

Dietary kitchen scale

User's manual

EN



SENCOR®

SKS 6000

Before first use, please read all instructions contained in this user's manual carefully, even if you are already familiar with using similar products. Only use this product in accordance with the instructions described in the user's manual. Please store this manual for later use.

Keep the original packaging, including the internal packing material, warranty card and proof of purchase receipt, at least for the duration of the warranty. If you need to ship this product, pack it in the original cardboard box to ensure maximum protection during transport (e.g., when moving or when you need to send this product for repair).

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IMPORTANT SAFETY NOTICE

- 1) Carefully unpack the product, and take care not to throw away any part of the packaging material before you have found all parts of the product.
- 2) This product must not be used by persons (including children) with physical or mental impairments or by inexperienced persons, unless properly trained or schooled in the safe use of the product, or unless they have been properly supervised by a qualified person who will be responsible for their safety.
- 3) Children must be supervised to ensure that they do not play with the product.
- 4) Under no circumstances should you repair or alter the product yourself. Entrust all repairs and adjustments to a specialised company/service. Tampering with the product may void the warranty.
- 5) Store and use the product away from flammable or volatile materials and substances.
- 6) Keep the product away from extreme temperatures, direct sunlight and excessive humidity. Do not use in a dusty environment.
- 7) Do not place the product near heaters, open fires or other sources of heat.
- 8) This product is designed for household use. Do not use in industrial surroundings or outdoors!
- 9) Do not use the product for purposes other than those intended.
- 10) Do not spray the product with water or any other liquid. Do not submerge the product in water or any other liquid.
- 11) If you will not be using the product for an extended period of time, remove the batteries. Otherwise they may leak inside the product and cause irreparable damage.
- 12) For plugging the product into the mains socket, use only the type of adaptor included with the product.
- 13) It is not permitted to make construction changes to the product nor to attach HF amplifiers or antennas.
- 14) The manufacturer is not responsible for damages caused by incorrect use of this appliance or its accessories. Such damages include food spoilage, injuries, burns, scalding, fire, etc.

INTRODUCTION

This special dietary (nutritional) scale is intended primarily for:

- weight reduction diets
- athletes
- persons with diabetes
- persons with heart disease
- persons with kidney disease, higher cholesterol, high blood pressure, etc.

The scale has 999 programmed food codes using which it is possible to display nutritional values of individual foods, i.e. calorie, sodium, protein, fat, carbohydrate, cholesterol and fibre content for the majority of commonly used foods and drinks. Because even the same foods may contain slightly different nutritional values, the programmed values are only informational in nature and not accurate. Averaged nutritional values are used.



Warning

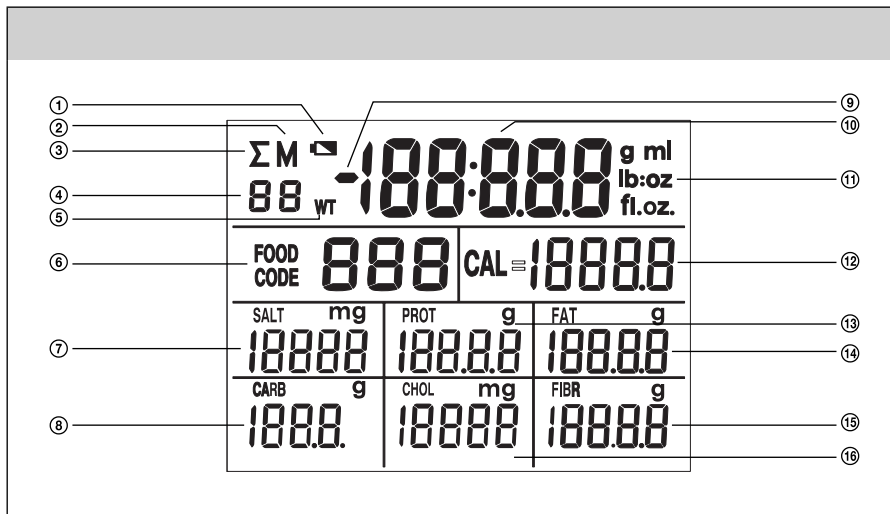
- As a result of the incorrect use of this scale, or possibly a wrong entry of a food code, the incorrect nutritional values may be displayed, which may lead to an incorrect diet or even cause health damage! For this reason please read this manual very carefully.
- This scale cannot be a substitute for necessary medical supervision and care.

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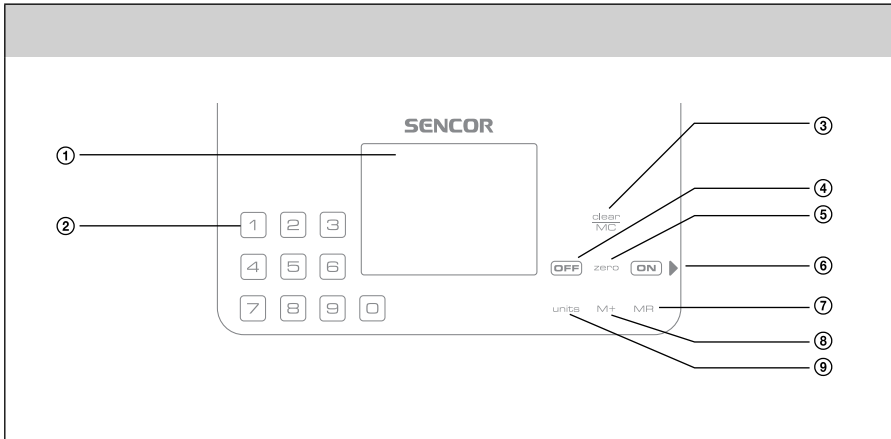
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DESCRIPTION OF LCD DISPLAY



- ① Low battery indicator
- ② Memory indicator
- ③ Indicator for the sum of all values stored in memory
- ④ Number of foods stored in memory
- ⑤ Weighing mode indicator
- ⑥ Food code
- ⑦ Salt content value [mg]
- ⑧ Carbohydrate content value [g]
- ⑨ Negative weight value indicator
- ⑩ Weight
- ⑪ Selected weight unit
- ⑫ Number of calories [cal]
- ⑬ Protein content value [g]
- ⑭ Fat content value [g]
- ⑮ Fibre content value [g]
- ⑯ Cholesterol content value [mg]

DESCRIPTION OF BUTTONS



- ① Display
- ② Number keys 0 – 9
- ③ CLEAR/MC button
- ④ OFF button
- ⑤ ZERO button
- ⑥ ON button (located on the side of the scale)
- ⑦ MR button
- ⑧ M+ button
- ⑨ UNITS button

INSTRUCTIONS FOR USE

Turning the scale on and off

**Warning**

Before turning on the scale for the first time, please check the back of the battery cover and remove the insulation tape, which prevents the discharge of batteries during transport.

- 1) Turn the scale on by pressing the "ON" button.
- 2) Turn the scale off by pressing the "OFF" button.

**Warning**

The scale turns itself off automatically after approximately 60 seconds after displaying "0" on the LCD display or while it is idle. By turning it off after weighing using the "OFF" button you will save the battery.

Switching units

While weighing you may switch between units (g -> oz -> ml -> fl:oz) by pressing the "UNITS" button.

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Weighing procedure

- 1) Turn the scale on by pressing the "ON" button.
- 2) If necessary select the weight unit (g -> oz -> ml -> fl:oz).
- 3) All segments of the display will show „0“. In the top left corner the weighing indicator "WT" will be displayed, which means that the scale is ready for weighing.
- 4) Place the food that you wish to weigh on the weighing surface.
- 5) The weight will be displayed on the display in the selected units.

Additional weighing function

- 1) Turn the scale on by pressing the "ON" button.
- 2) If necessary select the weight unit (g -> oz -> ml -> fl:oz).
- 3) Place the food that you wish to weigh carefully on the plate.
- 4) As soon as the scale stabilises, press the "ZERO" button. The current weight will be erased and the display will be reset to zero.
- 5) Place other foods on the scale. The display will display only the weight of the newly placed foods.
- 6) In this way you may continue to weigh additional foods by adding them step by step and repeating steps 4 and 5.

How to turn off the additional weighing function (ZERO)

Remove all food from the scale. A negative value will be displayed on the display. By repeatedly pressing the "ZERO" button you will reset the scale to zero.

Display of nutritional values

- 1) First check that the scale is in the weighing mode (a "WT" indicator must be displayed on the display). If this is not the case, press the "ZERO" button.
- 2) Then place the food that you wish to weigh on the weighing surface.
- 3) Find the 3 digit food code in the list, which is supplied with this scale.
- 4) Enter the food code for the food you found in the list using the keypad on the scale. The code will be displayed in the left corner. (The entered value may be deleted by pressing the "CLEAR/MC" button.)
- 5) In the relevant columns on the display the individual nutritional values of the weighed food will be displayed:
CAL - calorie content
SALT - salt content
PROT - protein content
FAT - fat content
CARB - carbohydrate content
CHOL - cholesterol content
FIBR - fibre content

Saving nutritional values

- 1) According to the preceding point, display the nutritional food values.
- 2) Press the M+ button to save the nutritional values to memory.
- 3) M01 is displayed on the display, which means that it is the first nutritional value that has been saved.
- 4) Place other foods on the scale and repeat the above mentioned procedure. M02 will be displayed on the display, which means that the nutritional values for two foods have been saved.



Warning

- The memory is permanent, the data is not lost even if the scale is turned off.
- If you wish to measure the nutritional values for more foods, repeat the steps above.
- You may save up to 99 various nutritional values. If you exceed 99 entries, delete the memory by pressing the „CLEAR/MC“ button.

Display of nutritional values

- 1) First check that the scale is in the weighing mode (a "WT" indicator must be displayed on the display). If this is not the case, press the "ZERO" button.
- 2) Press the "MR" button. The sum of all nutritional food values saved to memory is displayed on the display. "Σ" is displayed in the upper right corner. By pressing the "MR" button you will switch to the "WT" mode.



Warning

It is not possible to display the total weight of all foods, whose nutritional values have been saved to memory.

Deleting saved information

With the scale in the "WT" mode and displaying "000" on the display, press the CLEAR/MC button and "M" will begin to flash. If you really wish to delete the records, press the CLEAR/MC button again; If not, stop the deletion by pressing any other button.

OVERLOAD INDICATOR

If the scale is overloaded (max. capacity 5 kg), the display will show the symbol "Err". Remove the food from the scale immediately so as not to damage the scale.

CHANGING THE BATTERIES

If the display shows the dead battery icon, it is time to change the batteries.

- 1) Remove the battery compartment cover on the bottom part of the scale.
- 2) Remove the old batteries.
- 3) Place one 3V type CR2032 lithium battery into the battery compartment. Pay attention to the polarity. The positive pole must always be facing upwards.



Warning

- If you will not use the scale for a long time, store it in a horizontal position. This position better protects the sensitive sensors located in the scale footings.
- Do not place or leave any objects on the scale that may place unnecessary stress on the sensors.
- Strong magnetic fields may negatively influence the weighing precision. Do not use the scale in environments with strong magnetic fields.

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CLEANING AND MAINTENANCE

To clean the outer parts of the appliance, use a soft cloth dipped in lukewarm water.

DISPOSAL OF USED BATTERIES

This product comes with one alkaline battery. Do not place used batteries into regular household waste. Instead, use the appropriate waste collection and recycling centres.

TROUBLESHOOTING

If the scale is displaying random values or if it is not turning off automatically, you need to restart it. In such cases, remove the batteries for about 10 seconds and place them back again. The scale should work normally again.

TECHNICAL SPECIFICATIONS

Power supply	1 x 3V lithium battery (CR2032)
Max. measurable weight	5000 g
Weighing precision:	1 g
Switching between weight units	g -> oz -> ml -> fl:oz
Number of pre-programmed nutritional food values	999
Number of memory positions for the total sum of nutritional values	99
Automatic shut off when idle	60 s
Dimensions (width x depth x height).....	157 x 224 x 17 mm
Display dimensions (length x height).....	60 x 45 mm
Weight	0.55 kg

DISPOSAL OF USED ELECTRICAL & ELECTRONIC EQUIPMENT

The meaning of the symbol on the product, its accessory or packaging indicates that this product shall not be treated as household waste. Please, dispose of this equipment at your applicable collection point for the recycling of electrical & electronic equipments waste. In the European Union and Other European countries which there are separate collection systems for used electrical and electronic product. By ensuring the correct disposal of this product, you will help prevent potentially hazardous to the environment and to human health, which could otherwise be caused by unsuitable waste handling of this product. The recycling of materials will help conserve natural resources. Please do not therefore dispose of your old electrical and electronic equipment with your household waste. For more detailed information about recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

INSTRUCTIONS AND INFORMATION REGARDING THE DISPOSAL OF USED PACKAGING MATERIALS

Dispose of used packaging material in a location determined by the municipality of disposal of wastes.



This product is in compliance with the requirements of the regulations of EU on electromagnetic compatibility and electrical safety.

159	Alfalfa sprouts	raw
818	Alfredo egg noodles	dry mix
995	Almonds	
622	American cheese	pasteurised, regular
623	American cheese	pasteurised, fat free
668	Angelfood pie	
20	Anchovies	canned in oil
974	Apple juice	bottled or canned
975	Apple juice	concentrate, frozen, undiluted
973	Apple juice	frozen, concentrate, diluted
331	Apple juice	canned, sweetened
330	Apple juice	canned, unsweetened
66	Apple pie	
987	Apple Pie Filling	
326	Apples	fresh, peeled
325	Apples	fresh, with skin
329	Apples	dried
328	Apples	stewed with added sugar
327	Apples	stewed without added sugar
332	Apricots	fresh
333	Apricots	canned, halves, thick syrup
334	Apricots	canned, halves, juice pack
335	Apricots	dried
160	Artichokes	cooked, drained
163	Asparagus	raw, cooked, drained
162	Asparagus	frozen, cooked, drained
161	Asparagus	canned, cuts, drained
51	Asparagus Soup	condensed, canned, with milk
337	Avocado	fresh, peeled & without pit
925	Bacon rashers	
1	Bagel	plain
2	Bagel	cinnamon & raisin
3	Bagel	egg
86	Baked potatoes	with cheese, from fast food
926	Baking powder	
929	Baking soda	
164	Bamboo shoots	canned, drained
387	Banana	peeled, fresh
4	Banana bread	recipe, margarine
87	Banana cream pie	prepared according to recipe

338	Bananas	fresh
774	Bar	fruit & juice, frozen
911	Barbecue sauce	
5	Barley	cooked
498	Bass	freshwater, cooked, dried by heat
497	Bass	sea, cooked, dried by heat
165	Bean sprouts	raw
166	Bean sprouts	cooked, drained
551	Beans	pinto, canned
540	Beans	black, dry, cooked
541	Beans	Great Northern, dried, cooked
546	Beans	Pinto, dried, cooked
545	Beans	baked, plain or vegetarian, canned
89	Beans	white, canned
544	Beans	dried, cooked
977	Beans in tomato sauce	canned
418	Beef	bottom round, cooked, lean & fat
476	Beef	bottom round, cooked, lean
403	Beef	stewed (brisket) or pot roast, lean & fat
404	Beef	stewed or pot roast, lean
412	Beef	canned
405	Beef	Eye of round, lean & fat
939	Beef	Eye of round, lean
937	Beef	minced, 85%, grilled
938	Beef	minced, 80%, grilled
407	Beef	minced, 73%, grilled
406	Beef	jerky
414	Beef	liver, fried
413	Beef	rib roast, oven cooked, lean & fat
410	Beef	rib roast, oven cooked, lean
409	Beef	sirloin, grilled, lean & fat
408	Beef	sirloin, grilled, lean
402	Beef	T-bone steak, grilled, lean
401	Beef	steak, grilled, lean
420	Beef	Bologna
411	Beef	finely minced, 80%, cooked, pan-browned
416	Beef	finely minced, 85%, cooked, pan-browned
415	Beef	finely minced, 75%, cooked, pan-browned
477	Beef and pork	Bologna
882	Beef bouillon	dry mix, unprepared

903	Beef bouillon	condensed, prep. w. water
921	Beef gravy	canned
883	Beef noodle soup	condensed, prep. w. water
821	Beef stew	canned
908	Beef stock	homemade
953	Beer	regular
954	Beer	pale
177	Beetroot	whole or slices, cooked, drained
179	Beetroot	canned, drained
181	Beetroot	green, leaves & stems, cooked, drained
709	Biscuits	plain or buttermilk, recipe, 2% milk
6	Biscuits	refrigerated dough, baked, regular
723	Biscuits	butter, from the shop
722	Biscuits	from the shop
721	Biscuits	dough, refrigerated
7	Biscuits	recipe, margarine
258	Black eye peas	dried, cooked
259	Black eye peas	canned
339	Blackberries	frozen
340	Blackberries	fresh
90	Blackberries	canned, thick syrup
597	Blue cheese	
800	Blue cheese dressing	regular
799	Blue cheese dressing	low fat
341	Blueberries	fresh
342	Blueberries	frozen, sweetened
67	Blueberry pie	
972	Blueberry pie filling	canned
669	Boston Cream Pie	
99	Bran bread	
481	Braunschweiger	(liver pâté, pork)
98	Bread	large loaf, whole grain
103	Bread	loaf, French
93	Bread	garlic
45	Bread flour	
74	Bread rolls	hamburgers, hotdogs
28	Bread stuffing	dry mix
27	Breadcrumbs	dry, grated, plain
26	Breadcrumbs	dry, grated, seasoned
29	Breakfast bar	cereal crust, fruit filling, fat free

148	Brie	cheese
185	Broccoli	raw, spear
186	Broccoli	fresh, cooked, drained
183	Broccoli	frozen, drained
187	Broccoli	in spicy cheese sauce, frozen
875	Broccoli-cheese soup	condensed, prep. w. full cream milk
672	Brownies	from the shop, without icing, regular
670	Brownies	from the shop, without icing, fat free
671	Brownies	instant mix, low fat
189	Brussel sprouts	frozen, cooked, drained
188	Brussel sprouts	fresh, cooked, drained
46	Buckwheat flour	whole grain
34	Bulgur	cooked
842	Burrito	beans & cheese, from fast food
841	Burrito	beans & meat, from fast food
783	Butter	salted
782	Butter	unsalted
649	Buttermilk	
190	Cabbage	fresh, shredded
194	Cabbage	cooked
193	Cabbage	Pak choi or bok choy
192	Cabbage	Napa
191	Cabbage	red, raw, shredded
802	Caesar dressing	regular
801	Caesar dressing	low fat
47	Cake flour	
673	Cakes	instant mix, Angelfood
674	Cakes	instant mix, yellow, light, water, egg whites, no frosting
598	Camembert cheese	
690	Candy	hard
689	Candy	soft, chewy
791	Canola oil	
264	Capsicum	green or red, fresh
266	Capsicum	green or red, cooked, drained
699	Caramels	plain
698	Caramels	chocolate flavoured
197	Carrot	fresh
199	Carrot	baby
172	Carrot	fresh, cooked, drained

200	Carrot	frozen, cooked, drained
196	Carrot juice	canned
198	Carrots	canned
554	Cashews	salted, dry roasted
499	Catfish	breaded, fried
201	Cauliflower	fresh
202	Cauliflower	fresh, cooked, drained
203	Cauliflower	frozen, cooked, drained
204	Celery	fresh
206	Celery	cooked
931	Celery seeds	
128	Cereals	with apple & cinnamon
129	Cereals	with applejack
137	Cereals	mixture of 4 varieties
140	Cereals	Cheerios
124	Cereals	cinnamon Life
117	Cereals	cocoa crispies
118	Cereals	cocoa
122	Cereals	whole wheat
104	Cereals	Corn Pops
123	Cereals	Crispix
112	Cereals	Froot loops
111	Cereals	Frosted flakes
125	Cereals	Frosted Mini Wheats, regular or bite size
113	Cereals	Golden Grahams
116	Cereals	Honey Nut Cheerios
126	Cereals	Honey Nut Clusters
119	Cereals	Kix
127	Cereals	Life
132	Cereals	Nature Valley, Granola
141	Cereals	100% natural, oat, honey and raisins
120	Cereals	100% natural, oat, honey and raisins, low fat
131	Cereals	Mixture of 19 varieties
136	Cereals	rice
101	Cereals	wheat
100	Cereals	with raisins, General Mills, all
135	Cereals	Raisin Bran, Kellogg's
133	Cereals	with raisins and nuts
134	Cereals	Rice Krispies

110	Cereals	whole wheat
130	Cereals	Special K
102	Cereals	Total, Whole grain
138	Cereals	wheat
935	Cinnamon	
501	Clam chowder	New England, ready to serve, low fat, low salt
885	Clam chowder soup	New England, condensed, prep. w. whole milk
877	Clam chowder soup	Manhattan, condensed, prep. w. water
502	Clams	breaded, fried
899	Clams	canned, drained, solid
945	Clementines	
936	Cocoa powder	unsweetened
559	Coconut	raw, shredded, not packed
560	Coconut	raw, shredded, dried, sweetened
182	Coconut cream	
503	Cod	baked or grilled
511	Cod	baked or grilled
971	Coffee	brewed
970	Coffee	espresso
677	Coffee cake	
960	Cola	
961	Cola	diet
210	Coleslaw	homemade
852	Coleslaw	from fast food
803	Coleslaw dressing	
211	Collard	fresh, cooked, drained
212	Collard	frozen, cooked, drained
769	Com syrup	light
651	Condensed milk	sweetened, canned
208	Coriander	fresh
217	Corn	fresh, kernels on the cob
213	Corn	frozen, kernels on the cob
216	Corn	kernels, fresh
214	Corn	creamy, canned
215	Corn	whole kernel, canned
88	Corn bran	white or yellow
9	Corn bread	
36	Corn bread	mix

35	Corn bread	recipe, 2% milk
824	Corn dog	frozen
48	Corn flour	masa
747	Corn chips	plain
39	Corn starch	
114	Cornflakes	General Mills, cereal
115	Cornflakes	Kellogg's
38	Cornmeal	yellow, dry, whole grain
37	Cornmeal	yellow, dry, regular
602	Cottage cheese	higher or lower fat content
604	Cottage cheese	creamy with fruit
603	Cottage cheese	low fat (2%)
605	Cottage cheese	low fat (1%)
601	Cottage cheese	fat free
40	Couscous	cooked
504	Crab	Alaskan King, cooked
506	Crab	meat, canned
505	Crab	cake, egg, onion, margarine, fried
205	Crackers	with cheese
347	Cranberries	dried, sweetened
990	Cranberry fruit shake	
348	Cranberry sauce	sweetened, canned
626	Cream	half and half
633	Cream	for coffee
634	Cream	powder
625	Cream	powder with full cream milk
635	Cream	pressurised
607	Cream cheese	regular
606	Cream cheese	low fat
608	Cream cheese	fat free
878	Cream of Celery soup	condensed, prep. w. full cream milk
879	Cream of chicken soup	condensed, prep. w. full cream milk
886	Cream of chicken soup	condensed, prep. w. water
880	Cream of mushroom soup	condensed, prep. w. full cream milk
887	Cream of mushroom soup	condensed, prep. w. water
91	Cream of wheat	regular
92	Cream of wheat	quick
636	Cream products	whipped, frozen
218	Crispy potatoes	plain
758	Crispy rice bread	rectangular

221	Croissants	
41	Croutons	seasoned
220	Cucumber	peeled
219	Cucumber	unpeeled
687	Cupcake with frosting	
679	Danish pastry	cream cheese
678	Danish pastry	fruit
350	Dates	without pits
632	Dill dip	
222	Dill weed	fresh
681	Doughnut	cake
680	Doughnut	glazed
483	Dried beef	marinated
389	Dried plums	dried, pitted, uncooked
446	Duck	meat & skin, roasted
448	Duck	meat only, roasted
447	Duck	Pekinese, breast, meat & skin, boneless, roasted
507	Eel	cooked, heat dried
590	Egg	white, fresh
589	Egg	whole, fresh
573	Egg	white, fresh
594	Egg	scrambled, margarine, whole milk, salt
595	Egg	substitute, liquid
593	Egg	poached with salt
592	Egg	hard boiled, no shell
591	Egg	yolk, fresh
596	Egg omelet	plain
658	Eggnog	
223	Eggplant	cooked, drained
224	Endive	curly, Escarole, fresh
42	English muffin	plain
262	Enchilada beef with cheese	from fast food
913	Enchilada sauce	ready to serve
228	Fennel	bulb, raw
610	Feta cheese	
713	Fig bar	biscuit
265	Figs	fresh
351	Figs	dried
508	Fish fillet	battered or breaded and fried

509	Fish fingers	breaded, frozen, preheated
855	Fish sandwich	breaded & fried fish, tartar sauce, cheese, from fast food
910	Fish stock	homemade
267	Flour	whole grain wheat
10	French bread	
805	French dressing	regular
804	French dressing	low fat
278	French fries	baked
178	French fries	frozen, oven baked
856	French fries	from fast food
44	French toast	recipe, 2% milk, baked
43	French toast	frozen
838	French toast with butter	from fast food
578	Fried beans	canned
772	Frosting	chocolate, ready to serve
773	Frosting	vanilla, ready to serve
682	Fruit cake	
991	Fruit punch drink	
352	Fruit shake	canned, thick syrup
353	Fruit shake	canned, juice pack
225	Garlic	raw
955	Gin, rum, shooters, tequila, vodka, whisky	
227	Ginger	raw
962	Ginger beer	
16	Ginger bread	
449	Goose	meat & skin, roasted
451	Goose	meat only, roasted
450	Goose	Pâté de foi gras (goose liver pâté)
611	Gouda cheese	
727	Graham cracker	plain
726	Graham crackers	crushed
31	Granola bar	hard, plain
32	Granola bar	soft, chocolate chip
30	Granola bar	soft, with raisins
983	Grape juice	canned or bottled
984	Grape juice	concentrate, frozen, sweetened, undiluted
982	Grape juice	concentrate, frozen, sweetened, diluted
992	Grape juice	
226	Grape leaves	canned

963	Grape soda	
355	Grapefruit	fresh without peel, pink or red
354	Grapefruit	fresh without peel, white
356	Grapefruit	canned, light syrup
980	Grapefruit juice	pink or white, fresh
981	Grapefruit juice	canned, unsweetened
978	Grapefruit juice	canned, sweetened
979	Grapefruit juice	concentrate, frozen, unsweetened, undiluted
976	Grapefruit juice	concentrate, frozen, unsweetened, diluted
357	Grapes	seedless, fresh
175	Green beans	raw, cooked, drained
173	Green beans	frozen, cooked, drained
171	Green beans	canned, drained
944	Guacamole	
688	Gummy bears	
512	Halibut	baked or grilled
510	Halibut or Sole	baked or grilled
463	Ham	canned
462	Ham	fresh, cooked, lean & fat
465	Ham	marinated, lean & fat
464	Ham	rump, roasted piece, lean & fat
486	Ham	cooked, regular
485	Ham	cooked, extra lean
484	Ham	in honey, smoked, cooked
825	Ham and cheese sandwich	frozen
857	Hamburger	double, regular, lettuce, tomato, mayo, from fast food
859	Hamburger	single, regular, lettuce, tomato, mayo, from fast food
858	Hamburger	double, large, lettuce, tomato, mayo, from fast food
860	Hamburger	single, large, lettuce, tomato, mayo, fast food
839	Hash brown potatoes	from fast food
561	Hazelnuts	chopped
229	Hearts of palm	canned
513	Herring	pickled
249	Hibiscus	raw, cooked, drained
248	Hibiscus	frozen, cooked, drained
779	Honey	

940	Horseradish	prepared
862	Hot dog	plain, from fast food
861	Hot dog	chilli, from fast food
488	Hot dog / Frankfurter	beef & pork
487	Hot dog I Frankfurter	beef
562	Hummus	from the shop
209	Chard	Swiss, fresh
599	Cheddar cheese	
600	Cheddar cheese	low fat
876	Cheddar cheese & broccoli soup	condensed, prep. w. full cream milk
675	Cheese cake	not baked, prepared from mix
176	Cheese cake	
725	Cheese cracker	
912	Cheese sauce	ready to serve
609	Cheese, shredded	
846	Cheeseburger	double, regular, lettuce, tomato, mayo, from fast food
845	Cheeseburger	single, regular, lettuce, tomato, mayo, from fast food
843	Cheeseburger	double, regular, plain, from fast food
847	Cheeseburger	double, regular, 3-piece bun, plain, from fast food
844	Cheeseburger	single, regular, plain
848	Cheeseburger	single, large, lettuce, tomato, mayo, large, from fast food
345	Cherries	fresh, without pits
68	Cherry pie	
346	Cherry pie filling	canned
556	Chestnuts	European, roasted, shelled
106	Chex	corn cereal
105	Chex	honey nut cereal
109	Chex	multi bran cereal
108	Chex	rice cereal
107	Chex	wheat cereal
746	Chex mix	
443	Chicken	meat & skin, fried, battered
437	Chicken	meat & skin, fried, in flour
436	Chicken	meat & skin, roasted
442	Chicken	breasts, meat only, fried
441	Chicken	breasts, meat only, grilled
440	Chicken	dark meat, meat only, fried

428	Chicken	dark meat, meat only, roasted
427	Chicken	drumsticks, meat & skin, fried, battered
426	Chicken	drumsticks, meat & skin, fried, flour
430	Chicken	lean meat, meat only, fried
429	Chicken	lean meat, meat only, roasted
445	Chicken	thigh, meat & skin, fried, battered
439	Chicken	thigh, meat & skin, fried, in flour
438	Chicken	wing, meat & skin, fried, battered
434	Chicken	wing, meat & skin, fried, in flour
433	Chicken	canned, meat only, with stock
432	Chicken	Cornish game hen, meat & skin, roasted
431	Chicken	Rotisserie, lean meat, meat only, roasted
435	Chicken giblets	simmered
922	Chicken gravy	canned
444	Chicken liver	simmered
822	Chicken meat	baked, frozen
897	Chicken noodle soup	condensed, prep. w. water
893	Chicken noodle soup	ready to serve, very filling
906	Chicken noodle soup	ready to serve, low fat, low salt
884	Chicken noodle soup	dry mix, prep. w. water
850	Chicken nuggets	boneless (breaded & fried), plain, from fast food
849	Chicken sandwich	breaded & fried fillet, plain, from fast food
909	Chicken stock	ready to serve, low fat, low salt
896	Chicken stock	homemade
898	Chicken, rice, vegetable soup	ready to serve, low fat, low salt
894	Chicken, vegetable soup	ready to serve, very filling
558	Chickpeas	dry, cooked
557	Chickpeas	canned
823	Chilli con came with beans	canned
851	Chilli con carne	from fast food
261	Chilli peppers	fresh, green or red
932	Chilli powder	
207	Chives	fresh
700	Chocolate	bar, white
702	Chocolate	milk, plain
701	Chocolate	milk, with almonds
934	Chocolate	milk, with peanuts, Mr. Goodbar
933	Chocolate	special dark, sweet (Hershey)
708	Chocolate	for baking, unsweetened, solid

180	Chocolate	for baking, unsweetened, liquid
676	Chocolate cake with chocolate frosting	
707	Chocolate coated raisins	
719	Chocolate cream filled biscuits	
69	Chocolate creme pie	
768	Chocolate flavoured syrup	light
767	Chocolate flavoured syrup	fudge
712	Chocolate chip cookies	from the shop, regular
711	Chocolate chip cookies	from the shop, low fat
710	Chocolate chip cookies	dough refrigerated, from the shop
705	Chocolate chips	semi sweet
704	Chocolate chips	white
656	Chocolate milk	from the shop
655	Chocolate milk	reduced fat, from the shop
657	Chocolate milk	from the shop, low fat
969	Chocolate powder	
482	Chorizo sausage	beef & pork
639	Ice cream	cones
640	Ice cream	chocolate
643	Ice cream	chocolate, low fat
184	Ice cream	vanilla
641	Ice cream	vanilla, low fat
853	Ice cream	soft serve, vanilla
642	Ice cream	vanilla, soft serve, in cone, from fast food
775	Ice cream shake	
644	Ice cream sundae	
854	Ice cream sundae	hot fudge, from fast food
11	Indian fry bread (Naan)	
12	Italian bread	
807	Italian dressing	regular
806	Italian dressing	low fat
776	Italian ice cream	restaurant prepared
294	Italian salad dressing	fat free
263	Jalapenos peppers	canned
780	Jams	
336	Japanese nashi pear	fresh
778	Jelly	dessert powder & water, regular
777	Jelly	dessert powder & water, low fat
230	Jerusalem artichoke	fresh
952	Jicama	raw

231	Kale	fresh, cooked, drained
232	Kale	frozen, cooked, drained
930	Ketchup	
358	Kiwi fruit	fresh, peeled
233	Kohlrabi	cooked, drained
424	Lamb	minced, cooked, grilled
423	Lamb	ribs, cooked, lean & fat
500	Lamb	ribs, cooked, lean
425	Lamb	loin, grilled, lean & fat
417	Lamb	loin, grilled, lean
422	Lamb	rump, roasted, lean & fat
421	Lamb	rib, lean, cooked, roasted
493	Lamb	rump, lean, roasted
784	Lard	
826	Lasagna	with meat & sauce
827	Lasagna	vegetable
234	Leeks	cooked, drained
359	Lemon	fresh, without skin
360	Lemon juice	fresh
361	Lemon juice	canned or bottled, unsweetened
70	Lemon pie	whipped
964	Lemon soda	
993	Lemonade	concentrate, frozen prepared
994	Lemonade	powder, prepared with water
900	Lentil soup	ready to serve, low fat, low salt
563	Lentils	dried, cooked
235	Lettuce	fresh
867	Lettuce	chicken, no dressing, from fast food
285	Lettuce	homemade
237	Lettuce	iceberg, leaf
236	Lettuce	iceberg, shredded
239	Lettuce	Loose-leaf, leaf
238	Lettuce	Loose-leaf, pieces, shredded
170	Lima beans	frozen, cooked, drained
169	Lima beans	baby, frozen, cooked, drained
543	Lima beans	dried, cooked, large
362	Lime juice	fresh
363	Lime juice	canned, unsweetened
956	Liqueurs	(53 proof)
514	Lobster	steamed

260	Long capsicum	fresh
693	M&M's	peanut (M&M Mars)
694	M&M's	plain (M&M Mars)
564	Macadamia nuts	dry roasted, salted
142	Macaroni	beef, frozen, Healthy choice
819	Macaroni pasta	cooked
515	Mackerel	cooked
364	Mandarins	light syrup
365	Mangos	fresh, peeled, without pit
770	Maple syrup	
366	Maraschino cherries	canned, drained
785	Margarine	regular (80% fat)
789	Margarine	spreadable (60% fat)
787	Margarine	spreadable (40%)
691	Marshmallows	mini
692	Marshmallows	regular
280	Mashed potatoes	frozen
282	Mashed potatoes	homemade
283	Mashed potatoes	dehydrated, with milk, butter, salt
279	Mashed potatoes	homemade, with milk
281	Mashed potatoes	homemade, with milk, margarine
863	Mashed potatoes	from fast food
52	Matzo bread	plain
553	Mayo dressing	Miracle sauce, regular
550	Mayo dressing	Miracle sauce, diet
809	Mayonnaise	regular
808	Mayonnaise	light (cholesterol free)
810	Mayonnaise	fat free
654	Meatballs	with pasta and sauce, frozen
650	Meatballs	with pasta and sauce, canned
367	Melon	Cantaloupe, wedge without rind
368	Melon	Honeydew, wedge without rind
831	Mexican rice	side dish, dry mix
653	Milk	evaporated, canned, skim milk
652	Milk	evaporated, canned, whole milk
647	Milk	low fat (1%)
648	Milk	nonfat /skim
645	Milk	whole (3.25%)
646	Milk	reduced fat (2%)
659	Milk shake	thick, chocolate

660	Milk shake	thick, vanilla
695	Milky way	(M&M Mars)
901	Minestrone soup	condensed, prep. w. water
888	Minestrone soup	ready to serve, low fat, low salt
13	Mixed grain bread	
732	Mixed nuts with peanuts	dry roasted, salted
703	Mixed nuts with peanuts	oil roasted, salted
771	Molasses	
612	Monterey cheese	
613	Mozzarella cheese	full cream milk
829	Mozzarella cheese sticks	
614	Muenster cheese	
54	Muffin	blueberry, from the shop
53	Muffin	blueberry, mix
57	Muffin	with raisins
56	Muffin	corn, from the shop
58	Muffin	corn mix
55	Muffin	oat bran, from the shop
243	Mushroom	Shitake, drained
923	Mushroom gravy	canned
242	Mushrooms	fresh
244	Mushrooms	cooked, drained
246	Mushrooms	canned, drained
245	Mushrooms	Shitake, cooked
516	Mussels	steamed
528	Mussels	cooked, breaded, fried
527	Mussels	steamed
942	Mustard	prepared, yellow
247	Mustard greens	cooked, drained
914	Nacho cheese sauce	ready to serve
764	Nachos with cheese	from fast food
369	Nectarines	fresh
615	Neufchatel cheese	
143	Noodles	chow mein, canned
146	Noodles	egg, regular, cooked
144	Noodles	egg, spinach, cooked
145	Noodles	Japanese, soba, cooked
943	Nutella	
33	Nutri grain cereal bar	fruit
552	Nuts	almonds, shelled

555	Nuts	brazil, shelled
539	Nuts	cashews, salted, oil roasted
59	Oat bran	uncooked
715	Oatmeal biscuits	regular, large
714	Oatmeal biscuits	soft type
716	Oatmeal biscuits	fat free
14	Oatmeal bread	
517	Ocean perch	cooked
372	Olives	green, pickled
371	Olives	black, canned, ripe
250	Onion	fresh
251	Onion	fresh, cooked, drained
252	Onion	dehydrated rings
253	Onion	Spring, fresh
864	Onion rings	breaded, fried, from fast food
904	Onion soup	instant dry mix, unprepared
907	Onion soup	instant dry mix, prep. w. water
941	Onions	French fried
986	Orange juice	all varieties, fresh
988	Orange juice	canned, unsweetened
989	Orange juice	undiluted
985	Orange juice	diluted
522	Orange roughy	baked or grilled
967	Orange soda	
370	Oranges	fresh, peeled, without seeds
519	Oyster	raw meat only
518	Oyster	breaded, fried
60	Pancakes	frozen, ready to serve
840	Pancakes	complete mix
61	Pancakes	mix, 2% milk, egg & oil
62	Pancakes	with butter & syrup, from fast food
373	Papaya	fresh
616	Parmesan cheese	
254	Parsley	fresh
255	Parsnip	cooked, drained
147	Pasta	refrigerated, plain, cooked
489	Pastrami	beef, marinated
792	Pastry	bite size, frozen
793	Pastry	bite size, fruit
80	Pastry small	fruit

79	Pastry small	low fat
889	Pea soup	condensed, prep. w. water
781	Peach pie	
374	Peaches	fresh
375	Peaches	canned, thick syrup
376	Peaches	canned, juice pack
377	Peaches	dried
696	Peanut butter	(Hershey)
570	Peanut butter	regular, smooth
571	Peanut butter	regular, with chunks
572	Peanut butter	reduced fat, smooth
718	Peanut butter biscuits	from the shop
717	Peanut butter biscuits	recipe with margarine
566	Peanuts	dry roasted
569	Peanuts	oil roasted
565	Peanuts	dry roasted, salted
568	Peanuts	dry roasted, unsalted
567	Peanuts	oil roasted, salted
706	Peanuts	chocolate coated
378	Pears	fresh
379	Pears	canned, thick syrup
380	Pears	canned, juice pack
548	Peas	raw, cooked, drained
547	Peas	frozen, cooked, drained
256	Peas	sugar, fresh, cooked, drained
257	Peas	sugar, frozen cooked, drained
168	Peas	green, canned, drained
167	Peas	green, frozen, cooked, drained
71	Pecan pie	
574	Pecans	halves
490	Pepperoni	pork, beef
786	Pepperoni pizza	frozen, baked
270	Pickles	cucumber, with dill
269	Pickles	relish, sweet
65	Pie dough	baked, recipe
64	Pie dough	baked, frozen
63	Pie dough	graham
268	Pimento	canned
575	Pine nuts	shelled
381	Pineapple	fresh, diced

383	Pineapple	canned, chunks/crushed, thick syrup
385	Pineapple	canned, slices, thick syrup
382	Pineapple	canned, chunks/crushed, juice pack
384	Pineapple	canned, slices, juice pack
386	Pineapple juice	unsweetened, canned
576	Pistachio nuts	dry roasted, salt, shelled
15	Pita bread	
866	Pizza	meat and vegetable, frozen, cooked
788	Pizza	cheese, from fast food
865	Pizza	pepperoni, from fast food
966	Plantains	cooked
388	Plums	fresh
390	Plums	stewed, unsweetened
520	Pollock	baked or grilled
790	Pomegranate	fresh
750	Popcorn	air popped, unsalted
749	Popcorn	oil popped, salted
748	Popcorn	caramel, with peanuts
751	Popcorn	cheese flavour
469	Pork	bacon, marinated, cooked
470	Pork	bacon, Canadian, marinated, cooked
466	Pork	rib roast, lean & fat
461	Pork	ribs, lean & fat, cooked
460	Pork	ribs, lean & fat, stewed
468	Pork	sausage, cooked
467	Pork	sausage, cooked, patties
832	Pork and beans in tomato sauce	canned
521	Pork chop	baked
794	Pork steak	cooked, grilled
471	Pork tenderloin	grilled, lean
94	Porridge	plain, instant, fortified
97	Porridge	apple & cinnamon, instant
95	Porridge	maple & brown sugar, instant
96	Porridge	plain, quick or instant, non-fortified
796	Potato	baked with skin
274	Potato	baked without skin
275	Potato	baked, skin only
271	Potato	peeled after boiling
272	Potato	peeled before boiling
277	Potato au gratin	dry mix, prepared with butter

276	Potato au gratin	homemade, prepared with butter
754	Potato chips	plain, salted
752	Potato chips	sour cream & onion
755	Potato chips	low fat
753	Potato chips	fat free
284	Potato pancakes	homemade
287	Potatoes	scalloped, instant mix, half-cream milk, butter
286	Potatoes	scalloped, homemade, butter
757	Pretzels	sticks
756	Pretzels	twisted
174	Provolone cheese	
617	Provolone cheese	
391	Prune juice	canned or bottled
739	Pudding	chocolate, instant mix prepared w. 2% milk
743	Pudding	chocolate, instant mix prepared w 2% milk, regular, cooked
735	Pudding	vanilla, instant mix prepared w. 2% milk
736	Pudding	vanilla, instant mix prepared w 2% milk, regular, cooked
740	Pudding	chocolate, ready to serve, regular
741	Pudding	rice, ready to serve, regular
744	Pudding	tapioca, ready to serve, regular
742	Pudding	vanilla, ready to serve, regular
745	Pudding	chocolate, ready to serve, fat free
737	Pudding	tapioca, ready to serve, fat free
738	Pudding	vanilla, ready to serve, fat free
766	Puff pastry	frozen, ready-to-bake, baked
289	Pumpkin	cooked, mashed
288	Pumpkin	canned
72	Pumpkin pie	
577	Pumpkin seeds	roasted, salt
290	Radishes	raw
17	Raisin bread	
392	Raisins	dried
349	Raisins	seedless
905	Ramen noodle soup	chicken flavour, instant dry mix, unprepared
812	Ranch dressing	regular
811	Ranch dressing	low fat
813	Ranch dressing	fat free
393	Raspberries	fresh

394	Raspberries	frozen, sweetened, thawed
820	Ravioli	tomato & meat sauce, canned
549	Red kidney beans	dry, cooked
542	Red kidney beans	canned
273	Red potato	baked with skin
395	Rhubarb	frozen, cooked with sugar
797	Rhubarb	frozen, cooked with sugar
154	Rice	white long grain, instant
152	Rice	white long grain, raw
153	Rice	white long grain, cooked
157	Rice	wild, cooked
151	Rice	brown, long grain, cooked
155	Rice	instant, raw
156	Rice	instant, cooked
150	Rice	noodles, cooked
18	Rice bread	
19	Rice bread	diet
158	Rice cake	brown rice, plain
618	Ricotta cheese	full cream milk
619	Ricotta cheese	half cream milk
73	Roll	as main course
241	Romaine lettuce	inner leaf
240	Romaine lettuce	shredded
620	Romano cheese	
968	Root beer soda	
815	Russian dressing	regular
814	Russian dressing	low fat
729	Rye crackers	whole grain, plain
828	Salad dressing	Thousand Island, fat free
798	Salad dressing	ranch, fat free
492	Salami	beef & pork, cooked
491	Salami	beef & pork, dry
833	Salisbury steak	frozen
524	Salmon	baked or grilled
523	Salmon	canned (pink), solids & liquid (incl. bones)
525	Salmon	smoked
915	Salsa	
121	Salty bread Sticks	
730	Salty crackers	square
837	Sandwich	egg & sausage, from fast food

526	Sardines	Atlantic, canned in oil, drained solids (incl. bones)
292	Sauerkraut	canned
479	Sausage	beef & pork, smoked
480	Sausage	pork, cooked
195	Savoy cabbage	raw, shredded
49	Self rising flour	
579	Sesame seeds	
868	Shake	chocolate, from fast food
869	Shake	vanilla, from fast food
295	Shallots	fresh
720	Shortbread cookie	from the shop, plain
927	Shortening	all purpose
530	Shrimp	breaded, fried
529	Shrimp	canned, drained, solid
870	Shrimp	breaded, fried, fast food
685	Snack cake	chocolate, crème filled, frosting
686	Snack cake	chocolate, frosting, low fat
697	Snickers	
795	Soup	cream of potato, condensed, canned, prep. w. milk
630	Sour cream	regular
629	Sour cream	low fat
631	Sour cream	fat free
344	Sour cherries	red, pitted, canned, water pack
582	Soy milk	
580	Soya	Miso
581	Soya beans	green, cooked, drained
296	Soya beans	dried, cooked
583	Soya nuts	roasted
916	Soya sauce	
834	Spaghetti Bolognese	frozen, Healthy Choice
149	Spaghetti pasta	whole grain, cooked
917	Spaghetti sauce	
297	Spinach	fresh
298	Spinach	fresh, cooked, drained
300	Spinach	frozen, cooked, drained
299	Spinach	canned, drained
835	Spinach souffle	homemade
683	Sponge biscuit	butter

684	Sponge biscuit	fat free
303	Squash	baked
731	Standard crackers	round or bite sized
343	Starfruit	fresh
397	Strawberries	fresh, large
396	Strawberries	fresh, medium
398	Strawberries	frozen, sweetened, thawed
293	Strawberry ice cream	
946	String cheese	
871	Sub sandwich	oil & vinegar, cheese, salami, ham, vegetable, from fast food
872	Sub sandwich	roast beef, mayo, lettuce, from fast food
928	Sub sandwich	tuna salad, mayo, lettuce, from fast food
873	Sub sandwich	cold
765	Sugar	brown
763	Sugar	white, granulated
494	Summer sausage	cervelat, beef & pork
586	Sunflower seeds	dry roasted, salted
965	Sweet & sour chicken	canned
918	Sweet 'n' sour sauce	
307	Sweet potatoes	baked with skin
308	Sweet potatoes	boiled without skin
305	Sweet potatoes	candied
306	Sweet potatoes	canned, syrup pack, drained
324	Sweet potatoes	cooked, grilled, drained, or baked
75	Sweet rolls	cinnamon with raisins, from the shop
76	Sweet rolls	cinnamon, frozen dough, baked
621	Swiss cheese	
624	Swiss cheese	pasteurised
531	Swordfish	baked or grilled
874	Taco	beef
77	Taco shells	baked
587	Tahini	
399	Tangerines	fresh, peeled & without seeds
78	Tapioca	semolina, dry
996	Tea	herb
998	Tea	instant, powder, prepared, unsweetened
999	Tea	lemon flavor, sweetened
997	Tea	lemon flavor, sweetened with art. sweetener

919	Teriyaki sauce	
817	Thousand Island dressing	regular
816	Thousand Island dressing	low fat
728	Toast	plain
139	Toasted porridge	Quaker, with honey & nut
585	Tofu	firm
584	Tofu	soft
313	Tomato juice	canned, salt
314	Tomato	paste, canned
881	Tomato soup	condensed, prep. w. whole milk
890	Tomato soup	condensed, prep. w. water
309	Tomato	fresh
316	Tomato	stewed, canned
310	Tomato	cherry
311	Tomato	canned
315	Tomato	sauce, canned
312	Tomato	sundried, plain
836	Tortellini	pasta with cheese filling, frozen
81	Tortilla	corn
82	Tortilla	flour
762	Tortilla chips	plain, regular
761	Tortilla chips	baked
759	Tortilla chips	nacho, regular
760	Tortilla chips	nacho, low fat
532	Trout	baked or broiled
534	Tuna	baked or grilled
535	Tuna	canned, drained, oil pack, chunks
536	Tuna	canned, drained, water pack, chunks
533	Tuna	canned, drained, water pack, whole
537	Tuna salad	in oil, pickle relish, mayo dressing
496	Turkey	breast, meat & skin, roasted
459	Turkey	dark meat, meat & skin, roasted
452	Turkey	minced, cooked
455	Turkey	light & dark meat, diced, seasoned
456	Turkey	light meat, meat & skin, roasted
457	Turkey	light meat, meat only, roasted
458	Turkey	patties, breaded or battered, fried
453	Turkey	white, thin slices
478	Turkey	Bologna
454	Turkey giblets	simmered

924	Turkey gravy	canned
317	Turnip	cooked, drained
291	Turnip	cooked, diced
318	Turnip greens	fresh, cooked, drained
319	Turnip greens	frozen, cooked, drained
948	Vanilla extract	
724	Vanilla wafer cookies	low fat
472	Veal	cutlet, stewed, lean & fat
473	Veal	cutlet, breaded, cooked, lean & fat
895	Vegetable beef soup	condensed, prep. w. water
891	Vegetable beef soup	ready to serve, very filling
320	Vegetable juice	cocktail, canned
902	Vegetable soup	ready to serve, low fat, low salt
892	Vegetable Vegetarian soup	condensed, prep. w. water
321	Vegetables	mixed, canned, drained
322	Vegetables	mixed, frozen, cooked, drained
830	Vegetarian burger patties	frozen, Morningstar farms
474	Venison	loin, cooked, grilled, lean
475	Venison	top round, cooked, grilled, lean
495	Vienna sausage	
950	Vinegar	apple
949	Vinegar	distilled
84	Waffles	plain, recipe
85	Waffles	plain, frozen, toasted
83	Waffles	plain, low fat
538	Walleye	Pike
304	Walnut	frozen, cooked, mashed
588	Walnuts	chopped
323	Water chestnuts	canned
400	Watermelon	fresh, wedge
21	Wheat bread	diet
50	Wheat flour	
733	Wheat thins crackers	
947	Whipped cream	spray
627	Whipping cream	unwhipped
628	Whipping cream	unwhipped, low fat
22	White bread	
24	White bread	with soft crust
23	White bread	diet
25	Whole grain bread	wheat

8	Whole grain bread	
734	Whole wheat crackers	
959	Wine	red
957	Wine	rosé
958	Wine	white
920	Worcestershire sauce	
951	Yeast	dry, active
666	Yoghurt	fine, chocolate
637	Yoghurt	fine, vanilla
638	Yoghurt	fruit, low fat
663	Yoghurt	plain, low fat
665	Yoghurt	fruit, fat free
662	Yoghurt	plain, fat free
664	Yoghurt	white, plain
667	Yoghurt	vanilla or lemon, fat free
661	Yoghurt fruit shake with juice	
301	Zucchini	fresh
302	Zucchini	cooked, drained