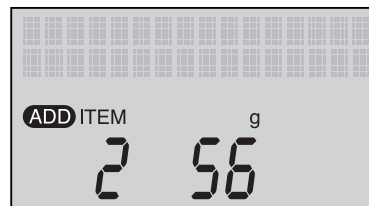
2. When you press **ADD**, the screen will display "FOOD ADDED" to confirm that the food information is stored in memory.



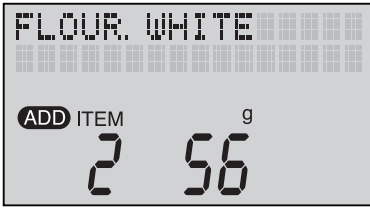
3. The scale is ready for you to add your second item to the recipe. NOTE: If not using a bowl or dish, a minus sign will show after each food item has been removed from the scale. Press **ZERO** to zero out the weight.



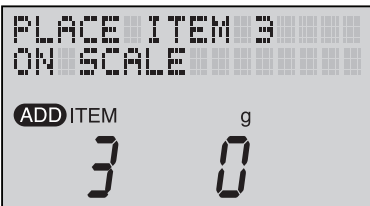
4. To add your second food to the recipe, place it on the scale. NOTE: While you are working in the **ADD & WEIGH** mode, the **ADD** icon to the left of the screen will be displayed. The item number will also be displayed.



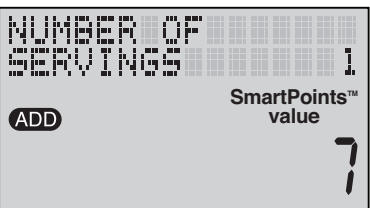
5. Use the keypad and/or scroll wheel to enter the name of your second food.



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.

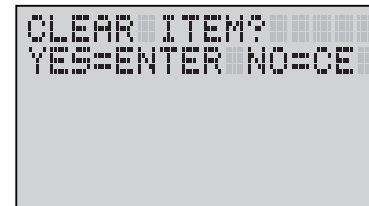
NOTE: While in **ADD & WEIGH** mode, you can press **ADD** at any time to switch between viewing the individual items and the total for the recipe.

## 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.

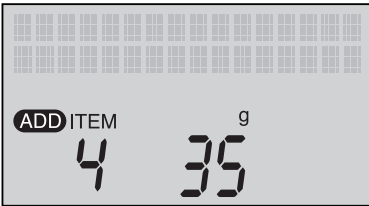


4. A minus sign will show after the item has been removed from the bowl or plate. Press **ZERO** to zero out the weight of the removed food. The foods will automatically be renumbered in the recipe list. To continue adding more ingredients to your recipe, place food on scale and use the keypad to enter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

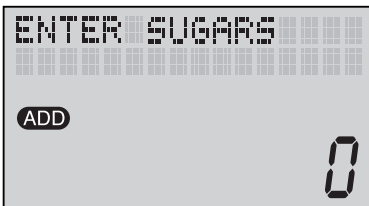
## Calculating SmartPoints™ Values of Items Not in the Scale's Food List

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

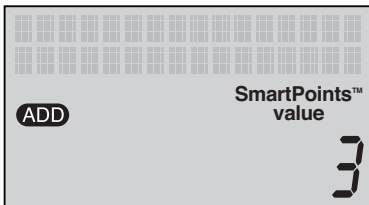
1. Place the item on the scale.



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.

- To delete a food from a recipe see page 13 under '**Clearing a Food from Your Recipe.**'
- Now to get out of recipe builder press **ADD** and hold **CE** for 5 seconds.

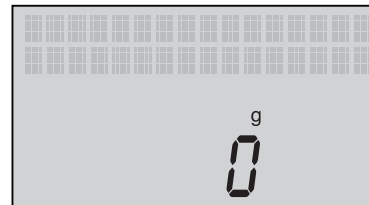
## Clearing the ADD & WEIGH Memory

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:



- 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.)
- 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:

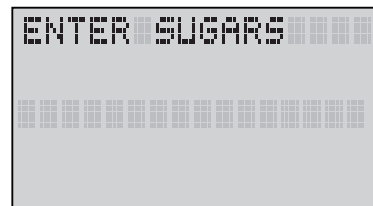
1. Press **INPUT**. “Calculate SmartPoints” will briefly display. The screen will then ask you to input total calories per serving (as seen in the screen below). Enter calories per serving, and press **ENTER**.



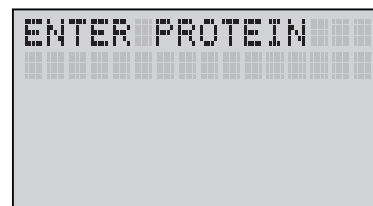
2. Enter grams of total saturated fat per serving, and press **ENTER**.



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



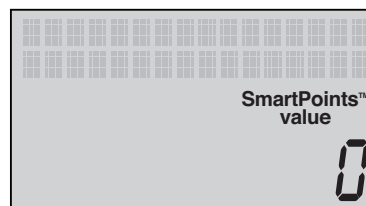
4. Enter grams of protein per serving, and press **ENTER**.



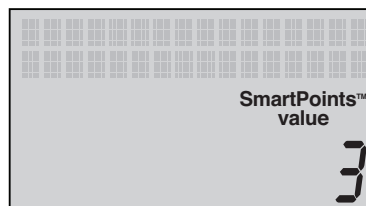
5. Enter serving size in grams, and press **ENTER**.



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



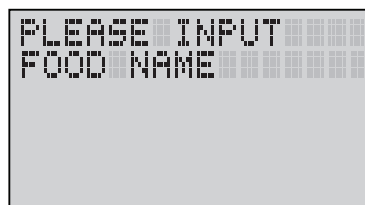
7. To find the SmartPoints value of that food, place the food on the scale.



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

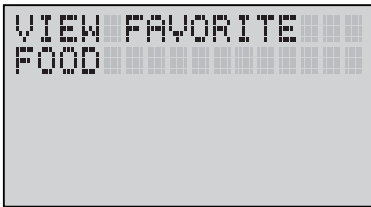


- Use the keypad to input your food name and press **ADD** to save and **ENTER** to confirm.

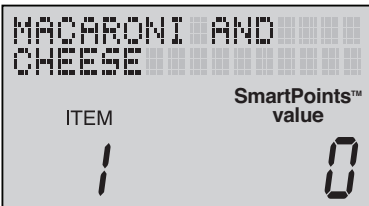


## Getting the SmartPoints™ Values for the Portions of Favorite Foods that you Weigh

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



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

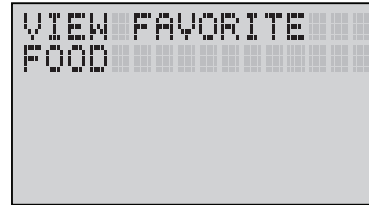


- Place the food on the scale to see the SmartPoints value for that portion. Press **CE** to return to the favorite food list.



## 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**.



- Turn the scroll wheel DOWN to enter DELETE mode.



- 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.



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



# FOOD LIST

ALMOND BUTTER  
 ALMOND BUTTER, WITH SALT  
 ALMONDS  
 ALMONDS, DRY ROASTED W/ SALT  
 ALMONDS, SLICED  
 ALMONDS, SLIVERED  
 ANDOUILLE SAUSAGE  
 APPLE BUTTER  
 BACON, CANADIAN STYLE, COOKED  
 BACON, COOKED, CRISP  
 BACON, TURKEY COOKED, CRISP  
 BAGEL, ANY TYPE  
 BAGELS CHIPS  
 BANANA BREAD WITH NUTS  
 BARLEY, COOKED  
 BEANS, BLACK, CANNED  
 BEANS, BLACK, COOKED  
 BEANS, KIDNEY, CANNED, ALL TYPE  
 BEANS, PINTO, CANNED  
 BEANS, PINTO, COOKED  
 BEANS, REFRIED, CANNED, FAT FREE  
 BEEF BRISKET, BARBECUED  
 BEEF, CHUCK, COOKED  
 BEEF, CHUCK, LEAN TRIM COOKD  
 BEEF CUBE STEAK TRIMMED, COOKED  
 BEEF, EYE ROUND TRIMMED, COOKED  
 BEEF, FILET MIGNON, COOKED  
 BEEF, FILET MGN LEAN TRIM COOK  
 BEEF, FLANK STEAK, RAW  
 BEEF,FLANK,LEAN TRIMMED, COOKED  
 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  
 BEEF, GROUND 95% LEAN COOKED  
 BEEF, GROUND 95% LEAN RAW  
 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, SIRLOIN GROUND, COOKED  
 BEEF, SIRLOIN LEAN TRIM COOK  
 BEEF, STK,LEAN, TRIMMED, COOKED  
 BEEF, STEAK, REG COOKED  
 BEEF, STK SKIRT TRIMMED, COOKED  
 BISCUIT MIX RED FAT BUTTERMILK  
 BISCUIT(S)  
 BRATWURST (PORK SAUSAGE)  
 BREAD CRUMBS DRIED, SEASONED  
 BREAD, ANY TYPE  
 BREAD, FRENCH BAGUETTE  
 BREAD, ITALIAN

BREAD, REDUCED CALORIE ANY TYPE  
 BREAD, REDUCED CAL, WHOLE WHEAT  
 BREAD, RYE  
 BREAD, SANDWICH THIN  
 BREAD, SANDWICH THIN WHOLE WHEAT  
 BREAD, SOURDOUGH  
 BREAD, WHEAT  
 BREAD, WHITE  
 BREAD, WHOLE WHEAT  
 BROWNIE, 2" SQR FAST FOOD  
 BROWNIE, PREPARED  
 BULGUR, COOKED  
 BURGER, VEGGIE RESTAURANT TYPE  
 BUTTER  
 BUTTER, REGULAR WITH SALT  
 CAESAR SALAD  
 CAKE, CHOCOLATE CHOC FROSTING  
 CAKE, WITH ICING  
 CANDY BAR FUN SIZE  
 CASHEWS  
 CASHEWS, DRY ROAST,W/ OUTSALT  
 CASHEWS, OIL ROAST W/ SALT  
 CEREAL, GRANOLA HOMEMADE  
 CEREAL, HOT CRM WHEAT, COOKED  
 CEREAL, HOT GRIT CORN, COOKED  
 CEREAL, HOT GRIT CORN WHITEQUICK  
 CEREAL, HOT, OATMEAL, COOKED  
 CEREAL, HOT INST PLAIN, COOKED  
 CEREAL, HOT INST PLAIN, UNCOOKED  
 CEREAL, HOT INST CINN & SPICE  
 CEREAL, HOT, OATML, UNCOOKED  
 CEREAL, READY TO EAT, ANY TYPE  
 CEREAL, READY TO EAT, BRAN FLAKES  
 CEREAL, GRANOLA LOW FAT  
 CEREAL, GRANOLA  
 CEREAL, RAISIN BRAN  
 CEREAL, WHOLE GRAIN, FORTIFIED  
 CHEESE, AMERICAN  
 CHEESE, AMERICAN FAT FREE  
 CHEESE, AMERICAN LOW FAT, SINGLE  
 CHEESE, BLUE  
 CHEESE, BRIE  
 CHEESE, CHEDDAR OR COLBY  
 CHEESE, CHEDDAR FAT FREE, SHRED  
 CHEESE, CHEDDAR SHREDDED  
 CHEESE, CHEDDAR SHRED, LOW FAT  
 CHEESE, CREAM FAT FREE  
 CHEESE, CREAM LIGHT  
 CHEESE, CREAM REGULAR  
 CHEESE, CREAM WHIPPED  
 CHEESE, FETA  
 CHEESE, GOUDA  
 CHEESE, HARD OR SEMISOFT FT FREE  
 CHEESE, AMERICAN OR CHEDDAR  
 CHEESE, AMERICAN OR CHED LO CHOL  
 CHEESE, CHEDDAR OR COLBY LOWFAT  
 CHEESE, MEXICAN RED FAT, SHRED  
 CHEESE, MOZZ. FAT FREE, SHRED  
 CHEESE, MOZZ. FRESH  
 CHEESE, MOZZ. PART SKIM  
 CHEESE, PARMESAN

CHEESE, PARM, GRATED  
 CHEESE, PARM, SHREDDED  
 CHEESE, PEPPER JACK  
 CHEESE, PROVOL.  
 CHEESE, RICOTTA FAT FREE  
 CHEESE, RICOTTA PART SKIM  
 CHEESE, RICOTTA WHOLE MILK  
 CHEESE, SWISS  
 CHEESE, SWISS, LOW FAT  
 CHIA SEEDS, DRIED  
 CHICKEN BREAST, BREADED,  
 FROZEN  
 CHICKEN BREAST, TENDERS,  
 BREAD  
 CHICKEN CUTLET, PAN-FRIED  
 CHICKEN, THIGH, COOK, W/  
 SKINBONE  
 CHICKN BREAST, ROTISS.  
 NO SKIN  
 CHICKN BRST CKD NO SKIN  
 OR BONE  
 CHICKN BRST DELISTYLE SLICE  
 CHICKN BRST, W/ BONE, NO  
 SKIN  
 CHICKN BRST,BBQ ROTISS.  
 NO SKIN  
 CHICKN BRST,BBQ ROTISS.  
 W/ SKIN  
 CHICKN BRST,GRL NO SKIN  
 OR BONE  
 CHICKN BRST,RAW NO SKIN  
 OR BONE  
 CHICKN DRUMSTCK COOKED,  
 W/ SKIN  
 CHICKN NUGGETS, FROZEN  
 CHICKN THGH CKD NO SKIN  
 W/ BONE  
 CHICKN THGH W/ SKIN,  
 ROASTED  
 CHICKN THIGH DK MEAT,  
 NO BONE  
 CHICKN WING FRY W/ SKIN  
 CHICKN, GROUND 93%  
 LEAN,COOKED  
 CHIPS, PITA

CHIPS, PITA, WHOLE WHEAT  
 CHIPS, POTATO, LIGHTLY  
 SALTED  
 CHIPS, TORTILLA PLAIN,  
 WHTECORN  
 CHOCOLATE CHIPS MINI  
 CHOCOLATE CHIPS  
 SEMISWEET  
 CHOCOLATE, ANY TYPE  
 CHOCOLATE, DARK 60-69%  
 COCOA, POWDER,  
 UNSWEETENED  
 COLESLAW  
 COOKIES, ANIMAL CRACKERS  
 COOKIES, CHOCO CHIP, SOFT  
 TYPE  
 COOKIES, FORTUNE  
 COOKIES, SUGAR  
 CORN BREAD  
 CORN CHIPS  
 CORN FLAKES  
 CORN, KERNELS, COOKED  
 CORN, ON THE COB  
 CORN, YELLOW, CANNED  
 CORNED BEEF, LEAN  
 COUSCOUS,  
 SEMOLINA,COOKED  
 COUSCOUS, WHOLE WHEAT,  
 COOKED  
 CRABMEAT, LUMP  
 CRACKERS, FAT FREE  
 CRACKERS, GRAHAM  
 CRACKERS, MULTIGRAIN  
 CRACKERS, OYSTER  
 CRACKERS, RICE  
 CRANBERRY SAUCE, CANNED  
 CREAM, SOUR, FAT FREE  
 CREAM, SOUR, LIGHT  
 CREAM, SOUR, REGULAR  
 CREAM, WHIPPED, AEROSOL  
 CROUTONS, PACKAGED, REG  
 CUPCAKE, 2 TBSP FROST,  
 FROM MIX

CUPCAKE, W/FROST ANY TYPE,  
 STORE  
 DIP, BLACK BEAN FAT FREE  
 DIP, SPINACH  
 EDAMAME, IN PODS  
 EDAMAME, SHELLED  
 EGG WHITES  
 EGG(S)  
 EGG(S), FRIED  
 EGG(S), HARD BOILED  
 EGG(S), SCRAMBLED  
 ENGLISH MUFFIN, (ANY TYPE)  
 ENGLISH MUFFIN, LIGHT  
 ENGLISH MUFFIN, LIGHT, WH  
 WHEAT  
 FISH, CATFISH, BREADED &  
 FRIED  
 FISH, COD, ATLANTIC, COOKED  
 FISH, COD, PACIFIC, COOKED  
 FISH, GROUPER, COOKED  
 FISH, HADDOCK, COOKED  
 FISH, HALIBUT, COOKED  
 FISH, LOX  
 FISH, MAHI MAHI  
 DOLPHINFISH, CKD  
 FISH, SALMON, ATL FARMED,  
 COOKED  
 FISH, SALMON, ATL WILD,  
 COOKED  
 FISH, SALMON, COOKED  
 FISH, SALMON, SMOKED  
 FISH, SEA BASS, COOKED  
 FISH, SOLE, COOKED  
 FISH, SWORDFISH, COOK  
 FISH, TILAPIA, RAW  
 FISH, TUNA, CAN IN WATER,  
 DRAIN  
 FISH, TUNA, YELLOWFIN, COOK  
 FISH, TUNA, YELLOWFIN, RAW  
 FLAX SEED  
 FLAX SEED MEAL, GROUND  
 FLOUR TORTILLA, 8 INCH  
 FLOUR, WHITE

FLOUR, WHOLE WHEAT  
 FRANKFURTER, FAT FREE,  
 BEEF/PORK  
 FRANKFURTER, LGT BEEF OR  
 PORK  
 FRANKFURTER, REG BEEF OR  
 PORK  
 FRANKFURTER, FAT FREE,  
 TURKEY  
 FRENCH TOAST  
 FRIES, FRENCH  
 FRIES, FRENCH (SMALL)  
 FROSTING, CHOCO. CREAMY  
 RDY EAT  
 FROSTING, CREAM CHEESE,  
 RDY EAT  
 GRITS,YELLOW, CORN, QUICK,  
 COOK  
 GUACAMOLE, HOME-MADE/  
 RESTAURANT  
 GUACAMOLE, STORE BOUGHT  
 HAM, COOKED, LEAN  
 HAM, COOKED, REGULAR  
 HAM, SPIRAL SLC, LEAN,  
 ROASTED  
 HASH BROWNS, RESTAURANT  
 TYPE  
 HONEY  
 HOT DOG, BEEF OR PORK,  
 REGULAR  
 HUMMUS  
 JAM  
 JAM, RASPBERRY  
 JELLY  
 KNISH, POTATO  
 KNISH, POTATO, STORE-  
 BOUGHT  
 LAMB, BABY, CHOP, COOKED  
 LAMB, LEG, LEAN TRIMMED,  
 COOKED  
 LAMB, LOIN, COOKED,  
 TRIMMED  
 LASAGNA, VEGETABLE  
 LASAGNA, WITH MEAT  
 LENTILS, COOKED

LUNCH MEAT, DELI HONEY  
HAM, LEAN  
LUNCH MEAT, DELI ROAST  
BEEF  
LUNCH MEAT, TURKEY BREAST  
LUNCH MEAT, TRKY BREAST,  
LOW SOD  
MACARONI AND CHEESE  
MACARONI, COOKED  
MARGARINE, REDUCED-  
CALORIE  
MARGARINE, REGULAR  
MARINARA SAUCE, HOMEMADE  
MARINARA SAUCE, STORE  
BOUGHT  
MAYONNAISE, FAT FREE  
MAYONNAISE, REDUCED-  
CALORIE  
MAYONNAISE, REGULAR  
MEAT SAUCE, HOME MADE  
MEATBALLS, WITHOUT SAUCE  
MEATLOAF, VEGETARIAN  
MUFFIN, MINI, ANY TYPE,  
STORE BGHT  
MUFFIN, ANY TYPE  
MUFFIN, ENGLISH LIGHT  
MUFFIN, ENGLISH LIGHT, WH  
WHEAT  
MUFFIN, ANY TYPE, FAST FOOD  
MUFFIN, ANY TYPE, STORE  
BGHT  
MUFFIN, ENGLISH (ANY TYPE)  
NOODLES, CELLO-PHANE,  
COOKED  
NOODLES, EGG, COOKED  
NOODLES, EGG, NO YOLK,  
UNCOOK  
NOODLES, SOBA,  
JAPANESE, COOKED  
NOODLES, RICE, COOKED  
NUTS, HAZELNUTS  
NUTS, MACADAMIA, SHELLED  
NUTS, MIX, DRY ROAST, W/  
SALT  
NUTS, MIX, OIL ROAST, W/  
SALT

NUTS, MIXED, SHELLED  
NUTS, PECAN HALVES  
NUTS, PECANS, CHOPPED  
NUTS, PIGNOLIAS (PINE NUTS)  
NUTS, PISTACHIO, DRYROAST  
N.SALT  
NUTS, PISTACHIO, DRYROAST  
W/SALT  
NUTS, PISTACHIO, WITHOUT  
SHELLS  
OATS, COOKED, OLD  
FASHIONED  
OATS, UNCOOKED, OLD  
FASHIONED  
OATS, STEEL CUT, UNCOOKED  
OLIVES, BLACK, JUMBO, RIPE,  
CAN  
OLIVES, GREEN, PCKLD, CAN/  
BOTTL  
OLIVES  
OLIVES, BLACK, SMALL, RIPE,  
CAN  
PANCAKE, FR.MIX, 4INCH, ANY  
TYPE  
PASTA SAUCE, BOTTLED,  
ANYTYPE  
PASTA, ANGEL HAIR, COOKED  
PASTA, LINGUINI, COOK  
PASTA, ORZO, COOKED  
PASTA, PENNE, UNCOOKED  
PASTA, REGULAR, ANY TYPE  
UNCOOK  
PASTA, REGULAR, ANY TYPE,  
COOK  
PASTA, RIGATONI, COOK  
PASTA, WHOLE WHEAT,  
COOKED  
PASTA, WHOLE WHEAT,  
UNCOOKED  
PASTRAMI, BEEF  
PEANUT BUTTER, CHUNKY, NO  
SALT  
PEANUT BUTTER, CHUNKY, W/  
SALT

PEANUT BUTTER, RED FAT,  
SMOOTH  
PEANUT BUTTER, REDUCED  
SODIUM  
PEANUT BUTTER, SMOOTH, W/  
SALT  
PEANUT BUTTER, W/OMEGA3,  
CREAMY  
PEANUTS  
PEANUTS, DRY ROASTED, NO  
SALT  
PEAS, BLACK EYED, COOKED  
PEAS, GARBANZO/ CHICK, CAN,  
DRAIN  
PEAS, GREEN, COOKED  
PEPPERONI  
PESTO SAUCE  
PITA, WHITE  
PITA, WHOLE WHEAT  
PIZZA, BAGEL, MINI, ANY TYPE  
PIZZA, FROZEN, CHEESE, 1SRVG  
PIZZA, FROZEN, PEPPERONI,  
1SRVG  
PIZZA, SICILIAN, CHEESE,  
SMALL  
POLENTA, COOKED  
POPCORN, 94%FAT FREE  
MICRO. POP  
POPCORN, BUTTERED, POPPED  
POPCORN, LIGHT, BUTTER  
FLAVOR  
POPCORN, LIGHT, MICROWAVE  
POP  
POPCORN, LIGHT, PLAIN,  
POPPED  
POPCORN, MOVIE, WITHOUT  
BUTTER  
POPCORN, PLAIN, AIR POPPED  
POPCORN, PLAIN, MICROWAVE  
POP  
POPCORN, PLAIN, OIL POPPED  
PORK CHOP, CENTER LOIN,  
RAW  
PORK, TENDERLOIN, COOK

PORK, CHOP, LEAN NO BONE,  
COOK  
PORK, CHOP, LEAN NO BONE,  
RAW  
PORK, CNTR LOIN, LEAN ONLY,  
COOK  
PORK, CNTR LOIN, LEAN, FAT,  
COOK  
PORK, COUNTRY- STYLE RIBS,  
COOK  
PORK, LOIN, CNTR RIB, LEAN/  
FAT CK  
POTATO CHIPS, BAKED  
POTATO CHIPS, REGULAR  
POTATO FLAKES, DRY  
POTATO(ES), BAKED, PLAIN  
POTATO(ES), RAW  
POTATO(ES), RED, COOKED  
POTATO(ES), SWEET, COOKED  
POTATO(ES), SWEET, RAW  
POTATO, BAKED  
POTATO, SWEET, BAKED, W/  
SALT  
POTATO, WHITE OR RED,  
COOKED  
POTATOES, HOME FRIED  
POTATOES, MASHED  
PRETZEL RODS  
PRETZEL TWISTS  
PRETZELS, CHOC COVERED  
PRETZELS, SOFT  
PUDDING, BREAD  
PUDDING, RICE  
PUDDING, CHOC FT & SUG  
FREE INST.  
PUDDING, VAN FAT & SUG FREE  
INST.  
PULLED PORK, IN BARBECUE  
SAUCE  
PUMPKIN SEEDS, ROASTED, NO  
SALT  
QUINOA, COOKED  
QUINOA, UNCOOKED  
RAISINS

RAISINS, CHOC COVERED	SCALLOPS, COOKED	TEMPEH, FERMENTD SOYBEAN CAKE	TURKEY, GROUND, REGULAR, COOKED
RAISINS, GOLDEN SEEDLESS	SEITAN SLICES	TOFU, EXTRA FIRM	TURKEY, HAM, XTR LEAN, DELI SLCE
RAISINS, SEEDED	SESAME SEEDS	TOFU, FIRM, REGULAR	VANILLA EXTRACT
RAISINS, YOGURT COVERED	SHELLFISH, CRAB, IMITATION	TOFU, FRIED	VEAL, CHOP, LEAN, COOKED
RICE CAKES, ALL (NOT PLAIN)	SHELLFISH, LOBSTER, COOKED	TOFU, SOFT, REGULAR	VEAL, CHOP, LEAN, RAW
RICE CAKES, PLAIN	SHELLFISH, OYSTER, RAW	TORTILLA CHIPS	VEAL, CUTLET, LEAN, COOKED
RICE, BASMATI, UNCOOKED	SHELLFISH, SCALLOPS, COOKED	TORTILLA CHIPS, BAKED, LOW FAT	VEAL, CUTLET, LEAN, RAW
RICE, BROWN, COOKED	SHELLFISH, SHRIMP, COOKED	TORTILLA CHIPS, BLUE CORN, BAKED	VEGETARIAN BKFT PATTY SAUS. TYPE
RICE, BROWN, MED GRAIN, COOKED	SHELLFISH, SHRIMP, RAW	TORTILLA, CORN	VEGETARIAN BRGR BLACK BN, FRZN
RICE, JASMINE, COOKED	SHRIMP, BREADED AND FRIED	TORTILLA, FLOUR	VEGETARIAN BRGR FAT FREE, FRZN
RICE, SPANISH	SHUMAI, FRIED	TORTILLA, WHOLE WHEAT	VEGETARIAN BURGER, FROZEN
RICE, WHITE, COOKED	SHUMAI, STEAMED	TRAIL MIX	VEGETARIAN GRND MEAT, FROZEN
RICE, WILD, COOKED	SIRLOIN, COOKED	TRAIL MIX, SALT WITH CHOCO CHIP	VENISON, COOKED
RICE, WHITE, LONG GRAIN, INST, CKD	SOY CHEESE, FAT FREE	TUNA SALAD	WAFFLE, 7 INCH, FROM MIX
RISOTTO	SOY CHEESE, REGULAR	TUNA STEAK, GRILLED, FROZEN	WAFFLE, ANY TYPE, FROZEN
ROLL OR BUN, HAMBURGER, PLAIN	SOY CRUMBLES, MEATLESS	TUNA, CHUNK LGHT CAN, IN WATER	WALNUTS
ROLL(S), DINNER	SOY YOGURT, FLAVORED	TURKEY BRST, NO SKN OR BONE, RAW	YOGURT, FAT FREE, PLAIN
SALAMI, PORK, DRY OR HARD	SOY YOGURT, PLAIN	TURKEY BRST, GRD 99% FAT FREE CKD	YOGURT, FROZEN, ALL EXCEPT CHOC
SALMON FILET, SKINLESS, RAW	SPAGHETTI SAUCE BOTTLE, ANY TYPE	TURKEY BURGER, FROZEN, PREPARED	YOGURT, FROZEN, CHOCOLATE
SALMON PATTY	SPAGHETTI WITH MEAT SAUCE	TURKEY SAUSAGE, SW. ITAL., RAW	YOGURT, FROZEN, FATFR, NO SUGAR
SALTINE (CRACKERS)	SPAGHETTI, COOKED	TURKEY, BREAST, COOKED, W/ SKIN	YOGURT, FROZEN, FATFR, W/ SUGAR
SASHIMI, MACKEREL	SPAGHETTI, WHOLE WHEAT, CKD	TURKEY, BREAST, GROUND, RAW	YOGURT, FROZEN, LOW-FAT
SASHIMI, NOT SALMON OR MACKL	SPINACH ARTCKE DIP, REST. STYLE	TURKEY, BREAST, SKINLESS, COOKED	YOGURT, FROZEN, VANILLA, FATFREE
SASHIMI, SALMON	STEAK, FLAT IRON (RAW)	TURKEY, BREAST, SMOKED	YOGURT, GREEK, FAT-FREE, PLAIN
SAUCE, BARBECUE	STEAK, SIRLOIN, REST. STYLE	TURKEY, DELI SLICE	YOGURT, GREEK, LOW-FAT, PLAIN
SAUSAGE PATTY, RESTAURANT TYPE	STEW, BEEF	TURKEY, GROUND, 93% LEAN, RAW	YOGURT, LIGHT ARTIF. SWEETND
SAUSAGE, BEEF OR PORK, COOKED	SUGAR, BROWN		
SAUSAGE, CHICKEN, COOKED	SUGAR, DARK BROWN		
SAUSAGE, CHORIZO	SUGAR, LIGHT BROWN		
SAUSAGE, ITAL. PORK, COOKED	SUGAR, WHITE, GRANULATED		
SAUSAGE, ITALIAN, SWEET	SUNFLOWER SEEDS		
SAUSAGE, PORK, COOKED	SUNFLOWER SEEDS DRY ROAST W/SLT		
SAUSAGE, SMOKED LINK, PORK	SUSHI, CALIFORNIA ROLL		
SAUSAGE, TRKY, FRESH, COOKED	SUSHI, TUNA ROLL, SPICY		
SAUSAGE, TURKEY, BKFT LINK, MILD	SYRUP, PANCAKE, REGULAR		
	TABOULI		
	TACO, BEEF		