

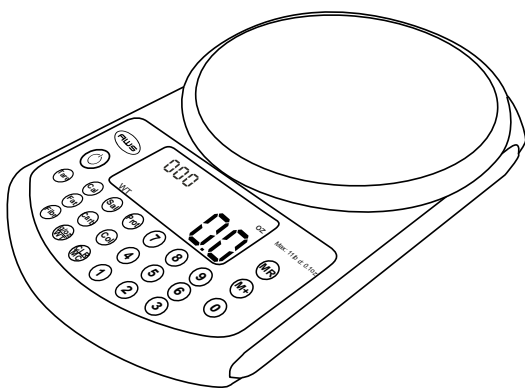
# *Nutri***Balance-5000**

*Nutritional Scale*

## **Carb. Guide**

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Contains over 7000 additional  
food codes for carbohydrates!



## **How To Use This Manual:**

This manual provides a cross-reference of carbohydrate codes for the NutriBalance nutritional scale, based on the USDA National Nutrient Database Release 18. When using this manual, **only the Carb function of the Nutribalance should be used**. All other nutritional buttons such as Fiber, Prot, etc will not display accurate information.

1. To find the Carb Code for a food item, simply use the Acrobat Search function (Ctrl+F or Ctrl+Shift+F). Enter the name of the food item in the Search Field and hit Enter. Give the search time to complete.
2. Once you find your food item in the manual, select your code from the “Code to use” column, or the Code (Fiber Method) column.
3. Place the food item onto the weighing platform and enter the code using the keypad. Now press the Carb button.

**NOTE:** The NutriBalance requires 3-digit input for the code to be accepted. Therefore, if the “Code to use” is 3, you should enter 003, etc.

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
MILK,SUBSTITUTES,FLUID,W/ LAURIC ACID OIL	41	41	6.16	0	0	6.16
MILK,WHL,3.25% MILKFAT	85	85	4.52	0	0	4.52
MILK,PRODUCER,FLUID,3.7% MILKFAT	819	819	4.65	0	0	4.65
MILK,RED FAT,FLUID,2%MILKFAT,W/ADDED VIT A	819	819	4.68	0	0	4.68
MILK,RED FAT,FLUID,2% MILKFAT,W/ NONFAT MILK SOL&VIT A	696	696	4.97	0	0	4.97
MILK,RED FAT,FLUID,2% MILKFAT,PROT FORT,W/ VIT A	830	830	5.49	0	0	5.49
MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	303	303	4.99	0	0	4.99
MILK,LOWFAT,FLUID,1% MILKFAT,W/ NONFAT MILK SOL&VIT A	696	696	4.97	0	0	4.97
MILK,LOWFAT,FLUID,1% MILKFAT,PROT FORT,W/ VIT A	286	286	5.52	0	0	5.52
MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM)	696	696	4.96	0	0	4.96
MILK,NONFAT,FLUID,W/ NONFAT MILK SOL&VIT A (FAT FREE/SKIM)	702	702	5.02	0	0	5.02
MILK,NONFAT,FLUID,PROT FORT,W/ VIT A (FAT FREE/SKIM)	286	286	5.56	0	0	5.56
MILK,BTTRMLK,FLUID,CULTURE D,LOWFAT	279	279	4.79	0	0	4.79
MILK,LOW SODIUM,FLUID	786	786	4.46	0	0	4.46
MILK,DRY,WHOLE	473	473	38.42	0	0	38.42
MILK,DRY,NONFAT,REG,WO/ VIT A	301	301	51.98	0	0	51.98
MILK,DRY,NONFAT,INST,W/ VIT A	301	301	52.19	0	0	52.19
MILK,DRY,NONFAT,CA RED	495	495	51.8	0	0	51.8
MILK,BUTTERMILK,DRIED	314	314	49	0	0	49
MILK,CND,COND,SWTND	478	478	54.4	0	0	54.4
MILK,CND,EVAP,WO/ VIT A	259	259	10.04	0	0	10.04
MILK,CND,EVAP,NONFAT	92	92	11.35	0	0	11.35
MILK,CHOC,FLUID,COMM,	11	182	10.34	0.8	0	9.54
MILK,CHOC,FLUID,COMM,RED FAT	963	211	12.13	0.7	0	11.43
MILK,CHOC,FLUID,COMM,LOW FAT	94	91	10.44	0.5	0	9.94
MILK,CHOC BEV,HOT COCOA,HOMEMADE	887	194	10.63	1	0	9.63
MILK,GOAT,FLUID	786	786	4.45	0	0	4.45
MILK,HUMAN,MATURE,FLUID	614	614	6.89	0	0	6.89
MILK,INDIAN BUFFALO,FLUID	813	813	5.18	0	0	5.18
MILK,SHEEP,FLUID	862	862	5.36	0	0	5.36
MILK,SHAKES,THICK CHOC	917	520	21.15	0.3	0	20.85
MILK,SHAKES,THICK VANILLA	646	646	17.75	0	0	17.75
WHEY,ACID,FLUID	813	813	5.12	0	0	5.12

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BUTTER,WITH SALT	3	3	0.06	0	0	0.06
BUTTER,WHIPPED,WITH SALT	3	3	0.06	0	0	0.06
BUTTER OIL,ANHYDROUS	3	3	0	0	0	0
CHEESE,BLUE	170	170	2.34	0	0	2.34
CHEESE,BRICK	791	791	2.79	0	0	2.79
CHEESE,BRIE	124	124	0.45	0	0	0.45
CHEESE,CAMEMBERT	124	124	0.46	0	0	0.46
CHEESE,CARAWAY	792	792	3.06	0	0	3.06
CHEESE,CHEDDAR	183	183	1.28	0	0	1.28
CHEESE,CESHIRE	279	279	4.78	0	0	4.78
CHEESE,COLBY	821	821	2.57	0	0	2.57
CHEESE,COTTAGE,CRMD,LRG OR SML CURD	37	37	2.68	0	0	2.68
CHEESE,COTTAGE,CRMD,W/ FRUIT	988	786	4.61	0.2	0	4.41
CHEESE,COTTAGE,NONFAT,UNC RMD,DRY,LRG OR SML CURD	654	654	1.85	0	0	1.85
CHEESE,COTTAGE,LOWFAT,2% MILKFAT	1	1	3.63	0	0	3.63
CHEESE,COTTAGE,LOWFAT,1% MILKFAT	791	791	2.72	0	0	2.72
CHEESE,CREAM	37	37	2.66	0	0	2.66
CHEESE,EDAM	2	2	1.43	0	0	1.43
CHEESE,FETA	695	695	4.09	0	0	4.09
CHEESE,FONTINA	113	113	1.55	0	0	1.55
CHEESE,GJETOST	509	509	42.65	0	0	42.65
CHEESE,GOUDA	605	605	2.22	0	0	2.22
CHEESE,GRUYERE	700	700	0.36	0	0	0.36
CHEESE,LIMBURGER	124	124	0.49	0	0	0.49
CHEESE,MONTEREY	673	673	0.68	0	0	0.68
CHEESE,MOZZARELLA,WHL MILK	620	620	2.19	0	0	2.19
CHEESE,MOZZARELLA,WHL MILK,LO MOIST	790	790	2.47	0	0	2.47
CHEESE,MOZZARELLA,PART SKIM MILK	791	791	2.77	0	0	2.77
CHEESE,MOZZARELLA,PART SKIM MILK,LO MOIST	602	602	3.83	0	0	3.83
CHEESE,MUENSTER	197	197	1.12	0	0	1.12
CHEESE,NEUFCHATEL	62	62	2.94	0	0	2.94
CHEESE,PARMESAN,GRATED	185	185	4.06	0	0	4.06
CHEESE,PARMESAN,HARD	938	938	3.22	0	0	3.22
CHEESE,PORT DE SALUT	24	24	0.57	0	0	0.57
CHEESE,PROVOLONE	880	880	2.14	0	0	2.14
CHEESE,RICOTTA,WHOLE MILK	792	792	3.04	0	0	3.04
CHEESE,RICOTTA,PART SKIM MILK	813	813	5.14	0	0	5.14
CHEESE,ROMANO	1	1	3.63	0	0	3.63

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CHEESE,ROQUEFORT	107	107	2	0	0	2
CHEESE,SWISS	862	862	5.38	0	0	5.38
CHEESE,TILSIT	654	654	1.88	0	0	1.88
CHEESE,PAST PROCESS,AMERICAN,W/DI NA PO4	113	113	1.6	0	0	1.6
CHEESE,PAST PROCESS,PIMENTO	108	113	1.73	0.1	0	1.63
CHEESE,PAST PROCESS,SWISS,W/DI NA PO4	593	593	2.1	0	0	2.1
CHEESE FD,COLD PK,AMERICAN	66	66	8.32	0	0	8.32
CHEESE FD,PAST PROCESS,AMERICAN,WO/DI NA PO4	251	251	7.83	0	0	7.83
CHEESE FD,PAST PROCESS,SWISS	85	85	4.5	0	0	4.5
CHEESE SPRD,PAST PROCESS,AMERICAN,WO/DI NA PO4	9	9	8.73	0	0	8.73
CREAM,FLUID,HALF AND HALF	65	65	4.3	0	0	4.3
CREAM,FLUID,LT (COFFEE CRM OR TABLE CRM)	1	1	3.66	0	0	3.66
CREAM,FLUID,LT WHIPPING	62	62	2.96	0	0	2.96
CREAM,FLUID,HVY WHIPPING	791	791	2.79	0	0	2.79
CREAM,WHIPPED,CRM TOPPING,PRESSURIZED	68	68	12.49	0	0	12.49
CREAM,SOUR,RED FAT,CULTURED	929	929	4.26	0	0	4.26
CREAM,SOUR,CULTURED	929	929	4.27	0	0	4.27
EGGNOG	276	276	13.54	0	0	13.54
SOUR DRNG,NON-BUTTERFAT,CULTURED,FILLED CREAM-TYPE	819	819	4.68	0	0	4.68
MILK,FILLED,FLUID,W/BLEND OF HYDR VEG OILS	843	843	4.74	0	0	4.74
MILK,FILLED,FLUID,W/LAURIC ACID OIL	843	843	4.74	0	0	4.74
CREAM SUB,LIQ,W/HYDR VEG OIL&SOY PROT	283	283	11.38	0	0	11.38
CREAM SUB,LIQ,W/LAURIC ACID OIL&NA CASEINATE	283	283	11.38	0	0	11.38
CREAM SUBSTITUTE,POWDERED	293	293	54.88	0	0	54.88
DESSERT TOPPING,POWDERED	475	475	52.54	0	0	52.54
DESSERT TOPPING,PDR,1.5 OZ PREP W/1/2 CUP MILK	540	540	16.53	0	0	16.53
DESSERT TOPPING,PRESSURIZED	225	225	16.07	0	0	16.07
DESSERT TOPPING,SEMI SOLID,FRZ	762	762	23.05	0	0	23.05
SOUR CRM,IMITN,CULTURED	905	905	6.63	0	0	6.63
MILK SUBSTITUTES,FLUID W/HYDR VEG OILS	41	41	6.16	0	0	6.16

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
WHEY,ACID,DRIED	229	229	73.45	0	0	73.45
WHEY,SWEET,FLUID	813	813	5.14	0	0	5.14
WHEY,SWEET,DRIED	514	514	74.46	0	0	74.46
YOGURT,PLN,WHL MILK,8 GRAMS PROT PER 8 OZ	819	819	4.66	0	0	4.66
YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ	101	101	7.04	0	0	7.04
YOGURT,PLN,SKIM MILK,13 GRAMS PROT PER 8 OZ	222	222	7.68	0	0	7.68
YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ	220	220	13.8	0	0	13.8
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ	751	751	18.64	0	0	18.64
YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ	758	758	19.05	0	0	19.05
YOGURT,FRUIT,LOFAT,11 GRAMS PROT PER 8 OZ	761	761	18.6	0	0	18.6
EGG,WHOLE,RAW,FRESH	685	685	0.77	0	12	0.77
EGG,WHITE,RAW,FRSH	673	673	0.73	0	0	0.73
EGG,YOLK,RAW,FRSH	30	30	3.59	0	0	3.59
EGG,YOLK,RAW,FROZEN	197	197	1.15	0	0	1.15
EGG,YOLK,RAW,FRZ,SUGARED	693	693	10.8	0	0	10.8
EGG,WHL,CKD,FRIED	33	33	0.88	0	0	0.88
EGG,WHL,CKD,HARD-BOILED	197	197	1.12	0	12	1.12
EGG,WHOLE,COOKED,OMELET	673	673	0.69	0	0	0.69
EGG,WHL,CKD,POACHED	685	685	0.76	0	0	0.76
EGG,WHL,CKD,SCRMBLD	620	620	2.2	0	0	2.2
EGG,WHOLE,DRIED	696	696	4.95	0	0	4.95
EGG,WHL,DRIED,STABILIZED,GLUCOSE RED	170	170	2.38	0	0	2.38
EGG,WHITE,DRIED,FLAKES,GLUCOSE RED	950	950	4.17	0	0	4.17
EGG,WHITE,DRIED,PDR,GLUCOSE RED	786	786	4.47	0	0	4.47
EGG,YOLK,DRIED	30	30	3.6	0	0	3.6
EGG,DUCK,WHOLE,FRESH,RAW	2	2	1.45	0	12	1.45
EGG,GOOSE,WHOLE,FRESH,RAW	2	2	1.35	0	13	1.35
EGG,QUAIL,WHOLE,FRESH,RAW	700	700	0.41	0	8	0.41
EGG,TURKEY,WHL,FRSH,RAW	197	197	1.15	0	12	1.15
EGG SUBSTITUTE,FROZEN	938	938	3.2	0	0	3.2
EGG SUBSTITUTE,LIQUID	673	673	0.64	0	0	0.64
EGG SUBSTITUTE,POWDER	909	909	21.8	0	0	21.8
BUTTER,WITHOUT SALT	3	3	0.06	0	0	0.06
CHEESE,PARMESAN,SHREDDED	712	712	3.41	0	0	3.41
CHEESE,PAST PROCESS,AMERICAN,WO/DI NA P04	113	113	1.6	0	0	1.6

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CHEESE,PAST PROCESS,SWISS,WO/DI NA PO4	593	593	2.1	0	0	2.1
CHEESE FD,PAST PROCESS,AMERICAN,W/DI NA PO4	233	233	7.29	0	0	7.29
CHEESE SPRD,PAST PROCESS,AMERICAN,W/DI NA PO4	9	9	8.73	0	0	8.73
MILK,NONFAT,FLUID,WO/ VIT A (FAT FREE OR SKIM)	104	104	4.85	0	0	4.85
MILK,RED FAT,FLUID,2% MILKFAT,W/ NONFAT MILK SOL,WO/ VIT A	830	830	5.49	0	0	5.49
MILK,CND,EVAP,W/ VIT A	259	259	10.04	0	0	10.04
MILK,DRY,NONFAT,REG,W/ VIT A	301	301	51.98	0	0	51.98
MILK,DRY,NONFAT,INST,WO/ VIT A	301	301	52.19	0	0	52.19
CHEESE,GOAT,HARD TYPE	880	880	2.17	0	0	2.17
CHEESE,GOAT,SEMISOFT TYPE	821	821	2.54	0	0	2.54
CHEESE,GOAT,SOFT TYPE	33	33	0.89	0	0	0.89
EGG,YOLK,RAW,FRZ,SALTED	113	113	1.6	0	0	1.6
CHEESE SUB,MOZZARELLA	217	217	23.67	0	0	23.67
CHEESE FONDUE	58	58	3.77	0	0	3.77
CHEESE SAU,PREP FROM RECIPE	830	862	5.48	0.1	0	5.38
CHEESE,MEXICAN,QUESO ANEJO	988	988	4.63	0	0	4.63
CHEESE,MEXICAN,QUESO ASADERO	853	853	2.87	0	0	2.87
CHEESE,MEXICAN,QUESO CHIHUAHUA	286	286	5.56	0	0	5.56
CHEESE,LOFAT,CHEDDAR OR COLBY	6	6	1.91	0	0	1.91
CHEESE,LOW-SODIUM,CHEDDAR OR COLBY	6	6	1.91	0	0	1.91
EGG,WHOLE,RAW,FROZEN	131	131	1.05	0	0	1.05
EGG,WHITE,RAW,FROZEN	131	131	1.05	0	0	1.05
EGG,WHITE,DRIED	251	251	7.8	0	0	7.8
SOUR CREAM,REDUCED FAT	889	889	7	0	0	7
SOUR CREAM,LIGHT	697	697	7.1	0	0	7.1
SOUR CREAM,FAT FREE	526	526	15.6	0	0	15.6
USDA COMMODITY,CHS,CHEDDAR,RED FAT	107	107	2	0	0	2
YOGURT,VAN OR LEM FLAV,NONFAT MILK,SWTND W/LOW-CALORIE SWTNR	881	881	7.5	0	0	7.5
PARMESAN CHS TOPPING,FAT FREE	643	643	40	0	0	40
CHEESE,CREAM,FAT FREE	801	801	5.8	0	0	5.8
YOGURT,CHOC,NONFAT MILK	809	658	23.53	1.2	0	22.33
KRAFT CHEEZ WHIZ PAST PROCESS CHS SAU	961	238	9.2	0.3	0	8.9

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
KRAFT CHEEZ WHIZ LT PAST PROCESS CHS PRODUCT	225	225	16.2	0.2	0	16
KRAFT FREE SINGLES AMERICAN NONFAT PAST PROCESS CHS PRODUCT	208	617	11.7	0.2	0	11.5
KRAFT VELVEETA PAST PROCESS CHS SPRD	825	825	9.8	0	0	9.8
KRAFT VELVEETA LT RED FAT PAST PROCESS CHS PRODUCT	232	232	11.8	0	0	11.8
KRAFT BREAKSTONE'S RED FAT SOUR CRM	252	811	6.5	0.1	0	6.4
KRAFT BREAKSTONE'S FREE FAT FREE SOUR CRM	268	268	15.1	0	0	15.1
KRAFT BREYERS LOWFAT STRAWBERRY YOGURT (1% MILKFAT)	644	242	18.2	0.2	0	18
KRAFT BREYERS LT N' LVLY LOWFAT STR'BERRY YOGURT (1% MILKFAT)	321	221	21.9	0.2	0	21.7
KRAFT BREYERS SMOTH&CRMY LOWFAT STR'BERRY YOGURT (1% MILKFAT)	911	849	19.9	0.3	0	19.6
KRAFT BREYERS LT NONFAT STR'BERRY YOGURT (W/ ASPRT&FRUCT SW'T)	561	561	9.9	0	0	9.9
CREAM,HALF & HALF,FAT FREE	224	224	9	0	0	9
REDDI WIP FAT FREE WHIPPED TOPPING	71	440	25	0.4	0	24.6
MILK,CHOC,FLUID,COMM,RED FAT,W/ ADDED CA	963	211	12.13	0.7	0	11.43
YOGURT,FRUIT,LOFAT,W/LO CAL SWEETENER	761	761	18.6	0	0	18.6
ALLSPICE,GROUND	318	450	72.12	21.6	0	50.52
ANISE SEED	69	973	50.02	14.6	0	35.42
SPICES,BASIL,DRIED	393	525	60.96	40.5	0	20.46
SPICES,BAY LEAF	319	384	74.97	26.3	0	48.67
CARAWAY SEED	69	333	49.9	38	0	11.9
SPICES,CARDAMOM	749	466	68.47	28	0	40.47
CELERY SEED	388	84	41.35	11.8	0	29.55
CHERVIL,DRIED	462	261	49.1	11.3	0	37.8
CHILI POWDER	975	525	54.66	34.2	0	20.46
CINNAMON,GROUND	344	946	79.85	54.3	0	25.55
CLOVES,GROUND	430	969	61.21	34.2	0	27.01
CORIANDER LEAF,DRIED	301	388	52.1	10.4	0	41.7
CORIANDER SEED	295	639	54.99	41.9	0	13.09
CUMIN SEED	244	467	44.24	10.5	0	33.74
CURRY POWDER	431	71	58.15	33.2	0	24.95
DILL SEED	295	464	55.17	21.1	0	34.07
DILL WEED,DRIED	449	388	55.82	13.6	0	42.22
FENNEL SEED	475	68	52.29	39.8	0	12.49
FENUGREEK SEED	431	467	58.35	24.6	0	33.75

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
GARLIC POWDER	379	214	72.71	9.9	0	62.81
GINGER,GROUND	380	431	70.79	12.5	0	58.29
MACE,GROUND	450	641	50.5	20.2	0	30.3
MARJORAM,DRIED	391	542	60.56	40.3	0	20.26
MUSTARD SEED,YELLOW	465	542	34.94	14.7	0	20.24
NUTMEG,GROUND	385	484	49.29	20.8	0	28.49
ONION POWDER	479	319	80.67	5.7	0	74.97
SPICES,OREGANO,DRIED	377	221	64.43	42.8	0	21.63
PAPRIKA	449	647	55.74	37.4	0	18.34
PARSLEY,DRIED	495	547	51.66	30.4	0	21.26
PEPPER,BLACK	780	473	64.81	26.5	0	38.31
PEPPER,RED OR CAYENNE	496	84	56.63	27.2	0	29.43
PEPPER,WHITE	404	388	68.61	26.2	0	42.41
POPPY SEED	217	530	23.69	10	0	13.69
POULTRY SEASONING	207	478	65.59	11.3	0	54.29
PUMPKIN PIE SPICE	402	478	69.28	14.8	0	54.48
ROSEMARY,DRIED	377	660	64.06	42.6	0	21.46
SAFFRON	362	267	65.37	3.9	0	61.47
SAGE,GROUND	393	655	60.73	40.3	0	20.43
SAVORY,GROUND	404	762	68.73	45.7	0	23.03
SPICES,TARRAGON,DRIED	69	509	50.22	7.4	0	42.82
SPICES,THYME,DRIED	377	969	63.94	37	0	26.94
TURMERIC,GROUND	780	312	64.93	21.1	0	43.83
BASIL,FRESH	65	124	4.34	3.9	36	0.44
DILL WEED,FRSH	889	86	7.02	2.1	41	4.92
MUSTARD,PREPARED,YELLOW	51	710	5.33	3.3	0	2.03
SALT,TABLE	3	3	0	0	0	0
VINEGAR,CIDER	7	7	0.93	0	0	0.93
THYME,FRSH	657	22	24.45	14	32	10.45
VANILLA EXTRACT	913	913	12.65	0	0	12.65
VANILLA EXTRACT,IMITN,ALCOHOL	867	867	2.41	0	0	2.41
VANILLA EXTRACT,IMITN,NO ALCOHOL	896	896	14.4	0	0	14.4
VINEGAR,DISTILLED	3	3	0.04	0	0	0.04
CAPERS,CANNED	88	17	4.89	3.2	0	1.69
HORSERADISH,PREPARED	10	795	11.29	3.3	0	7.99
ROSEMARY,FRESH	522	905	20.7	14.1	35	6.6
PEPPERMINT,FRESH	275	614	14.89	8	39	6.89
SPEARMINT,FRESH	719	113	8.41	6.8	59	1.61
SPEARMINT,DRIED	301	626	52.04	29.8	0	22.24
VINEGAR,RED WINE	700	700	0.27	0	0	0.27
VINEGAR,BALSAMIC	253	253	17.03		0	17.03
BABYFOOD,MEAT,BF,STR	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BABYFOOD,MEAT,BEEF,JUNIOR	3	3	0	0	0	0
BABYFOOD,MEAT,VEAL,STR	3	3	0	0	0	0
BABYFOOD,MEAT,PORK,STR	3	3	0	0	0	0
BABYFOOD,MEAT,HAM,STR	3	3	0	0	0	0
BABYFOOD,MEAT,HAM,JUNIOR	3	3	0	0	0	0
BABYFOOD,MEAT,LAMB,STR	3	3	0.1	0	0	0.1
BABYFOOD,MEAT,LAMB,JUNIOR	3	3	0	0	0	0
BABYFOOD,MEAT,CHICK,STR	2	2	1.47	0	0	1.47
BABYFOOD,MEAT,CHICK,JR	3	3	0	0	0	0
BABYFOOD,MEAT,CHICK STKS,JR	2	2	1.5	0.2	0	1.3
BABYFOOD,MEAT,TURKEY,STR	3	3	0.1	0	0	0.1
BABYFOOD,MEAT,TURKEY,JR	3	3	0	0	0	0
BABYFOOD,MEAT,TURKEY STKS,JR	2	33	1.4	0.5	0	0.9
BABYFOOD,MEAT,MEAT STKS,JR	197	33	1.1	0.2	0	0.9
BABYFOOD,DINNER,VEG&DUMPL INGS&BF,STR	222	222	7.7		0	7.7
BABYFOOD,DINNER,VEG&DUMPL INGS&BF,JR	795	795	8		0	8
BABYFOOD,DINNER,BF LASAGNA,TODD	263	263	10		0	10
BABYFOOD,DINNER,MACARONI& TOMATO&BF,STR	182	704	9.45	1.2	0	8.25
BABYFOOD,DINNER,MACARONI& TOMATO&BF,JR	182	705	9.4	1.1	0	8.3
BABYFOOD,RAVIOLI,CHS FILLED,W/TOMATO SAU	290	225	16.3	0.1	0	16.2
BABYFOOD,DINNER,BF NOODLE,STR	884	893	8.18	1.3	0	6.88
BABYFOOD,MACARONI&CHS, TODD	239	289	11.2	0.5	0	10.7
BABYFOOD,DINNER,BF&RICE ,TODD	928	928	8.8		0	8.8
BABYFOOD,DINNER,SPAGHETTI& TOMATO&MEAT,JR	211	11	11.42	1.1	0	10.32
BABYFOOD,DINNER,SPAGHETTI& TOMATO&MEAT,TODD	693	693	10.8		0	10.8
BABYFOOD,DINNER,BF STEW,TODD	830	786	5.5	1.1	0	4.4
BABYFOOD,DINNER,VEG&BF,STR	222	830	7.7	2.2	0	5.5
BABYFOOD,DINNER,VEG&BF,JR	224	222	9	1.4	0	7.6
BABYFOOD,DINNER,BF W/VEG	715	692	6.36	1.8	0	4.56
BABYFOOD,DINNER,VEG&BAC ON,STR	928	885	8.81	1.7	0	7.11
BABYFOOD,DINNER,VEG&HAM,STR	251	41	7.8	1.6	0	6.2
BABYFOOD,DINNER,VEG&HAM,JR	247	222	8.65	1	0	7.65
BABYFOOD,DINNER,VEG&LAMB,STR	614	801	6.9	1.1	0	5.8

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BABYFOOD,DINNER,VEG&LAMB, JR	697	882	7.1	1.1	0	6
BABYFOOD,DINNER,CHICK NOODLE,STR	812	889	9.08	2.1	0	6.98
BABYFOOD,DINNER,CHICK NOODLE, JR	941	251	8.79	0.9	0	7.89
BABYFOOD,DINNER,CHICK SOUP,STR	885	860	7.2	1.1	0	6.1
BABYFOOD,DINNER,CHICK STEW,TODD	811	801	6.4	0.6	0	5.8
BABYFOOD,DINNER,VEG CHICK,STR	719	715	8.42	2.1	0	6.32
BABYFOOD,DINNER,VEG,NOODLES&CHICK,STR	698	681	7.9	1.1	0	6.8
BABYFOOD,DINNER,VEG,NOODLES&CHICK, JR	812	795	9.1	1.1	0	8
BABYFOOD,DINNER,PASTA W/VEG	719	614	8.4	1.5	0	6.9
BABYFOOD,DINNER,VEG&NOODLES&TURKEY,STR	681	818	6.8	1.1	0	5.7
BABYFOOD,DINNER,VEG&NOODLES&TURKEY, JR	222	252	7.6	1.1	0	6.5
BABYFOOD,DINNER,TURKEY&RICE,STR	698	101	7.94	0.9	0	7.04
BABYFOOD,DINNER,TURKEY&RICE, JR	194	247	9.57	1	0	8.57
BABYFOOD,DINNER,VEG&TURKEY,STR	222	860	7.62	1.5	0	6.12
BABYFOOD,DINNER,VEG&TURKEY, JR	881	40	7.55	0.9	0	6.65
BABYFOOD,DINNER,VEG&TURKEY,TODD	795	795	8		0	8
BABYFOOD,DINNER,MACARONI &CHS,STR	238	704	8.95	0.7	0	8.25
BABYFOOD,DINNER,MACARONI &CHS, JR	703	251	8.2	0.3	0	7.9
BABYFOOD,VEG,GRN BNS,STR	948	48	5.9	1.9	0	4
BABYFOOD,VEG,GRN BNS, JR	818	701	5.7	1.9	0	3.8
BABYFOOD,GRN BNS,DICES,TODD	818	786	5.7	1.3	0	4.4
BABYFOOD,VEG,GRN BNS&POTATOES	224	222	9	1.4	0	7.6
BABYFOOD,VEG,BEETS,STR	222	801	7.7	1.9	0	5.8
BABYFOOD,VEG,CARROTS,STR	882	65	6	1.7	0	4.3
BABYFOOD,VEG,CARROTS, JR	885	830	7.2	1.7	0	5.5
BABYFOOD,VEG,SQUASH,STR	286	601	5.6	2.1	0	3.5
BABYFOOD,VEG,SQUASH, JR	286	601	5.6	2.1	0	3.5
BABYFOOD,VEG,SWT POTATOES,STR	962	208	13.2	1.5	0	11.7
BABYFOOD,VEG,SWT POTATOES, JR	554	12	13.9	1.5	0	12.4
BABYFOOD,POTATOES,TODDLER	186	785	11.73	0.9	0	10.83

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BABYFOOD,VEG,BUTTERNUT SQUASH&CORN	664	233	9.3	2	0	7.3
BABYFOOD,APPLS,DICES,TODD	20	239	12.1	0.9	0	11.2
BABYFOOD,FRUIT,APPLSAUC ,STR	693	812	10.8	1.7	0	9.1
BABYFOOD,FRUIT,APPLSAUC,JR	11	247	10.3	1.7	0	8.6
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,STR	290	328	16.3	1.5	0	14.8
BABYFOOD,VEG,CORN,CRMD ,STR	637	333	14.1	2.1	0	12
BABYFOOD,VEG,CORN,CRMD,JR	72	637	16.25	2.1	0	14.15
BABYFOOD,VEG,PEAS,STR	926	882	8.1	2.1	0	6
BABYFOOD,PEAS,DICES,TODD	11	811	10.3	3.9	0	6.4
BABYFOOD,VEG,SPINACH,CR MD,STR	818	835	5.7	1.8	0	3.9
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,JR	861	661	17.3	1.5	0	15.8
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,STR	325	530	15.3	1.6	0	13.7
BABYFOOD,FRUIT,PEACHES,STR	538	276	15	1.5	0	13.5
BABYFOOD,FRUIT,PEACHES W/SUGAR,JR	102	331	18.9	1.5	0	17.4
BABYFOOD,FRUIT,PEARS,STR	693	885	10.8	3.6	0	7.2
BABYFOOD,FRUIT,PEARS,JR	21	795	11.6	3.6	0	8
BABYFOOD,FRUIT,PLUMS W/TAPIOCA,WO/VIT C,STR	759	761	19.7	1.2	0	18.5
BABYFOOD,FRUIT,PLUMS W/TAPIOCA,WO/VIT C,JR	525	892	20.5	1.2	0	19.3
BABYFOOD,FRUIT,PRUNES W/TAPIOCA,WO/VIT C,STR	761	661	18.5	2.7	0	15.8
BABYFOOD,FRUIT,PRUNES W/TAPIOCA,WO/VIT C,JR	549	225	18.7	2.7	0	16
BABYFOOD,PRUNES,WO/VIT C,STR	809	520	23.52	2.7	0	20.82
BABYFOOD,FRUIT,MANGO W/TAPIOCA,STR	660	808	21.6	1	0	20.6
BABYFOOD,PEARS,DICES,TODD	276	12	13.6	1.2	0	12.4
BABYFOOD,FRUIT,APPLSAUC&A PRICOTS,STR	64	561	11.64	1.8	0	9.84
BABYFOOD,FRUIT,APPLSAUC&A PRICOTS,JR	12	924	12.4	1.8	0	10.6
BABYFOOD,FRUIT,APPLSAUC&C HERRIES,STR	637	270	14.1	1.1	0	13
BABYFOOD,FRUIT,APPLSAUC&C HERRIES,JR	637	270	14.1	1.1	0	13
BABYFOOD,FRUIT,APPLSAUC W/BANANA,JR	225	206	16.16	1.6	0	14.56
BABYFOOD,FRUIT,APPLSAUC&P NAPPL,STR	259	247	10.1	1.5	0	8.6
BABYFOOD,FRUIT,APPLSAUC&P NAPPL,JR	22	224	10.5	1.5	0	9

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BABYFOOD,FRUIT,APPL & RASPBERRY,STR	526	276	15.6	2.1	0	13.5
BABYFOOD,FRUIT,APPL & RASPBERRY,JR	235	165	15.4	2.1	0	13.3
BABYFOOD,FRUIT&VEG,APPL&S WT POTATO	325	554	15.3	1.4	0	13.9
BABYFOOD,FRUIT,BANANAS&PN APPL W/TAPIOCA,JR	647	253	18.4	1.6	0	16.8
BABYFOOD,FRUIT,BANANAS&PN APPL W/TAPIOCA,STR	99	225	17.8	1.6	0	16.2
BABYFOOD,FRUIT,PEARS&PNA PPL,STR	23	705	10.9	2.6	0	8.3
BABYFOOD,FRUIT,PEARS&PNA PPL,JR	283	928	11.4	2.6	0	8.8
BABYFOOD,FRUIT,GUAVA&PAPAY A W/TAPIOCA,STR	253	253	17		0	17
BABYFOOD,PEACHES,DICES, TODD	232	23	11.8	0.8	0	11
BABYFOOD,FRUIT,PAPAYA&APPL SAUC W/TAPIOCA,STR	102	331	18.9	1.4	0	17.5
BABYFOOD,FRUIT,BANANAS W/APPLS&PEARS,STR	759	647	19.7	1.4	0	18.3
BABYFOOD,FRUIT,APPL&BLUEB ERRY,STR	290	246	16.3	1.8	0	14.5
BABYFOOD,FRUIT,APPL&BLUEB ERRY,JR	707	328	16.6	1.8	0	14.8
BABYFOOD,JUICE,APPLE	208	21	11.7	0.1	0	11.6
BABYFOOD,APPLE-BANANA JUC	213	20	12.3	0.2	0	12.1
BABYFOOD,JUC,APPL&PEACH	22	94	10.5	0.1	0	10.4
BABYFOOD,APPLE-CRANBERRY JUC	617	617	11.49	0	0	11.49
BABYFOOD,JUC,APPL&PLUM	213	271	12.3	0.1	0	12.2
BABYFOOD,JUC,APPL&PRUNE	242	99	18	0.1	0	17.9
BABYFOOD,JUICE,ORANGE	665	259	10.2	0.1	0	10.1
BABYFOOD,JUC,ORANGE&APPL	259	259	10.1		0	10.1
BABYFOOD,JUC,ORANGE&APPL &BANANA	617	283	11.5	0.1	0	11.4
BABYFOOD,JUC,ORANGE&AP RICOT	23	693	10.9	0.1	0	10.8
BABYFOOD,JUC,ORANGE&BA NANA	333	333	11.9		0	11.9
BABYFOOD,JUC,ORANGE&PN APPL	208	21	11.7	0.1	0	11.6
BABYFOOD,JUC,PRUNE&ORA NGE	253	253	16.8		0	16.8
BABYFOOD,JUC,MXD FRUIT	21	617	11.6	0.1	0	11.5
BABYFOOD,CRL,BARLEY,DRY	319	395	75.3	8.2	0	67.1
BABYFOOD,CRL,WHL WHEAT,W/ APPLS,DRY	369	780	77.1	12.2	0	64.9
BABYFOOD,CEREAL,MIXED,DRY	456	230	73.3	7.5	0	65.8
BABYFOOD,CRL,MXD,W/ BANANAS,DRY	369	402	77.1	7.8	0	69.3

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BABYFOOD,CRL,MXD,W/APPLSAUC&BANANAS,STR	99	707	17.9	1.2	0	16.7
BABYFOOD,CRL,MXD,W/APPLSAUC & BANANAS,JR	647	861	18.4	1.2	0	17.2
BABYFOOD,CRL,OATMEAL,DRY	402	412	69.2	6.6	0	62.6
BABYFOOD,CRL,OATMEAL,W/BANANAS,DRY	229	405	73.4	5.2	0	68.2
BABYFOOD,CRL,OATMEAL,W/APPLSAUC&BANANAS,STR	235	206	15.4	0.8	0	14.6
BABYFOOD,CRL,OATMEAL,W/APPLSAUC&BANANAS,JR	74	275	15.7	0.8	0	14.9
BABYFOOD,CRL,OATMEAL,W/HONEY,DRY	402	402	69.3		0	69.3
BABYFOOD,CEREAL,RICE,DRY	421	369	77.6	0.5	0	77.1
BABYFOOD,CRL,RICE,W/APPLSAUC&BANANAS,STR	253	225	17.1	1	0	16.1
BABYFOOD,CRL,W/EGG YOLKS,STR	889	860	7	0.9	0	6.1
BABYFOOD,CRL,W/EGG YOLKS,JR	697	41	7.1	0.9	0	6.2
BABYFOOD,CRL,W/EGGS,STR	795	795	8		0	8
BABYFOOD,CRL,EGG YOLKS&BACON,JR	41	51	6.2	0.9	0	5.3
BABYFOOD,OATMEAL CRL W/FRUIT,DRY,INST,TODD	514	406	74.15	7.8	0	66.35
BABYFOOD,COOKIE,BABY,FRUIT	229	363	73.7	3.4	0	70.3
BABYFOOD,CRACKERS,VEG	406	214	66.9	4	0	62.9
BABYFOOD,CRL,RICE,W/MXD FRUIT,JR	647	646	18.3	0.6	0	17.7
BABYFOOD,CRL,HI PROT,W/APPL&ORANGE,DRY	469	450	57.6	7.1	0	50.5
BABYFOOD,CRL,RICE,W/BANANAS,DRY	344	15	79.9	1	0	78.9
BABYFOOD,COOKIES	395	406	67.1	0.2	0	66.9
BABYFOOD,COOKIES,ARROW ROOT	499	373	71.2	0.2	0	71
BABYFOOD,PRETZELS	355	344	82.2	2.3	0	79.9
BABYFOOD,TEETHING BISCUITS	513	511	78.03	1.9	0	76.13
ZWIEBACK	514	443	74.2	2.5	0	71.7
BABYFOOD,DSSRT,DUTCH APPL,STR	759	647	19.74	1.4	0	18.34
BABYFOOD,DSSRT,DUTCH APPL,JR	892	99	19.29	1.4	0	17.89
BABYFOOD,CHERRY COBBLER,JR	269	758	19.2	0.2	0	19
BABYFOOD,DSSRT,CHERRY VANILLA PUDD,STR	99	331	17.8	0.3	0	17.5
BABYFOOD,DSSRT,CHERRY VANILLA PUDD,JR	647	644	18.4	0.3	0	18.1
BABYFOOD,DSSRT,FRUIT PUDD,ORANGE,STR	646	253	17.7	0.6	0	17.1

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BABYFOOD,DSSRT,PEACH COBBLER,STR	99	253	17.8	0.7	0	17.1
BABYFOOD,DSSRT,PEACH COBBLER,JR	647	919	18.3	0.7	0	17.6
BABYFOOD,DSSRT,FRUIT PUDD,PNAPPL,STR	767	849	20.3	0.7	0	19.6
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,STR	225	235	16	0.6	0	15.4
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,JR	861	707	17.2	0.6	0	16.6
BABYFOOD,DSSRT,TROPICAL FRUIT,JR	177	177	16.4		0	16.4
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,STR	225	225	16	0	0	16
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,JR	281	635	17.58	0.2	0	17.38
BABYFOOD,JUC,APPL&GRAPE	92	264	11.34	0.1	0	11.24
BABYFOOD,JUC,FRUIT PUNCH,W/CA	543	213	12.7	0.4	0	12.3
BABYFOOD,JUC,APPL&CHERRY	561	825	9.9	0.1	0	9.8
BABYFOOD,JUC,APPL,W/CA	933	289	11.1	0.4	0	10.7
BABYFOOD,DINNER,VEG&CHICK,JR	254	881	8.66	1.1	0	7.56
BABYFOOD,DINNER,MXD VEG,STR	182	182	9.5		0	9.5
BABYFOOD,DINNER,MXD VEG,JR	698	698	7.9		0	7.9
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,JR	99	225	17.8	1.6	0	16.2
BABYFOOD,VEG,MIX VEG JR	703	900	8.2	1.5	0	6.7
BABYFOOD,VEG,GARDEN VEG,STR	681	51	6.8	1.5	0	5.3
BABYFOOD,VEG,MIX VEG STR	795	249	8.05	1.5	0	6.55
BABYFOOD,DINNER,BF NOODLE,JR	223	715	7.4	1.1	0	6.3
BABYFOOD,APPLS W/HAM,STR	23	812	10.9	1.8	0	9.1
BABYFOOD,CARROTS&BF,STR	818	792	5.7	2.6	0	3.1
BABYFOOD,PLUMS,BANANAS& RICE,STR	543	283	12.7	1.3	0	11.4
BABYFOOD,DINNER,TURKEY,RICE,AND VEG,TODD	881	900	7.5	0.8	0	6.7
BABYFOOD,DINNER,APPLS&CHICK,STR	262	812	10.87	1.8	0	9.07
BABYFOOD,DINNER,BROCCOLI& CHICK,STR	938	7	3.23	2.3	0	0.93
BABYFOOD,DINNER,SWT POTATOES&CHICK,STR	933	825	11.04	1.3	0	9.74
BABYFOOD,DINNER,POTATOES W/CHS&HAM,TODD	617	11	11.5	1.2	0	10.3
BABYFOOD,CRL,BARLEY,PREP W/WHL MILK	290	290	16.3		0	16.3
BABYFOOD,CRL,HI PROT,PREP W/WHL MILK	21	21	11.6		0	11.6

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BABYFOOD,CRL,MXD,PREP W/WHL MILK	661	206	15.9	1.3	0	14.6
BABYFOOD,CRL,MXD,W/ BANANAS,PREP W/WHL MILK	707	325	16.6	1.3	0	15.3
BABYFOOD,CRL,OATMEAL,PREP W/WHL MILK	325	632	15.3	1.1	0	14.2
BABYFOOD,CRL,OATMEAL,W/ BANANAS,PREP W/WHL MILK	225	225	16		0	16
BABYFOOD,CRL,OATMEAL,W/ HONEY,PREP W/WHL MILK	325	325	15.3		0	15.3
BABYFOOD,CRL,RICE,PREP W/WHL MILK	707	707	16.7	0.1	0	16.6
BABYFOOD,CRL,RICE,W/ HONEY,PREP W/WHL MILK	253	253	17.1		0	17.1
BABYFOOD,CRL,MXD,W/ HONEY,PREP W/WHL MILK	661	661	15.9		0	15.9
BABYFOOD,CRL,HI PROT,W/ APPL&ORANGE,PREP W/WHL MILK	165	165	13.4		0	13.4
BABYFOOD,CRL,RICE,W/ BANANAS,PREP W/WHL MILK	253	253	17	0.2	0	16.8
INF FORMULA,NESTLE,GOOD START SUPREME,W/ IRON,RTF	223	223	7.39	0	0	7.39
INF FORMULA,NESTLE,GOOD START SUPREME,W/ IRON,LIQ CONC	632	632	14.2	0	0	14.2
INF FORMULA,NESTLE,GOOD START SUPREME,W/ IRON,PDR	306	306	57.32	0	0	57.32
INFANT FORMULA,MEAD JOHNSON,ENFAMIL,W/IRON,RTF	811	811	6.45	0	0	6.45
INFANT FORMULA,MEAD JOHNSON,ENFAMIL,W/IRON,LIQ CONC, NOT REC	554	554	13.92	0	0	13.92
INF FORMULA,MEAD JOHNSON,ENFAMIL,W/ IRON,PDR	403	403	56.2	0	0	56.2
INFANT FORMULA,MEAD JOHNSON,ENFAMIL,LO IRON,RTF	811	811	6.45	0	0	6.45
INFANT FORMULA,MEAD JOHNSON,ENFAMIL,LO IRON,LIQ CNC, NOT REC	54	54	14.31	0	0	14.31
INF FORM,MEAD JOHNSON,ENFA LIPI, W/ IRON,PDR,W/ ARA & DHA	403	403	56.2	0	0	56.2
INFANT FORMULA,MEAD JOHNSON,ENFAMIL,LO IRON,PDR,NOT RECON	403	403	56.2	0	0	56.2
INF FORMULA,MEAD JOHNSON,LOFENALAC,W/ IRON,PREP FROM PDR	222	222	7.71	0	0	7.71
INF FORM,MEAD JOHNS,ENFAM,LIP,W/ IR,LIQ CONC,W/ ARA & DHA	896	896	14.34	0	0	14.34
INF FORMMEAD JOHN,ENFAMIL LIPI, W/ IRON,RTF,W/ ARA & DHA	697	697	7.1	0	0	7.1
INF FORM,ME JOHNS,ENFAMIL,LIPI,LO IRON,PDR,W/ ARA & DHA	403	403	56.2	0	0	56.2

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
INF FORM,ME JOHNS,ENFAM,LIP,LO IRON,LIQ CONC,W/ ARA & DHA	19	19	14.24	0	0	14.24
CHILD FORMULA,MEAD JOHNSON,PORTAGEN,W/ IRON,PDR,NOT RECON	389	389	54.8	0	0	54.8
CHILD FORMULA,MEAD JOHNSON,PORTAGEN,W/ IRON,PREP FROM PDR	247	247	8.57	0	0	8.57
INFANT FORMULA,MEAD JOHNSON,PREGESTIMIL,W/ IRON,PDR,NOT RECON	535	535	52.8	0	0	52.8
INFANT FORMULA,MEAD JOHNSON,PREGESTIMIL,W/ IRON,PREP FROM PDR	905	905	6.62	0	0	6.62
INFANT FORMULA,MEAD JOHNSON,PROSOBEE,W/ IRON,LIQ CNC, NOT REC	276	276	13.58	0	0	13.58
INF FOR,ME JOHN,ENFAM,LIPIL,LO IRON,READY TO FE,W/ ARA & DHA	697	697	7.1	0	0	7.1
INF FORMULA,MEAD JOHNSON,ENFAMIL,PROSOBEE,IRON,PDR,NOT RECON	478	478	54.3	0	0	54.3
INF FOR,ME JOHNS,ENFAMIL,LACTOF LIPIL,W/ IR,PDR,W/ ARA & DHA	403	403	56.3	0	0	56.3
INF FOR,MEA JO,ENF,LACT,LIPIL,W/ IR,LI CO,NO REC,W/ AR & DH	896	896	14.42	0	0	14.42
INF FORMULA,MEAD JOHNSON,ENFAMIL,LIPIL,RTF,W/ ARA & DHA	811	811	6.44	0	0	6.44
INF FORMULA,ROSS,SIMILAC PM 60/40,PDR,NOT RECON	293	293	54.94	0	0	54.94
INF FOR,ME JOH,ENF,NUTR LIPIL,W/ IRO,PDR,NOT RE,W/ ARA & DHA	731	731	51	0	0	51
INF FORMULA,ROSS,SIMILAC NAT CARE,ADVANCE,RTF,W/ ARA & DHA	704	704	8.27	0	0	8.27
INF FORM,ROSS,SIMI SPL CA ADVA 24,W/ IRON,RTF,W/ ARA & DHA	66	66	8.33	0	0	8.33
INF FORMULA,ROSS,SIMILAC,ISO MIL,W/ IRON,RTF	905	905	6.6	0	0	6.6
INF FORMULA,ROSS,SIMILAC,ISO MIL,W/ IRON,LIQ CONC	962	962	13.21	0	0	13.21
INF FORMULA,ROSS,ISOMIL,W/ IRON,PDR,NOT RECON	990	990	53.57	0	0	53.57
INF FOR,M JOHN,ENF,NUT,LIP,W/ IR,LIQ CONC NOT REC,W/ AR & DH	639	639	13.12	0	0	13.12
INF FO,ME JOHN,EN,NUTR LIPIL,W/ IRON,RE TO FE,W/ ARA & DHA	681	681	6.81	0	0	6.81
INF FORMULA,ROSS,SIMILAC,ALIMENTUM,W/ IRON,RTF	902	902	6.77	0	0	6.77

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
INF FORMULA,ROSS,SIMILAC,W/ IRON,RTF	614	614	6.92	0	0	6.92
INF FORMULA,ROSS,SIMILAC,W/ IRON,LIQ CONC,NOT RECON	276	276	13.52	0	0	13.52
INF FO,ME JOHN,EN,PROS LIPIL,W/ IRON,PDR,NOT RE,W/ ARA & DHA	535	535	53	0	0	53
INF FORMULA,ROSS,SIMILAC,W/ IRON,PDR,NOT RECON	389	389	54.73	0	0	54.73
INF FORM,MEAD JOHN,ENFA,PRO LIPIL,LIQ CONC,W/ ARA & DHA	276	276	13.58	0	0	13.58
INF FORMULA,ROSS,SIMILAC,LO IRON,RTF	614	614	6.92	0	0	6.92
INF FORMULA,ROSS,SIMILAC,LO IRON,LIQ CONC,NOT RECON	276	276	13.52	0	0	13.52
INF FOR,MEJOHN,PROSOBEE LIPIL,W/ IRON,RE TO FE,W/ ARA & DHA	860	860	6.11	0	0	6.11
INF FORMULA,ROSS,SIMILAC,LO IRON,PDR,NOT RECON	389	389	54.78	0	0	54.78
CHILD FORMULA,ROSS,PEDIAS URE,RTF	326	326	11.15	0	0	11.15
INF FORMU,MEAD JOHNS,NEXT STEP,PROSO LIPIL,PDR,W/ ARA & DHA	306	306	57.1	0	0	57.1
INF FORM,ME JO,NEXT STEP,PROSO,LIPIL,REATO FEED,W/ ARA & DHA	926	926	8.09	0	0	8.09
INF FORMULA,MEAD JOHNS ON,ENFAMIL,LACTOFREE,W/ IRN,PDR,NOTREC	306	306	57	0	0	57
INF FORMULA,MEAD JOHNS ON,ENFAMIL,LACTOFREE,W/ IRN,LQCN,NOREC	896	896	14.42	0	0	14.42
INF FORMULA,WYETH-AYERST,STORE BRAND,W/ IRON,RTF	715	715	6.39	0	0	6.39
INF FORMULA,WYETH-AYERST,STOREBRAND,W/ IRON,LIQ CON,NOTRECON	554	554	13.9	0	0	13.9
INF FORMULA,WYETH-AYERST,STORE BRAND,W/ IRON,PDR,NOT RECON	449	449	56	0	0	56
INF FORMULA,WYETH-AYERST,STORE BRAND,LO IRON,LIQCONC,NOTRECN	554	554	13.9	0	0	13.9
INF FORMULA,WYETH-AYERST,STORE BRAND SOY,W/ IRON,RTF	860	860	6.09	0	0	6.09
INF FORMULA,WYETH,STORE BRAND SOY,W/ IRON,LIQ CONC,NOT RECON	963	963	12.18	0	0	12.18
INF FORMULA,WYETH-AYERST,STOREBRAND SOY,W/ IRON,PDR,NOTRECON	301	301	52.2	0	0	52.2
INF FORMULA,NESTLE,GOOD START 2 ESSENTIALS,W/ IRON,RTF	248	248	8.54	0	0	8.54

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
INF FORMULA,NESTLE,GOOD START 2 ESSENTIALS,W/ IRON,LIQ CONC	177	177	16.5	0	0	16.5
INF FORMULA,NESTLE,GOOD START 2 ESSENTIALS,W/ IRON,PDR	457	457	62.23	0	0	62.23
INF FORMULA,NESTLE,GOOD START ESSENTIALS SOY,W/ IRON,RTF	885	885	7.17	0	0	7.17
INF FORMULA,NESTLE,GOOD START ESSENTIALS SOY,W/ IRON,LIQ CO	637	637	14.1	0	0	14.1
INF FORMULA,NESTLE,GOOD START ESSENTIALS SOY,IRON,PDR	449	449	55.7	0	0	55.7
INF FORMULA,MEAD JOHNSON,NEXT STEP PROSOBEE,PDR,NOT RECON	306	306	57.1	0	0	57.1
INF FORMULA,MEAD JOHNSON,NEXT STEP PROSOBEE,PREP FROM PDR	795	795	8.08	0	0	8.08
BABYFOOD,CORN & SWT POTATOES,STR	918	165	15.23	1.8	0	13.43
INF FORMULA,ROSS,SIMILAC, ALIMENTUM,ADVANCE,RTF,W/ ARA & DHA	902	902	6.77	0	0	6.77
FAT,BEEF TALLOW	3	3	0	0	0	0
LARD	3	3	0	0	0	0
SALAD DRSNG,KRAFT MAYO LT MAYO	28	719	8.5	0.1	0	8.4
SALAD DRSNG,KRAFT MIRACLE WHIP LT DRSNG	896	54	14.4	0.1	0	14.3
SALAD DRSNG,KRAFT MAYO FAT FREE MAYO DRSNG	12	94	12.4	2	0	10.4
SALAD DRSNG,KRAFT MIRACLE WHIP FREE NONFAT DRSNG	559	276	15.5	1.9	0	13.6
SALAD DRSNG,RUSSIAN DRSNG	285	78	31.01	2.2	0	28.81
SALAD DRSNG,SESAME SD DRSNG,REG	247	222	8.6	1	0	7.6
SALAD DRSNG,1000 ISLAND,COMM,REG	206	554	14.64	0.8	0	13.84
SALAD DRSNG,MAYO TYPE,REG,W/SALT	631	631	23.9	0	0	23.9
SALAD DRSNG,FRENCH DRSNG,RED FAT	628	653	29.28	1.1	0	28.18
SALAD DRSNG,ITALIAN DRSNG,RED FAT	692	692	4.57	0	0	4.57
SALAD DRSNG,RUSSIAN DRSNG,LO CAL	945	649	27.6	0.3	0	27.3
SALAD DRSNG,1000 ISLAND DRSNG,RED FAT	626	520	22.19	1.3	0	20.89
SALAD DRSNG,MAYO,SOYBN OIL,W/SALT	835	835	3.9	0	0	3.9
SALAD DRSNG,MAYO,SOYBN&SA FFLOWER OIL,W/SALT	37	37	2.7	0	0	2.7

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
SALAD DRSNG,MAYO,IMITN,SOYBN	225	225	16	0	0	16
SALAD DRSNG,MAYO,IMITN,MILK CRM	933	933	11.1	0	0	11.1
SALAD DRSNG,MAYO,IMITN,SOYBN WO/CHOL	661	661	15.8	0	0	15.8
SANDWICH SPRD,W/CHOPD PICKLE,REG,UNSPEC OILS	658	321	22.4	0.4	0	22
SHORTENING,HOUSEHOLD,S OYBN (HYDR) -COTTONSEED (HYDR)	3	3	0	0	0	0
OIL,SOYBN,SALAD OR COOKING,(HYDR)	3	3	0	0	0	0
OIL,VEG,RICE BRAN	3	3	0	0	0	0
OIL,WHEAT GERM	3	3	0	0	0	0
OIL,PNUT,SALAD OR COOKING	3	3	0	0	0	0
OIL,SOYBN,SALAD OR COOKING	3	3	0	0	0	0
VEGETABLE OIL,COCONUT	3	3	0	0	0	0
OIL,OLIVE,SALAD OR COOKING	3	3	0	0	0	0
OIL,VEGETABLE,PALM	3	3	0	0	0	0
OIL,SESAME,SALAD OR COOKING	3	3	0	0	0	0
OIL,VEG,SUNFLOWER,LINOLEIC (LESS THAN 60%)	3	3	0	0	0	0
MARGARINE,REG,HARD,CORN (HYDR&REG)	33	33	0.9	0	0	0.9
MARGARINE,REG,HARD,CORN&SOYBN (HYDR)&CTTNSD (HYDR),W/SALT	33	33	0.9	0	0	0.9
MARGARINE,REG,HARD,CORN&SOYBN (HYDR)&CTTNSD (HYDR),WO/SALT	18	18	0.5	0	0	0.5
MARGARINE,REG,HARD,CORN (HYDR)	33	33	0.9	0	0	0.9
MARGARINE,REG,HARD,SOYBN (HYDR)	33	33	0.9	0	0	0.9
MARGARINE,REG,HARD,SOYBN (HYDR)&CORN&CTTNSD (HYDR)	33	33	0.9	0	0	0.9
MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD	33	33	0.9	0	0	0.9
MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD (HYDR)	33	33	0.9	0	0	0.9
MARGARINE,REG,HARD,SOYBN (HYDR)&PALM (HYDR)	33	33	0.9	0	0	0.9
MARGARINE,REG,HARD,SAFFLOWER&SOYBN (HYDR)	33	33	0.9	0	0	0.9
MARGARINE,REG,HARD,SAFFLOWER&SOYBN (HYDR)&CTTNSD (HYDR)	33	33	0.9	0	0	0.9
MARGARINE,REG,HARD,SOYBN (HYDR&REG)	33	33	0.9	0	0	0.9
MARGARINE,REG,HARD,SOYBN,SOYBN (HYDR),&CTTNSD (HYDR)	33	33	0.9	0	0	0.9

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
MARGARINE,REG,HARD,SOYBN (HYDR)&PALM (HYDR&REG)	33	33	0.9	0	0	0.9
MARGARINE,REG,HARD,SOYBN (HYDR),CTTNSD (HYDR),&SOYBN	33	33	0.9	0	0	0.9
MARGARINE,REG,HARD,SAFFLOWER&SOYBN (HYDR&REG)&CTTNSD (HYDR)	33	33	0.9	0	0	0.9
MARGARINE,REG,LIQ,SOYBN (HYDR&REG)&CTTNSD	3	3	0	0	0	0
MARGARINE-LIKE SPRD,APPRX 60% FAT,TUB,SOYBN HYDR&CTTNSD HYDR	3	3	0	0	0	0
MARGARINE-LIKE SPRD,(APPROX 40% FAT),CORN (HYDR&REG)	700	700	0.4	0	0	0.4
MARGARINE-LIKE SPRD,(APPROX 40% FAT),SOY(HYDR)&PLM(HYDR&REG)	700	700	0.4	0	0	0.4
MARGARINE-LIKE SPRD,(APPROX 40% FAT),SOYBN (HYDR)	700	700	0.4	0	0	0.4
MARGARINE-LIKE SPRD,(APPROX 40% FAT),SOY(HYDR)&CTTNSD(HYDR)	700	700	0.4	0	0	0.4
MARGARINE-LIKE SPRD,(APPROX 40% FAT),SOYBN (HYDR)&CTTNSD	700	700	0.4	0	0	0.4
SALAD DRNG,ITALIAN DRNG,COMM,REG	94	94	10.43	0	0	10.43
SALAD DRNG,KRAFT RANCH DRNG	988	65	4.6	0.3	0	4.3
SALAD DRNG,KRAFT ZESTY ITALIAN DRNG	818	838	5.7	0.5	0	5.2
SALAD DRNG,KRAFT LT DONE RIGHT! RANCH DRNG	22	263	10.5	0.5	0	10
SALAD DRNG,KRAFT LT DONE RIGHT! ITALIAN DRNG	795	900	8	1.3	0	6.7
SALAD DRNG,KRAFT FREE FAT FREE RANCH DRNG	81	84	30.6	0.6	0	30
SALAD DRNG,FRENCH DRNG,COMM,REG	526	526	15.58	0	0	15.58
SALAD DRNG,KRAFT FREE FAT FREE ITALIAN DRNG	23	11	11	0.7	0	10.3
MARGARINE-LIKE SPRD,(APPROX 40% FAT),UNSPEC OILS	700	700	0.4	0	0	0.4
MARGARINE,REG,UNSPEC OILS,WO/ SALT	18	18	0.5	0	0	0.5
MARGARINE,REG,UNSPEC OILS,W/SALT	33	33	0.9	0	0	0.9
SALAD DRNG,FRENCH,HOME RECIPE	712	712	3.4	0	0	3.4
SALAD DRNG,HOME RECIPE,CKD	275	275	14.9	0	0	14.9
SALAD DRNG,HOME RECIPE,VINEGAR&OIL	836	836	2.5	0	0	2.5

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SALAD DRSNG,BLUE + ROQUE-FORT CHS,COMM,REG,WO/SALT	223	223	7.4	0	0	7.4
SALAD DRSNG,FRENCH DRSNG,COMM,REG,WO/ SALT	526	526	15.58	0	0	15.58
SALAD DRSNG,FRENCH DRSNG,RED FAT,WO/ SALT	628	653	29.28	1.1	0	28.18
SALAD DRSNG,ITALIAN DRSNG,COMM,REG,WO/ SALT	94	94	10.43	0	0	10.43
SALAD DRSNG,ITALIAN DRSNG,RED FAT,WO/ SALT	692	692	4.57	0	0	4.57
SALAD DRSNG,MAYO,SOYBN OIL,WO/SALT	37	37	2.7	0	0	2.7
SALAD DRSNG,FRENCH,CTTNSD, OIL,HOME RECIPE	712	712	3.4	0	0	3.4
SALAD DRSNG,FRENCH DRSNG,FAT-FREE	533	84	32.14	2.2	0	29.94
OIL,VEG,COCOA BUTTER	3	3	0	0	0	0
OIL,VEG,CTTNSD,SALAD OR COOKING	3	3	0	0	0	0
OIL,VEG,SUNFLOWER,LINOLEIC,( APPROX. 65%)	3	3	0	0	0	0
OIL,VEG SAFFLOWER,SALAD OR COOKING,LINOLEIC,(OVER 70%)	3	3	0	0	0	0
OIL,VEG SAFFLOWER,SALAD OR COOKING,OLEIC,OVER 70%	3	3	0	0	0	0
VEGETABLE OIL,PALM KERNEL	3	3	0	0	0	0
OIL,VEGETABLE,POPPYSEED	3	3	0	0	0	0
OIL,VEGETABLE,TOMATOSEED	3	3	0	0	0	0
OIL,VEGETABLE,TEASEED	3	3	0	0	0	0
OIL,VEGETABLE,GRAPSEED	3	3	0	0	0	0
OIL,VEG,CORN,INDUSTRIAL & RTL,ALLPURP SALAD OR COOKING	3	3	0	0	0	0
FAT,MUTTON TALLOW	3	3	0	0	0	0
MARGARINE,REG,HARD,SUNFLOWER&SOYBN (HYDR)&CTTNSD (HYDR)	33	33	0.9	0	0	0.9
OIL,VEGETABLE,WALNUT	3	3	0	0	0	0
OIL,VEGETABLE,ALMOND	3	3	0	0	0	0
OIL,VEG,APRICOT KERNEL	3	3	0	0	0	0
VEGETABLE OIL,SOYBN LECITHIN	3	3	0	0	0	0
OIL,VEGETABLE,HAZELNUT	3	3	0	0	0	0
OIL,VEGETABLE,BABASSU	3	3	0	0	0	0
OIL,VEGETABLE,SHEANUT	3	3	0	0	0	0
SALAD DRSNG,BLUE OR ROQUE-FORT CHS DRSNG,COMM,REG	223	223	7.4	0	0	7.4
OIL,VEGETABLE,CUPU ASSU	3	3	0	0	0	0
FAT,CHICKEN	3	3	0	0	0	0
OIL,SOYBN,SALAD OR COOKING,(HYDR)&CTTNSD	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SHORTENING,HOUSEHOLD,LARD&VEG OIL	3	3	0	0	0	0
OIL,VEG,SUNFLOWER,LINOLEIC,(HYDR)	3	3	0	0	0	0
SHORTENING BREAD,SOYBN (HYDR)&CTTNSD	3	3	0	0	0	0
SHORTENING FRYING (REG),SOYBN (HYDR)&CTTNSD (HYDR)	3	3	0	0	0	0
SHORTENING CAKE MIX,SOYBN (HYDR)&CTTNSD (HYDR)	3	3	0	0	0	0
SHORTENING INDUSTRIAL,LARD&VEG OIL	3	3	0	0	0	0
SHORTENING FRYING (HVY DUTY),BF TALLOW&CTTNSD	3	3	0	0	0	0
SHORTENING CONFECTIONERY,COCNT (HYDR)&OR PALM KERNEL (HYDR)	3	3	0	0	0	0
SHORTENING FRYING HVY DUTY,SOYBN HYDR,LINOLEIC 30% W/SILICON	3	3	0	0	0	0
SHORTENING INDUSTRIAL,SOYBN (HYDR)&CTTNSD	3	3	0	0	0	0
SHORTENING FRYING (HVY DUTY),PALM (HYDR)	3	3	0	0	0	0
SHORTENING HOUSEHOLD SOYBN (HYDR)&PALM	3	3	0	0	0	0
SHORTENING FRYING HVY DUTY,SOYBN HYDR,LINOLEIC (LESS THAN 1%	3	3	0	0	0	0
SHORTENING,CONFECTIONERY, FRACTIONATED PALM	3	3	0	0	0	0
OIL,VEG,NUTMEG BUTTER	3	3	0	0	0	0
OIL,VEG,UCUHUBA BUTTER	3	3	0	0	0	0
FAT,DUCK	3	3	0	0	0	0
FAT,TURKEY	3	3	0	0	0	0
FAT,GOOSE	3	3	0	0	0	0
VEGETABLE OIL,AVOCADO	3	3	0	0	0	0
VEGETABLE OIL,CANOLA	3	3	0	0	0	0
VEGETABLE OIL,MUSTARD	3	3	0	0	0	0
OIL,VEG,SUNFLOWER,HI OLEIC (70% & OVER)	3	3	0	0	0	0
MARGARINE-BUTTER BLEND,SOYBN OIL & BUTTER	685	685	0.77	0	0	0.77
SHORTENING,SPL PURPOSE FOR CAKES&FROSTINGS,SOYBN (HYDR)	3	3	0	0	0	0
SHORTENING,SPL PURPOSE FOR BAKING,SOYBN (HYDR) PALM&CTTNSD	3	3	0	0	0	0
VEGETABLE OIL,OAT	3	3	0	0	0	0
FISH OIL,COD LIVER	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
FISH OIL,HERRING	3	3	0	0	0	0
FISH OIL,MENHADEN	3	3	0	0	0	0
FISH OIL,MENHADEN,FULLY HYDR	3	3	0	0	0	0
FISH OIL,SALMON	3	3	0	0	0	0
FISH OIL,SARDINE	3	3	0	0	0	0
SHORTENING,MULTIPURPOSE,S OYBN (HYDR)&PALM (HYDR)	3	3	0	0	0	0
VEGETABLE OIL-BUTTER SPRD,TUB,SALTED	131	131	1	0	0	1
BUTTER,LT,STK,W/SALT	3	3	0	0	0	0
BUTTER,LT,STK,WO/SALT	3	3	0	0	0	0
MEAT DRIPPINGS (LARD,BF TALLOW,MUTTON TALLOW)	3	3	0	0	0	0
ANIMAL FAT,BACON GREASE	3	3	0	0	0	0
MARGARINE,REG,STK,COMP,80% FAT,W/SALT	6	6	1.94	0	0	1.94
MARGARINE,REG,TUB,COMP,80% FAT,W/SALT	24	24	0.6	0	0	0.6
MARGARINE,VEG OIL SPRD,60% FAT,STK	3	3	0.14	0	0	0.14
MARGARINE,VEG OIL SPRD,60% FAT,TUB/BOTTLE	3	3	0	0	0	0
MARGARINE,VEG OIL SPRD,STICK/TUB/BOTTLE,60% FAT	3	3	0	0	0	0
SHORTENING,VEG,HOUSEHOLD,COMP	3	3	0	0	0	0
SHORTENING,INSTITUTIONAL ,COMP	3	3	0	0	0	0
MARGARINE,REG,STK,UNSALTED,COMP,80% FAT	33	33	0.9	0	0	0.9
MARGARINE,REG,TUB,UNSALTED,COMP,80% FAT	18	18	0.5	0	0	0.5
MARGARINE,VEG OIL SPRD,60% FAT,STK,NO SALT	3	3	0.14	0	0	0.14
MARGARINE,VEG OIL SPRD,60% FAT,TUB/BOTTLE,UNSALTED	3	3	0	0	0	0
MARGARINE-LIKE SPRD,FAT FREE,LIQ,SALTED	836	836	2.5	0	0	2.5
MARGARINE-LIKE SPRD,MADE W/YOGURT,STK,SALTED	18	18	0.5	0	0	0.5
MARGARINE-LIKE SPRD,RED CAL,40% FAT,MADE W/ YOGURT,TUB,SALTED	107	107	2	0	0	2
MARGARINE,80% FAT,STK,INCL REG & HYDR CORN & SOYBN OILS	6	6	1.94	0	0	1.94
MARGARINE,70% VEG OIL SPRD,SOYBN & SOYBEAN(HYDROGENATED)	197	197	1.13		0	1.13
MARGARINE SPRD,APPROX 48% FAT,TUB	754	754	0.86	0	0	0.86

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
MARGARINE SPRD,FAT-FREE,TUB	65	65	4.34	0	0	4.34
MARGARINE,VEG OIL SPRD,20% FAT	700	700	0.4	0	0	0.4
MARGARINE,VEG OIL SPRD,20% FAT,WO/ SALT	700	700	0.4	0	0	0.4
SALAD DRPNG,1000 ISLAND DRPNG,FAT-FREE	628	284	29.27	3.3	0	25.97
SALAD DRPNG,ITALIAN DRPNG,FAT-FREE	422	926	8.75	0.6	0	8.15
SALAD DRPNG,RANCH DRPNG,FAT-FREE	476	494	26.51	0.1	0	26.41
SALAD DRPNG,RANCH DRPNG,COMM,REG	900	882	6.69	0.7	0	5.99
SALAD DRPNG,RANCH DRPNG,RED FAT	225	325	16.2	0.9	0	15.3
SALAD DRPNG,MAYO,LT	703	703	8.2	0	0	8.2
OIL,VEG,INDUSTRIAL,MID-OLEIC,SUNFLOWER	3	3	0	0	0	0
OIL,INDUSTRIAL,CANOLA W/ ANTIFOAMING AGENT	3	3	0	0	0	0
OIL,VEG,INDUSTRIAL,CANOLA FOR SALADS,WOKS & LT FRYING	3	3	0	0	0	0
OIL,INDUS,CANOLA (PART HYDR) OIL FOR DEEP FAT FRYING	3	3	0	0	0	0
OIL,INDUSTRIAL,COCNT	3	3	0	0	0	0
OIL,VEG,INDUS,SOY (PART HYDR),FOR FLAVORING	3	3	0	0	0	0
SHORTENING,INDUS,SOY (PART HYDROG),POURABLE LIQ FRY	3	3	0	0	0	0
OIL,VEG,INDUSTRIAL,SOY,REFINED,FOR WOKS & LT FRYING	3	3	0	0	0	0
OIL,VEG,INDUSTRIAL,SOY (PART HYDR),NON-DAIRY BUTTER FLAVOR	3	3	0	0	0	0
OIL,VEG,INDUSTRIAL,SOY ( PART HYDROGENATED),ALLPURP	3	3	0	0	0	0
OIL,INDUS,SOY (PART HYDR ) & SOY (WINTERIZED),POURABLE FRY	3	3	0	0	0	0
OIL,INDUS,SOY (PART HYDROG) & CTTNSD,TORTILLA SHORTENING	3	3	0	0	0	0
MARGARINE-LIKE SHORT ENING,INDUS,SOY(PART HYDR),CTTNSD,& SOY	3	3	0	0	0	0
OIL,VEG,INDUS,PALM KERNEL,CONFECTION FAT	3	3	0	0	0	0
OIL,VEG,INDUSTRIAL,PALM KERNEL (HYDROGENATED),CONFECTION FAT	3	3	0	0	0	0
OIL,VEG,INDUS,PALM KERNEL (HYDROG),CONFECTION FAT	3	3	0	0	0	0
OIL,INDUS,COCNT,CONFECTION FAT,ICE CRM COATINGS	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
OIL,VEG,INDUSTRIAL,PALM KERNEL (HYDROG) WHIPPED TOPPINGS	3	3	0	0	0	0
OIL,INDUS,COCNT (HYDR),WHIPPED TOPPINGS&COFFEE WHITENERS	3	3	0	0	0	0
OIL,VEG,INDUSTRIAL,PALM & PALM KERNEL,FILLING FAT	3	3	0	0	0	0
OIL,INDUSTRIAL,PALM KERNEL (HYDROGENATED),FILLING FAT	3	3	0	0	0	0
OIL,INDUS,SOY (PARTIALLY HYDR ),PALM,FOR ICINGS & FILLINGS	3	3	0	0	0	0
MARGARINE,INDUS,NON-DAIRY,CTTNSD,SOY OIL (PART HYDR )	3	3	0	0	0	0
SHORTENING,INDUSTRIAL,SOY (PARTIALLY HYDR )&CORN FOR FRYING	3	3	0	0	0	0
SHORTENING,INDUS,SOY (PART HYDR ) FOR BAKING & CONFEC-TIONS	3	3	0	0	0	0
MARGARINE,INDUS,SOY & PART HYDR SOY OIL,BAKING,SAUCES,CANDY	673	673	0.71	0	0	0.71
USDA CMDTY FD,OIL,VEG,SOYBN,REFINED	3	3	0	0	0	0
USDA CMDTY FD,OIL,VEG,LO SATURATED FAT	3	3	0	0	0	0
USDA CMDTY FD,SHORTENING,SOYBN & SOYBN (PARTIALLY HYDROG)	3	3	0	0	0	0
USDA CMDTY FD,SHORTEN ING,ALLPURP,SOYBN (PART HYDROG)&CTTNSD	3	3	0	0	0	0
MARGARINE-LIKE SPRD,SMART BALANCE REG BUTTERY SPRD	3	3	0	0	0	0
MARGARINE-LIKE SPRD,SMART BALANCE LT BUTTERY SPRD	3	3	0	0	0	0
MARGARINE-LIKE SPRD,SMART BEAT SUPER LT WO/ SATURATED FAT	3	3	0	0	0	0
MARGARINE-LIKE SPRD,SMART BEAT SMART SQUEEZE	697	697	7.1	0	0	7.1
MARGARINE-LIKE SPRD,SMART BALANCE OMEGA PLUS SPRD	3	3	0	0	0	0
OIL,VEG,NATREON CANOLA.HI STABILITY,NON TRANS,HI OLEIC (70%)	3	3	0	0	0	0
OIL,PAM COOKING SPRAY,ORIGINAL	522	522	20.69	0	0	20.69
SHORTENING,CRISCO 0 GRAMS TRANS FAT PER SERVING,VEG,CAN	3	3	0	0	0	0
SHORTENING,CRISCO 0 GRAMS TRANS FAT PER SERVING,VEG,STKS	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,RAW	3	3	0.13	0	31	0.13
CHICKEN,BROILER OR FRYER,MEAT&SKN&GIBLETS&NECK,FRIED,BATTER	224	224	9.03		21	9.03
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,FRIED,FLR	938	938	3.27		28	3.27
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,RSTD	3	3	0.06	0	31	0.06
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,STWD	3	3	0.06	0	33	0.06
CHICKEN,BROILERS OR FRYERS,MEAT & SKN,RAW	3	3	0	0	32	0
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,FRIED,BATTER	182	812	9.42	0.3	22	9.12
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,FRIED,FLR	792	792	3.15	0.1	29	3.05
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,RSTD	3	3	0	0	33	0
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,STWD	3	3	0	0	34	0
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,RAW	3	3	0	0	52	0
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,CKD,FRIED	17	113	1.69	0.1	42	1.59
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,RSTD	3	3	0	0	46	0
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,STWD	3	3	0	0	48	0
CHICKEN,BROILERS OR FRYERS,SKN ONLY,RAW	3	3	0	0	0	0
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,FRIED,BATTER	762	762	23.15		0	23.15
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,FRIED,FLR	824	824	9.34		0	9.34
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,RSTD	3	3	0	0	0	0
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,STWD	3	3	0	0	0	0
CHICKEN,BROILERS OR FRYERS,GIBLETS,RAW	870	870	1.8	0	0	1.8
CHICKEN,BROILERS OR FRYERS,GIBLETS,CKD,FRIED	65	65	4.35	0	0	4.35
CHICKEN,BROILERS OR FRYERS,GIBLETS,CKD,SIMMRD	29	29	0.43	0		0.43
CHICKEN,GIZZARD,ALL CLASSES,RAW	3	3	0	0	0	0
CHICKEN,GIZZARD,ALL CLASSES,CKD,SIMMRD	3	3	0	0	11	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CHICKEN,HEART,ALL CLASSES,RAW	673	673	0.71	0	0	0.71
CHICKEN,HEART,ALL CLASSES,CKD,SIMMRD	3	3	0.1	0	0	0.1
CHICKEN,LIVER,ALL CLASSES,RAW	3	3	0	0	0	0
CHICKEN,LIVER,ALL CLASSES,CKD,SIMMRD	33	33	0.87	0	0	0.87
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT & SKN,RAW	3	3	0	0	28	0
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CK D,FRIED,BATTER	182	182	9.5		21	9.5
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CK D,FRIED,FLR	870	108	1.82	0.1	28	1.72
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,RSTD	3	3	0	0	29	0
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,STWD	3	3	0	0	29	0
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT & SKN,RAW	3	3	0	0	35	0
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CK D,FRIED,BATTER	255	255	9.38		23	9.38
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CK D,FRIED,FLR	695	695	4.08	0	30	4.08
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,RSTD	3	3	0	0	36	0
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,STWD	3	3	0	0	38	0
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,RAW	3	3	0	0	45	0
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,FRIED	29	29	0.42	0	41	0.42
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,RSTD	3	3	0	0	42	0
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,STWD	3	3	0	0	44	0
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,RAW	3	3	0	0	56	0
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,FRIED	37	37	2.59	0	42	2.59
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,RSTD	3	3	0	0	48	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,STWD	3	3	0	0	52	0
CHICKEN,BROILERS OR FRYERS,FAT,RAW	3	3	0	0	0	0
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,RAW	3	3	0	0	44	0
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,FRIED,BATTER	828	828	10.25		23	10.25
CHICKEN,BROILERS OR FRYERS, BACK,MEAT&SKN,CKD,FRIED,FLR	252	252	6.5		33	6.5
CHICKEN,BROILERS OR FRYERS, BACK,MEAT&SKN,CKD,RSTD	3	3	0	0	47	0
CHICKEN,BROILERS OR FRYERS, BACK,MEAT&SKN,CKD,STWD	3	3	0	0	48	0
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,RAW	3	3	0	0	71	0
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,FRIED	810	810	5.68	0	46	5.68
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,RSTD	3	3	0	0	60	0
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,STWD	3	3	0	0	64	0
CHICKEN,BROILERS OR FRYERS, BREAST,MEAT&SKN,RAW	3	3	0	0	20	0
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,FRIED,BATTER	224	254	8.99	0.3	12	8.69
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,FRIED,FLR	113	113	1.64	0.1	17	1.54
CHICKEN,BROILERS OR FRYERS, BREAST,MEAT&SKN,CKD,RSTD	3	3	0	0	19	0
CHICKEN,BROILERS OR FRYERS, BREAST,MEAT&SKN,CKD,STWD	3	3	0	0	18	0
CHICKEN,BROILERS OR FRYERS, BREAST,MEAT ONLY,RAW	3	3	0	0	35	0
CHICKEN,BROILERS OR FRYERS, BREAST,MEAT ONLY,CKD,FRIED	18	18	0.51	0	27	0.51
CHICKEN,BROILERS OR FRYERS, BREAST,MEAT ONLY,CKD,RSTD	3	3	0	0	28	0
CHICKEN,BROILERS OR FRYERS, BREAST,MEAT ONLY,CKD,STWD	3	3	0	0	30	0
CHICKEN,BROILERS OR FRYERS, DRUMSTK,MEAT&SKN,RAW	3	3	0	0	33	0
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,FRIED,BATTER	705	795	8.28	0.3	26	7.98

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,FRIED,FLR	113	113	1.63	0.1	34	1.53
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,RSTD	3	3	0	0	35	0
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,STWD	3	3	0	0	36	0
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,RAW	3	3	0	0	44	0
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,FRIED	3	3	0	0	44	0
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,RSTD	3	3	0	0	46	0
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,STWD	3	3	0	0	48	0
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,RAW	3	3	0	0	27	0
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,FRIED,BATTER	9	719	8.72	0.3	22	8.42
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,FRIED,FLR	836	170	2.5	0.1	28	2.4
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,RSTD	3	3	0	0	29	0
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,STWD	3	3	0	0	30	0
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,RAW	3	3	0	0	43	0
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,FRIED	673	673	0.65	0	40	0.65
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,RSTD	3	3	0	0	41	0
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,STWD	3	3	0	0	43	0
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,RAW	3	3	0	0	36	0
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD,FRIED,BATTER	254	254	8.7		25	8.7
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD,FRIED,FLR	929	929	4.24		29	4.24
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD,SIMMRD	3	3	0	0	32	0
CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,RAW	3	3	0	0	75	0
CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,CKD,FRIED	820	820	1.77	0	56	1.77

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,CKD,SIMMRD	3	3	0	0	67	0
CHICKEN,BROILERS OR FRYERS, THIGH,MEAT&SKN,RAW	3	3	0	0	21	0
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD, FRIED,BATTER	812	941	9.08	0.3	19	8.78
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD ,FRIED,FLR	938	792	3.18	0.1	23	3.08
CHICKEN,BROILERS OR FRYERS, THIGH,MEAT&SKN,CKD,RSTD	3	3	0	0	23	0
CHICKEN,BROILERS OR FRYERS, THIGH,MEAT&SKN,CKD,STWD	3	3	0	0	24	0
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,RAW	3	3	0	0	43	0
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,FRIED	183	183	1.18	0	36	1.18
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,RSTD	3	3	0	0	35	0
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,STWD	3	3	0	0	39	0
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,RAW	3	3	0	0	46	0
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,FRIED,BATTER	23	887	10.94	0.3	38	10.64
CHICKEN,BROILERS OR FRYERS, WING,MEAT&SKN,CKD,FRIED,FLR	170	170	2.39	0.1	47	2.29
CHICKEN,BROILERS OR FRYERS, WING,MEAT&SKN,CKD,RSTD	3	3	0	0	48	0
CHICKEN,BROILERS OR FRYERS, WING,MEAT&SKN,CKD,STWD	3	3	0	0	48	0
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,RAW	3	3	0	0	68	0
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,FRIED	3	3	0	0	66	0
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,RSTD	3	3	0	0	68	0
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,STWD	3	3	0	0	68	0
CHICKEN,ROASTING,MEAT&SKN &GIBLETS&NECK,RAW	3	3	0.09	0	27	0.09
CHICKEN,ROASTING,MEAT&SKN &GIBLETS&NECK,CKD,RSTD	3	3	0.05	0	29	0.05
CHICKEN,ROASTING,MEAT&SK N,RAW	3	3	0	0	28	0
CHICKEN,ROASTING,MEAT&SKN ,CKD,RSTD	3	3	0	0	30	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CHICKEN,ROASTING,MEAT ONLY,RAW	3	3	0	0	49	0
CHICKEN,ROASTING,MEAT ONLY,CKD,RSTD	3	3	0	0	43	0
CHICKEN,ROASTING,GIBLETS ,RAW	197	197	1.14	0	0	1.14
CHICKEN,ROASTING,GIBLETS,CKD,SIMMRD	754	754	0.86	0	0	0.86
CHICKEN,ROASTING,LT MEAT,MEAT ONLY,RAW	3	3	0	0	43	0
CHICKEN,ROASTING,LT MEAT,MEAT ONLY,CKD,RSTD	3	3	0	0	40	0
CHICKEN,ROASTING,DK MEAT,MEAT ONLY,RAW	3	3	0	0	53	0
CHICKEN,ROASTING,DK MEAT,MEAT ONLY,CKD,RSTD	3	3	0	0	46	0
CHICKEN,STEWING,MEAT&SKN,& GIBLETS&NECK,RAW	3	3	0.19	0	32	0.19
CHICKEN,STEWING,MEAT & SKN, & GIBLETS & NECK,CKD,STWD	3	3	0.03	0	31	0.03
CHICKEN,STEWING,MEAT&SKN,RAW	3	3	0	0	30	0
CHICKEN,STEWING,MEAT&SKN,CKD,STWD	3	3	0	0	32	0
CHICKEN,STEWING,MEAT ONLY,RAW	3	3	0	0	50	0
CHICKEN,STEWING,MEAT ONLY,CKD,STWD	3	3	0	0	48	0
CHICKEN,STEWING,GIBLETS, RAW	593	593	2.13	0	0	2.13
CHICKEN,STEWING,GIBLETS,CKD,SIMMRD	3	3	0.11	0	0	0.11
CHICKEN,STEWING,LT MEAT,MEAT ONLY,RAW	3	3	0	0	44	0
CHICKEN,STEWING,LT MEAT,MEAT ONLY,CKD,STWD	3	3	0	0	42	0
CHICKEN,STEWING,DK MEAT,MEAT ONLY,RAW	3	3	0	0	54	0
CHICKEN,STEWING,DK MEAT,MEAT ONLY,CKD,STWD	3	3	0	0	51	0
CHICKEN,CAPONS,MEAT&SKN&GIBLETS&NECK,RAW	3	3	0.08	0	27	0.08
CHICKEN,CAPONS,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	3	3	0.04	0	28	0.04
CHICKEN,CAPONS,MEAT&SKN ,RAW	3	3	0	0	28	0
CHICKEN,CAPONS,MEAT&SKN,CKD,RSTD	3	3	0	0	29	0
CHICKEN,CAPONS,GIBLETS,RAW	2	2	1.42	0	0	1.42
CHICKEN,CAPONS,GIBLETS,CKD,SIMMRD	685	685	0.76	0	0	0.76
DUCK,DOMESTICATED,MEAT&SKN,RAW	3	3	0	0	28	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
DUCK,DOMESTICATED,MEAT&SKN,CKD,RSTD	3	3	0	0	35	0
DUCK,DOMESTICATED,MEAT ONLY,RAW	3	3	0	0	66	0
DUCK,DOMESTICATED,MEAT ONLY,CKD,RSTD	3	3	0	0	62	0
DUCK,DOMESTICATED,LIVER,RAW	36	36	3.53	0	0	3.53
DUCK,WILD,MEAT&SKN,RAW	3	3	0	0	40	0
DUCK,WILD,BREAST,MEAT ONLY,RAW	3	3	0	0	46	0
GOOSE,DOMESTICATED,MEAT&SKN,RAW	3	3	0	0	19	0
GOOSE,DOMESTICATED,MEAT&SKN,CKD,RSTD	3	3	0	0	28	0
GOOSE,DOMESTICATED,MEAT ONLY,RAW	3	3	0	0	53	0
GOOSE,DOMESTICATED,MEAT ONLY,CKD,RSTD	3	3	0	0	45	0
GOOSE,LIVER,RAW	715	715	6.32	0	0	6.32
GUINEA HEN,MEAT&SKN,RAW	3	3	0	0	17	0
GUINEA HEN,MEAT ONLY,RAW	3	3	0	0	36	0
PHEASANT,RAW,MEAT&SKN	3	3	0	0	14	0
PHEASANT,RAW,MEAT ONLY	3	3	0	0	24	0
PHEASANT,BREAST,MEAT ONLY,RAW	3	3	0	0	0	0
PHEASANT,LEG,MEAT ONLY,RAW	3	3	0	0	0	0
QUAIL,MEAT AND SKIN,RAW	3	3	0	0	10	0
QUAIL,MEAT ONLY,RAW	3	3	0	0	24	0
QUAIL,BREAST,MEAT ONLY,RAW	3	3	0	0	0	0
SQUAB,(PIGEON),MEAT&SKN,RAW	3	3	0	0	23	0
SQUAB,(PIGEON),MEAT ONLY,RAW	3	3	0	0	35	0
SQUAB,(PIGEON),LT MEAT WO/SKN,RAW	3	3	0	0	0	0
TURKEY,ALL CLASSES,MEAT&SKN&GIBLETS&NECK,RAW	3	3	0.08	0	21	0.08
TURKEY,ALL CLASSES,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	3	3	0.07	0	21	0.07
TURKEY,ALL CLASSES,MEAT&SKN,RAW	3	3	0	0	21	0
TURKEY,ALL CLASSES,MEAT&SKN,CKD,RSTD	3	3	0	0	21	0
TURKEY,ALL CLASSES,MEAT ONLY,RAW	3	3	0	0	33	0
TURKEY,ALL CLASSES,MEAT ONLY,CKD,RSTD	3	3	0	0	31	0
TURKEY,ALL CLASSES,SKN ONLY,RAW	3	3	0	0	0	0
TURKEY,ALL CLASSES,SKN ONLY,CKD,RSTD	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
TURKEY,ALL CLASSES,GIBLETS,RAW	678	678	2.09	0	0	2.09
TURKEY,ALL CLASSES,GIBLETS,CKD,SIMMRD,SOME GIBLET FAT	685	685	0.8	0	0	0.8
TURKEY,GIZZARD,ALL CLASSES,RAW	3	3	0	0	0	0
TURKEY,GIZZARD,ALL CLASSES,CKD,SIMMRD	700	700	0.38	0		0.38
TURKEY,HEART,ALL CLASSES,RAW	700	700	0.41	0	0	0.41
TURKEY,HEART,ALL CLASSES,CKD,SIMMRD	673	673	0.68	0		0.68
TURKEY,LIVER,ALL CLASSES,RAW	605	605	2.26	0	0	2.26
TURKEY,LIVER,ALL CLASSES,CKD,SIMMRD	183	183	1.21	0	0	1.21
TURKEY,ALL CLASSES,NECK,MEAT ONLY,RAW	3	3	0	0	42	0
TURKEY,ALL CLASSES,NECK,MEAT ONLY,CKD,SIMMRD	3	3	0	0	41	0
TURKEY,ALL CLASSES,LT MEAT,MEAT&SKN,RAW	3	3	0	0	15	0
TURKEY,ALL CLASSES,LT MEAT,MEAT&SKN,CKD,RSTD	3	3	0	0	14	0
TURKEY,ALL CLASSES,DK MEAT,MEAT&SKN,RAW	3	3	0	0	26	0
TURKEY,ALL CLASSES,DK MEAT,MEAT&SKN,CKD,RSTD	3	3	0	0	27	0
TURKEY,ALL CLASSES,LT MEAT,RAW	3	3	0	0	29	0
TURKEY,ALL CLASSES,LT MEAT,CKD,RSTD	3	3	0	0	26	0
TURKEY,ALL CLASSES,DK MEAT,RAW	3	3	0	0	36	0
TURKEY,ALL CLASSES,DK MEAT,CKD,RSTD	3	3	0	0	37	0
TURKEY,ALL CLASSES,BACK,MEAT&SKN,RAW	3	3	0	0	40	0
TURKEY,ALL CLASSES,BACK,MEAT&SKN,CKD,RSTD	3	3	0	0	41	0
TURKEY,ALL CLASSES,BREAST,MEAT&SKN,RAW	3	3	0	0	10	0
TURKEY,ALL CLASSES,BREAST,MEAT&SKN,CKD,RSTD	3	3	0	0	8	0
TURKEY,ALL CLASSES,LEG,MEAT&SKN,RAW	3	3	0	0	17	0
TURKEY,ALL CLASSES,LEG,MEAT&SKN,CKD,RSTD	3	3	0	0	19	0
TURKEY,ALL CLASSES,WING,MEAT&SKN,RAW	3	3	0	0	33	0
TURKEY,ALL CLASSES,WING,MEAT&SKN,CKD,RSTD	3	3	0	0	34	0
TURKEY,FRYER-ROASTERS,MEAT&SKN&GIBLETS&NECK,RAW	3	3	0.05	0	25	0.05

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
TURKEY,FRYER-ROASTERS,M EAT&SKN&GIBLETS&NECK,CK D,RSTD	3	3	0.04	0	25	0.04
TURKEY,FRYER-ROASTERS,MEAT&SKN,RAW	3	3	0	0	25	0
TURKEY,FRYER-ROASTERS,MEA T&SKN,CKD,RSTD	3	3	0	0	25	0
TURKEY,FRYER-ROASTERS,MEAT ONLY,RAW	3	3	0	0	34	0
TURKEY,FRYER-ROASTERS,MEAT ONLY,CKD,RSTD	3	3	0	0	36	0
TURKEY,FRYER-ROASTERS,SKN ONLY,RAW	3	3	0	0	0	0
TURKEY,FRYER-ROASTERS,SKN ONLY,CKD,RSTD	3	3	0	0	0	0
TURKEY,FRYER-ROASTERS,LT MEAT,MEAT&SKN,RAW	3	3	0	0	19	0
TURKEY,FRYER-ROASTERS,LT MEAT,MEAT&SKN,CKD,RSTD	3	3	0	0	19	0
TURKEY,FRYER-ROASTERS,DK MEAT,MEAT&SKN,RAW	3	3	0	0	30	0
TURKEY,FRYER-ROASTERS,DK MEAT,MEAT&SKN,CKD,RSTD	3	3	0	0	31	0
TURKEY,FRYER-ROASTERS,LT MEAT,MEAT ONLY,RAW	3	3	0	0	31	0
TURKEY,FRYER-ROASTERS,LT MEAT,MEAT ONLY,CKD,RSTD	3	3	0	0	31	0
TURKEY,FRYER-ROASTERS,DK MEAT,MEAT ONLY,RAW	3	3	0	0	37	0
TURKEY,FRYER-ROASTERS,DK MEAT,MEAT ONLY,CKD,RSTD	3	3	0	0	41	0
TURKEY,FRYER-ROASTERS,BAC K,MEAT&SKN,RAW	3	3	0	0	41	0
TURKEY,FRYER-ROASTERS,BAC K,MEAT&SKN,CKD,RSTD	3	3	0	0	41	0
TURKEY,FRYER-ROASTERS,BACK,MEAT ONLY,RAW	3	3	0	0	51	0
TURKEY,FRYER-ROASTERS,BACK,MEAT ONLY,CKD,RSTD	3	3	0	0	56	0
TURKEY,FRYER-ROASTERS,BRE AST,MEAT&SKN,RAW	3	3	0	0	12	0
TURKEY,FRYER-ROASTERS,BRE AST,MEAT&SKN,CKD,RSTD	3	3	0	0	11	0
TURKEY,FRYER-ROASTERS,BREAST,MEAT ONLY,RAW	3	3	0	0	21	0
TURKEY,FRYER-ROASTERS,BREAST,MEAT ONLY,CKD,RSTD	3	3	0	0	21	0
TURKEY,FRYER-ROASTERS,LEG, MEAT&SKN,RAW	3	3	0	0	23	0
TURKEY,FRYER-ROASTERS,LEG, MEAT&SKN,CKD,RSTD	3	3	0	0	25	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
TURKEY,FRYER-ROASTERS,LEG,MEAT ONLY,RAW	3	3	0	0	28	0
TURKEY,FRYER-ROASTERS,LEG,MEAT ONLY,CKD,RSTD	3	3	0	0	31	0
TURKEY,FRYER-ROASTERS,WING,MEAT&SKN,RAW	3	3	0	0	37	0
TURKEY,FRYER-ROASTERS,WING,MEAT&SKN,CKD,RSTD	3	3	0	0	39	0
TURKEY,FRYER-ROASTERS,WING,MEAT ONLY,RAW	3	3	0	0	56	0
TURKEY,FRYER-ROASTERS,WING,MEAT ONLY,CKD,RSTD	3	3	0	0	59	0
TURKEY,YOUNG HEN,MEAT&SKN &GIBLETS&NECK,RAW	3	3	0.11	0	22	0.11
TURKEY,YOUNG HEN,MEAT&SKN &GIBLETS&NECK,CKD,RSTD	3	3	0.07	0	20	0.07
TURKEY,YOUNG HEN,MEAT&SKN,RAW	3	3	0	0	22	0
TURKEY,YOUNG HEN,MEAT&SKN,CKD,RSTD	3	3	0	0	20	0
TURKEY,YOUNG HEN,MEAT ONLY,RAW	3	3	0	0	34	0
TURKEY,YOUNG HEN,MEAT ONLY,CKD,RSTD	3	3	0	0	30	0
TURKEY,YOUNG HEN,SKN ONLY,RAW	3	3	0	0	0	0
TURKEY,YOUNG HEN,SKN ONLY,CKD,RSTD	3	3	0	0	0	0
TURKEY,YOUNG HEN,LT MEAT,MEAT&SKN,RAW	3	3	0	0	16	0
TURKEY,YOUNG HEN,LT MEAT,MEAT&SKN,CKD,RSTD	3	3	0	0	14	0
TURKEY,YOUNG HEN,DK MEAT,MEAT&SKN,RAW	3	3	0	0	27	0
TURKEY,YOUNG HEN,DK MEAT,MEAT&SKN,CKD,RSTD	3	3	0	0	27	0
TURKEY,YOUNG HEN,LT MEAT,MEAT ONLY,RAW	3	3	0	0	30	0
TURKEY,YOUNG HEN,LT MEAT,MEAT ONLY,CKD,RSTD	3	3	0	0	25	0
TURKEY,YOUNG HEN,DK MEAT,MEAT ONLY,RAW	3	3	0	0	38	0
TURKEY,YOUNG HEN,DK MEAT,MEAT ONLY,CKD,RSTD	3	3	0	0	36	0
TURKEY,YOUNG HEN,BACK,MEAT&SKN,RAW	3	3	0	0	43	0
TURKEY,YOUNG HEN,BACK,MEAT&SKN,CKD,RSTD	3	3	0	0	41	0
TURKEY,YOUNG HEN,BREAST,MEAT&SKN,RAW	3	3	0	0	11	0
TURKEY,YOUNG HEN,BREAST,MEAT&SKN,CKD,RSTD	3	3	0	0	8	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
TURKEY,YOUNG HEN,LEG,MEAT&SKN,RAW	3	3	0	0	17	0
TURKEY,YOUNG HEN,LEG,MEAT&SKN,CKD,RSTD	3	3	0	0	17	0
TURKEY,YOUNG HEN,WING,MEAT&SKN,RAW	3	3	0	0	31	0
TURKEY,YOUNG HEN,WING,MEA T&SKN,CKD,RSTD	3	3	0	0	31	0
TURKEY,YOUNG TOM,MEAT&SKN &GIBLETS&NECK,RAW	3	3	0.08	0	20	0.08
TURKEY,YOUNG TOM,MEAT&SKN &GIBLETS&NECK,CKD,RSTD	3	3	0.1	0	21	0.1
TURKEY,YOUNG TOM,MEAT&SKN,RAW	3	3	0	0	19	0
TURKEY,YOUNG TOM,MEAT&SKN,CKD,RSTD	3	3	0	0	20	0
TURKEY,YOUNG TOM,MEAT ONLY,RAW	3	3	0	0	31	0
TURKEY,YOUNG TOM,MEAT ONLY,CKD,RSTD	3	3	0	0	31	0
TURKEY,YOUNG TOM,SKN ONLY,RAW	3	3	0	0	0	0
TURKEY,YOUNG TOM,SKN ONLY,CKD,RSTD	3	3	0	0	0	0
TURKEY,YOUNG TOM,LT MEAT,MEAT&SKN,RAW	3	3	0	0	14	0
TURKEY,YOUNG TOM,LT MEAT,MEAT&SKN,CKD,RSTD	3	3	0	0	14	0
TURKEY,YOUNG TOM,DK MEAT,MEAT&SKN,RAW	3	3	0	0	24	0
TURKEY,YOUNG TOM,DK MEAT,MEAT&SKN,CKD,RSTD	3	3	0	0	27	0
TURKEY,YOUNG TOM,LT MEAT,MEAT ONLY,RAW	3	3	0	0	29	0
TURKEY,YOUNG TOM,LT MEAT,MEAT ONLY,CKD,RSTD	3	3	0	0	26	0
TURKEY,YOUNG TOM,DK MEAT,MEAT ONLY,RAW	3	3	0	0	34	0
TURKEY,YOUNG TOM,DK MEAT,MEAT ONLY,CKD,RSTD	3	3	0	0	36	0
TURKEY,YOUNG TOM,BACK,MEAT&SKN,RAW	3	3	0	0	38	0
TURKEY,YOUNG TOM,BACK,MEA T&SKN,CKD,RSTD	3	3	0	0	40	0
TURKEY,YOUNG TOM,BREAST,MEAT&SKN,RAW	3	3	0	0	9	0
TURKEY,YOUNG TOM,BREAST,M EAT&SKN,CKD,RSTD	3	3	0	0	8	0
TURKEY,YOUNG TOM,LEG,MEAT&SKN,RAW	3	3	0	0	17	0
TURKEY,YOUNG TOM,LEG,MEAT &SKN,CKD,RSTD	3	3	0	0	19	0
TURKEY,YOUNG TOM,WING,MEAT&SKN,RAW	3	3	0	0	34	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
TURKEY,YOUNG TOM,WING,MEAT&SKN,CKD,RSTD	3	3	0	0	37	0
CHICKEN,CND,MEAT ONLY,W/BROTH	3	3	0	0	0	0
PATE DE FOIE GRAS,CND (GOOSE LIVER PATE),SMOKED	819	819	4.67	0	0	4.67
TURKEY,CND,MEAT ONLY,W/BROTH	3	3	0	0	0	0
TURKEY,DICED,LT&DK MEAT,SEASONED	131	131	1	0	0	1
TURKEY AND GRAVY,FROZEN	988	988	4.61	0	0	4.61
TURKEY PATTIES,BREADED,BATTERED,FRIED	74	619	15.7	0.5	0	15.2
TURKEY BREAST,PRE-BASTED,MEAT&SKN,CKD,RSTD	3	3	0	0	8	0
TURKEY THIGH,PRE-BASTED,MEAT&SKN,CKD,RSTD	3	3	0	0	13	0
TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RAW	811	811	6.4	0	0	6.4
TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RSTD	792	792	3.07	0	0	3.07
TURKEY STKS,BREADED,BATTERED,FRIED	253	253	17		0	17
POULTRY,MECHANICALLY DEBONED,FROM BACKS&NECKS W/SKN,RAW	3	3	0	0	0	0
POULTRY,MECHANICALLY DEBONED,FROM BACKS&NECKS WO/SKN,RAW	3	3	0	0	0	0
POULTRY,MECHANICALLY DEBONED,FROM MATURE HENS,RAW	3	3	0	0	0	0
TURKEY,MECHANICALLY DEBONED,FROM TURKEY FRAMES,RAW	3	3	0	0	0	0
POULTRY FD PRODUCTS,GROUND TURKEY,RAW	3	3	0	0	0	0
POULTRY FD PRODUCTS,GROUND TURKEY,CKD	3	3	0	0	0	0
CHICKEN,CORNISH GAME HENS,MEAT&SKN,RAW	3	3	0	0	39	0
CHICKEN,CORNISH GAME HENS,MEAT&SKN,CKD,RSTD	3	3	0	0	37	0
CHICKEN,CORNISH GAME HENS,MEAT ONLY,RAW	3	3	0	0	57	0
CHICKEN,CORNISH GAME HENS,MEAT ONLY,CKD,RSTD	3	3	0	0	46	0
CHICKEN,CANNED,NO BROTH	685	685	0.8	0	0	0.8
CHICKEN,WING,FRZ,GLAZED,BARBECUE FLAV	712	791	3.34	0.6	33	2.74
CHICKEN,WING,FRZ,GLAZED,BARBECUE FLAV,HTD (MICROWAVE)	602	62	3.84	0.9	33	2.94

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
DUCK,YNG DUCKLING,DOM,WH PEKIN,BRST,MEAT&SKN,BNLESS ,CKD,RSTD	3	3	0		0	0
DUCK,YNG DUCKL,DOM,WH PEKIN,BRST,MEAT,BNLESS,CKD WO/SKN,BRLD	3	3	0		0	0
DUCK,YNG DUCKLING,DOM,WH PEKIN,LEG,MEAT&SKN,BONE IN,CKD,RSTD	3	3	0		31	0
DUCK,YNG DUCKL,DOM,WH PEKIN,LEG,MEAT,BONE IN,CKD WO/SKN,BRSD	3	3	0		34	0
CHICKEN,WING,FRZ,GLAZED,B BQ FLAV,HTD (CONVENTIONAL OVEN)	712	35	3.36	0.5	33	2.86
CHICK,FEET,BOILED	3	3	0.2	0	0	0.2
USDA COMMODITY,TURKEY HAM,DK MEAT,SMOKED,FRZ	792	792	3.1	0	0	3.1
EMU,GROUND,RAW	3	3	0	0	0	0
EMU,GROUND,CKD,PAN-BROILED	3	3	0	0	0	0
EMU,FAN FILLET,RAW	3	3	0	0	0	0
EMU,FAN FILLET,CKD,BRLD	3	3	0	0	0	0
EMU,FLAT FILLET,RAW	3	3	0	0	0	0
EMU,FULL RUMP,RAW	3	3	0	0	0	0
EMU,FULL RUMP,CKD,BRLD	3	3	0	0	0	0
EMU,INSIDE DRUM,RAW	3	3	0	0	0	0
EMU,INSIDE DRUMS,CKD,BRLD	3	3	0	0	0	0
EMU,OUTSIDE DRUM,RAW	3	3	0	0	0	0
EMU,OYSTER,RAW	3	3	0	0	0	0
EMU,TOP LOIN,CKD,BRLD	3	3	0	0	0	0
OSTRICH,GROUND,RAW	3	3	0	0	0	0
OSTRICH,GROUND,CKD,PAN-BROILED	3	3	0	0		0
OSTRICH,FAN,RAW	3	3	0	0	0	0
OSTRICH,INSIDE LEG,RAW	3	3	0	0	0	0
OSTRICH,INSIDE LEG,CKD	3	3	0	0	0	0
OSTRICH,INSIDE STRIP,RAW	3	3	0	0	0	0
OSTRICH,INSIDE STRIP,CKD	3	3	0	0	0	0
OSTRICH,OUTSIDE LEG,RAW	3	3	0	0	0	0
OSTRICH,OUTSIDE STRIP,RAW	3	3	0	0	0	0
OSTRICH,OUTSIDE STRIP,CKD	3	3	0	0	0	0
OSTRICH,OYSTER,RAW	3	3	0	0	0	0
OSTRICH,OYSTER,CKD	3	3	0	0	0	0
OSTRICH,RND,RAW	3	3	0	0	0	0
OSTRICH,TENDERLOIN,RAW	3	3	0	0	0	0
OSTRICH,TIP RAW	3	3	0	0	0	0
OSTRICH,TIP CKD	3	3	0	0	0	0
OSTRICH,TOP LOIN,RAW	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
OSTRICH, TOP LOIN, CKD	3	3	0	0	0	0
CHICKEN, LIVER, ALL CLASSES, CKD, PAN-FRIED	197	197	1.11	0	0	1.11
SOUP, CRM OF ASPARAGUS, CND, COND, COMM	248	926	8.52	0.4	0	8.12
SOUP, BLACK BEAN, CND, COND, COMM	559	247	15.42	6.8	0	8.62
SOUP, BEAN W/ PORK, CND, COND, COMM	253	933	16.97	5.9	0	11.07
SOUP, BEAN W/ FRANKFURTERS, CND, COND, COMM	707	963	16.75	4.6	0	12.15
SOUP, BEAN W/ HAM, CND, CHUNKY, RTS, COMM	326	249	11.16	4.6	0	6.56
SOUP, BF BROTH OR BOUILLON CND, RTS	3	3	0.04	0	0	0.04
SOUP, BF NOODLE, CND, COND, COMM	885	249	7.16	0.6	0	6.56
SOUP, CRM OF CELERY, CND, COND, COMM	101	811	7.03	0.6	0	6.43
SOUP, CHS, CND, COND, COMM	703	223	8.19	0.8	0	7.39
SOUP, CHICK W/ DUMPLINGS, CND, COND, COMM	86	960	4.93	0.4	0	4.53
SOUP, CHICK BROTH, CND, COND, COMM	673	673	0.75	0	0	0.75
SOUP, CHICK, CND, CHUNKY, RTS, COMM	893	41	6.88	0.6	0	6.28
SOUP, CRM OF CHICK, CND, COND, COMM	885	885	7.16	0	0	7.16
SOUP, CHICK GUMBO, CND, COND, COMM	40	813	6.67	1.6	0	5.07
SOUP, CHICK NOODLE, CND, CHUNKY, RTS	697	830	7.1	1.6	0	5.5
SOUP, CHICK NOODLE, CND, COND, COMM	682	682	6.03	0	0	6.03
SOUP, CHICK NOODLE, W/ MEATBALLS, CND, CHUNKY, RTS	712	712	3.37		0	3.37
SOUP, CHICK RICE, CND, CHUNKY, RTS	814	303	5.41	0.4	0	5.01
SOUP, CHICK W/ RICE, CND, COND, COMM	948	862	5.84	0.5	0	5.34
SOUP, CHICK VEG, CND, CHUNKY, RTS	251	251	7.87		0	7.87
SOUP, CHICK VEG, CND, COND, COMM	889	715	7.01	0.7	0	6.31
SOUP, CHILI BF, CND, COND, COMM	290	224	16.33	7.3	0	9.03
SOUP, CLAM CHOWDER, MANHATTAN STYLE, CND, CHUNKY, RTS	251	40	7.84	1.2	0	6.64
SOUP, CLAM CHOWDER, MANHATTAN, CND, COND, COMM	825	248	9.74	1.2	0	8.54
SOUP, CAMPBELL'S HEALTHY REQUEST CHICK W/ RICE, CND, COND	681	41	6.8	0.6	0	6.2

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SOUP,CLAM CHOWDER,NEW ENGLAND,CND,COND,COMM	254	926	8.69	0.6	0	8.09
SOUP,LIPTON,KETTLE CREATIONS PASTA&BEAN,MIX,DRY	463	535	65.3	12.5	0	52.8
SOUP,BF BROTH BOUILLON&CONSOMME,CND,COND,COMM	2	2	1.44	0	0	1.44
SOUP,LIPTON.RECIPE SECRETS ONION,MIX,DRY	267	449	61.55	5.9	0	55.65
SOUP,CRAB,CND,RTS	929	835	4.22	0.3	0	3.92
SOUP,ESCAROLE,CND,RTS	673	673	0.72		0	0.72
SOUP,GAZPACHO,CND,RTS	870	113	1.8	0.2	0	1.6
SOUP,LENTIL W/HAM,CND,RTS	926	926	8.16		0	8.16
SOUP,MINESTRONE,CND,CHUNKY,RTS	247	41	8.64	2.4	0	6.24
SOUP,MINESTRONE,CND,COND,COMM	961	817	9.17	0.8	0	8.37
SOUP,MUSHROOM BARLEY,CND,COND,COMM	194	194	9.6		0	9.6
SOUP,CRM OF MUSHROOM,CND,COND,COMM	902	902	6.72	0	0	6.72
SOUP,MUSHROOM W/BF STOCK,CND,COND,COMM	223	233	7.41	0.1	0	7.31
SOUP,ONION,CND,COND,COMM	40	882	6.68	0.7	0	5.98
SOUP,CRM OF ONION,CND,COND,COMM	94	263	10.4	0.4	0	10
SOUP,OYSTER STEW,CND,COND,COMM	712	712	3.32	0	0	3.32
SOUP,PEA,GRN,CND,COND,COMM	542	290	20.18	3.9	0	16.28
SOUP,PEA,SPLIT W/HAM,CND,CHUNKY,RTS	326	182	11.17	1.7	0	9.47
SOUP,PEA,SPLIT W/HAM,CND,COND,COMM	522	269	20.81	1.7	0	19.11
SOUP,PEPPERPOT,CND,COND,COMM	222	233	7.66	0.4	0	7.26
SOUP,CRM OF POTATO,CND,COND	812	9	9.14	0.4	0	8.74
SOUP,SCOTCH BROTH,CND,COND,COMM	222	902	7.73	1	0	6.73
SOUP,CRM OF SHRIMP,CND,COND	249	715	6.53	0.2	0	6.33
SOUP,CAMPBELL'S CHICK NOODLE,CND,COND	614	715	6.9	0.6	0	6.3
SOUP,STOCKPOT,CND,COND,COMM	238	238	8.95		0	8.95
SOUP,TOMATO BF W/NOODLE,CND,COND,COMM	253	274	16.87	1.2	0	15.67
SOUP,TOMATO RICE,CND,COND,COMM	253	661	17.08	1.3	0	15.78
SOUP,TURKEY,CHUNKY,RTS	882	882	5.96		0	5.96
SOUP,TURKEY NOODLE,CND,COND,COMM	893	41	6.88	0.6	0	6.28

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
SOUP,TURKEY VEG,CND,COND,COMM	844	249	7.05	0.5	0	6.55
SOUP,VEG,CND,CHUNKY,RTS,COMM	698	223	7.92	0.5	0	7.42
SOUP,VEGETARIAN VEG,CND,COND,COMM	825	662	9.78	0.5	0	9.28
SOUP,BF,CND,CHUNKY,RTS	926	881	8.15	0.6	0	7.55
SOUP,VEG BF,CND,COND,COMM	926	252	8.11	1.6	0	6.51
SOUP,VEG W/BF BROTH,CND,COND,COMM	289	182	10.7	1.3	0	9.4
SOUP,CRM OF ASPARAGUS,DEHYD,DRY MIX	449	302	55.75	2.4	0	53.35
SOUP,BEAN W/ BACON,DEHYD,DRY MIX	453	969	57.72	30.8	0	26.92
SOUP,BF BROTH OR BOUILLON,PDR,DRY	77	77	23.65	0	0	23.65
SOUP,BEEF BROTH,CUBED,DRY	225	225	16.1	0	0	16.1
SOUP,BF NOODLE MIX,DEHYD,DRY FORM	384	390	48.64	2.7	0	45.94
SOUP,CAULIFLOWER,DEHYD,DRY MIX	496	496	56.59		0	56.59
SOUP,CRM OF CELERY,DEHYD,DRY	449	535	55.9	2.7	0	53.2
SOUP,CHICK BROTH OR BOUILLON,DEHYD,DRY	656	656	18.01	0	0	18.01
SOUP,CHICK BROTH CUBES,DEHYD,DRY	809	809	23.5	0	0	23.5
SOUP,CRM OF CHICK,DEHYD,DRY	478	475	54.34	1.8	0	52.54
SOUP,CHICK RICE MIX,DEHYD,DRY FORM	306	295	57.09	1.8	0	55.29
SOUP,CHICK VEG,DEHYD,DRY	295	301	55.04	3	0	52.04
SOUP,CLAM CHOWDER,MANHATTAN STYLE,DEHYD,DRY	469	469	57.46		0	57.46
SOUP,CLAM CHOWDER,NEW ENGLAND,DEHYD,DRY	496	492	56.74	5.4	0	51.34
SOUP,CONSOMME W/ GELATIN,DEHYD,DRY	290	290	16.3	0	0	16.3
SOUP,LEEK,DEHYDRATED,DRY	393	306	60.78	3.6	0	57.18
SOUP,MINESTRONE,DEHYD,DRY	382	69	53.6	3.6	0	50
SOUP,MUSHROOM,DEHYD,DRY	492	461	51.18	3.5	0	47.68
SOUP,ONION MIX,DEHYD,DRY FORM	391	383	60.32	6.6	0	53.72
SOUP,OXTAIL,DEHYD,DRY	436	621	47.9	0.9	0	47
SOUP,PEA,GRN,MIX,DEHYD,DRY FORM	782	450	60.68	10	0	50.68
SOUP,TOMATO,DEHYD,DRY	749	406	68.3	1.9	0	66.4
SOUP,TOMATO VEG MIX,DEHYD,DRY FORM	394	496	59.9	3	0	56.9
SOUP,VEG BF,DEHYD,DRY	495	69	51.74	1.8	0	49.94
SOUP,CRM OF VEG,DEHYD,DRY	301	462	52.1	3	0	49.1

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SAUCE,BEARNAISE,DEHYD,DRY	394	394	59.74		0	59.74
SAUCE,CHS,DEHYD,DRY	467	441	33.66	1.1	0	32.56
SAUCE,CURRY,DEHYD,DRY	450	450	50.62		0	50.62
SAUCE,MUSHROOM,DEHYD,DRY	389	389	54.72		0	54.72
SAUCE,SPAGHETTI,DEHYD,DRY	377	430	64.26	3	0	61.26
SAUCE,SPAGHETTI W/ MUSHROOMS,DEHYD,DRY	314	314	49		0	49
SAUCE,STROGANOFF,DEHYD _DRY	453	496	57.66	1.1	0	56.56
SAUCE,SWT&SOUR,DEHYD,DRY	954	366	96.13	1.9	0	94.23
SAUCE,TERIYAKI,DEHYD,DRY	394	431	60	1.9	0	58.1
SAUCE,TERIYAKI,RTS	661	661	15.95	0.1	0	15.85
SAUCE,WHITE,DEHYD,DRY	450	461	50.56	2.8	0	47.76
GRAVY,AU JUS,CANNED	836	836	2.5	0	0	2.5
GRAVY,AU JUS,DRY	300	300	47.49		0	47.49
GRAVY,BEEF,CANNED	104	786	4.81	0.4	0	4.41
GRAVY,BROWN,DRY	734	469	59.38	2	0	57.38
GRAVY,CHICKEN,CANNED	815	702	5.42	0.4	0	5.02
GRAVY,CHICKEN,DRY	457	457	62.09		0	62.09
GRAVY,MUSHROOM,CANNED	830	702	5.47	0.4	0	5.07
GRAVY,MUSHROOM,DEHYD,DRY	780	394	64.66	4.8	0	59.86
GRAVY,ONION,DEHYD,DRY	395	267	67.64	6	0	61.64
GRAVY,PORK,DRY	778	430	63.57	2.4	0	61.17
GRAVY,TURKEY,CANNED	813	172	5.1	0.4	0	4.7
GRAVY,TURKEY,DRY	780	780	65.12		0	65.12
GRAVY,UNSPEC TYPE,DRY	453	453	58		0	58
SOUP,CHICK NOODLE MIX,DEHYD,DRY FORM	412	729	62.32	3.2	0	59.12
SAUCE,NESTLE,LJ MINOR TERI- YAKI SAU,RTS	218	218	23.37	0	0	23.37
SAUCE,NESTLE,LJ MINOR ALLPURP STIR FRY SAU,RTS	274	274	15.66	0	0	15.66
SAUCE,NESTLE,LJ MINOR SWT N' SOUR GLAZE,RTS	310	228	38.93	0.1	0	38.83
SAUCE,NESTLE,LJ MINOR SWT N' SOUR SAU,RTS	845	943	24.79	0.8	0	23.99
SAUCE,MOLE POBLANO,PREP FROM RECIPE	270	9	12.94	4.2	0	8.74
SAUCE,MOLE POBLANO,DRY MIX,SINGLE BRAND	388	634	41.7	10.1	0	31.6
SAUCE,LA VICTORIA,LA VICTORIA CHUNKY CHILI DIP,SALSA,CND	249	682	6.54	0.5	0	6.04
SAUCE,RIDG'S,BULLS-EYE ORIGINAL BARBECUE SAU	388	388	42.1		0	42.1
SAUCE,TEXAS BEST BARBECUE SAU ORIGINAL RECIPE	913	913	12.61		0	12.61
SAUCE,SOFRITO,PREP FROM RECIPE	706	58	5.46	1.7	0	3.76

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
USDA COMMODITY,SPAGHETTI SAU,MEATLESS,CND	254	254	8.7		0	8.7
SAUCE,HUNT'S,TRADITIONAL TOMATO SPAGHETTI SAU	254	811	8.66	2.2	0	6.46
SOUP,BF MUSHROOM,CND,COND,COMM	838	303	5.2	0.2	0	5
SAUCE,SOUR CRM,DEHYD,DRY	418	418	48.31		0	48.31
SOUP,CHICK MUSHROOM,CND,COND,COMM	222	223	7.6	0.2	0	7.4
SAUCE,BARBECUE SAUCE	435	973	36.25	0.6	0	35.65
SAUCE,PLUM,READY-TO-SERVE	509	388	42.81	0.7	0	42.11
SAUCE,PIZZA,CND,RTS	254	40	8.67	2	0	6.67
SAUCE,NESTLE,ORTEGA ENCHILADA SAUCE,RTS	900	818	6.71	1	0	5.71
SAUCE,HOLLANDAISE,W/VEG OIL,DEHYD,DRY	412	430	62.45	1.1	0	61.35
SAUCE,HOLLANDAISE,W/BUTTER FAT,DEHYD,DRY	645	285	32.1	1.1	0	31
SAUCE,NESTLE,CHEF-MATE HOT DOG CHILI SAU,RTS	206	333	14.65	2.7	0	11.95
SAUCE,NESTLE,ORTEGA PICANTE SAUCE,RTS	40	40	6.66	0	0	6.66
SOUP,TOMATO BISQUE,CND,COND,COMM	761	646	18.47	0.8	0	17.67
SOUP,TOMATO,CND,COND,COMM	165	271	13.41	1.2	0	12.21
SAUCE,RTS,SALSA	41	819	6.26	1.6	0	4.66
SAUCE,HOMEMADE,WHITE,THIN	223	233	7.4	0.1	0	7.3
SAUCE,HOMEMADE,WHITE,MED	961	224	9.17	0.2	0	8.97
SAUCE,HOMEMADE,WHITE,T HICK	21	784	11.61	0.3	0	11.31
SAUCE,RTS,PEPPER OR HOT	604	2	1.75	0.3	0	1.45
SAUCE,RTS,PEPPER,TABASCO	685	3	0.8	0.6	0	0.2
SOUP,STOCK,BEEF,HOME-PREPARED	183	183	1.2	0	0	1.2
SOUP,STOCK,CHICK,HOME-PREPARED	36	36	3.53	0	0	3.53
SOUP,STOCK,FISH,HOME-PREPARED	3	3	0	0	0	0
SAUCE,HOISIN,RTS	244	466	44.08	2.8	0	41.28
SAUCE,OYSTER,RTS	23	924	10.92	0.3	0	10.62
SOUP,MINSTRONE,CND,RED NA,RTS	224	905	9	2.4	0	6.6
USDA COMMODITY,SALSA	889	286	7	1.4	0	5.6
SAUCE,FISH,READY-TO-SERVE	1	1	3.64	0	0	3.64
SOUP,SHARK FIN,REST-PREP	701	701	3.8	0	0	3.8
SAUCE,NESTLE,LJ MINOR ITALIAN SAU,RTS	761	253	18.49	1.4	0	17.09
SOUP,CRM OF MUSHROOM,CND,COND,RED NA	926	881	8.1	0.6	0	7.5
SOUP,CHICK BROTH,CND,LESS/REDUCED NA	700	700	0.38	0	0	0.38

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SAUCE,TERIYAKI,RTS,RED NA	661	661	15.9	0.1	0	15.8
SOUP,BEAN&HAM,CND,RED NA,PREP W/H2O OR RTS	278	194	13.66	4	0	9.66
SOUP,PROGRESSO HEALTHY CLASSICS TOMATO GARDEN,CND,RTS	897	233	8.88	1.6	0	7.28
SOUP,PROGRESSO HEALTHY CLASSICS SPLIT PEA,CND,RTS	232	91	11.83	1.9	0	9.93
SOUP,CAMPBELL'S HEALTHY REQUEST SPLIT PEA W/ HAM,CND,RTS	283	182	11.4	1.9	0	9.5
SOUP,CAMPBELL,HEALTHY REQUEST CHICK BROTH,CND,RTS	700	3	0.4	0.4	0	0
SOUP,PROGRESSO HEALTHY CLASSICS GARLIC&PASTA,CND,RTS	817	885	8.36	1.2	0	7.16
SOUP,PROGRESSO HEALTHY CLASSICS BF VEG,CND,RTS	828	251	10.25	2.4	0	7.85
SOUP,PROGRESSO HEALTHY CLASSICS BF BARLEY,CND,RTS	705	889	8.3	1.3	0	7
SOUP,PROGRESSO HEALTHY CLASSICS CHICK NOODLE,CND,RTS	48	601	3.98	0.5	0	3.48
SOUP,CRM OF ASPARAGUS,CND,PREP W/EQ VOLUME MILK,COMM	905	715	6.61	0.3	0	6.31
SOUP,PROGRESSO HEALTHY CLASSICS CHICK RICE W/ VEG,CND,RTS	838	86	5.23	0.3	0	4.93
SOUP,PROGRESSO HEALTHY CLASSICS CRM OF BROCCOLI,CND,RTS	706	786	5.46	1	0	4.46
SOUP,PROGRESSO HEALTHY CLASSICS LENTIL,CND,RTS	817	860	8.39	2.3	0	6.09
SOUP,PROG HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER,CND,RTS	926	222	8.11	0.5	0	7.61
SOUP,PROGRESSO HEALTHY CLASSICS MINISTRONE,CND,RTS	234	698	8.44	0.5	0	7.94
SOUP,PROGRESSO HEALTHY CLASSICS VEG,CND,RTS	286	696	5.56	0.6	0	4.96
SOUP,CHICK VEG W/ POTATO&CHS,CHUNKY,RTS	838	86	5.2	0.3	0	4.9
SOUP,CRM OF CELERY,CND,PREP W/EQ VOLUME MILK,COMM	948	286	5.86	0.3	0	5.56
SOUP,CHS,CND,PREP W/EQ VOLUME MILK,COMM	811	860	6.47	0.4	0	6.07
SOUP,CRM OF CHICK,PREP W/EQ VOLUME MILK,COMM	682	882	6.04	0.1	0	5.94
SOUP,VEG,CND,LO NA,COND	20	263	12.11	2.1	0	10.01
SOUP,CLAM CHOWDER,NEW ENGLAND,CND,PREP W/EQ VOLUME MILK,COMM	900	860	6.7	0.6	0	6.1

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SOUP,CRM OF MUSHROOM,CND,PREP W/EQ VOLUME MILK,COMM	682	948	6.05	0.2	0	5.85
SOUP,CRM OF ONION,CND,PREP W/EQ VOLUME MILK,COMM	223	697	7.4	0.3	0	7.1
SOUP,OYSTER STEW,CND,PREP W/EQ VOLUME MILK,COMM	48	48	3.99	0	0	3.99
SOUP,PEA,GRN,CND,PREP W/EQ VOLUME MILK,COMM	543	21	12.69	1.1	0	11.59
SOUP,CRM OF POTATO,CND,PREP W/EQ VOLUME MILK,COMM	614	902	6.92	0.2	0	6.72
SOUP,CRM OF SHRIMP,CND,PREP W/EQ VOLUME MILK,COMM	286	286	5.61	0.1	0	5.51
SAUCE,LA VICTORIA,LA VICTORIA RED TACO SAU,MILD	829	222	8.21	0.5	0	7.71
SAUCE,LA VICTORIA,LA VICTORIA RED TACO SAU,MED	829	222	8.21	0.6	0	7.61
SAUCE,LA VICTORIA,LA VICTORIA GRN TACO SAU,MILD	948	838	5.82	0.6	0	5.22
SAUCE,LA VICTORIA,LA VICTORIA GRN TACO SAU,MED	948	838	5.82	0.6	0	5.22
SAUCE,LA VICTORIA,SALSA BRAVA,HOT	41	948	6.16	0.3	0	5.86
SAUCE,LA VICTORIA,LA VICTORIA SALSA VICTORIA,HOT	786	687	4.43	0.7	0	3.73
SAUCE,LA VICTORIA,LA VICTORIA SALSA RANCHERA,HOT	815	838	5.44	0.2	0	5.24
SAUCE,WHITE,THIN,PREPARED-FROM-RECIPE,W/ BUTTER	705	703	8.29	0.1	0	8.19
SAUCE,LA VICTORIA,LA VICTORIA SALSA PICANTE,MILD	104	960	4.82	0.3	0	4.52
SAUCE,LA VICTORIA,LA VICTORIA SALSA PICANTE,MED	696	786	4.97	0.5	0	4.47
SAUCE,LA VICTORIA,LA VICTORIA SALSA SUPREMA,MILD	814	104	5.4	0.6	0	4.8
SAUCE,LA VICTORIA,LA VICTORIA SALSA SUPREMA,MED	819	602	4.65	0.8	0	3.85
SAUCE,LA VICTORIA,LA VICTORIA GRN CHILE SALSA,MILD	65	835	4.3	0.4	0	3.9
SAUCE,LA VICTORIA,LA VICTORIA THICK 'N CHUNKY SALSA,MILD	949	695	4.88	0.8	0	4.08
SAUCE,LA VICTORIA,LA VICTORIA THICK 'N CHUNKY SALSA,MED	65	601	4.39	0.9	0	3.49
SAUCE,LA VICTORIA,LA VICTORIA THICK 'N CHUNKY SALSA,HOT	988	56	4.63	0.5	0	4.13
SAUCE,LA VICTORIA,GRN SALSA JALAPENA	172	701	4.7	0.9	0	3.8
SAUCE,LA VICTORIA,RED SALSA JALAPENA	233	882	7.24	1.3	0	5.94
SAUCE,LA VICTORIA,LA VICTORIA ENCHILADA SAU	988	835	4.62	0.7	0	3.92
SAUCE,LA VICTORIA,MOLE POBLANO	69	467	49.82	16.1	0	33.72

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SAUCE,LA VICTORIA,CHEDDAR CHS SAU	812	812	9.07	0	0	9.07
SAUCE,LA VICTORIA,NACHO CHS SAU W/JALAPENO PEPPERS,MED	828	91	10.26	0.3	0	9.96
SOUP,LIPTON,SOUP SECRETS EX NOODLE,MIX,DRY	780	412	65.1	2.5	0	62.6
SOUP,LIPTON,SOUP SECRETS SPIRAL PASTA SOUP,MIX,DRY	778	430	63.63	2.3	0	61.33
SOUP,LIPTON,SOUP SECRETS CHICK NOODLE,MIX,DRY	496	478	56.52	2	0	54.52
SOUP,LIPTON,SOUP SECRETS RING-O-NOODLE	431	403	58.28	2.1	0	56.18
SOUP,LIPTON,SOUP SECRETS GIGGLE NOODLE,MIX,DRY	391	431	60.34	2.2	0	58.14
SOUP,LIPTON,SOUP SECRETS NOODLE W/REAL CHICK BROTH,MIX,DRY	469	295	57.37	2.1	0	55.27
SAUCE,SWT & SOUR,PREPARED-FROM-RECIPE	707	290	16.72	0.4	0	16.32
SOUP,LIPTON,CUP-A-SOUP BROCCOLI&CHS,MIX,DRY	449	492	55.64	4.5	0	51.14
SOUP,LIPTON,CUP-A-SOUP HEARTY CHICK SUPREME,MIX,DRY	780	457	64.87	3.1	0	61.77
SOUP,LIPTON,CUP-A-SOUP HEARTY CHICK NOODLE,MIX,DRY	778	267	63.53	1.9	0	61.63
SOUP,LIPTON,CUP-A-SOUP CHICK NOODLE W/MEAT	457	734	61.85	2.3	0	59.55
SOUP,LIPTON,CUP-A-SOUP CRM OF CHICK,MIX,DRY	404	207	68.67	3	0	65.67
SOUP,LIPTON,CUP-A-SOUP CHICK FLAVOR VEG	404	406	68.85	2.1	0	66.75
SOUP,LIPTON,CUP-A-SOUP RING NOODLE,MIX,DRY	406	463	66.68	1.5	0	65.18
SOUP,LIPTON,CUP-A-SOUP TOMATO,MIX,DRY	500	370	76.79	2.2	0	74.59
SOUP,LIPTON,CUP-A-SOUP GRN PEA,MIX,DRY	431	312	58.61	14.9	0	43.71
SOUP,LIPTON,CUP-A-SOUP CRM OF MUSHROOM,MIX,DRY	463	457	65.23	3.3	0	61.93
SOUP,LIPTON,CUP-A-SOUP SPRING VEG,MIX,DRY	778	431	63.32	5	0	58.32
SOUP,LIPTON,FAT FREE CUP-A-SOUP CHICK BROTH,MIX,DRY	308	308	54.02	0.1	0	53.92
SOUP,LIPTON,FAT FREE CUP-A-SOUP CHICKEN/PASTA,MIX,DRY	377	214	64	1.2	0	62.8
SOUP,LIPTON,KETTLE CREATIONS HOMESTYLE LENTIL,MIX,DRY	412	436	62.49	14.6	0	47.89
SOUP,LIPTON,KETTLE CREATIONS CHICK W/ PASTA&BEAN,MIX,DRY	780	403	64.71	8.6	0	56.11
SOUP,LIPTON,RECIPE SECRETS VEG,MIX,DRY	780	478	64.71	10.2	0	54.51

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SOUP,LIPTON,RECIPE SECRETS ONION MUSHROOM,MIX,DRY	469	478	57.45	3.2	0	54.25
SOUP,LIPTON,RECIPE SECRETS SAVORY HERB W/ GARLIC,MIX,DRY	395	377	67.09	3.2	0	63.89
SAUCE,KRAFT BARBECUE SAU ORIGINAL	284	908	26.1	0.9	0	25.2
SAUCE,KRAFT BARBECUE SAU HICKORY SMOKE	642	908	26.2	0.9	0	25.3
SOUP,HEALTHY CHOIC CHICK NOODLE SOUP,CND	838	786	5.2	0.8	0	4.4
SOUP,HEALTHY CHOIC CHICK & RICE SOUP,CND	818	86	5.71	0.8	0	4.91
SOUP,HEALTHY CHOIC GARDEN VEG SOUP,CND	259	926	10.04	1.9	0	8.14
SOUP,TOMATO BISQUE,CND,PREP W/EQ VOLUME MILK,COMM	186	617	11.73	0.2	0	11.53
SOUP,TOMATO,CND,PREP W/EQ VOLUME MILK,COMM	224	251	8.99	1.1	0	7.89
SOUP,CRM OF ASPARAGUS,CND,PREP W/EQ VOLUME H2O,COMM	65	950	4.38	0.2	0	4.18
SOUP,BLACK BEAN,CND,PREP W/EQ VOLUME H2O,COMM	795	41	8.02	1.8	0	6.22
SOUP,BEAN W/PORK,CND,PREP W/EQ VOLUME H2O,COMM	224	286	9.01	3.4	0	5.61
SOUP,BEAN W/ FRANKFURTERS,CND,PREP W/EQ VOLUME H2O,COMM	928	928	8.8		0	8.8
SOUP,BF NOODLE,CND,PREP W/EQ VOLUME H2O,COMM	686	712	3.68	0.3	0	3.38
SOUP,CRM OF CELERY,CND,PREP W/EQ VOLUME H2O,COMM	1	712	3.62	0.3	0	3.32
SOUP,CHS,CND,PREP W/EQ VOLUME H2O,COMM	929	602	4.26	0.4	0	3.86
SOUP,CHICK W/ DUMPLINGS,CND,PREP W/EQ VOLUME H2O,COMM	836	170	2.51	0.2	0	2.31
SOUP,CHICK BROTH,CND,PREP W/EQ VOLUME H2O,COMM	700	700	0.38	0	0	0.38
SOUP,CRM OF CHICK,CND,PREP W/EQ VOLUME H2O,COMM	701	834	3.8	0.1	0	3.7
SOUP,CHICK GUMBO,CND,PREP W/EQ VOLUME H2O,COMM	601	37	3.43	0.8	0	2.63
SOUP,CHICK NOODLE,CND,PREP W/EQ VOLUME H2O,COMM	835	30	3.88	0.3	0	3.58
SOUP,CHICK W/RICE,CND,PREP W/EQ VOLUME H2O,COMM	62	37	2.97	0.3	0	2.67
SOUP,CHICK VEG,CND,PREP W/EQ VOLUME H2O,COMM	30	938	3.56	0.4	0	3.16
SOUP,CHILI BF,CND,PREP W/EQ VOLUME H2O,COMM	247	279	8.58	3.8	0	4.78

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SOUP,CLAM CHOWDER,MANHATTAN,CND,PREP W/EQ VOLUME H2O	303	786	5.01	0.6	0	4.41
SOUP,CLAM CHOWDER,NEW ENGLAND,CND,PREP W/EQ VOLUME H2O,COMM	813	85	5.09	0.6	0	4.49
SOUP,BF BROTH,BOUILLON,CONSOMME,PREP W/EQ VOLUME H2O,COMM	673	673	0.73	0	0	0.73
SOUP,MINESTRONE,CND,PREP W/EQ VOLUME H2O,COMM	819	929	4.66	0.4	0	4.26
SOUP,MUSHROOM BARLEY,CND,PREP W/EQ VOLUME H2O,COMM	279	85	4.8	0.3	0	4.5
SOUP,CRM OF MUSHROOM,CND,PREP W/EQ VOLUME H2O,COMM	701	30	3.81	0.2	0	3.61
SOUP,MUSHROOM W/BF STOCK,CND,PREP W/EQ VOLUME H2O,COMM	701	195	3.81	0.3	0	3.51
SOUP,ONION,CND,PREP W/EQ VOLUME H2O,COMM	712	62	3.39	0.4	0	2.99
SOUP,CRM OF ONION,CND,PREP W/EQ VOLUME H2O,COMM	838	279	5.2	0.4	0	4.8
SOUP,OYSTER STEW,CND,PREP W/EQ VOLUME H2O,COMM	17	17	1.69		0	1.69
SOUP,PEA,GRN,CND,PREP W/EQ VOLUME H2O,COMM	924	247	10.6	2	0	8.6
SOUP,PEA,SPLIT W/HAM,CND,PREP W/EQ VOLUME H2O,COMM	933	330	11.05	0.9	0	10.15
SOUP,PEPPERPOT,CND,PREP W/EQ VOLUME H2O,COMM	835	686	3.89	0.2	0	3.69
SOUP,CRM OF POTATO,CND,PREP W/EQ VOLUME H2O,COMM	172	85	4.7	0.2	0	4.5
SOUP,SCOTCH BROTH,CND,PREP W/EQ VOLUME H2O,COMM	835	601	3.93	0.5	0	3.43
SOUP,CRM OF SHRIMP,CND,PREP W/EQ VOLUME H2O,COMM	712	938	3.36	0.1	0	3.26
SOUP,STOCKPOT,CND,PREP W/EQ VOLUME H2O,COMM	819	819	4.65		0	4.65
SOUP,TOMATO BF W/NOODLE,CND,PREP W/EQ VOLUME H2O,COMM	254	795	8.67	0.6	0	8.07
SOUP,TOMATO RICE,CND,PREP W/EQ VOLUME H2O,COMM	897	705	8.88	0.6	0	8.28
SOUP,TURKEY NOODLE,CND,PREP W/EQ VOLUME H2O,COMM	36	938	3.54	0.3	0	3.24
SOUP,TURKEY VEG,CND,PREP W/EQ VOLUME H2O,COMM	30	712	3.58	0.2	0	3.38
SOUP,VEGETARIAN VEG,CND,PREP W/EQ VOLUME H2O,COMM	696	279	4.97	0.2	0	4.77

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SOUP,VEG BF,PREP W/EQ VOLUME H2O,COMM	950	48	4.17	0.2	0	3.97
SOUP,VEG W/BF BROTH,CND,PREP W/EQ VOLUME H2O,COMM	815	838	5.44	0.2	0	5.24
SOUP,CRM OF ASPARAGUS,DEHYD,PREP W/H2O	30	30	3.57		0	3.57
SOUP,BEAN W/ BACON,DEHYD,PREP W/H2O	41	791	6.18	3.4	0	2.78
SOUP,BF BROTH OR BOUILLON,PDR,PREP W/H2O	685	685	0.77	0	0	0.77
SOUP,BF BROTH,CUBED,PREP W/H2O	700	700	0.33	0	0	0.33
SOUP,BF NOODLE,DEHYD,PREP W/H2O	170	593	2.4	0.3	0	2.1
SOUP,CAULIFLOWER,DEHYD,PREP W/H2O	950	950	4.19		0	4.19
SOUP,CRM OF CELERY,DEHYD,PREP W/H2O	602	602	3.84		0	3.84
SOUP,CHICK BROTH OR BOUILLON,DEHYD,PREP W/H2O	24	24	0.59	0	0	0.59
SOUP,CHICK BROTH CUBES,DEHYD,PREP W/H2O	24	24	0.62		0	0.62
SOUP,CRM OF CHICK,DEHYD,PREP W/H2O	813	702	5.11	0.1	0	5.01
SOUP,CHICK RICE,DEHYD,PREP W/H2O	1	712	3.66	0.3	0	3.36
SOUP,CHICK VEG,DEHYD,PREP W/H2O	792	792	3.11		0	3.11
SOUP,CONSOMME W/ GELATIN,DEHYD,PREP W/H2O	685	685	0.83	0	0	0.83
SOUP,LEEK,DEHYD,PREP W/H2O	85	938	4.5	1.2	0	3.3
SOUP,MINISTRONE,DEHYD,PREP W/H2O	172	172	4.69		0	4.69
SOUP,MUSHROOM,DEHYD,PREP W/H2O	786	952	4.4	0.3	0	4.1
SOUP,ONION,DEHYD,PREP W/H2O	678	17	2.06	0.4	0	1.66
SOUP,OXTAIL,DEHYD,PREP W/H2O	36	712	3.54	0.2	0	3.34
SOUP,PEA,GRN,MIX,DEHYD,PREP W/H2O	817	233	8.37	1.1	0	7.27
SOUP,TOMATO,DEHYD,PREP W/H2O	233	885	7.32	0.2	0	7.12
SOUP,TOMATO VEG,DEHYD,PREP W/H2O	185	602	4.04	0.2	0	3.84
SOUP,VEG BF,DEHYD,PREP W/H2O	938	62	3.17	0.2	0	2.97
SOUP,CRM OF VEG,DEHYD,PREP W/H2O	843	960	4.73	0.2	0	4.53
SOUP,CHICK NOODLE,DEHYD,PREP W/H2O	1	30	3.67	0.1	0	3.57
SOUP,BF MUSHROOM,CND,PREP W/EQ VOLUME H2O,COMM	37	836	2.6	0.1	0	2.5

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SOUP,CHICK MUSHROOM,CND,PREP W/EQ VOLUME H2O,COMM	701	834	3.8	0.1	0	3.7
SAUCE,HOLLANDAISE,W/ BUTTERFAT,DEHYD,PREP W/H2O	51	303	5.31	0.3	0	5.01
SOUP,TOMATO BISQUE,CND,PREP W/EQ VOL- UME H2O,COMM	194	182	9.6	0.2	0	9.4
SOUP,TOMATO,CND,PREP W/EQ VOLUME H2O,COMM	681	905	6.8	0.2	0	6.6
GRAVY,NESTLE,TRIO BROWN GRAVY MIX,DRY	453	478	57.86	3.5	0	54.36
GRAVY,CUSTOM FOODS,SUPERB INST BROWN GRAVY MIX,DRY	394	496	59.78	3.2	0	56.58
GRAVY,NESTLE,TRIO SOUTHERN GRAVY MIX,DRY	391	391	60.51	0	0	60.51
GRAVY,CUSTOM FOODS,SUPERB COUNTRY GRAVY MIX,DRY	990	384	53.58	4.9	0	48.68
GRAVY,CUSTOM FOODS,RED LABEL AU JUS BASE,DRY	82	911	22.98	3.1	0	19.88
GRAVY,NESTLE,TRIO AU JUS GRAVY MIX,DRY	453	496	57.83	1	0	56.83
GRAVY,CUSTOM FOODS,SUPERB INST AU JUS MIX,DRY	508	435	39.44	3	0	36.44
GRAVY,CUSTOM FOODS,SUPERB PEPPERED OLD-FASH BISCUIT MIX,DRY	301	462	51.87	2.7	0	49.17
GRAVY,CUSTOM FOODS,SUPERB INST PORK GRAVY MIX,DRY	780	412	64.72	2.4	0	62.32
GRAVY,CUSTOM FOODS,SUPERB INST BF GRAVY MIX,DRY	430	496	61.1	4.3	0	56.8
GRAVY,CUSTOM FOODS,SUPERB OLD-FASH BISCUIT MIX,DRY	478	385	54.23	4.8	0	49.43
GRAVY,NESTLE,TRIO COUNTRY GRAVY MIX,DRY	780	449	64.87	9	0	55.87
GRAVY,CUSTOM FOODS,SUPERB INST CHICK GRAVY MIX,DRY	496	302	56.54	3.2	0	53.34
GRAVY,NESTLE,TRIO CHICK GRAVY MIX,DRY	778	457	63.22	1.4	0	61.82
GRAVY,CUSTOM FOODS,SUPERB INST TURKEY GRAVY MIX,DRY	469	308	57.56	3.8	0	53.76
GRAVY,NESTLE,TRIO TURKEY GRAVY MIX,DRY	318	363	72.05	1.5	0	70.55
GRAVY,HEINZ,HEINZ HOME STYLE SAVORY BROWN GRAVY,CND	810	810	5.69		0	5.69
SOUP,OODLES OF NOODLES RAMEN NOODLE ORIENTAL FLAVOR, DRY	362	362	65.5		0	65.5
SOUP,NISSIN,CUP NOODLES,RAMEN NOODLE,CHICK FLAVOR,DRY MIX	469	469	57.5		0	57.5
SOUP,RAMEN NOODLE,ANY FLAVOR,DEHYD,DRY	362	733	65.5	2.4	0	63.1
SOUP,BROCCOLI CHS,CND,COND,COMM	222	948	7.7	1.8	0	5.9

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
SAUCE,CUSTOM FOODS,RED LABEL ALLPURP ITALIAN SAU MIX,DRY	322	380	75.69	4.8	0	70.89
SAUCE,NESTLE,TRIO ALFREDO SAU MIX,DRY	435	240	36.52	2	0	34.52
SAUCE,NESTLE,TRIO CHS SAU MIX,DRY	393	393	60.91	0	0	60.91
SAUCE,NESTLE,TRIO NACHO CHS SAU MIX,DRY	733	412	63.06	0.6	0	62.46
SAUCE,CUSTOM FOODS,SUPERB INST NACHO CHS SAU MIX,DRY	449	535	55.93	2.8	0	53.13
SAUCE,CUSTOM FOODS,SUPERB INST CHEDDAR CHS SAU MIX,DRY	496	301	56.51	4.4	0	52.11
SAUCE,CHS SAU MIX,DRY	391	734	60.52	1	0	59.52
SAUCE,CPC,KNORR ALFREDO SAU,DRY MIX	300	300	47.5		0	47.5
SOUP,LIPTON,RECIPE SECRETS BEEFY MUSHROOM,MIX,DRY	394	729	60.22	1	0	59.22
SOUP,LIPTON,RECIPE SECRETS FIESTA HERB W/RED,MIX,DRY	377	394	64.44	4.6	0	59.84
SOUP,LIPTON,RECIPE SECRETS BEEFY ONION,MIX,DRY	431	308	58.53	4.4	0	54.13
SOUP,CHICK CORN CHOWDER,C HUNKY,RTS,SINGLE BRAND	881	905	7.5	0.9	0	6.6
SOUP,CHICK MUSHROOM CHOWDER,CHUNKY,RTS,SINGLE BRAND	697	818	7.1	1.4	0	5.7
SOUP,CHICK NOODLE,CHUNKY,RTS,SINGLE BRAND	818	818	5.7		0	5.7
SOUP,POTATO HAM CHOWDER,C HUNKY,RTS,SINGLE BRAND	286	303	5.6	0.6	0	5
SOUP,SIRLOIN BURGER W/ VEG,RTS,SINGLE BRAND	681	85	6.8	2.3	0	4.5
SOUP,SPLIT PEA W/ HAM,CHUNKY,RED FAT,RED NA,RTS,SINGLE BRAND	784	784	11.3		0	11.3
SOUP,BEAN W/ BACON,COND,SINGLE BRAND	242	165	18	4.6	0	13.4
SOUP,BF BROTH,CND,COND,SINGLE BRAND	3	3	0		0	0
SOUP,BF W/VEG&BARLEY,CND,C OND,SINGLE BRAND	703	703	8.2		0	8.2
SOUP,CHICK W/STAR-SHAPED PASTA,CND,COND,SINGLE BRAND	697	697	7.1		0	7.1
SOUP,CRM OF CHICK,CND,COND,SINGLE BRAND	222	222	7.7		0	7.7
SOUP,SPLIT PEA W/HAM&BACON, CND,COND,SINGLE BRAND	485	644	21.2	3	0	18.2
SOUP,VEG BF,CND,COND,SINGLE BRAND	222	222	7.7		0	7.7

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SOUP,CHICK VEG,CHUNKY,RED FAT,RED NA,RTS,SINGLE BRAND	715	715	6.3		0	6.3
SOUP,CHICK NOODLE W/CELERY & CARROTS,HOMESTYLE,RTS,SINGLE BRAND	792	792	3.1		0	3.1
SOUP,VEG BF,MICROWAVABLE,RTS,SINGLE BRAND	938	870	3.3	1.5	0	1.8
SOUP,PROGRESSO CHICK&WILD RICE W/VEG	303	303	5		0	5
SOUP,PROGRESSO HEALTHY CLASSICS BF BARLEY,99% FAT FREE	697	286	7.1	1.5	0	5.6
SOUP,BF W/COUNTRY VEG,CHUNKY,RTS,SINGLE BRAND	905	905	6.6		0	6.6
GRAVY,NESTLE,CHEF-MATE COUNTRY SAUSAGE GRAVY,RTS	41	286	6.28	0.7	0	5.58
SAUCE,NESTLE,LJ MINOR CREOLE SAU,RTS	882	172	5.98	1.3	0	4.68
SAUCE,NESTLE,LJ MINOR LEMON SAU,RTS	623	623	31.92	0	0	31.92
SAUCE,NESTLE,CHEF-MATE SHARP CHEDDAR CHS SAU,READY-TO-SERVE	688	6	2.9	1	0	1.9
SAUCE,NESTLE,CHEF-MATE GOLDEN CHS SAU,RTS	1	821	3.65	1.1	0	2.55
SAUCE,NESTLE,ORTEGA MILD NACHO CHS SAU,RTS	48	938	4	0.8	0	3.2
SAUCE,NESTLE,ORTEGA NACHO CHS SAU,RTS	715	810	6.38	0.7	0	5.68
SAUCE,NESTLE,CHEF-MATE BASIC CHEDDAR CHS SAU,RTS	270	270	12.93	0	0	12.93
SAUCE,NESTLE,QUE BUENO JALAPENO CHS SAU,RTS	213	213	12.3	0	0	12.3
SAUCE,CHS,RTS	681	715	6.83	0.5	0	6.33
SAUCE,PASTA,SPAGHETTI/MARINARA,RTS	10	262	11.27	0.4	0	10.87
SAUCE,PREGO 100% NAT SPAGHETTI SAU,TRADITIONAL,JAR	225	270	16	3.1	0	12.9
SAUCE,LIPTON,RAGU OLD WORLD STYLE SMOOTH PASTA SAU,TRAD,JAR	194	881	9.69	2.1	0	7.59
SOUP,CRM OF CHICK,CND,COND,RED NA	182	812	9.5	0.4	0	9.1
SOUP,TOMATO,CND,COND,RED NA	681	905	6.8	0.2	0	6.6
GRAVY,BROWN INST,DRY	394	496	59.78	3.2	0	56.58
GRAVY,INST BF,DRY	430	496	61.1	4.3	0	56.8
GRAVY,INST TURKEY,DRY	469	308	57.56	3.8	0	53.76
SAUCE,ALFREDO MIX,DRY	435	240	36.52	2	0	34.52
PEPPERS,HOT,CHILI,MATURE RED,CND,CHILI SAU	835	938	3.9	0.7	0	3.2
PEPPERS,HOT,CHILI,IMMAT GRN,CND,CHILI SAU	303	792	5	1.9	0	3.1

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
FISH BROTH	700	700	0.4	0	0	0.4
SOUP,TOMATO,LO NA,W/H2O	233	697	7.3	0.2	0	7.1
SOUP,PEA,LO NA,W/H2O	924	11	10.6	0.3	0	10.3
SOUP,CHICK NOODLE,LO NA	692	929	4.58	0.3	0	4.28
VEGETABLE SOUP,LO NA,W/H2O	279	988	4.8	0.2	0	4.6
SOUP,CRM OF MUSHROOM,LO NA,RTS,CND	960	65	4.53	0.2	0	4.33
POTATO SOUP,INST,DRY MIX	511	749	76.14	7.6	0	68.54
SOUP,CHICK BROTH,LO NA,CND	183	183	1.2	0	0	1.2
SAUCE,WORCESTERSHIRE	764	764	19.46	0	0	19.46
SAUCE,TOMATO CHILI SAU,BTLD,W/SALT	615	554	19.79	5.9	0	13.89
SAUCE,TOMATO CHILI SAU,BTLD,NO SALT,LO NA	78	280	28.73	0.5	0	28.23
SOUP,VEG CHICK,LO NA	422	817	8.76	0.4	0	8.36
SAUCE,BARBECUE,LO NA	435	973	36.25	0.6	0	35.65
SAUCE,SPAGHETTI,LO NA	661	270	15.9	3	0	12.9
GRAVY,MEAT OR POULTRY,PREP,LO NA	41	948	6.16	0.3	0	5.86
SOUP,BF&MUSHROOM,LO NA,CHUNK STYLE	194	255	9.58	0.2	0	9.38
ADOBO FRESCO	761	861	18.6	1.3	0	17.3
SOUP,BF STROGANOFF,CND,CHUNKY STYLE,RTS	224	719	9	0.6	0	8.4
SOUP,BOUILLON CUBES&GRANULES,LO NA,DRY	780	780	64.88	0.2	0	64.68
SOUP,RAMEN NOODLE,BF FLAVOR,DEHYD,DRY	778	430	63.27	2.2	0	61.07
SOUP,RAMEN NOODLE,CHICK FLAVOR,DEHYD,DRY	778	430	63.57	2.4	0	61.17
Soup, Swanson chickne broth	3	3	0.14	0	0	0.14
GRY, HNZ Home style beef gravy	41	286	6.24	0.7	0	5.54
BARBECUE LOAF,PORK,BEEF	811	811	6.4	0	0	6.4
BEERWURST,BEER SALAMI,PORK & BF	58	35	3.76	0.9	0	2.86
BEERWURST,BEER SALAMI,PORK	678	678	2.06	0	0	2.06
SAUSAGE BERLINER PORK BF	37	37	2.59	0	0	2.59
BLOOD SAUSAGE	183	183	1.29	0	0	1.29
BOCKWURST PORK VEAL RAW	18	18	0.5	0	0	0.5
BOLOGNA,BF	48	48	3.98	0	0	3.98
BOLOGNA,BF & PORK	830	830	5.49	0	0	5.49
BOLOGNA,PORK	673	673	0.73	0	0	0.73
BOLOGNA TURKEY	819	950	4.68	0.5	0	4.18
BRATWURST,PORK,CKD	35	35	2.85	0	0	2.85
BRAUNSCHWEIGER (A LIVER SAUSAGE),PORK	792	792	3.1	0	0	3.1
BROTWURST,PORK,BF,LINK	62	62	2.93	0	0	2.93

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CHEESEFURTER,CHS SMOKIE,PORK,BF	2	2	1.51	0	0	1.51
CHICKEN ROLL LT MEAT	867	867	2.44	0	0	2.44
CHICKEN SPRD	185	58	4.05	0.3	0	3.75
CHORIZO,PORK AND BEEF	654	654	1.86	0	0	1.86
CORNED BEEF LOAF,JELLIED	3	3	0	0	0	0
DUTCH BRAND LOAF,CHICK,PORK & BF	835	687	3.93	0.2	0	3.73
FRANKFURTER BF	185	185	4.06	0	0	4.06
FRANKFURTER BF & PORK	108	108	1.72	0	0	1.72
FRANKFURTER,CHICK	681	681	6.79	0	0	6.79
FRANKFURTER,TURKEY	2	2	1.49	0	0	1.49
HAM,CHOPPED,CANNED	700	700	0.28	0	0	0.28
HAM,CHOPPED,NOT CANNED	929	929	4.2	0	0	4.2
HAM,SLICED,EX LN	37	37	2.63	0	0	2.63
HAM,SLICED,REG (APPROX 11% FAT)	602	821	3.83	1.3	0	2.53
HAM,MINCED	654	654	1.85	0	0	1.85
HAM SALAD SPREAD	215	215	10.65	0	0	10.65
HAM&CHS LOAF OR ROLL	48	48	4	0	0	4
HAM AND CHEESE SPREAD	605	605	2.28	0	0	2.28
HEADCHEESE,PORK	3	3	0	0	0	0
HONEY LOAF PORK BF	51	51	5.33	0	0	5.33
SAUSAGE,ITALIAN,PORK,RAW	673	673	0.65	0	0	0.65
KIELBASA,KOLBASSY,PORK,BF,N ONFAT DRY MILK	880	880	2.14	0	0	2.14
KNACKWURST KNOCKWURST PORK BF	938	938	3.2	0	0	3.2
LEBANON BOLOGNA BF	124	124	0.44	0	0	0.44
LIVER CHEESE,PORK	593	593	2.1	0	0	2.1
LIVER SAUSAGE,LIVERWURST,PORK	620	620	2.2	0	0	2.2
LUNCHEON MEAT,BEEF,LOAVED	688	688	2.9	0	0	2.9
LUNCHEON MEAT,BF,THIN SLICED	33	33	0.88	0	0	0.88
LUNCHEON MEAT,PORK,CANNED	593	593	2.1	0	0	2.1
LUNCHEON MEAT,PORK,BEEF	170	170	2.33	0	0	2.33
MORTADELLA,BEEF,PORK	792	792	3.05	0	0	3.05
OLIVE LOAF,PORK	961	961	9.2	0	0	9.2
PASTRAMI,TURKEY	686	30	3.68	0.1	0	3.58
PATE,CHICKEN LIVER,CANNED	249	249	6.55	0	0	6.55
PATE,GOOSE LIVER,SMOKED,CND	819	819	4.67	0	0	4.67
PATE,LIVER,NOT SPECIFIED,CND	2	2	1.5	0	0	1.5
PEPPERED LOAF PORK BF	988	988	4.6	0	0	4.6
PEPPERONI,PORK,BEEF	185	821	4.04	1.5	0	2.54

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
PICKLE&PIMIENTO LOAF,PORK	234	251	8.46	0.6	0	7.86
POLISH SAUSAGE,PORK	113	113	1.63	0	0	1.63
LUXURY LOAF,PORK	86	86	4.9	0	0	4.9
MOTHER'S LOAF,PORK	881	881	7.53	0	0	7.53
PICNIC LOAF,PORK,BEEF	279	279	4.76	0	0	4.76
PORK SAUSAGE,FRSH,RAW	3	3	0	0	0	0
PORK SAUSAGE,FRSH,CKD	3	3	0	0	0	0
PORK&BF SAUSAGE,FRSH,CKD	37	37	2.7	0	0	2.7
TURKEY SAUSAGE,RED FAT,BROWN&SERVE,CKD	693	22	10.77	0.3	0	10.47
POULTRY SALAD SNDWCH SPRD	223	223	7.41	0	0	7.41
SALAMI CKD BF	6	6	1.9	0	0	1.9
SALAMI,CKD,BF&PORK	605	605	2.25	0	0	2.25
SALAMI,COOKED,TURKEY	700	700	0.4	0.1	0	0.3
SALAMI,DRY OR HARD,PORK	113	113	1.6	0	0	1.6
SALAMI,DRY OR HARD,PORK,BF	701	701	3.8	0	0	3.8
SANDWICH SPREAD,PORK,BEEF	333	186	11.94	0.2	0	11.74
SMOKED LINK SAUSAGE,PORK	593	593	2.1	0	0	2.1
SAUSAGE,SMOKED LINK SAUSAGE,PORK & BF	867	867	2.42	0	0	2.42
SMOKED LINK SAUSAGE,PORK&BF,FLR&NONFAT DRY MILK	48	48	3.97	0	0	3.97
SMOKED LINK SAUSAGE,PORK&BF,NONFAT DRY MILK	6	6	1.92	0	0	1.92
THURINGER,CERVELAT,SMMR SAUSAGE,BF,PORK	712	712	3.33	0	0	3.33
TURKEY BREAST MEAT	929	834	4.21	0.5	0	3.71
TURKEY HAM,CURED TURKEY THIGH MEAT	666	654	2.04	0.2	0	1.84
TURKEY ROLL,LIGHT MEAT	18	18	0.53	0	0	0.53
TURKEY ROLL,LT&DK MEAT	593	593	2.13	0	0	2.13
SAUSAGE,VIENNA,CND,CHICK, BF,PORK	37	37	2.6	0	0	2.6
HONEY ROLL SAUSAGE,BEEF	620	620	2.18	0	0	2.18
SAUSAGE,ITALIAN,PORK,CKD	929	950	4.27	0.1	0	4.17
LUNCHEON SAUSAGE,PORK&BF	113	113	1.58	0	0	1.58
NEW ENGLAND BRAND SAUSAGE,PORK,BF	104	104	4.83	0	0	4.83
OSCAR MAYER,BOLOGNA (CHICK,PORK,BF)	170	170	2.4	0	0	2.4
OSCAR MAYER,BOLOGNA (BEEF)	867	867	2.45	0	0	2.45
OSCAR MAYER,BOLOGNA (BEEF LIGHT)	286	286	5.6	0	0	5.6
OSCAR MAYER,BOLOGNA (FAT FREE)	882	882	6	0	0	6
OSCAR MAYER BOLOGNA LIGHT (PORK CHICK BEEF)	818	818	5.7	0	0	5.7

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
OSCAR MAYER. BOLOGNA (WIS-CONSIN MADE RING)	37	37	2.6	0	0	2.6
OSCAR MAYER,BRAUNSCHWEIGER LIVER SAUSAGE (SLICED)	37	170	2.6	0.2	0	2.4
OSCAR MAYER,BRAUNSCHWEIGER LIVER SAUSAGE (SAREN TUBE)	170	620	2.3	0.1	0	2.2
OSCAR MAYER CHICKEN BREAST (HONEY GLAZED)	835	835	3.9	0	0	3.9
OSCAR MAYER,CHICK BREAST (OVEN RSTD,FAT FREE)	108	108	1.7	0	0	1.7
OSCAR MAYER HAM & CHEESE LOAF	58	58	3.75	0	0	3.75
OSCAR MAYER,HAM (CHOPPED W/ NAT JUICE)	1	1	3.65	0	0	3.65
OSCAR MAYER HAM (WATER ADDED BKD CKD 96% FAT FREE)	654	654	1.83	0	0	1.83
OSCAR MAYER,HAM (H2O ,BLD)	183	183	1.2	0	0	1.2
OSCAR MAYER,HAM (H2O ,HONEY)	792	792	3.1	0	0	3.1
OSCAR MAYER,HAM (H2O ,SMOKED,CKD)	3	3	0.1	0	0	0.1
OSCAR MAYER,HAM (40%HAM/ WATER PRODUCT,SMOKED,FAT FREE)	6	6	1.9	0	0	1.9
OSCAR MAYER,HEAD CHEESE	3	3	0	0	0	0
OSCAR MAYER,LIVER CHS,PORK FAT WRAPPED	37	37	2.6	0	0	2.6
OSCAR MAYER,LUNCHEON LOAF (SPICED)	889	889	7	0	0	7
OSCAR MAYER,OLD FASHIONED LOAF	795	795	8	0	0	8
OSCAR MAYER,OLIVE LOAF (CHICK,PORK,TURKEY)	614	614	6.9	0	0	6.9
OSCAR MAYER,PICKLE PIMIENTO LOAF (W/CHICK)	812	812	9.1	0	0	9.1
OSCAR MAYER,PORK SAUSAGE LINKS (CKD)	131	131	1	0	0	1
OSCAR MAYER,SALAMI BF COTTO	6	6	1.9	0	0	1.9
OSCAR MAYER,SALAMI COTTO (BF,PORK,CHICK)	620	620	2.2	0	0	2.2
OSCAR MAYER,SALAMI (FOR BEER)	6	6	1.9	0	0	1.9
OSCAR MAYER,SALAMI (GENOA)	183	183	1.2	0	0	1.2
OSCAR MAYER,SALAMI (HARD)	17	17	1.65	0	0	1.65
OSCAR MAYER,SNDWCH SPRD (PORK,CHICK,BF)	235	268	15.4	0.3	0	15.1
OSCAR MAYER,SMOKIE LINKS SAUSAGE	108	108	1.7	0	0	1.7
OSCAR MAYER SMOKIES (BEEF)	6	6	1.95	0	0	1.95
OSCAR MAYER,SMOKIES (CHS)	870	870	1.8	0	0	1.8

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
OSCAR MAYER,SMOKIES SAUSAGE LITTLE (PORK,TURKEY)	870	870	1.8	0	0	1.8
OSCAR MAYER,SMOKIES SAUSAGE LITTLE CHS (PORK,TURKEY)	108	108	1.7	0	0	1.7
OSCAR MAYER,SMMR SAUSAGE BF THURINGER CERVELAT	6	6	1.9	0	0	1.9
OSCAR MAYER,SMMR SAUSAGE THURINGER CERVELAT	33	33	0.9	0	0	0.9
OSCAR MAYER,TURKEY BREAST (SMOKED,FAT FREE)	30	30	3.6	0	0	3.6
OSCAR MAYER,WIENERS (PORK,TURKEY)	37	37	2.7	0	0	2.7
OSCAR MAYER,WIENERS (BEEF FRANKS)	170	170	2.35	0	0	2.35
OSCAR MAYER WIENERS (BEEF FRANKS BUN LENGTH)	37	37	2.65	0	0	2.65
OSCAR MAYER,WIENERS (BEEF FRANKS,FAT FREE)	813	813	5.1	0	0	5.1
OSCAR MAYER,WIENERS (BEEF FRANKS,LIGHT)	695	695	4.1	0	0	4.1
OSCAR MAYER,WIENERS (CHEESE HOT DOGS W/ TURKEY)	791	791	2.8	0	0	2.8
OSCAR MAYER,WIENERS (FAT FREE HOT DOGS)	65	65	4.3	0	0	4.3
OSCAR MAYER,WIENERS (LIGHT PORK,TURKEY,BEEF)	791	791	2.8	0	0	2.8
OSCAR MAYER,WIENERS LITTLE (PORK,TURKEY)	170	170	2.3	0	0	2.3
LOUIS RICH,CHICK BREAST CLASSIC BKD /GRILL (CARVING BOARD)	834	834	3.7	0	0	3.7
LOUIS RICH,CHICK BREAST (OVEN RSTD DELUXE)	836	836	2.5	0	0	2.5
LOUIS RICH,CHICK (WHITE,OVEN RSTD)	170	170	2.3	0	0	2.3
LOUIS RICH,FRANKS (TURKEY & CHICK CHEESE)	813	813	5.1	0	0	5.1
LOUIS RICH,FRANKS (TURKEY & CHICKEN)	51	51	5.3	0	0	5.3
LOUIS RICH TURKEY BACON	17	17	1.65	0	0	1.65
LOUIS RICH,TURKEY BOLOGNA	104	104	4.85	0	0	4.85
LOUIS RICH,TURKEY BREAST & WHITE TURKEY (OVEN ROASTED)	938	938	3.25	0	0	3.25
LOUIS RICH,TURKEY BREAST&WHITE TURKEY (SMOKED SLICED)	170	170	2.4	0	0	2.4
LOUIS RICH,TURKEY (HONEY RSTD,FAT FREE)	85	85	4.5	0	0	4.5
LOUIS RICH,TURKEY BREAST (OVEN RSTD,FAT FREE)	85	85	4.5	0	0	4.5
LOUIS RICH,TURKEY BREAST (OVEN RSTD,PORTION FAT FREE)	6	6	1.9	0	0	1.9

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LOUIS RICH,TURKEY BREAST (SMOKED,CARVING BOARD)	113	113	1.6	0	0	1.6
LOUIS RICH,TURKEY BREAST (SMOKED,PORTION FAT FREE)	620	620	2.2	0	0	2.2
LOUIS RICH,,TURKEY HAM (10% H2O)	33	33	0.9	0	0	0.9
LOUIS RICH,TURKEY NUGGETS/STICKS (BREADED)	235	275	15.4	0.5	0	14.9
LOUIS RICH,TURKEY SALAMI	700	700	0.4	0	0	0.4
LOUIS RICH,TURKEY SALAMI COTTO	33	33	0.9	0	0	0.9
LOUIS RICH,TURKEY SMOKED SAUSAGE	792	792	3.15	0	0	3.15
BUTCHER BOY MEATS,INC.,TURKEY FRANKS	819	786	4.66	0.2	0	4.46
CARL BUDDIG,CKD CORNED BF,CHOPD,PRESSED	131	131	1	0	0	1
CARL BUDDIG,SMOKED SLICED CHICK,LT&DK MEAT	673	673	0.7	0	0	0.7
CARL BUDDIG,SMOKED SLICED BF	24	24	0.6	0	0	0.6
CARL BUDDIG,SMOKED SLICED TURKEY,LT&DK MEAT	870	870	1.8	0	0	1.8
CARL BUDDIG. CKD SMOKED BF PASTRAMI,CHOPD,PRESSED	131	131	1	0	0	1
CARL BUDDIG,SMOKED SLICED HAM	197	197	1.1	0	0	1.1
HORMEL SPAM LUNCHEON MEAT PORK W/ HAM MINCED CND	792	792	3.03	0	0	3.03
HORMEL SPAM,LT LUNCH MT,PORK & CHICK,MINCED,CND,VIT C ADDED	2	2	1.35	0	0	1.35
HORMEL PILLOW PAK SLICED TURKEY PEPPERONI	701	701	3.78	0	0	3.78
HORMEL WRANGLER BEEF FRANKS	593	593	2.11	0	0	2.11
TURKEY,PORK,&BF SAUSAGE,LOFAT,SMOKED	617	23	11.5	0.6	0	10.9
USDA COMMODITY,PORK,SAUSAGE,BULK/LINKS/PATTIES,FRZ,CKD	3	3	0	0	0	0
FRANKFURTER,BF,PORK,& TURKEY,FAT FREE	264	264	11.21	0	0	11.21
LUNCHEON MEAT,PORK,HAM,& CHICK,MINCD,CND,RED NA,VIT C, (SPAM)	712	712	3.4	0	0	3.4
USDA COMMODITY,PORK SAUSAGE,BULK/LINKS/PATTIES,FRZ,RAW	3	3	0	0	0	0
LUNCHEON MEAT,PORK W/HAM,MINCED,CND,INCL SPAM (HORMEL)	988	988	4.6	0	0	4.6
LUNCHEON MEAT,PORK&CHICK, MINCED,CND,INCL SPAM LITE	2	2	1.35	0	0	1.35

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BRATWURST VEAL CKD	3	3	0	0	0	0
LIVERWURST SPRD	948	712	5.89	2.5	0	3.39
ROAST BF SPRD	687	36	3.73	0.2	0	3.53
SALAMI PORK BF LESS NA	235	619	15.38	0.2	0	15.18
SAUSAGE ITALIAN SWT LINKS	593	593	2.1	0	0	2.1
SAUSAGE POLISH BF W/ CHICK HOT	30	30	3.6	0	0	3.6
SAUSAGE POLISH PORK & BF SMOKED	107	107	1.98	0	0	1.98
SAUSAGE PORK & BF W/ CHEDDAR CHS SMOKED	593	593	2.13	0	0	2.13
SAUSAGE SMMR PORK & BF STKS W/ CHEDDAR CHS	870	113	1.82	0.2	0	1.62
SAUSAGE TURKEY BRKFST LINKS MILD	113	113	1.56	0	0	1.56
SWISSWURST PORK & BF W/ SWISS CHS SMOKED	113	113	1.6	0	0	1.6
BACON & BF STKS	685	685	0.8	0	0	0.8
BRATWURST BF & PORK SMOKED	107	107	2	0	0	2
BRATWURST,CHICK,CKD	3	3	0	0	0	0
BRATWURST PORK BF & TURKEY LITE SMOKED	113	113	1.62	0	0	1.62
PASTRAMI BF 98% FAT-FREE	113	113	1.54	0	0	1.54
SALAMI ITALIAN PORK	183	183	1.2	0	0	1.2
SAUSAGE ITALIAN TURKEY SMOKED	819	58	4.65	0.9	0	3.75
SAUSAGE CHICK BF PORK SKINLESS SMOKED	926	926	8.1	0	0	8.1
SAUSAGE TURKEY HOT SMOKED	819	58	4.65	0.9	0	3.75
YACHTWURST,W/ PISTACHIO NUTS,CKD	2	2	1.4	0	0	1.4
BEERWURST PORK & BF	929	712	4.27	0.9	0	3.37
CHICKEN BREAST FAT-FREE MESQ FLAVOR SLICED	605	605	2.25	0	0	2.25
CHICKEN BREAST OVEN-ROASTED FAT-FREE SLICED	880	880	2.17	0	0	2.17
KIELBASA,POLISH,TURKEY & BF,SMOKED	835	835	3.9	0	0	3.9
OVEN-ROASTED CHICK BREAST ROLL	874	874	1.79	0	0	1.79
BOLOGNA PORK & TURKEY LITE	601	601	3.45	0	0	3.45
BOLOGNA PORK TURKEY & BF	40	40	6.66	0	0	6.66
HAM HONEY SMOKED CKD	233	233	7.27	0	0	7.27
FRANKFURTER,PORK	700	3	0.28	0.1	0	0.18
MACARONI & CHS LOAF CHICK PORK & BF	64	64	11.63	0	0	11.63
SALAMI ITALIAN PORK & BF DRY SLICED 50% LESS NA	811	811	6.4	0	0	6.4
PATE TRUFFLE FLAVOR	715	715	6.3		0	6.3

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TURKEY,BREAST,SMOKED,L EMON PEPPER FLAVOR,97% FAT-FREE	2	2	1.31	0	0	1.31
TURKEY WHITE ROTISSERIE DELI CUT	222	233	7.7	0.4	0	7.3
FRANKFURTER BF HTD	58	58	3.77	0	0	3.77
FRANKFURTER MEAT HTD	86	86	4.9	0	0	4.9
FRANKFURTER MEAT	950	950	4.17	0	0	4.17
SCRAPPLE,PORK	637	530	14.06	0.3	0	13.76
BOLOGNA,CHICK,TURKEY,PORK	810	810	5.65	0	0	5.65
PORK SAUSAGE,PRE-COOKED	3	3	0	0	0	0
BEEF SAUSAGE,PRE-COOKED	3	3	0.03	0	0	0.03
TURKEY SAUSAGE,FRSH,RAW	124	124	0.47	0	0	0.47
BEEF SAUSAGE,FRSH,CKD	700	700	0.35	0	0	0.35
PORK & TURKEY SAUSAGE,PRE-COOKED	1	1	3.63	0	0	3.63
TURKEY SAUSAGE,FRSH,CKD	3	3	0	0	0	0
BOLOGNA,CHICK,PORK,BF	286	286	5.61	0	0	5.61
BOLOGNA,CHICK,PORK	950	950	4.19	0	0	4.19
CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN ORIGINAL	514	297	74.24	29.3	0	44.94
CEREALS RTE,OATS,CORN PUFFED MIXTURE,PRESWEETENED	335	352	83.5	4.1	0	79.4
CEREALS RTE,KELLOGG,KELLOGG'S APPL JACKS	14	371	91	3.2	0	87.8
CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN BRAN BUDDS	344	459	80	43	0	37
CEREALS RTE,QUAKER,CAP'N CRUNCH	338	355	84.82	2.5	0	82.32
CEREALS RTE,QUAKER,CAP'N CRUNCH W/ CRUNCHBERRIES	338	355	85.07	2.5	0	82.57
CEREALS RTE,QUAKER,CAP'N CRUNCH'S PNUIT BUTTER CRUNCH	489	379	77.8	5	0	72.8
CEREALS RTE,GENERAL MILLS,CHEERIOS	511	406	75.92	9.3	0	66.62
CEREALS RTE,KELLOGG,KELLOGG'S COCOA KRISPIES	351	342	86.05	1.9	0	84.15
CEREALS RTE,RICE,PUFFED,PRE SWEETENED,W/ COCOA,SINGLE BRAND	371	351	87.9	1.6	0	86.3
CEREALS RTE,GENERAL MILLS,COOKIE CRISP	340	355	86.67	4	0	82.67
CEREALS RTE,QUAKER,QUAKER CRUNCHY BRAN	351	404	86.34	17.5	0	68.84
CEREALS RTE,GENERAL MILLS,CORN CHEX	338	479	85.06	4	0	81.06

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CEREALS RTE,KELLOGG,KELLOGG'S CORN FLAKES	343	338	87.11	2.5	0	84.61
CEREALS RTE,CORN FLAKES,LO NA	498	371	88.8	1.1	0	87.7
CEREALS RTE,KELLOGG,KELLOGG'S CRACKLIN' OAT BRAN	443	732	71.4	12.7	0	58.7
CEREALS RTE,RALSTON CRISPY RICE	351	227	86.22	0.7	0	85.52
CEREALS RTE,GENERAL MILLS,WHEATIES RAISIN BRAN	479	318	81	9	0	72
CEREALS RTE,KELLOGG,KELLOGG'S COMPLETE WHEAT BRAN FLAKES	282	267	79	17.5	0	61.5
CEREALS RTE,BRAN FLAKES,SINGLE BRAND	344	214	80.4	17.6	0	62.8
CEREALS RTE,KELLOGG,KELLOGG'S FROOT LOOPS	343	338	87.48	2.5	0	84.98
CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS,ORIGINAL	344	363	80.4	10	0	70.4
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD RICE KRISPIES	498	498	89	0.3	0	88.7
CEREALS RTE,RICE,PUFFED,PRESWEETENED,FRUIT FLAV,SINGLE BRAND	371	343	87.9	0.7	0	87.2
CEREALS RTE,GENERAL MILLS,GOLDEN GRAHAMS	340	335	86.53	3.3	0	83.23
CEREALS RTE,GRANOLA,HOMEMADE	302	244	53.25	9	0	44.25
CEREALS RTE,WHEAT&MALT BARLEY GRANULES,PLN,SINGLE BRAND	486	515	81.3	8.7	0	72.6
CEREALS RTE,WHEAT&MALT BARLEY FLAKES	486	379	81.5	8.8	0	72.7
CEREALS RTE,GENERAL MILLS,HONEY NUT CHEERIOS	426	320	77.33	7.1	0	70.23
CEREALS RTE,CORN&OAT FLOURS,PUFFED PRESWEETENED,SINGLE BRAND	498	351	88.9	2.5	0	86.4
CEREALS RTE,QUAKER,KING VITAMAN	338	479	84.9	3.8	0	81.1
CEREALS RTE,GENERAL MILLS,KIX	342	479	84.34	3.3	0	81.04
CEREALS RTE,QUAKER,QUAKER OAT LIFE,PLN	513	443	78.1	6.6	0	71.5
CEREALS RTE,GENERAL MILLS,LUCKY CHARMS	342	479	83.83	3.3	0	80.53
CEREALS RTE,BRAN,MALTED FLR,SINGLE BRAND	359	385	78.2	28.6	0	49.6
CEREALS RTE,QUAKER,100% NAT GRANOLA OATS & HONEY	406	729	66.43	7.3	0	59.13
CEREALS RTE,GENERAL MILLS,HONEY NUT CHEX	351	338	86	1	0	85

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CEREALS RTE,KELLOGG,KELLOGG'S PRODUCT 19	335	374	83	3.3	0	79.7
CEREALS RTE,QUAKER,SWT CRUNCH/QUISP	338	355	85	2.6	0	82.4
CEREALS RTE,KELLOGG,KELLOGG'S RAISIN BRAN	510	377	76.3	11.9	0	64.4
CEREALS RTE,KRAFT,POST RAISIN BRAN CRL	500	780	76.84	12.1	0	64.74
CEREALS RTE,GENERAL MILLS,RICE CHEX	338	342	85.42	1	0	84.42
CEREALS RTE,KELLOGG,KELLOGG'S RICE KRISPIES	227	338	85.5	0.6	0	84.9
CEREALS RTE,QUAKER,QUAKER PUFFED RICE	371	351	87.77	1.4	0	86.37
CEREALS RTE,KELLOGG,KELLOGG'S SPL K	373	404	71	2.4	0	68.6
CEREALS RTE,KELLOGG,KELLOGG'S CORN POPS	336	532	90	0.8	0	89.2
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD FLAKES	350	343	90.3	3.2	0	87.1
CEREALS RTE,KELLOGG,KELLOGG'S HONEY SMACKS	498	338	89	3.7	0	85.3
CEREALS RTE,WHEAT,PUFFED,P RESWEETENED,SINGLE BRAND	14	14	90.9	0	0	90.9
CEREALS RTE,RALSTON TASTEEOS	514	778	74.22	10.7	0	63.52
CEREALS RTE,CORN FLAKES,PLN,SINGLE BRAND	340	355	86.7	4.5	0	82.2
CEREALS RTE,GENERAL MILLS,WHL GRAIN TOTAL	369	405	77.18	9	0	68.18
CEREALS RTE,GENERAL MILLS,TRIX	340	335	86.67	3.3	0	83.37
CEREALS RTE,WAFFELOS	351	351	86.3		0	86.3
CEREALS RTE,WHL WHEAT,SHR EDDD,PRESWEETENED,SINGLE BRAND	479	229	81.22	7.7	0	73.52
CEREALS RTE,GENERAL MILLS,WHEAT CHEX	479	363	81.09	10.8	0	70.29
CEREALS RTE,MALT-O-MEAL,CORN BURSTS	366	366	93.7	1.8	0	91.9
CEREALS RTE,WHEAT GERM,TSTD,PLN	385	240	49.6	15.1	0	34.5
CEREALS RTE,QUAKER,KRETSCHMER HONEY CRUNCH WHEAT GERM	431	436	58.11	10.2	0	47.91
CEREALS RTE,GENERAL MILLS,FRENCH TOAST CRUNCH	421	514	77.55	3.1	0	74.45
CEREALS RTE,GENERAL MILLS,MULTI-GRAIN CHEERIOS	335	229	83.34	9.3	0	74.04

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
CEREALS RTE,GENERAL MILLS,TEAM CHEERIOS	335	511	82.88	6.7	0	76.18
CEREALS RTE,GENERAL MILLS,WHEATIES	479	380	80.77	10	0	70.77
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,DRY	374	513	79.6	1.6	0	78
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,CKD W/ H2O,WO/ SALT	270	68	12.87	0.3	0	12.57
CEREALS,QUAKER,CORN GRITS,INST,PLN,DRY	15	229	78.82	4.8	0	74.02
CEREALS,QUAKER,CORN GRITS,INST,PLN,PREP W/H2O	268	637	15.06	0.9	0	14.16
CEREALS,QUAKER,CORN GRITS,INST,CHEDDAR CHS FLAVOR,DRY	456	404	73.08	4.2	0	68.88
CEREALS,QUAKER,CORN GRITS,INST,CHEDDAR CHS FLAVOR,PREP W/H2O	554	962	14.01	0.8	0	13.21
CEREALS,QUAKER,CORN GRITS,INST,W/IMITN BACON BITS,DRY	426	318	77.35	5.3	0	72.05
CEREALS,QUAKER,CRNGRIT, INST,CNTRYBCN(IMTATN BCN BIT)PRPW/H2O	206	276	14.61	1	0	13.61
CEREALS,CRM OF RICE,DRY	355	486	82.4	0.7	0	81.7
CEREALS,CRM OF RICE,CKD W/H2O,WO/SALT	283	784	11.4	0.1	0	11.3
CEREALS,CREAM OF WHEAT,REG,DRY	510	379	76.5	3.8	0	72.7
CEREALS,CREAM OF WHEAT,REG,CKD W/ H2O,WO/ SALT	23	22	11	0.5	0	10.5
CEREALS,CREAM OF WHEAT,QUICK,DRY	319	318	75	2.8	0	72.2
CEREALS,CREAM OF WHEAT,QUICK,CKD W/ H2O,WO/ SALT	239	289	11.2	0.5	0	10.7
CEREALS,CREAM OF WHEAT,INST,DRY	322	318	75.5	3.3	0	72.2
CEREALS,CREAM OF WHEAT,INST,PREP W/ H2O,WO/ SALT	639	68	13.08	0.6	0	12.48
CEREALS,CREAM OF WHEAT,MIX'N EAT,PLN,DRY	322	456	75.6	2.3	0	73.3
CEREALS,CREAM OF WHEAT,MIX'N EAT,PLN,PREP W/ H2O	268	328	15.1	0.3	0	14.8
CEREALS,CRM OF WHEAT,MIX'N EAT,APPL,BANANA&MAPLE FLAV,DRY	486	282	81.6	2.5	0	79.1
CEREALS,CRM OF WHEAT,MIX'N EAT,APPL,BANANA&MAPLE FLAV,PREP	892	758	19.3	0.3	0	19
CEREALS,FARINA,ENR,DRY	513	511	78	1.9	0	76.1

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CEREALS,FARINA,ENR,CKD W/ H2O,WO/ SALT	22	330	10.47	0.3	0	10.17
CEREALS,MALTEX,DRY	426	456	77.3	4.2	0	73.1
CEREALS,MALTEX,CKD W/ H2O,WO/ SALT	661	275	15.81	0.9	0	14.91
CEREALS,MALT-O-MEAL,PLN,DRY	322	443	75.6	4	0	71.6
CEREALS,MAYPO,DRY	318	430	72	10.8	0	61.2
CEREALS,MAYPO,CKD W/ H2O,WO/ SALT	165	23	13.3	2.4	0	10.9
CEREALS,OATS,REG & QUICK & INST,NOT FORT,DRY	406	306	67	9.8	0	57.2
CEREALS,OATS,REG & QUICK & INST,UNENR,CKD W/ H2O,WO/ SALT	693	812	10.8	1.7	0	9.1
CEREALS,OATS,INST,FORT,PL N,DRY	377	535	64	10.9	0	53.1
CEREALS,OATS,INST,FORT,PLN,P REP W/ H2O	194	795	9.59	1.6	0	7.99
CEREALS,QUAKER,INST OATMEAL,APPLS & CINN,DRY	489	320	77.92	7.9	0	70.02
CEREALS,QUAKER,INST OATMEAL,APPLS & CINN,PREP W/ BOILING H2O	646	661	17.77	1.8	0	15.97
CEREALS,OATS,INST,FORT,W/ CINN & SPICE,DRY	500	363	76.97	6.6	0	70.37
CEREALS,OATS,INST,FORT,W/ CINN & SPICE,PREP W/ H2O	660	759	21.52	1.8	0	19.72
CEREALS,QUAKER,INST OATMEAL,MAPLE & BROWN SUGAR,DRY	319	404	75.28	6.6	0	68.68
CEREALS,QUAKER,INST OAT, MAPLE & BR SUGAR,PREP W/ BOIL H2O	272	647	20.04	1.8	0	18.24
CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,DRY	510	320	76.31	6.2	0	70.11
CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,PREP W/ H2O	767	549	20.32	1.6	0	18.72
CEREALS,RALSTON,DRY	318	732	72.1	13.4	0	58.7
CEREALS,RALSTON,CKD W/ H2O,WO/ SALT	239	941	11.2	2.4	0	8.8
CEREALS,ROMAN MEAL,PLN,DRY	318	308	72	17.9	0	54.1
CEREALS,ROMAN MEAL,PLN,CKD W/ H2O,WO/ SALT	530	11	13.7	3.4	0	10.3
CEREALS RTE,MALT-O-MEAL,MARSHMLLW MATEYS	335	15	83.3	4.6	0	78.7
CEREALS RTE,GENERAL MILLS,CINN GRAHAMS	351	355	86	3.2	0	82.8
CEREALS RTE,CHOC FLAV RINGS,PRESWEETENED,SINGLE BRAND	356	510	81.9	5.5	0	76.4
CEREALS,WHEATENA,DRY	322	214	75.6	12.8	0	62.8
CEREALS,WHEATENA,CKD W/ H2O	232	812	11.8	2.7	0	9.1

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CEREALS,WHL WHEAT HOT NAT CRL,DRY	319	207	75.2	9.5	0	65.7
CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,WO/ SALT	278	333	13.62	1.7	0	11.92
CEREALS RTE,QUAKER,QUAKER PUFFED WHEAT	510	406	76.39	9.4	0	66.99
CEREALS RTE,WHEAT,SHREDDED,PLN,SUGAR & SALT FREE	15	406	78.76	12	0	66.76
CEREALS RTE,WHEAT,SHREDDED,PLN,SUGAR&SALT FREE,SPOON SIZE	335	443	83	11.4	0	71.6
CEREALS RTE,NUTRIGRAIN,WHEAT,SEE NEW PRODUCT 08292	338	359	84.6	6.3	0	78.3
CEREALS,ROMAN MEAL WITH OATS,CKD W/ H2O,WO/ SALT	632	784	14.2	2.9	0	11.3
CEREALS RTE,RICE,PUFFED,FORT	336	371	89.8	1.7	0	88.1
CEREALS RTE,WHEAT,PUFFED,FORT	374	319	79.6	4.4	0	75.2
CEREALS,CORN GRITS,WHITE,REG & QUICK,UNENR,DRY	374	513	79.6	1.6	0	78
CEREALS,CORN GRITS,YEL,REG & QUICK,ENR,DRY	374	513	79.6	1.6	0	78
CEREALS,CORN GRITS,YEL,REG & QUICK,UNENR,DRY	374	513	79.6	1.6	0	78
CEREALS,CORN GRITS,WHITE,REG,QUICK,ENR,CKD W/ H2O,W/ SALT	270	68	12.87	0.3	0	12.57
CEREALS,CORN GRITS,WHITE,REG & QUICK,UNENR,CKD W/ H2O,WO/ SALT	270	68	12.87	0.3	0	12.57
CEREALS,CORN GRITS,WHITE,REG,QUICK,UNENR,CKD W/ H2O,W/ SALT	270	245	13	0.2	0	12.8
CEREALS,CORN GRITS,YEL,REG & QUICK,ENR,CKD W/ H2O,WO/ SALT	270	68	12.87	0.3	0	12.57
CEREALS,CORN GRITS,YEL,REG,QUICK,ENR,CKD W/ H2O,W/ SALT	270	68	12.87	0.3	0	12.57
CEREALS,CORN GRITS,YEL,REG & QUICK,UNENR,CKD W/ H2O,WO/ SALT	270	68	12.87	0.3	0	12.57
CEREALS,CORN GRITS,YEL,REG,QUICK,UNENR,CKD W/ H2O,W/ SALT	270	68	12.87	0.3	0	12.57
CEREALS,CREAM OF RICE,CKD W/ H2O,W/ SALT	617	283	11.5	0.1	0	11.4
CEREALS,CRM OF WHEAT,REG,CKD W/ H2O,W/ SALT,(WHEAT)	23	22	11	0.5	0	10.5
CEREALS,CREAM OF WHEAT,QUICK,CKD W/ H2O,W/ SALT	239	289	11.2	0.5	0	10.7

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CEREALS,CRM OF WHEAT,INST,PREP W/ H2O,W/ SALT,(WHEAT)	639	68	13.08	0.6	0	12.48
CEREALS,FARINA,UNENR,DRY	513	511	78	1.9	0	76.1
CEREALS,FARINA,ENR,CKD W/ H2O,W/ SALT	22	330	10.47	0.3	0	10.17
CEREALS,MALTEX,CKD W/ H2O,W/ SALT	661	275	15.81	0.9	0	14.91
CEREALS,MALT-O-MEAL,CHOC,DRY	344	322	79.9	4.3	0	75.6
CEREALS,MAYPO,CKD W/ H2O,W/ SALT	962	264	13.23	2	0	11.23
CEREALS,OATS,REG & QUICK & INST,UNENR,CKD W/ H2O,W/ SALT	693	812	10.8	1.7	0	9.1
CEREALS,ROMAN MEAL,PLN,CKD W/ H2O,W/ SALT	530	11	13.7	3.4	0	10.3
CEREALS,WHEATENA,CKD W/ H2O,W/ SALT	186	825	11.74	2	0	9.74
CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,W/ SALT	278	333	13.62	1.7	0	11.92
CEREALS,ROMAN MEAL WITH OATS,CKD W/ H2O,W/ SALT	632	693	14.2	3.4	0	10.8
CEREALS,RALSTON,CKD W/ H2O,W/ SALT	239	941	11.2	2.4	0	8.8
CEREALS RTE,KELLOGG,KELLOGG'S LO-FAT GRANOLA WO/ RAISINS	374	229	79.6	6.2	0	73.4
CEREALS RTE,GENERAL MILLS,OATMEAL CRISP,APPL CINN	342	339	84	7.3	0	76.7
CEREALS RTE,WHEAT,SHRED DED,PRESWEETENED,SINGLE BRAND	342	514	83.8	9.6	0	74.2
CEREALS RTE,CORN,RICE,WH EAT,OAT,PRESWEETENED,W/ FRUIT&ALMONDS	15	319	78.9	3.8	0	75.1
CEREALS RTE,GENERAL MILLS,REESE'S PUFFS	511	318	75.86	4	0	71.86
CEREALS RTE,HEALTHY CHOIC,KELLOGG'S ALMOND CRUNCH W/RAISINS	15	320	78.6	8.4	0	70.2
CEREALS,QUAKER,QUAKER MULTIGRAIN OATMEAL,DRY	229	267	73.44	12	0	61.44
CEREALS RTE,GENERAL MILLS,OATMEAL CRISP W/ ALMONDS	426	320	77.25	7.5	0	69.75
CEREALS RTE,CHOCOLATE-FLAVORED FRSTD PUFFED CORN	343	335	87.2	3.8	0	83.4
CEREALS RTE,MALT-O-MEAL,COCO-ROOS	532	371	89.5	1.8	0	87.7
CEREALS RTE,QUAKER,QUAKER OAT CINN LIFE	374	229	79.64	6.2	0	73.44
CEREALS RTE,QUAKER,HONEY GRAHAM OHIS	342	486	83.78	2.1	0	81.68

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
CEREALS RTE,QUAKER,SUN COUNTRY GRANOLA W/ ALMONDS	395	457	67.2	5.2	0	62
CEREALS RTE,QUAKER,QUAKER OATMEAL SQUARES	359	499	78.34	7.1	0	71.24
CEREALS RTE,QUAKER,QUAKER CINN OATMEAL SQUARES	344	318	79.83	7.6	0	72.23
CEREALS RTE,QUAKER,QUAKER OAT BRAN CRL	319	780	74.89	9.9	0	64.99
CEREALS READY TO EAT,CHARACTER CEREALS (MOVIES,TV),BRAND A	227	355	85.9	3.6	0	82.3
CEREALS RTE,QUAKER,100% NAT CRL W/ OATS,HONEY,& RAISINS	230	469	65.74	8.3	0	57.44
CEREALS RTE,QUAKER,HONEY NUT HEAVEN	426	363	77.4	7.1	0	70.3
CEREALS RTE,QUAKER,LOFAT 100% NAT GRANOLA W/ RAISINS	479	322	81.18	5.7	0	75.48
CEREALS,QUAKER,CORN GRITS,INST,BUTTER FLAVOR,DRY	319	320	75.04	4.8	0	70.24
CEREALS READY TO EAT,CHARACTER CEREALS (MOVIES,TV),BRAND B	336	336	90	0	0	90
CEREALS,QUAKER,INST OATMEAL,FRUIT & CRM VAR,DRY	370	404	74.72	5.8	0	68.92
CEREALS,QUAKER,INST OATMEAL,FRT& CRM VAR,PREP W/ BOILING H2O	276	68	13.56	1.1	0	12.46
CEREALS,QUAKER,INST OATMEAL,RAISINS,DATES & WALNUTS,DRY	229	395	73.69	6.6	0	67.09
CEREALS,QUAKER,INST OATMEAL,LO NA,DRY	395	469	67.29	9.8	0	57.49
CEREALS,QUAKER,FARINA,CREAMY WHEAT,ENR,DRY	511	456	76.13	2.9	0	73.23
CEREALS,QUAKER,OAT BRAN,QUAKER/MOTHER'S OAT BRAN,DRY	214	384	62.94	14.3	0	48.64
CEREALS,QUAKER,SCOTCH BARLEY,REG&QUICK,DRY	510	230	76.38	10.4	0	65.98
CEREALS,QUAKER,OATMEAL,INST,LO NA,PREP W/H2O	707	896	16.67	2.3	0	14.37
CEREALS,QUAKER,OATMEAL,INST,RAISINS,DATES&WALNUTS,PREP W/H2O	809	518	23.5	2.1	0	21.4
CEREALS,QKR,OAT BRAN,PREP W/H2O,NO SALT	103	801	7.49	1.7	0	5.79
CEREALS,QUAKER,CREAMY WHEAT,FARINA,ENR,PREP W/H2O,NO SALT	10	262	11.26	0.4	0	10.86
CEREALS,QUAKER,CORN GRITS,INST,BUTTER FLAVOR,PREP W/H2O	637	639	14.02	0.9	0	13.12
CEREALS RTE,GEN MILLS,BERRY BURST CHEERIOS,ALL FLAVORS	282	443	79.03	7.3	0	71.73

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CEREALS,OAT BRAN,QKR,QKR/MOTHER'S OAT BRAN,PREP W/H2O,SALT	103	801	7.49	1.7	0	5.79
CEREALS,QUAKER,CREAMY WHEAT,FARINA,ENR,PREP W/H2O,SALT	264	262	11.24	0.4	0	10.84
CEREALS RTE,JUST RIGHT W/ CRUNCHY NUGGETS	342	15	83.7	5.1	0	78.6
CEREALS RTE,GENERAL MILLS,HONEY NUT CLUSTERS	342	361	83.64	5.5	0	78.14
CEREALS RTE,GENERAL MILLS,FIBER ONE	335	973	83.33	47.3	0	36.03
CEREALS RTE,GENERAL MILLS,OATMEAL CRISP,RAISIN	344	229	80	6.2	0	73.8
CEREALS RTE,GENERAL MILLS,TOTAL CORN FLAKES	227	335	85.55	2.5	0	83.05
CEREALS RTE,GENERAL MILLS,TOTAL RAISIN BRAN	510	395	76.36	9.1	0	67.26
CEREALS,QUAKER,QUAKER MULTIGRAIN OATMEAL,PREP W/H2O,NO SALT	276	10	13.49	2.2	0	11.29
CEREALS,QUAKER,QUAKER MULTIGRAIN OATMEAL,PREP W/H2O,SALT	276	10	13.47	2.2	0	11.27
CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN W/ EX FIBER	369	969	77	50	0	27
CEREALS RTE,KELLOGG,KELLOGG'S APPL CINN SQUARES MINI-WHEATS	344	443	80.1	8.6	0	71.5
CEREALS RTE,KELLOGG,KELLOGG'S COMPLETE OAT BRAN FLAKES	369	377	77	13	0	64
CEREALS RTE,KELLOGG,KELLOGG'S CRISPIX	351	338	86	1.2	0	84.8
CEREALS RTE,GENERAL MILLS,RAISIN NUT BRAN	510	406	76.36	9.8	0	66.56
CEREALS RTE,GENERAL MILLS,BASIC 4	344	514	80	5.8	0	74.2
CEREALS RTE,GENERAL MILLS,APPL CINN CHEERIOS	335	352	83.33	4	0	79.33
CEREALS RTE,GENERAL MILLS,FRSTD CHEERIOS	335	282	83.25	4.3	0	78.95
CEREALS RTE,GENERAL MILLS,FRANKENBERRY	498	371	88.88	0.9	0	87.98
CEREALS RTE,GENERAL MILLS,COUNTRY CORN FLAKES	342	344	84.09	4	0	80.09
CEREALS RTE,GENERAL MILLS,COUNT CHOCULA	498	342	88.37	4	0	84.37
CEREALS RTE,GENERAL MILLS,COCOA PUFFS	340	486	86.67	5	0	81.67
CEREALS RTE,GENERAL MILLS,CINN TOAST CRUNCH	344	339	80	3.3	0	76.7
CEREALS RTE,GENERAL MILLS,BOO BERRY	498	371	88.82	0.9	0	87.92

	Code to use	Code ( Fiber Method)	Carbo- hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
CEREALS RTE,GENERAL MILLS,BERRY BERRY KIX	340	335	86.67	3.3	0	83.37
CEREALS RTE,GENERAL MILLS,NATURE VALLEY LOFAT FRUIT GRANOLA	344	319	80	5	0	75
CEREALS RTE,GENERAL MILLS,KABOOM	343	342	87.26	3.3	0	83.96
CEREALS RTE,KELLOGG,KELLOGG'S JUST RIGHT FRUIT & NUT	486	510	81.7	5.2	0	76.5
CEREALS RTE,KELLOGG,KELLOGG'S LO-FAT GRANOLA W/ RAISINS	344	319	80	5	0	75
CEREALS RTE,KELLOGG,KELLOGG'S MUESLIX	456	207	73	7.3	0	65.7
CEREALS RTE,KELLOGG,KELLOGG'S RAISIN MINI-WHEATS	344	499	79.9	8.7	0	71.2
CEREALS RTE,KELLOGG,KELLOGG'S RICE KRISPIES TREATS CRL	343	340	87	0.2	0	86.8
CEREALS RTE,KELLOGG,KELLOGG'S STRAWBERRY MINI-WHEATS	344	363	80	9.7	0	70.3
CEREALS RTE,HEALTH VALLEY,FIBER 7 FLAKES	361	377	78.15	14.1	0	64.05
CEREALS RTE,QUAKER,QUAKER APPL ZAPS	498	340	88.74	2.3	0	86.44
CEREALS RTE,QUAKER,QUAKER COCOA BLASTS	498	351	88.7	2.5	0	86.2
CEREALS RTE,QUAKER,QUAKER FRUITANGY OHIS	343	338	87.21	2.6	0	84.61
CEREALS RTE,QUAKER,QUAKER MARSHMLLW SAFARI	342	344	84.27	4.2	0	80.07
CEREALS RTE,QUAKER,QUAKER SWT PUFFS	371	338	87.99	3.4	0	84.59
CEREALS RTE,OAT,CORN&WHEAT SQUARE S,PRESWEETENED,MAPLE FLAV	344	513	79.9	1.8	0	78.1
CEREALS RTE,KELLOGG,KELLOGG'S HONEY CRUNCH CORN FLAKES	343	342	87	3.4	0	83.6
CEREALS,QUAKER,HOMINY GRITS,WHITE,QUICK,DRY	282	514	79.16	4.8	0	74.36
CEREALS,QUAKER,HOMINY GRITS,YEL,QUICK,DRY	489	318	77.76	5.6	0	72.16
CEREALS,QUAKER,HOMINY GRITS,WHITE,REG,DRY	282	514	79.16	4.8	0	74.36
CEREALS,QUAKER,FARINA,ENR CINN FLAVOR,DRY	370	380	74.54	3.7	0	70.84
CEREALS RTE,KELLOGG,KELLOGG'S SMART START CRL	351	479	86	5.4	0	80.6
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD MINI-WHEATS,BITE SIZE	479	373	81	10	0	71

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CEREALS RTE,KRAFT,POST BANANA NUT CRUNCH CRL	229	395	74	6.8	0	67.2
CEREALS RTE,KRAFT,POST BLUEBERRY MORNING CRL	15	319	78.9	3.8	0	75.1
CEREALS RTE,KRAFT,POST BRAN FLAKES	344	214	80.4	17.6	0	62.8
CEREALS RTE,KRAFT,POST COCOA PEBBLES CRL	371	351	87.9	1.6	0	86.3
CEREALS RTE,KRAFT,POST FRUITY PEBBLES CRL	371	343	87.9	0.7	0	87.2
CEREALS RTE,KRAFT,POST FRSTD ALPHA-BITS CRL	335	352	83.5	4.1	0	79.4
CEREALS RTE,KRAFT,POST MARSHMLLW ALPHA-BITS CRL	340	338	86.7	1.7	0	85
CEREALS RTE,KRAFT,POST FRUIT&FIBRE DATES,RAISINS&WALNUTS CRL	511	406	76.2	9.7	0	66.5
CEREALS RTE,KRAFT,POST GOLDEN CRISP CRL	14	14	90.9	0	0	90.9
CEREALS RTE,KRAFT,POST GRAPE-NUTS CRL	486	515	81.3	8.7	0	72.6
CEREALS RTE,KRAFT,POST GRAPE-NUTS FLAKES	486	379	81.5	8.8	0	72.7
CEREALS RTE,KRAFT,POST GREAT GRAINS CRUNCHY PECAN CRL	443	377	71.4	7	0	64.4
CEREALS RTE,KRAFT,POST GREAT GRAINS RAISIN,DATE&PECAN CRL	456	230	73.2	7.4	0	65.8
CEREALS RTE,KRAFT,POST HONEY BUNCHES OF OATS HONEY RSTD CRL	356	369	81.9	4.9	0	77
CEREALS RTE,KRAFT,POST HONEY BUNCHES OF OATS W/ALMONDS CRL	513	229	78	4.5	0	73.5
CEREALS RTE,KRAFT,POST HONEYCOMB CRL	498	351	88.9	2.5	0	86.4
CEREALS RTE,KRAFT,POST OREO O'S CRL	374	514	79.7	5.5	0	74.2
CEREALS RTE,KRAFT,POST TOASTIES CORN FLAKES	340	355	86.7	4.5	0	82.2
CEREALS RTE,KRAFT,POST FRSTD SHREDDED WHEAT BITE SIZE CRL	342	514	83.8	9.6	0	74.2
CEREALS RTE,KRAFT,POST THE ORIGINAL SHREDDED WHEAT 'N BRAN	344	406	79.9	13.4	0	66.5
CEREALS RTE,KRAFT,POST THE ORIGIN SHREDDED WHEAT SPOON SIZE	335	443	83	11.4	0	71.6
CEREALS RTE,KRAFT,POST 100% BRAN CRL	359	385	78.2	28.6	0	49.6
CEREALS RTE,GENERAL MILLS,MULTI-BRAN CHEX	342	318	84.06	12.1	0	71.96
CEREALS RTE,MALT-O-MEAL,COLOSSAL CRUNCH	340	227	86.6	0.7	0	85.9

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CEREALS RTE,MALT-O-MEAL,BERRY COLOSSAL CRUNCH	227	355	85.9	3.3	0	82.6
CEREALS RTE,MALT-O-MEAL,CRISPY RICE	351	338	86.4	1	0	85.4
CEREALS RTE,MALT-O-MEAL,TOOTIE FRUITIES	371	338	87.9	2.5	0	85.4
CEREALS,RTE,MALT-O-MEAL,TOASTY O'S	370	377	74.6	10.7	0	63.9
CEREALS RTE,QUAKER,MOTHER'S PNUIT BUTTER BUMPERS CRL	359	322	78.27	2.9	0	75.37
CEREALS RTE,QUAKER,MOTHER'S TSTD OAT BRAN CRL,BROWN SUGAR	319	230	74.92	8.9	0	66.02
CEREALS RTE,QUAKER,MOTHER'S CINN OAT CRUNCH	282	373	79.21	8.3	0	70.91
CEREALS RTE,QUAKER,MOTHER'S GROOVY GRAHAMS	351	335	86.38	3	0	83.38
CEREALS RTE,QUAKER,MOTHER'S COCOA BUMPERS	371	338	87.64	3.1	0	84.54
CEREALS RTE,QUAKER,FRUITY BRONTOSAURUS BLASTS,BAGGED CRL	532	371	89.27	1.4	0	87.87
CEREALS RTE,QUAKER,CRISPY CORN PUFFS CRL	335	282	83.5	4.3	0	79.2
CEREALS RTE,QUAKER,FRSTD OATS	356	489	81.96	4.3	0	77.66
CEREALS RTE,QUAKER,OATMEAL CRL,BROWN SUGAR BLISS	374	512	79.69	7.4	0	72.29
CEREALS RTE,QUAKER,HONEY GRAHAM BAGGED CRL	342	479	83.64	2.8	0	80.84
CEREALS RTE,QUAKER,TSTD OATS/OATMMM'S	489	443	77.91	6.6	0	71.31
CEREALS RTE,QUAKER,KRETSCHMER TSTD WHEAT BRAN	734	644	59.51	41.3	0	18.21
CEREALS RTE,QUAKER,CINN CRUNCH BAGGED CRL	342	374	83.67	4	0	79.67
CEREALS RTE,QUAKER,KRETSCHMER WHEAT GERM,REG	385	471	49.38	11.9	0	37.48
CEREALS RTE,GENERAL MILLS,PARA SU FAMILIA RAISIN BRAN	510	377	76.36	12.4	0	63.96
CEREALS RTE,KELLOGG,KELLOGG'S,CRISPIX CINN CRUNCH	343	340	87	0.5	0	86.5
CEREALS RTE,KELLOGG,KELLOGG'S CRUNCHEROOS	369	406	77	10	0	67
CEREALS RTE,KELLOGG,KELLOGG'S MARSHMLLW BLASTED FROOT LOOPS	336	498	89.9	1.5	0	88.4

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CEREALS RTE,KELLOGG,KELLOGG'S PUFFED RICE	343	340	87.2	0.5	0	86.7
CEREALS RTE,KELLOGG,KELLOGG'S PUFFED WHEAT	356	363	81.8	11.4	0	70.4
CEREALS RTE,KELLOGG,KELLOGG'S RAISIN BRAN CRUNCH	338	426	84.9	7.6	0	77.3
CEREALS RTE,KELLOGG,KELLOGG'S SPL K RED BERRIES	479	426	80.6	3.2	0	77.4
CEREALS RTE,KELLOGG,KELLOGG'S SHREDDED WHEAT MINIATURES	344	406	80	13	0	67
CEREALS RTE,KELLOGG'S,SMART START SOY PROT	456	463	73	7.7	0	65.3
CEREALS RTE,KASHI GOLEAN CRUNCH! BY KELLOGG	444	475	67.9	15.2	0	52.7
CEREALS RTE,KASHI HEART TO HEART BY KELLOGG	511	457	76	14.2	0	61.8
CEREALS RTE,PUFFED KASHI BY KELLOGG	344	456	80	6.8	0	73.2
CEREALS RTE,HONEY PUFFED KASHI BY KELLOGG	355	322	82.5	6.7	0	75.8
CEREALS RTE,KASHI GOOD FRIENDS BY KELLOGG	356	734	81.8	22.2	0	59.6
CEREALS RTE,KASHI PILLOWS BY KELLOGG,ASSORTED FLAVORS	338	479	84.5	3.6	0	80.9
CEREALS RTE,KASHI MEDLEY BY KELLOGG	479	443	81	9.4	0	71.6
CEREALS RTE,KASHI GOLEAN BY KELLOGG	453	473	58	19.6	0	38.4
CEREALS RTE,QUAKER,MOTHER'S HONEY ROUNDUP	371	338	87.77	3.1	0	84.67
CEREALS RTE,QUAKER,HONEY NUT OATS	338	344	84.53	4.3	0	80.23
CEREALS RTE,QUAKER,HONEY CRISP CORN FLAKES	498	227	88.82	3.1	0	85.72
CEREALS RTE,GENERAL MILLS,HARMONY	282	319	79	4	0	75
CEREALS RTE,QUAKER,CRANBERRY MACADAMIA NUT CRL	500	373	76.98	6	0	70.98
CEREALS RTE,QUAKER,FRUITY OCEAN ADVENTURE BAGGED CRL	343	342	87.24	3	0	84.24
CEREALS,QUAKER,QUICK OATS,DRY	405	732	68.18	9.4	0	58.78
CEREALS RTE,MALT-O-MEAL,APPL CINN TOASTY O'S	355	296	82.5	5	0	77.5
CEREALS RTE,MALT-O-MEAL,FRSTD FLAKES	14	498	90.9	1.9	0	89
CEREALS,QUAKER,INST OATMEAL,CINNAMON-SPICE,DRY	500	363	76.97	6.6	0	70.37

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CERLS,QUKR,INST OTML,DNSR EGS W/ "DNSR BNS",BRN SGR CINN,DRY	511	320	75.85	5.6	0	70.25
CEREALS,QUAKER,INST OATMEAL,FRENCH VANILLA FLAVOR,DRY	322	404	75.73	6.8	0	68.93
CEREALS,QUAKER,INST OATMEAL,BKD APPL,DRY	369	320	77.09	7.3	0	69.79
CEREALS,QUAKER,INST OATMEAL EXPRESS,GOLDEN BROWN SUGAR,DRY	369	380	77	6.2	0	70.8
CEREALS,QUAKER,INST OATMEAL,TREASURE HUNT,DRY	500	499	76.93	5.7	0	71.23
CEREALS,QUAKER,INST OATMEAL,HONEY NUT,DRY	515	230	72.58	6.4	0	66.18
CEREALS,QUAKER,INST OATMEAL,BANANA BREAD,DRY	511	402	75.86	6.4	0	69.46
CEREALS,QUAKER,INST OATMEAL EXPRESS,BKD APPL,DRY	423	320	77.43	7.3	0	70.13
CEREALS,QUAKER,INST OATMEAL EXPRESS CINN ROLL,DRY	510	320	76.34	6.7	0	69.64
CEREALS,QUAKER,INST OATMEAL,NUTR FOR WOMEN,VANILLA CINN,DRY	318	230	72.03	6.3	0	65.73
CEREALS,QUAKER,INST OATMEAL,NUTR FOR WOMEN,GLDN BRWN SGR,DRY	443	207	71.65	6.1	0	65.55
CEREALS,QUAKER,INST OATMEAL,NUTR FOR WOMEN,APPL SPICE,DRY	229	395	74.01	6.9	0	67.11
CEREALS,QUAKER,INST OATMEAL,CINN SPICE,PREP W/ BOILING H2O	660	759	21.52	1.8	0	19.72
CLS,QKR,INSTOAT,DIN EGSW/ DINBNS,BRNSGR CINN,PRP W/ BOIL H2O	537	522	22.51	1.7	0	20.81
CEREALS,QUAKER,INST OATMEAL,FRENCH VANILLA,PREP W/ BOIL H2O	542	647	20.16	1.8	0	18.36
CEREALS,QUAKER,INST OATMEAL,BKD APPL,PREP W/ BOILING H2O	794	721	19.45	1.8	0	17.65
CEREALS,QUAKR,INST OATMEAL,TREASURE HUNT,PREP W/ BOILING H2O	909	542	21.85	1.6	0	20.25
CEREALS,QUAKER,INST OATMEAL,HONEY NUT,PREP W/ BOILING H2O	892	919	19.32	1.7	0	17.62
CEREALS,QUAKR,INST OATMEAL,EXPR BKD APPL,PREP W/ BOILING H2O	79	321	24.24	2.3	0	21.94
CEREALS,QUAKER,INST OATMEAL,CINN ROLL,PREP W/ BOILING H2O	631	909	23.9	2.1	0	21.8
CRLS,QUAKR INST OTML,NUTR FOR WMN,VNLA CINN,PREP W/ BOIL H2O	615	644	19.82	1.7	0	18.12

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
CEREALS,QKR,INST OATMEAL,FOR WOMEN,BRSUGR,PREP W/H2O	272	647	20.04	1.7	0	18.34
CERLS,QUKR,INST OATML,NUTR FOR WMN,APL SPCE,PREP W/ BOIL H2O	98	269	21.02	1.9	0	19.12
CERLS,QUKR,INST OATML,EXPR,GLDN BRN SUGR,PREP W/ BOIL H2O	943	83	24.1	2	0	22.1
CEREALS RTE,UNCLE SAM CRL	230	439	65.78	20.3	0	45.48
CEREALS,QUAKER,INST OATMEAL,RAISIN & SPICE,DRY	510	320	76.31	6.2	0	70.11
CEREALS,QUAKER,INST OATMEAL,RAISIN & SPICE,PREP	767	549	20.32	1.6	0	18.72
CERLS,QUAKER,INST GRIT PRDCT W/ RDEYE GRVY&IMITN HAM BIT,DRY	339	318	76.62	4.6	0	72.02
CEREALS,QUAKER,MOTHER'S INST OATMEAL (NON-FORTIFIED),DRY	230	403	65.81	9.5	0	56.31
CERLS,QUKR,INST GRIT PRDCT W/ IMITN BACN BIT&CHDR FLVR,DRY	515	444	72.49	4.7	0	67.79
CEREALS,QUAKER,INST GRITS PRODUCT W/ AMERICAN CHS FLAVOR,DRY	319	380	75.15	4.4	0	70.75
CEREALS,QUAKER,INST GRITS PRODUCT--HAM 'N' CHS	318	444	71.98	4.2	0	67.78
CEREALS RTE,KELLOGG,DISNEY HUNNY BS	351	486	86	4.5	0	81.5
CEREALS RTE,KELLOGG'S DISNEY MICKEY'S MAGIX	351	479	86	5	0	81
CEREALS RTE,KELLOGG'S,FRUIT HARVEST APPL CINN	335	369	83	6	0	77
CEREALS RTE,KELLOGG'S,FRUIT HARVEST PEACH/STRAWBERRY	343	356	87	5	0	82
CEREALS RTE,KELLOGG'S,FRUIT HARVEST STRAWBERRY/BLUEBERRY	343	355	87	4.6	0	82.4
CEREALS RTE,KELLG'S,FRSTD MINI-WHTS,MPL & BRWN SGR,BTE SZE	356	515	82	9.6	0	72.4
CEREALS RTE,KELLOGG'S,TONY'S CINN KRUNCHERS	282	513	79	1	0	78
CEREALS RTE,KASHI,CINNA-RAISIN CRUNCH BY KELLOGG	356	406	82	15.1	0	66.9
CEREALS RTE,KASHI,ORGANIC PROMISE AUTUMN WHEAT BY KELLOGG	335	402	83	13.9	0	69.1
CEREALS RTE,KASHI ORGANIC PROMISE STRAWBERRY FIELDS	343	335	87	3.5	0	83.5
CEREALS RTE,KASHI,SEVEN IN THE MORNING BY KELLOGG	479	402	81	11.7	0	69.3
CEREALS RTE,KELLOGG'S,DISNEY MUD & BUGS	340	338	86.6	1.9	0	84.7

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
CEREALS RTE,KELLOGG,SCOOBY-DOO! BERRY BONES	282	500	79	2.2	0	76.8
CEREALS RTE,KASHI ORGANIC PROMISE CRANBERRY SUNSHINE	371	513	88	9.9	0	78.1
CEREALS RTE,KELLOGG'S,FROOT LOOPS 1/3 LESS SUGAR	351	355	86	3.2	0	82.8
CEREALS RTE,KELLOGG'S,FRSTD FLAKES 1/3 LESS SUGAR	350	532	90.2	1.1	0	89.1
CEREALS RTE,KELLOGG'S,FRUIT HARVEST BANANA BERRY	338	374	85	5.5	0	79.5
CEREALS RTE,KELLOGG'S,SPL K LO CARB LIFESTYLE	461	81	47.8	17	0	30.8
CEREALS RTE,KELLOGG'S,CORN FLAKES W/ REAL BANANAS	342	486	84	2.6	0	81.4
CEREALS RTE,KELLOGG'S,DISNEY PIXAR FINDING NEMO	227	486	85.5	4	0	81.5
CEREALS RTE,KELLOGG'S,DISNEY PIXAR INCREDIBLES	338	355	85	2.8	0	82.2
CEREALS RTE,MALT-O-MEAL,HONEY BUZZERS	371	338	87.6	2.9	0	84.7
CEREALS RTE,MALT-O-MEAL,GOLDEN PUFFS	350	498	90.57	1.6	0	88.97
CEREALS RTE,MALT-O-MEAL HONEY GRAHAM CRL	355	421	82.83	5.2	0	77.63
CEREALS RTE,MALT-O-MEAL,PERFECT BALANCE HOT WHEAT CRL,DRY	511	499	76.1	5	0	71.1
CEREALS RTE,MALT-O-MEAL,PUFFED WHEAT CRL	15	443	78.8	7.3	0	71.5
CEREALS RTE,MALT-O-MEAL,RAISIN BRAN CRL	500	778	76.9	13.5	0	63.4
CEREALS RTE,MALT-O-MEAL,BLUEBERRY MUFFIN TOPS CRL	344	319	80	4.8	0	75.2
CEREALS RTE,MALT-O-MEAL,FARINA HOT WHEAT CRL,DRY	514	363	74.3	3.9	0	70.4
CEREALS RTE,MALT-O-MEAL,MAPLE & BRWN SGR HOT WHT CRL,DRY	338	486	84.5	3.1	0	81.4
CEREALS RTE,MALT-O-MEAL,HI FIBER BRAN FLAKES	479	230	80.8	14.9	0	65.9
CEREALS RTE,MALT-O-MEAL,HONEY NUT TOASTY O'S CRL	486	511	81.53	5.6	0	75.93
CEREALS RTE,MALT-O-MEAL,PUFFED RICE CRL	350	532	90.2	1	0	89.2
CEREALS RTE,MALT-O-MEAL,APPL ZINGS	343	338	87.3	2.8	0	84.5
CEREALS RTE,MALT-O-MEAL,CINN TOASTERS	282	514	79.1	4.7	0	74.4

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
CEREALS RTE,MALT-O-MEAL,COCOA DYNO-BITES	532	371	89.4	1.2	0	88.2
CEREALS RTE,MALT-O-MEAL,CORN FLAKES	371	338	87.7	2.9	0	84.8
CEREALS RTE,MALT-O-MEAL,LIGHTLY FRSTD BRAN FLAKES W/ STRWBRS	342	363	84.3	13.6	0	70.7
CEREALS RTE,MALT-O-MEAL,FRSTD WHL WHEAT CRL	335	515	82.9	10.5	0	72.4
CEREALS RTE,MALT-O-MEAL,FRUITY DYNO-BITES	336	532	90.1	1	0	89.1
CEREALS RTE,NATURE'S PATH,OPTIMUM	379	478	72.73	18.2	0	54.53
CEREALS RTE,NATURE'S PATH,OPTIMUM SLIM	402	462	69.09	20	0	49.09
CEREALS RTE,RALSTON ENR BRAN FLAKES	374	214	79.77	16.9	0	62.87
CEREALS RTE,RALSTON CORN BISCUITS	227	335	85.79	2.6	0	83.19
CEREALS RTE,RALSTON CORN FLAKES	371	338	88.01	2.7	0	85.31
CEREALS RTE,RALSTON CRISPY HEXAGONS	340	338	86.78	1.5	0	85.28
CEREALS RTE,USDA CMDTY CORN & RICE (INCLUDES ALL BRANDS)	340	227	86.85	1.4	0	85.45
CEREALS RTE,USDA CMDTY RICE CRISPS (INCLUDES ALL BRANDS)	351	338	86.04	0.7	0	85.34
CEREALS,MALT-O-MEAL,PLN,PREP W/ H2O,WO/ SALT	9	829	8.72	0.5	0	8.22
CEREALS,MALT-O-MEAL,CHOC,PREP W/ H2O,WO/ SALT	961	9	9.22	0.5	0	8.72
CEREALS RTE,GENERAL MILLS,CHOC LUCKY CHARMS	371	338	88.04	3.3	0	84.74
CEREALS RTE,GENERAL MILLS,FRSTD CHEX	532	532	89.58	0	0	89.58
CEREALS RTE,GENERAL MILLS,OATMEAL CRISP,TRIPLE BERRY	479	515	81.16	8.6	0	72.56
CEREALS RTE,GENERAL MILLS,PNUT BUTTER COOKIE CRISP	511	379	76.01	3.3	0	72.71
CEREALS RTE,GENERAL MILLS MILLS PNUT BUTTER TOAST CRUNCH	511	379	76.05	3.3	0	72.75
CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN YOGURT BITES	15	393	78.8	18	0	60.8
CEREALS RTE,KELLOGG,BERRY RICE KRISPIES	371	371	88	0.3	0	87.7
CEREALS RTE,KELLOGG,KELLOGG'S CINN MINI SWIRLZ	335	374	83	3.4	0	79.6

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
CEREALS RTE,KELLOGG,CRAN-VANILLA CRUNCH	351	486	86	4.7	0	81.3
CEREALS RTE,KELLOGG,DISNEY'S PI-RATES OF THE CARIBBEAN	351	335	86	2.7	0	83.3
CEREALS RTE,KELLOGG,DISNEY PRINCESS CRL	498	343	89	2	0	87
CEREALS RTE,KELLOGG,EGGO CRUNCH CRL,MAPLE FLAV	335	369	83	5.9	0	77.1
CEREALS RTE,KELLOGG,FRSTD MINI-WHEATS BITE SIZE VANILLA	335	229	83	9.6	0	73.4
CEREALS RTE,KELLOGG,MARSHMLLW FROOT LOOPS,RAINBOW BREEZE	498	371	89	1.5	0	87.5
CEREALS RTE,KELLOGG,ROBOTS	351	335	86	2.8	0	83.2
CEREALS RTE,KELLOGG,SMART START HEALTHY HEART	369	395	77	9.6	0	67.4
CEREALS RTE,KELLOGG,SMART START HEALTHY HEART, BRN SUGAR	369	395	77	9.7	0	67.3
CEREALS RTE,KELLOGG,SMORZ	342	356	84	2.2	0	81.8
CEREALS RTE,KELLOGG,SPL K,FRUIT & YOGURT	351	486	86	4.7	0	81.3
CEREALS RTE,KELLOGG,SPONGEBOB SQUAREPANTS	343	338	87	2	0	85
CEREALS RTE,KELLOGG,STAR WARS	342	15	84	5.3	0	78.7
CEREALS RTE,KELLOGG,TIGER POWER	373	412	71	8.4	0	62.6
CEREALS RTE,KELLOGG,TSTD HONEY CRUNCH	351	355	86	3.9	0	82.1
CEREALS RTE,KELLOGG,MINI SWIRLZ FUDGE RIPPLE	342	479	84	3.1	0	80.9
CEREALS RTE,KASHI 7 WHL GRAIN FLAKES BY KELLOGG	356	363	81.8	11.3	0	70.5
CEREALS RTE,KASHI HEART TO HEART WILD BLUEBERRY BY KELLOGG	511	405	76	8	0	68
CEREALS RTE,KASHI ORGANIC PROMISE CINN HARVEST BY KELLOGG	479	363	81	10.3	0	70.7
CEREALS RTE,KASHI MIGHTY BITES CINN CRL	320	393	70	9	0	61
CEREALS RTE,KASHI MIGHTY BITES,HONEY CRUNCH CRL	402	394	69	9	0	60
CEREALS RTE,KELLOGG,FRSTD MINI-WHEATS BITE SIZE STRAW-BERRY	335	229	83	9.6	0	73.4
ACEROLA,(WEST INDIAN CHERRY),RAW	222	905	7.69	1.1	20	6.59
ACEROLA JUICE,RAW	279	85	4.8	0.3	0	4.5
APPLES,RAW,WITH SKIN	220	211	13.81	2.4	8	11.41
APPLES,RAW,WITHOUT SKIN	245	257	12.76	1.3	15	11.46

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
APPLES,RAW,WO/SKN,CKD,BLD	278	264	13.64	2.4	0	11.24
APPLES,RAW,WO/SKN,CKD,MICROWAVE	896	21	14.41	2.8	0	11.61
APPLES,CND,SWTND,SLICED,DRND,UNHTD	707	538	16.7	1.7	0	15
APPLES,CND,SWTND,SLICED,DRND,HTD	253	275	16.84	2	0	14.84
APPLES,DEHYD (LO MOIST),SULFURED,UNCKD	366	479	93.53	12.4	0	81.13
APPLES,DEHYD (LO MOIST),SULFURED,STWD	911	861	19.91	2.6	0	17.31
APPLES,DRIED,SULFURED,UNCKD	230	306	65.89	8.7	0	57.19
APPLES,DRIED,SULFURED,STWD,WO/ SUGAR	325	165	15.32	2	0	13.32
APPLES,DRIED,SULFURED,STWD,W/ SUGAR	522	793	20.73	1.9	0	18.83
APPLES,FRZ,UNSWTND,UNHTD	213	94	12.31	1.9	0	10.41
APPLES,FRZ,UNSWTND,HTD	333	259	12	1.9	0	10.1
APPLE JUC,CND OR BTLD,UNSWTND,WO/ VIT C	208	21	11.68	0.1	0	11.58
APPLE JUC,FRZ CONC,UNSWTND,UNDIL,WO/ VIT C	466	466	41	0.4	0	40.6
APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O WO/ VIT C	617	257	11.54	0.1	0	11.44
APPLESAUCE,CND,UNSWTND,WO/ VIT C	10	259	11.29	1.2	0	10.09
APPLESAUCE,CND,SWTND,WO/ SALT	911	549	19.91	1.2	0	18.71
APRICOTS,RAW	933	812	11.12	2	7	9.12
APRICOTS,CND,H2O PK,W/ SKN,SOL&LIQUIDS	715	279	6.39	1.6	0	4.79
APRICOTS,CND,H2O PK,WO/ SKN,SOL&LIQUIDS	830	65	5.48	1.1	6	4.38
APRICOTS,CND,JUC PK,W/ SKN,SOL&LIQUIDS	895	289	12.34	1.6	0	10.74
APRICOTS,CND,EX LT SYRUP PK,W/ SKN,SOL&LIQUIDS	68	23	12.5	1.6	0	10.9
APRICOTS,CND,LT SYRUP PK,W/ SKN,SOL&LIQUIDS	177	275	16.49	1.6	0	14.89
APRICOTS,CND,HVY SYRUP PK,W/ SKN,SOL&LIQUIDS	660	911	21.47	1.6	0	19.87
APRICOTS,CND,HVY SYRUP PK,WO/SKN,SOL&LIQUIDS	518	911	21.45	1.6	6	19.85
APRICOTS,CND,EX HVY SYRUP PK,WO/SKN,SOL&LIQUIDS	71	640	24.85	1.6	6	23.25
APRICOTS,DEHYD (LOW-MOISTURE),SULFURED,UNCKD	335	335	82.89		0	82.89
APRICOTS,DEHYD (LOW-MOISTURE),SULFURED,STWD	441	441	32.62		0	32.62
APRICOTS,DRIED,SULFURED,UNCKD	412	295	62.64	7.3	0	55.34

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
APRICOTS,DRIED,SULFURED,ST WD,W/ SUGAR	763	849	22.15	2.6	0	19.55
APRICOTS,DRIED,SULFURED,ST WD,W/ SUGAR	628	908	29.26	4.1	0	25.16
APRICOTS,FROZEN,SWEETENED	71	82	25.1	2.2	0	22.9
APRICOT NECTAR,CND,W/ VIT C	896	220	14.39	0.6	0	13.79
AVOCADOS,RAW,ALL COMM VAR	248	654	8.53	6.7	26	1.83
AVOCADOS,RAW,CALIFORNIA	247	654	8.64	6.8	33	1.84
AVOCADOS,RAW,FLORIDA	251	605	7.82	5.6	33	2.22
BANANAS,RAW	622	542	22.84	2.6	36	20.24
BANANAS,DEHYD,OR BANANA PDR	371	15	88.28	9.9	0	78.38
BLACKBERRIES,RAW	194	65	9.61	5.3	4	4.31
BLACKBERRY JUC,CND	251	222	7.8	0.1	0	7.7
BLACKBERRIES,CND,HVY SYRUP,SOL&LIQUIDS	762	759	23.1	3.4	0	19.7
BLACKBERRIES,FRZ,UNSWTND	274	329	15.67	5	0	10.67
BLUEBERRIES,RAW	246	20	14.49	2.4	5	12.09
BLUEBERRIES,CND,HVY SYRUP,SOL&LIQUIDS	83	525	22.06	1.6	0	20.46
BLUEBERRIES,FRZ,UNSWTND	963	182	12.17	2.7	0	9.47
BLUEBERRIES,FRZ,SWTND	321	759	21.95	2.2	0	19.75
BOYSENBERRIES,CND,HVY SYRUP	658	759	22.31	2.6	0	19.71
BOYSENBERRIES,FRZ,UNSWTND	963	614	12.19	5.3	0	6.89
BREADFRUIT,RAW	969	626	27.12	4.9	22	22.22
CARAMBOLA,(STARFRUIT),RAW	902	835	6.73	2.8	3	3.93
CARISSA,(NATAL-PLUM),RAW	278	278	13.63		14	13.63
CHERIMOYA,RAW	646	235	17.7	2.3	21	15.4
CHERRIES,SOUR,RED,RAW	963	924	12.18	1.6	10	10.58
CHERRIES,SOUR,RED,CND,H2 O PK,SOL&LIQUIDS (INCL USDA CMDTY)	238	251	8.94	1.1	0	7.84
CHERRIES,SOUR,RED,CND,LT SYRUP PK,SOL&LIQUIDS	892	761	19.3	0.8	0	18.5
CHERRIES,SOUR,RED,CND,HVY SYRUP PK,SOL&LIQUIDS	640	763	23.27	1.1	0	22.17
CHERRIES,SOUR,RED,CND,EX HVY SYRUP PK,SOL&LIQUIDS	628	629	29.23	0.8	0	28.43
CHERRIES,SOUR,RED,FRZ,UN SWTND	933	182	11.02	1.6	0	9.42
CHERRIES,SWEET,RAW	225	554	16.01	2.1	10	13.91
CHERRIES,SWT,CND,H2O PK,SOL&LIQUIDS	186	828	11.76	1.5	8	10.26
CHERRIES,SWT,CND,JUC PK,SOL&LIQUIDS	220	213	13.81	1.5	8	12.31
CHERRIES,SWT,CND,LT SYRUP PK,SOL&LIQUIDS	861	661	17.29	1.5	8	15.79

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CHERRIES,SWT,CND,HVY SYRUP PK,SOL&LIQUIDS	547	615	21.27	1.5	8	19.77
CHERRIES,SWT,CND,EX HVY SYRUP PK,SOL&LIQUIDS	642	845	26.23	1.5	8	24.73
CHERRIES,SWT,FRZ,SWTND	658	542	22.36	2.1	0	20.26
CRABAPPLES,RAW	154	154	19.95		8	19.95
CRANBERRIES,RAW	271	222	12.2	4.6	5	7.6
CRANBERRIES,DRIED,SWTND	355	339	82.36	5.7	0	76.66
CRANBERRY SAU,CND,SWTND	310	261	38.9	1	0	37.9
CRANBERRY-ORANGE RELISH,CND	4	4	46.2	0	0	46.2
CURRANTS,EUROPEAN BLACK,RAW	235	235	15.38		2	15.38
CURRANTS,RED&WHITE,RAW	220	182	13.8	4.3	2	9.5
CURRANTS,ZANTE,DRIED	229	395	74.08	6.8	0	67.28
CUSTARD-APPLE,(BULLOCK'S-HEART),RAW	908	622	25.2	2.4	42	22.8
DATES,DEGLET NOOR	319	406	75.03	8	10	67.03
ELDERBERRIES,RAW	647	283	18.4	7	0	11.4
FIGS,RAW	269	290	19.18	2.9	1	16.28
FIGS,CND,H2O PK,SOL&LIQUIDS	554	232	13.99	2.2	0	11.79
FIGS,CND,LT SYRUP PK,SOL&LIQUIDS	848	225	17.95	1.8	0	16.15
FIGS,CND,HVY SYRUP PK,SOL&LIQUIDS	82	522	22.9	2.2	0	20.7
FIGS,CND,EX HVY SYRUP PK,SOL&LIQUIDS	452	452	27.86		0	27.86
FIGS,DRIED,UNCOOKED	377	308	63.87	9.8	4	54.07
FIGS,DRIED,STEWED	916	218	27.57	4.2	0	23.37
FRUIT COCKTAIL,CND,H2O PK,SOL&LIQUIDS	248	881	8.51	1	0	7.51
FRUIT COCKTAIL,CND,JUC PK,SOL&LIQUIDS	232	262	11.86	1	0	10.86
FRUIT COCKTAIL,CND,EX LT SYRUP,SOL&LIQUIDS	64	13	11.63	1.1	0	10.53
FRUIT COCKTAIL,CND,LT SYRUP,SOL&LIQUIDS	527	554	14.93	1	0	13.93
FRUIT COCKTAIL,CND,HVY SYRUP,SOL&LIQUIDS	102	99	18.91	1	0	17.91
FRUIT COCKTAIL,CND,EX HVY SYRUP,SOL&LIQUIDS	82	909	22.89	1.1	0	21.79
FRUIT SALAD,CND,H2O PK,SOL&LIQUIDS	251	893	7.87	1	0	6.87
FRUIT SALAD,CND,JUC PK,SOL&LIQUIDS	639	20	13.05	1	0	12.05
FRUIT SALAD,CND,LT SYRUP,SOL&LIQUIDS	619	637	15.14	1	0	14.14
FRUIT SALAD,CND,HVY SYRUP,SOL&LIQUIDS	269	644	19.11	1	0	18.11
FRUIT SALAD,CND,EX HVY SYRUP,SOL&LIQUIDS	622	528	22.77	1	0	21.77

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
GOOSEBERRIES,RAW	330	948	10.18	4.3	0	5.88
GOOSEBERRIES,CND,LT SYRUP PK,SOL&LIQUIDS	549	290	18.75	2.4	0	16.35
GRAPEFRUIT,RAW,PINK&RED&W HITE,ALL AREAS	795	889	8.08	1.1	50	6.98
GRAPEFRUIT,RAW,PINK&RED,ALL AREAS	215	812	10.66	1.6	49	9.06
GRAPEFRUIT,RAW,PINK&RED,CALIFORNIA&ARIZONA	194	194	9.69		49	9.69
GRAPEFRUIT,RAW,PINK & RED,FLORIDA	881	811	7.5	1.1	49	6.4
GRAPEFRUIT,RAW,WHITE,ALL AREAS	719	233	8.41	1.1	51	7.31
GRAPEFRUIT,RAW,WHITE,CALIFORNIA	812	812	9.09		51	9.09
GRAPEFRUIT,RAW,WHITE,FLO RIDA	703	703	8.19		51	8.19
GRAPEFRUIT,SECTIONS,CND,H2O PK,SOL&LIQUIDS	961	422	9.15	0.4		8.75
GRAPEFRUIT,SECTIONS,CND,JUC PK,SOL&LIQUIDS	961	928	9.21	0.4		8.81
GRAPEFRUIT,SECTIONS,CND,LT SYRUP PK,SOL&LIQUIDS	559	268	15.44	0.4	0	15.04
GRAPEFRUIT JUC,WHITE,CND,UNSWTND	224	684	8.96	0.1	0	8.86
GRAPEFRUIT JUC,WHITE,CND,SWTND	326	933	11.13	0.1	0	11.03
GRAPEFRUIT JUC,WHITE,FRZ CONC,UNSWTND,UNDIL	240	464	34.56	0.4	0	34.16
GRAPEFRUIT JUC,WHITE,FRZ CONC,UNSWTND,DIL W/ 3 VOLUME H2O	825	194	9.73	0.1	0	9.63
GRAPEFRUIT JUC,WHITE,RAW	961	812	9.2	0.1	0	9.1
GRAPES,AMERICAN TYPE (SLIP SKN),RAW	861	72	17.15	0.9	42	16.25
GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON SEEDLESS),RAW	644	861	18.1	0.9	4	17.2
GRAPES,CND,THOMPSON SEEDLESS,H2O PK,SOL&LIQUIDS	11	241	10.3	0.6	0	9.7
GRAPES,CND,THOMPSON SEEDLESS,HVY SYRUP PK,SOL&LIQUIDS	759	758	19.65	0.6	0	19.05
GRAPE JUC,CND OR BTLD,UNSWTND,WO/ VIT C	527	275	14.96	0.1	0	14.86
GRAPE JUC,FRZ CONC,SWTND,UNDIL,W/ VIT C	244	244	44.37	0.3	0	44.07
GRAPE JUC,FRZ CONC,SWTND,DIL W/3 VOLUME H2O,W/ VIT C	245	913	12.75	0.1	0	12.65
GROUNDCHERRIES,(CAPE-GOOSEBERRIES OR POHA),RAW	239	239	11.2		6	11.2
GUAVAS,COMMON,RAW	54	238	14.32	5.4	22	8.92
GUAVAS,STRAWBERRY,RAW	635	333	17.36	5.4	15	11.96

	Code to use	Code ( Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
GUAVA SAUCE,COOKED	182	948	9.48	3.6	0	5.88
JACKFRUIT,RAW	943	658	24.01	1.6	72	22.41
JAVA-PLUM,(JAMBOLAN),RAW	526	526	15.56		19	15.56
JUJUBE,RAW	542	542	20.23		7	20.23
JUJUBE,DRIED	229	229	73.6		11	73.6
KIWI FRUIT,(CHINESE GOOSEBERRIES),FRSH,RAW	328	64	14.66	3	14	11.66
KUMQUATS,RAW	661	182	15.9	6.5	7	9.4
LEMONS,RAW,WITHOUT PEEL	824	252	9.32	2.8	47	6.52
LEMONS,RAW,WITH PEEL	289	882	10.7	4.7	2	6
LEMON JUICE,RAW	247	578	8.63	0.4	0	8.23
LEMON JUC,CND OR BTLD	252	860	6.48	0.4	0	6.08
LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH	252	860	6.5	0.4	0	6.1
LEMON PEEL,RAW	225	814	16	10.6	0	5.4
LIMES,RAW	13	222	10.54	2.8	16	7.74
LIME JUICE,RAW	719	795	8.42	0.4	0	8.02
LIME JUC,CND OR BTLD,UNSWTND	900	41	6.69	0.4	0	6.29
LITCHIS,RAW	540	918	16.53	1.3	40	15.23
LITCHIS,DRIED	363	230	70.7	4.6	46	66.1
LOGANBERRIES,FROZEN	639	222	13.02	5.3	0	7.72
LONGANS,RAW	619	637	15.14	1.1	47	14.04
LONGANS,DRIED	229	229	74		64	74
LOQUATS,RAW	963	22	12.14	1.7	35	10.44
MAMMY-APPLE,(MAMEY),RAW	68	182	12.5	3	40	9.5
MANGOS,RAW	253	619	17	1.8	31	15.2
MANGOSTEEN,CND,SYRUP PK	99	225	17.91	1.8	0	16.11
MELONS,CANTALOUPE,RAW	926	233	8.16	0.9	49	7.26
MELONS,CASABA,RAW	249	810	6.58	0.9	40	5.68
MELONS,HONEYDEW,RAW	812	705	9.09	0.8	54	8.29
MELON BALLS,FROZEN	698	233	7.94	0.7	0	7.24
FRUIT,MXD,(PEACH&PEAR&PNAPPL),CND,HVY SYRUP,SOL&LIQUIDS	549	646	18.76	1	0	17.76
FRUIT,MXD,(PRUNE&APRICOT&PEAR),DRIED	377	403	64.06	7.8	6	56.26
FRUIT,MXD,(PCH,CHERSWT & SR,RASPB,GRAPE,BOYS),FRZ,SWTND	79	658	24.23	1.9	0	22.33
MULBERRIES,RAW	825	926	9.8	1.7	0	8.1
NECTARINES,RAW	13	684	10.55	1.7	9	8.85
OHELOBERRIES,RAW	681	681	6.84		0	6.84
OLIVES,RIPE,CND (SMALL-EXTRA LRG)	41	792	6.26	3.2	0	3.06
OLIVES,RIPE,CND (JUMBO-SUPER COLOSSAL)	286	792	5.61	2.5	0	3.11

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
OLIVES,PICKLED,CND OR BTLD,GRN	602	18	3.84	3.3		0.54
ORANGES,RAW,ALL COMM VAR	186	255	11.75	2.4	27	9.35
ORANGES,RAW,CALIFORNIA,VA LENCIAS	333	182	11.89	2.5	25	9.39
ORANGES,RAW,NAVELS	68	11	12.54	2.2	32	10.34
ORANGES,RAW,FLORIDA	617	812	11.54	2.4	26	9.14
ORANGES,RAW,WITH PEEL	559	23	15.5	4.5	1	11
ORANGE JUICE,RAW	94	665	10.4	0.2	0	10.2
ORANGE JUC,CND,UNSWTND	561	194	9.85	0.2	0	9.65
ORANGE JUC,CHILLED,INCL FROM CONC	259	561	10.06	0.2	0	9.86
ORANGE JUC,CHILLED,INCL FROM CONC,FORT W/ CA & VITAMIN D	259	561	10.06	0.2	0	9.86
ORANGE JUC,FRZ CONC,UNSWTND,UNDIL	261	651	38.17	0.8	0	37.37
ORANGE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	693	924	10.78	0.2	0	10.58
ORANGE PEEL,RAW	71	896	25	10.6	0	14.4
ORANGE-GRAPEFRUIT JUC,CND,UNSWTND	828	330	10.28	0.1	0	10.18
TANGERINES,(MANDARIN ORANGES),RAW	165	617	13.34	1.8	26	11.54
TANGERINES,(MANDARIN ORANGES),CND,JUC PK	194	684	9.57	0.7	0	8.87
TANGERINES,(MANDARIN ORANGES),CND,LT SYRUP PK	225	559	16.19	0.7	0	15.49
TANGERINE JUICE,RAW	259	561	10.1	0.2	0	9.9
TANGERINE JUC,CND,SWTND	333	232	12	0.2	0	11.8
TANGERINE JUC,FRZ CONC,SWTND,UNDIL	228	473	38.85	0.6	0	38.25
TANGERINE JUC,FRZ CONC,SWTND,DIL W/3 VOLUME H2O	933	933	11.06		0	11.06
PAPAYAS,RAW	561	795	9.81	1.8	33	8.01
PAPAYA NECTAR,CANNED	206	554	14.51	0.6	0	13.91
PASSION-FRUIT,(GRANADILLA),PURPLE,RAW	218	270	23.38	10.4	48	12.98
PASSION-FRUIT JUC,PURPLE,RAW	276	165	13.6	0.2	0	13.4
PASSION-FRUIT JUC,YEL,RAW	246	19	14.45	0.2	0	14.25
PEACHES,RAW	182	795	9.54	1.5	4	8.04
PEACHES,CND,H2O PK,SOL&LIQUIDS	860	104	6.11	1.3	0	4.81
PEACHES,CND,JUC PK,SOL&LIQUIDS	21	828	11.57	1.3	0	10.27
PEACHES,CND,EX LT SYRUP,SOL&LIQUIDS	933	259	11.1	1	0	10.1
PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS	206	962	14.55	1.3	0	13.25

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PEACHES,CND,HVY SYRUP PK,SOL&LIQUIDS	154	751	19.94	1.3	0	18.64
PEACHES,CND,EX HVY SYRUP PK,SOL&LIQUIDS	284	71	26.06	1	0	25.06
PEACHES,SPICED,CND,HVY SYRUP PK,SOL&LIQUIDS	272	549	20.08	1.3	4	18.78
PEACHES,DEHYD (LOW-MOISTURE),SULFURED,UNCKD	335	335	83.18		0	83.18
PEACHES,DEHYD (LOW-MOISTURE),SULFURED,STWD	464	464	34.14		0	34.14
PEACHES,DRIED,SULFURED,UNCKD	430	535	61.33	8.2	0	53.13
PEACHES,DRIED,SULFURED,STWD,W/ SUGAR	759	253	19.69	2.7	0	16.99
PEACHES,DRIED,SULFURED,STWD,W/ SUGAR	625	79	26.6	2.4	0	24.2
PEACHES,FRZ,SLICED,SWTND	943	626	23.98	1.8	0	22.18
PEACH NECTAR,CND,W/ VIT C	554	165	13.92	0.6	0	13.32
PEARS,RAW	559	12	15.46	3.1	10	12.36
PEARS,CND,H2O PK,SOL&LIQUIDS	251	41	7.81	1.6	0	6.21
PEARS,CND,JUC PK,SOL&LIQUIDS	270	92	12.94	1.6	0	11.34
PEARS,CND,EX LT SYRUP PK,SOL&LIQUIDS	271	924	12.2	1.6	0	10.6
PEARS,CND,LT SYRUP PK,SOL&LIQUIDS	619	276	15.17	1.6	0	13.57
PEARS,CND,HVY SYRUP PK,SOL&LIQUIDS	269	281	19.17	1.6	0	17.57
PEARS,CND,EX HVY SYRUP PK,SOL&LIQUIDS	908	77	25.25	1.6	0	23.65
PEARS,DRIED,SULFURED,UNCKD	320	457	69.7	7.5	0	62.2
PEARS,DRIED,SULFURED,STWD,W/ SUGAR	171	536	33.81	6.4	0	27.41
PEARS,DRIED,SULFURED,STWD,W/ SUGAR	651	634	37.14	5.8	0	31.34
PEAR NECTAR,CND,W/ VIT C	661	619	15.76	0.6	0	15.16
PERSIMMONS,JAPANESE,RAW	761	538	18.59	3.6	16	14.99
PERSIMMONS,JAPANESE,DRIED	229	732	73.43	14.5	8	58.93
PERSIMMONS,NATIVE,RAW	467	467	33.5		18	33.5
PINEAPPLE,RAW,ALL VAR	913	264	12.63	1.4	48	11.23
PINEAPPLE,CND,H2O PK,SOL&LIQUIDS	705	881	8.3	0.8	0	7.5
PINEAPPLE,CND,JUC PK,SOL&LIQUIDS	74	275	15.7	0.8	0	14.9
PINEAPPLE,CND,LT SYRUP PK,SOL&LIQUIDS	165	913	13.45	0.8	0	12.65
PINEAPPLE,CND,HVY SYRUP PK,SOL&LIQUIDS	542	794	20.2	0.8	0	19.4
PINEAPPLE,CND,EX HVY SYRUP PK,SOL&LIQUIDS	660	522	21.5	0.8	0	20.7
PINEAPPLE,FRZ,CHUNKS,SWTND	626	630	22.2	1.1	0	21.1

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PINEAPPLE JUC,CND,UNSWTND,WO/ VIT C	270	543	12.87	0.2	0	12.67
PINEAPPLE JUC,FRZ CONC,UNSWTND,UNDIL	244	312	44.3	0.7	0	43.6
PINEAPPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOL- UME H2O	245	68	12.77	0.2	0	12.57
PITANGA,(SURINAM- CHERRY),RAW	103	103	7.49		12	7.49
PLANTAINS,RAW	623	84	31.89	2.3	35	29.59
PLANTAINS,COOKED	285	78	31.15	2.3	0	28.85
PLUMS,RAW	211	263	11.42	1.4	6	10.02
PLUMS,CND,PURPLE,H2O PK,SOL&LIQUIDS	933	330	11.03	0.9	5	10.13
PLUMS,CND,PURPLE,JUC PK,SOL&LIQUIDS	619	19	15.15	0.9	5	14.25
PLUMS,CND,PURPLE,LT SYRUP PK,SOL&LIQUIDS	290	235	16.28	0.9	5	15.38
PLUMS,CND,PURPLE,HVY SYRUP PK,SOL&LIQUIDS	640	658	23.24	0.9	5	22.34
PLUMS,CND,PURPLE,EX HVY SYRUP PK,SOL&LIQUIDS	523	908	26.31	1	5	25.31
POMEGRANATES,RAW	861	540	17.17	0.6	44	16.57
PRICKLY PEARS,RAW	194	882	9.57	3.6	25	5.97
PRUNES,CND,HVY SYRUP PK,SOL&LIQUIDS	945	943	27.8	3.8	12	24
PRUNES,DEHYD (LOW- MOISTURE),UNCKD	532	532	89.07		0	89.07
PRUNES,DEHYD (LOW- MOISTURE),STWD	84	84	29.7		0	29.7
PLUMS,DRIED (PRUNES),UNCKD	377	496	63.88	7.1	13	56.78
PLUMS,DRIED (PRUNES),STWD,WO/ ADDED SUGAR	452	71	28.08	3.1	15	24.98
PLUMS,DRIED (PRUNES),STWD,W/ ADDED SUGAR	472	628	32.88	3.8	15	29.08
PRUNE JUICE,CANNED	331	177	17.45	1	0	16.45
PUMMELO,RAW	194	247	9.62	1	44	8.62
QUINCES,RAW	325	165	15.3	1.9	39	13.4
RAISINS, GOLDEN SEEDLESS	374	322	79.52	4	0	75.52
RAISINS,SEEDLESS	282	322	79.18	3.7	0	75.48
RAISINS,SEEDED	15	443	78.47	6.8	0	71.67
RAMBUTAN,CND,SYRUP PK	520	154	20.87	0.9	0	19.97
RASPBERRIES,RAW	333	815	11.94	6.5	4	5.44
RASPBERRIES,CND,RED,HVY SYRUP PK,SOL&LIQUIDS	218	272	23.36	3.3	0	20.06
RASPBERRIES,FRZ,RED,SWTND	642	528	26.16	4.4	0	21.76
RHUBARB,RAW	960	791	4.54	1.8	25	2.74
RHUBARB,FROZEN,UNCOOKED	813	938	5.1	1.8	0	3.3
RHUBARB,FRZ,CKD,W/SUGAR	285	628	31.2	2	0	29.2

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
ROSELLE,RAW	784	784	11.31		39	11.31
ROSE-APPLES,RAW	818	818	5.7		33	5.7
SAPODILLA,RAW	154	328	19.96	5.3	20	14.66
SAPOTES,(MARMALADE PLUM),RAW	467	285	33.76	2.6	29	31.16
SOURSOP,RAW	253	276	16.84	3.3	33	13.54
STRAWBERRIES,RAW	222	810	7.68	2	6	5.68
STRAWBERRIES,CND,HVY SYRUP PK,SOL&LIQUIDS	809	909	23.53	1.7	0	21.83
STRAWBERRIES,FRZ,UNSWTND	812	101	9.13	2.1	0	7.03
STRAWBERRIES,FRZ,SWTND ,WHL	98	758	21	1.9	0	19.1
STRAWBERRIES,FRZ,SWTND, SLICED	288	943	25.92	1.9	0	24.02
SUGAR-APPLES,(SWEETSOP),RAW	77	892	23.64	4.4	45	19.24
TAMARINDS,RAW	412	469	62.5	5.1	66	57.4
FRUIT SALAD,TROPICAL,CND,HVY SYRUP,SOL&LIQUIDS	658	630	22.36	1.3	0	21.06
WATERMELON,RAW	881	885	7.55	0.4	48	7.15
MARASCHINO CHERRIES,CND,DRND	388	228	41.97	3.2		38.77
FEIJOA,RAW	887	887	10.63		25	10.63
PEARS,ASIAN,RAW	215	844	10.65	3.6	9	7.05
FRUIT COCKTAIL,CND,HVY SYRUP,DRND	793	253	18.8	1.7		17.1
PINEAPPLE,CND,JUC PK,DRND	526	54	15.56	1.3		14.26
APRICOTS,CND,HVY SYRUP,DRND	212	751	21.31	2.7		18.61
CHERRIES,SWT,CND,HVY SYRUP,DRND	630	761	21.07	2.5		18.57
PEACHES,CND,HVY SYRUP,DRND	615	281	19.79	2.2	0	17.59
PEARS,CND,HVY SYRUP,DRND	758	177	19.08	2.7	0	16.38
PLUMS,CND,HVY SYRUP,DRND	762	221	23.12	1.5		21.62
TANGERINES,(MANDARIN ORANGES),CND,JUC PK,DRND	182	829	9.41	1.2		8.21
APPLE JUC,CND OR BTLD,UNSWTND,W/ VIT C	208	21	11.68	0.1	0	11.58
APPLESAUCE,CND,UNSWTND,W/ VIT C	10	259	11.29	1.2	0	10.09
APPLESAUCE,CND,SWTND,W/ SALT	911	549	19.91	1.2	0	18.71
APRICOT NECTAR,CND,W/ VIT C	896	220	14.39	0.6	0	13.79
GRAPEFRUIT JUICE,PINK,RAW	961	961	9.2		0	9.2
KIWIFRUIT,(CHINESE GOOSEBERRIES),HELD IN STORAGE,RAW	275	210	14.88	3.4	14	11.48
ORANGE JUC,CALIFORNIA,CHILLED,INCL FROM CONC	259	259	10.06		0	10.06
PEACH NECTAR,CND,W/ VIT C	554	165	13.92	0.6	0	13.32

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PEAR NECTAR,CND,W/ VIT C	661	619	15.76	0.6	0	15.16
PINEAPPLE JUC,CND,UNSWTND,W/ ADDED VIT C	270	543	12.87	0.2	0	12.67
APPLE JUC,FRZ CONC,UNSWTND,UNDIL,W/ VIT C	466	466	41		0	41
APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O,W/ VIT C	617	257	11.54	0.1	0	11.44
JACKFRUIT,CND,SYRUP PK	943	762	23.94	0.9	0	23.04
DATES,MEDJOO	319	749	74.97	6.7		68.27
DURIAN,RAW OR FROZEN	969	640	27.09	3.8	68	23.29
PRUNE PUREE	780	457	65.1	3.3	0	61.8
CANDIED FRUIT	355	479	82.74	1.6	0	81.14
ABIYUCH,RAW	919	213	17.6	5.3		12.3
ROWAL,RAW	631	646	23.9	6.2		17.7
PINEAPPLE,RAW,TRADITIONAL VAR	232	232	11.82		48	11.82
PINEAPPLE,RAW,EX SWT VAR	276	20	13.5	1.4	48	12.1
USDA CMDTY,MXD FRUIT (PEACH,PEARS,GRAPES),CND,LT SYRUP,DRND	206	639	14.65	1.6		13.05
USDA CMDTY,MXD FRUIT (PEACH,PEAR,GRAPE),CND,LT SYR,SOL & LIQ	54	639	14.3	1.2		13.1
CLEMENTINES,RAW	20	11	12.02	1.7	23	10.32
GUANABANA NECTAR,CND	527	328	14.93	0.1	0	14.83
GUAVA NECTAR,CND	275	554	14.87	1	0	13.87
MANGO NECTAR,CND	639	245	13.12	0.3	0	12.82
TAMARIND NECTAR,CND	328	19	14.73	0.5	0	14.23
USDA CMDTY PEACHES,CND,LT SYRUP,DRND	274	527	15.65	0.7	0	14.95
USDA CMDTY PEARS,CND,JUC PK,DRND	270	289	12.91	2.2	0	10.71
USDA CMDTY PEARS,CND,LT SYRUP,DRND	225	206	16.21	1.6	0	14.61
PORK,FRSH,CARCASS,LN&FAT,RAW	3	3	0	0	18	0
PORK,FRSH,COMP OF RTL CUTS (LEG,LOIN,SHLDR),LN,RAW	3	3	0	0	30	0
PORK,FRSH,COMP OF LEG,LOIN,SHLDR,&SPARERIBS,LN&FAT,RAW	3	3	0	0	24	0
PORK,FRESH,BACKFAT,RAW	3	3	0	0	11	0
PORK,FRSH,BELLY,RAW	3	3	0	0	7	0
PORK,FRSH,FAT,RAW	3	3	0	0	0	0
PORK,FRSH,FAT,CKD	3	3	0	0	0	0
PORK,FRSH,LEG (HAM),WHL,LN&FAT,RAW	3	3	0	0	17	0
PORK,FRSH,LEG (HAM),WHL,LN&FAT,CKD,RSTD	3	3	0	0	20	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
PORK,FRSH,LEG (HAM),WHL,LN,RAW	3	3	0	0	35	0
PORK,FRSH,LEG (HAM),WHL,LN,CKD,RSTD	3	3	0	0	32	0
PORK,FRSH,LEG (HAM),RUMP HALF,LN&FAT,RAW	3	3	0	0	17	0
PORK,FRSH,LEG (HAM),RUMP HALF,LN&FAT,CKD,RSTD	3	3	0	0	18	0
PORK,FRSH,LEG (HAM),RUMP HALF,LN,RAW	3	3	0	0	31	0
PORK,FRSH,LEG (HAM),RUMP HALF,LN,CKD,RSTD	3	3	0	0	27	0
PORK,FRSH,LEG (HAM),SHANK HALF,LN&FAT,RAW	3	3	0	0	18	0
PORK,FRSH,LEG (HAM),SHANK HALF,LN&FAT,CKD,RSTD	3	3	0	0	22	0
PORK,FRSH,LEG (HAM),SHANK HALF,LN,RAW	3	3	0	0	38	0
PORK,FRSH,LEG (HAM),SHANK HALF,LN,CKD,RSTD	3	3	0	0	36	0
PORK,FRSH,LOIN,WHL,LN&FAT,RAW	3	3	0	0	22	0
PORK,FRSH,LOIN,WHL,LN&FAT,CKD,BRSD	3	3	0	0	21	0
PORK,FRSH,LOIN,WHL,LN&FAT,CKD,BRLD	3	3	0	0	21	0
PORK,FRSH,LOIN,WHL,LN&FAT,CKD,RSTD	3	3	0	0	21	0
PORK,FRSH,LOIN,WHL,LN,RAW	3	3	0	0	30	0
PORK,FRSH,LOIN,WHL,LN,CKD,BRSD	3	3	0	0	28	0
PORK,FRSH,LOIN,WHL,LN,CKD,BRLD	3	3	0	0	28	0
PORK,FRSH,LOIN,WHL,LN,CKD,RSTD	3	3	0	0	28	0
PORK,FRSH,LOIN,BLADE (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	3	3	0	0	27	0
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	3	3	0	0	26	0
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	3	3	0	0	27	0
PORK,FRSH,LOIN,BLADE (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	3	3	0	0	25	0
PORK,FRSH,LOIN,BLADE (CHOPS OR ROASTS),BONE-IN,LN,RAW	3	3	0	0	46	0
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,BRSD	3	3	0	0	44	0
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,BRLD	3	3	0	0	43	0
PORK,FRSH,LOIN,BLADE (ROASTS),BONE-IN,LN,CKD,RSTD	3	3	0	0	40	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PORK,FRSH,LOIN,CNTR LOIN CHOPS OR ROASTS,BONE-IN,LN&FAT,RAW	3	3	0	0	26	0
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	3	3	0	0	24	0
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	3	3	0	0	27	0
PORK,FRSH,LOIN,CNTR LOIN (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	3	3	0	0	26	0
PORK,FRSH,LOIN,CNTR LOIN (CHOPS OR ROASTS),BONE-IN,LN,RAW	3	3	0	0	35	0
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,BRSD	3	3	0	0	32	0
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,BRLD	3	3	0	0	34	0
PORK,FRSH,LOIN,CNTR LOIN (ROASTS),BONE-IN,LN,CKD,RSTD	3	3	0	0	32	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	3	3	0	0	35	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	3	3	0	0	33	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	3	3	0	0	34	0
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	3	3	0	0	36	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BONE-IN,LN,RAW	3	3	0	0	43	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,BRSD	3	3	0	0	40	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,BRLD	3	3	0	0	41	0
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BONE-IN,LN,CKD,RSTD	3	3	0	0	41	0
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	3	3	0	0	29	0
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	3	3	0	0	28	0
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	3	3	0	0	28	0
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	3	3	0	0	31	0
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BONE-IN,LN,RAW	3	3	0	0	38	0
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN,CKD,BRSD	3	3	0	0	36	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN,CKD,BRLD	3	3	0	0	36	0
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BONE-IN,LN,CKD,RSTD	3	3	0	0	38	0
PORK,FRSH,LOIN,TENDERLOIN ,LN,RAW	3	3	0	0	8	0
PORK,FRSH,LOIN,TENDERLOIN,LN,CKD,RSTD	3	3	0	0	6	0
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,RAW	3	3	0	0	10	0
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,CKD,BRSD	3	3	0	0	0	0
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,CKD,BRLD	3	3	0	0	0	0
PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN&FAT,CKD,RSTD	3	3	0	0	8	0
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,RAW	3	3	0	0	16	0
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,BRSD	3	3	0	0	7	0
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,BRLD	3	3	0	0	6	0
PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN,CKD,RSTD	3	3	0	0	15	0
PORK,FRSH,SHLDR,WHL,LN&FAT,RAW	3	3	0	0	25	0
PORK,FRSH,SHLDR,WHL,LN&FAT,CKD,RSTD	3	3	0	0	25	0
PORK,FRSH,SHLDR,WHL,LN,RAW	3	3	0	0	39	0
PORK,FRSH,SHLDR,WHL,LN,CKD,RSTD	3	3	0	0	39	0
PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,RAW	3	3	0	0	27	0
PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,CKD,BRSD	3	3	0	0	25	0
PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,CKD,RSTD	3	3	0	0	27	0
PORK,FRSH,SHLDR,ARM PICNIC,LN,RAW	3	3	0	0	44	0
PORK,FRSH,SHLDR,ARM PICNIC,LN,CKD,BRSD	3	3	0	0	41	0
PORK,FRSH,SHLDR,ARM PICNIC,LN,CKD,RSTD	3	3	0	0	43	0
PORK,FRSH,SHLDR,BLADE,BOSTON (ROASTS OR STEAKS),LN&FAT,RAW	3	3	0	0	24	0
PORK,FRSH,SHLDR,BLADE,BOSTON (STEAKS),LN&FAT,CKD,BRSD	3	3	0	0	22	0
PORK,FRSH,SHLDR,BLADE,BOSTON (STEAKS),LN&FAT,CKD,BRLD	3	3	0	0	23	0
PORK,FRSH,SHLDR,BLADE,BOSTON (ROASTS),LN&FAT,CKD,RSTD	3	3	0	0	24	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PORK,FRSH,SHLDR,BLADE,BOSTON (ROASTS OR STEAKS),LN,RAW	3	3	0	0	34	0
PORK,FRSH,SHLDR,BLADE,BOSTON (STEAKS),LN,CKD,BRSD	3	3	0	0	32	0
PORK,FRSH,SHLDR,BLADE,BOSTON (STEAKS),LN,CKD,BRLD	3	3	0	0	33	0
PORK,FRSH,SHLDR,BLADE,BOSTON (ROASTS),LN,CKD,RSTD	3	3	0	0	31	0
PORK,FRSH,SPARERIBS,LN&FAT,RAW	3	3	0	0	38	0
PORK,FRSH,SPARERIBS,LN&FAT,CKD,BRSD	3	3	0	0	38	0
PORK,FRSH,COMP OF RTL CUTS (LEG,LOIN,&SHLDR),LN,CKD	3	3	0	0	31	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	3	3	0	0	2	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	3	3	0	0	0	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,CHITTERLINGS,RAW	3	3	0	0	18	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,CHITTERLINGS,CKD,SIMMRD	3	3	0	0	0	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,EARS,FRZ,RAW	24	24	0.6	0	5	0.6
PORK,FRSH,VAR MEATS&BY-PRODUCTS,EARS,FRZ,CKD,SIMMRD	3	3	0.2	0	0	0.2
PORK,FRSH,VAR MEATS&BY-PRODUCTS,FEET,RAW	3	3	0	0	29	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,HEART,RAW	2	2	1.33	0	0	1.33
PORK,FRSH,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	700	700	0.4	0	0	0.4
PORK,FRSH,VAR MEATS&BY-PRODUCTS,JOWL,RAW	3	3	0	0	0	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	3	3	0	0	7	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	3	3	0	0	0	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LEAF FAT,RAW	3	3	0	0	0	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LIVER,RAW	790	790	2.47	0	0	2.47
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	58	58	3.76	0	0	3.76
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	3	3	0	0	13	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	3	3	0	0	0	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED,RAW	3	3	0	0	0	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
PORK,FRSH,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	3	3	0	0	0	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	3	3	0	0	0	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	3	3	0	0	0	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,STOMACH,RAW	3	3	0	0	0	0
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	3	3	0	0	48	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	3	3	0	0	16	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	3	3	0	0	24	0
PORK,CURED,BACON,RAW	673	673	0.66	0	0	0.66
PORK,CURED,BACON,CKD,BRLD,PAN-FRIED OR RSTD	2	2	1.43	0	0	1.43
PORK,CURED,BRKFST STRIPS,RAW OR UNHTD	673	673	0.7	0	0	0.7
PORK,CURED,BRKFST STRIPS,CKD	131	131	1.05	0	0	1.05
PORK,CURED,CANADIAN-STYLE BACON,UNHTD	17	17	1.68	0	0	1.68
PORK,CURED,CANADIAN-STYLE BACON,GRILLED	2	2	1.35	0	0	1.35
PORK,CURED,FEET,PICKLED	3	3	0.01	0	66	0.01
PORK,CURED,HAM,BNLESS,EX LN (APPROX 5% FAT),RSTD	2	2	1.5	0	0	1.5
PORK,CURED,HAM,BNLESS,REG (APPROX 11% FAT),RSTD	3	3	0	0	0	0
PORK,CURED,HAM,EX LN (APPROX 4% FAT),CND,UNHTD	3	3	0	0	0	0
PORK,CURED,HAM,EX LN (APPROX 4% FAT),CND,RSTD	18	18	0.52	0	0	0.52
PORK,CURED,HAM,REG (APPROX 13% FAT),CND,UNHTD	3	3	0.02	0	0	0.02
PORK,CURED,HAM,REG (APPROX 13% FAT),CND,RSTD	29	29	0.42	0	0	0.42
PORK,CURED,HAM,CNTR SLICE,COUNTRY-STYLE,LN,RAW	700	700	0.3	0	15	0.3
PORK,CURED,HAM,CNTR SLICE,LN&FAT,UNHTD	3	3	0.05	0	3	0.05
PORK,CURED,HAM,PATTIES,UNHTD	17	17	1.69	0	0	1.69
PORK,CURED,HAM,PATTIES,GRILLED	108	108	1.7	0	0	1.7
PORK,CURED,HAM,STEAK,BNLESS,EX LN,UNHTD	3	3	0	0	0	0
PORK,CURED,HAM,WHL,LN&FAT,UNHTD	3	3	0.06	0	18	0.06
PORK,CURED,HAM,WHL,LN&FAT,RSTD	3	3	0	0	24	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PORK,CURED,HAM,WHL,LN,UNHTD	3	3	0.05	0	37	0.05
PORK,CURED,HAM,WHL,LN,RSTD	3	3	0	0	39	0
PORK,CURED,SALT PORK,RAW	3	3	0	0	0	0
PORK,CURED,FAT (FROM HAM&ARM PICNIC),UNHTD	3	3	0.09	0	0	0.09
PORK,CURED,FAT (FROM HAM&ARM PICNIC),RSTD	3	3	0	0	0	0
PORK,CURED,SHLDR,ARM PICNIC,LN&FAT,RSTD	3	3	0	0	27	0
PORK,CURED,SHLDR,ARM PICNIC,LN,RSTD	3	3	0	0	46	0
PORK,CURED,SHLDR,BLADE ROLL,LN&FAT,UNHTD	3	3	0	0	0	0
PORK,CURED,SHLDR,BLADE ROLL,LN&FAT,RSTD	700	700	0.37	0	0	0.37
PORK,FRSH,VAR MEATS&BY-PRODUCTS,FEET,CKD,SIMMRD	3	3	0	0	60	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TAIL,RAW	3	3	0	0	30	0
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TAIL,CKD,SIMMRD	3	3	0	0	32	0
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	3	3	0	0	38	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	3	3	0	0	46	0
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,PAN-FRIED	3	3	0	0	31	0
PORK,FRSH,LOIN,CNTR LOIN CHOPS,BONE-IN,LN&FAT,CKD,PAN-FRIED	3	3	0	0	30	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,PAN-FRIED	3	3	0	0	39	0
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,PAN-FRIED	3	3	0	0	15	0
PORK,CURED,HAM,BNLESS,EX LN&REG,UNHTD	605	605	2.28	0	0	2.28
PORK,CURED,HAM,BNLESS,EX LN&REG,RSTD	18	18	0.51	0	0	0.51
PORK,CURED,HAM,EX LN&REG,CND,UNHTD	3	3	0	0	0	0
PORK,CURED,HAM,EX LN&REG,CND,RSTD	124	124	0.49	0	0	0.49
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN&FAT,CKD,PAN-FRIED	3	3	0	0	7	0
PORK,FRSH,COMP (LEG,LOIN,SH LDR,&SPARERIBS),LN&FAT,RAW	3	3	0	0	25	0
PORK,FRSH,COMP (LEG,LOIN,SH LDR,&SPARERIBS),LN&FAT,CKD	3	3	0	0	24	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
PORK,FRSH,BACKRIBS,LN&FAT,RAW	3	3	0	0	38	0
PORK,FRSH,BACKRIBS,LN&FAT,CKD,RSTD	3	3	0	0	39	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BNLESS,LN&FAT,RAW	3	3	0	0	11	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,BRSD	3	3	0	0	5	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,BRLD	3	3	0	0	6	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,PAN-FRIED	3	3	0	0	8	0
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BNLESS,LN&FAT,CKD,RSTD	3	3	0	0	8	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BNLESS,LN,RAW	3	3	0	0	22	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,BRSD	3	3	0	0	15	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,BRLD	3	3	0	0	16	0
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,PAN-FRIED	3	3	0	0	19	0
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BNLESS,LN,CKD,RSTD	3	3	0	0	18	0
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN&FAT,RAW	3	3	0	0	32	0
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN&FAT,CKD,BRSD	3	3	0	0	30	0
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN&FAT,CKD,RSTD	3	3	0	0	30	0
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,RAW	3	3	0	0	44	0
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,CKD,BRSD	3	3	0	0	41	0
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,CKD,RSTD	3	3	0	0	44	0
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BNLESS,LN&FAT,RAW	3	3	0	0	8	0
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN&FAT,CKD,BRSD	3	3	0	0	3	0
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN&FAT,CKD,BRLD	3	3	0	0	7	0
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BNLESS,LN&FAT,CKD,RSTD	3	3	0	0	5	0
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BNLESS,LN,RAW	3	3	0	0	11	0
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN,CKD,BRSD	3	3	0	0	6	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN,CKD,BRLD	3	3	0	0	10	0
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BNLESS,LN,CKD,RSTD	3	3	0	0	7	0
PORK,FRSH,LOIN,TENDERLOIN,L N&FAT,RAW	3	3	0	0	5	0
PORK,FRESH,GROUND,RAW	3	3	0	0	0	0
PORK,FRESH,GROUND,COOKED	3	3	0	0	0	0
PORK,FRSH,LOIN,TENDERLOIN,L N&FAT,CKD,BRLD	3	3	0	0	3	0
PORK,FRSH,LOIN,TENDERLOIN,L N&FAT,CKD,RSTD	3	3	0	0	4	0
PORK,FRSH,LOIN,TENDERLOIN,L N,CKD,BRLD	3	3	0	0	6	0
PORK,FRSH,LOIN, TOP LOIN (ROASTS),BNLESS,LN&FAT,RAW	3	3	0	0	11	0
PORK,FRSH,LOIN, TOP LOIN (ROASTS),BNLESS,LN,RAW	3	3	0	0	20	0
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN&FAT,RAW	3	3	0	0	22	0
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN&FAT,CKD	3	3	0	0	22	0
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN,RAW	3	3	0	0	30	0
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN,CKD	3	3	0	0	30	0
USDA COMMODITY,PORK,CURED ,HAM,BNLESS,CKD,HTD	3	3	0	0	0	0
USDA COMMODITY,PORK,GROUN D,FINE/COARSE,FRZ,CKD	3	3	0	0	0	0
USDA COMMODITY,PORK,CURED ,HAM,BNLESS,CKD,UNHTD	673	673	0.69	0	0	0.69
USDA COMMODITY,PORK,GROUN D,FINE/COARSE,FRZ,RAW	3	3	0	0	0	0
HORMEL,CURE 81 HAM	700	700	0.21		0	0.21
HORMEL ALWAYS TENDER,PORK TENDERLOIN,TERIYAKI-FLA-VORED	988	988	4.63		0	4.63
HORMEL ALWAYS TENDER,PORK TENDERLOIN,PEPPERCORN-FLAVORED	870	870	1.82		0	1.82
HORMEL ALWAYS TENDER,PORK LOIN FILETS,LEMON GARLIC-FLAVORED	874	874	1.79		0	1.79
HORMEL ALWAYS TENDER,CNTR CUT CHOPS,FRSH PORK	754	754	0.84		0	0.84
HORMEL ALWAYS TENDER,BNLESS PORK LOIN,FRSH PORK	685	685	0.76		0	0.76
HORMEL CANADIAN STYLE BACON	654	654	1.87		0	1.87
PORK,FRSH,LOIN, TOP LOIN (CHOPS),BNLESS,ENH,LN,CKD,P AN-BROIL	3	3	0	0	9	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PRK,FRSH,TOP LOIN (CHPS),BNLESS,ENHCD,LN & FAT,CKD,PAN-BRLD	3	3	0	0	0	0
PORK,CURED,BACON,CKD,BKD	2	2	1.35	0	0	1.35
PORK,CURED,BACON,CKD,MIC ROWAVED	131	131	1.05	0	0	1.05
PORK,CURED,BACON,CKD,PAN-FRIED	2	2	1.5	0	0	1.5
PORK,FRSH,VAR MEATS & BY-PRODUCTS,STOMACH,CKD, SIMMRD	3	3	0.09	0	0	0.09
PORK,BACON,RENDERED FAT,CKD	3	3	0	0		0
PORK,CURED,HAM - H2O ADDED,RUMP,BONE-IN,LN,HTD,RSTD	33	33	0.87	0	19	0.87
PORK,CURED,HAM - H2O ADDED,RUMP,BONE-IN,LN,UNHTD	24	24	0.56	0	28	0.56
PORK,CURED,HAM -- H2O ADDED,SHANK,BONE-IN,LN,HTD,RSTD	183	183	1.2	0	35	1.2
PORK,CURED,HAM - H2O ADDED,SLICE,BONE-IN,LN,HTD,PAN-BROIL	131	131	1.03	0	12	1.03
PORK,CURED,HAM & H2O PRODUCT,SLICE,BONE-IN,LN,HTD,PAN-BROIL	2	2	1.35	0	12	1.35
PORK,CURED,HAM & H2O PRODUCT,SLICE,BNLESS,LN,HTD ,PAN-BROIL	65	65	4.38	0	0	4.38
PORK,CURED,HAM & H2O PROD UCT,WHL,BNLESS,LN,HTD,RSTD	85	85	4.49	0	0	4.49
PORK,CURED,HAM & H2O PROD UCT,WHL,BNLESS,LN,UNHTD	48	48	4	0	0	4
PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN,HTD,RSTD	29	29	0.43	0	23	0.43
PORK,CURED,HAM W/ NAT JUICES,SHANK,BONE-IN,LN,HTD,RSTD	3	3	0.01	0	25	0.01
PORK,CURED,HAM W/ NAT JUICES,SLICE,BONE-IN,LN,HTD,PAN-BROIL	3	3	0	0	11	0
PRK,CRD,HAM W/ NAT JUCS,SPRL SLC,MEAT ONLY,BNLES,LN,HTD,RSTD	700	700	0.41	0	3	0.41
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN,HTD,RSTD	131	131	1	0	27	1
PORK,CURED,HAM -- H2O ADDED,SLICE,BNLESS,LN,HTD,P AN-BROIL	183	183	1.24	0	2	1.24
PORK,CURED,HAM -- H2O ADDED ,WHL,BNLESS,LN,HTD,RSTD	2	2	1.38	0	2	1.38
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN,UNHTD	183	183	1.18	0	3	1.18

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PORK,CURED,HAM & H2O PRODUCT,SHANK,BONE-IN,LN,HTD,RSTD	183	183	1.2	0	42	1.2
PORK,CURED,HAM W/ NAT JUICES,SLICE,BNLESS,LN,HTD,PAN-BROIL	131	131	0.99	0	0	0.99
PORK,CURED,HAM W/ NAT JUICE S,WHL,BNLESS,LN,HTD,RSTD	754	754	0.84	0	0	0.84
PORK,CURED,HAM W/ NAT JUICES,WHL,BNLESS,LN,UNHTD	7	7	0.95	0	0	0.95
PORK,CURED,HAM -- H2O ADDED,SHANK,BONE-IN,LN,UNHTD	3	3	0	0	26	0
PORK,CURED,HAM - H2O ADDED,SLICE,BONE-IN,LN,UNHTD	700	700	0.32	0	20	0.32
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN,UNHTD	183	183	1.24	0	18	1.24
PORK,CURED,HAM & H2O PRODUCT,SLICE,BONE-IN,LN,UNHTD	50	50	2.82	0	14	2.82
PORK,CURED,HAM & H2O PRODUCT,SHANK,BONE-IN,UNHTD,LN	183	183	1.2	0	44	1.2
PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN,UNHTD	3	3	0.06	0	37	0.06
PORK,CURED,HAM W/ NAT JUICES,SHANK,BONE-IN,LN,UNHTD	3	3	0	0	24	0
PORK,CURED,HAM W/ NAT JUICES,SLICE,BONE-IN,LN,UNHTD	3	3	0	0	12	0
PORK,CURED,HAM W/ NAT JUICES,SPIRAL SLICE,BNLESS,LN,UNHTD	673	673	0.63	0	5	0.63
PORK,CURED,HAM,FAT,BNLESS,HTD	107	107	2	0	0	2
PORK,CURED,HAM,FAT,BNLESS,UNHTD	654	654	1.87	0	0	1.87
PORK,PICKLED PORK HOCKS	3	3	0	0	0	0
PORK,CURED,HAM,SLICE,BONE-IN,LN,HTD,PAN-BROIL	700	700	0.23	0	14	0.23
PORK,CURED,HAM W/ NAT JUICES,WHL,BNLESS,LN & FAT,UNHTD	7	7	0.95	0	0	0.95
PORK,CURED,HAM W/ NAT JUICES,SPIRAL SLICE,BNLESS,LN & FAT,UNHTD	673	673	0.69	0	0	0.69
PORK,CURED,HAM W/ NAT JUICES,SLICE,BONE-IN,LN & FAT,UNHTD	3	3	0.17	0	3	0.17
PORK,CURED,HAM W/ NAT JUICES,SHANK,BONE-IN,LN & FAT,UNHTD	700	700	0.29	0	10	0.29
PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN & FAT,UNHTD	29	29	0.42	0	21	0.42

	Code to use	Code ( Fiber Method)	Carbo- hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
PORK,CURED,HAM & H2O PRODUCT,WHL,BNLESS,LN & FAT,UNHTD	48	48	4	0	0	4
PORK,CURED,HAM & H2O PRODUCT,SLICE,BONE-IN,LN & FAT,UNHTD	791	791	2.72	0	3	2.72
PORK,CURED,HAM & H2O PRODUCT,SHANK,BONE- IN,UNHTD,LN & FAT	2	2	1.42	0	17	1.42
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN & FAT,UNHTD	2	2	1.35	0	18	1.35
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN & FAT,UNHTD	183	183	1.2	0	0	1.2
PORK,CURED,HAM -- H2O ADDED,SLICE,BONE-IN,LN & FAT,UNHTD	24	24	0.58	0	4	0.58
PORK,CURED,HAM -- H2O ADDED,SHANK,BONE-IN,LN & FAT,UNHTD	700	700	0.33	0	10	0.33
PORK,CURED,HAM -- H2O ADDED,RUMP,BONE-IN,LN & FAT,UNHTD	685	685	0.8	0	12	0.8
PORK,CURED,HAM -- H2O ADDED,RUMP,BONE-IN,LN & FAT,HTD,RSTD	131	131	0.99	0	10	0.99
PORK,CURED,HAM -- H2O ADDED,SHANK,BONE-IN,LN & FAT,HTD,RSTD	2	2	1.35	0	20	1.35
PORK,CURED,HAM -- H2O ADDED,SLCE,BNE-IN,LN & FAT,HTD,PAN-BRL	197	197	1.12	0	4	1.12
PORK,CURED,HAM -- H2O ADDED,SLCE,BNLESS,LN & FAT,HTD,PAN-BRL	183	183	1.26	0	0	1.26
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN & FAT,HTD,RSTD	2	2	1.39	0	0	1.39
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN & FAT,HTD,RSTD	197	197	1.15	0	15	1.15
PORK,CURED,HAM & H2O PRODUCT,SHANK,BONE-IN,LN & FAT,HTD,RSTD	2	2	1.42	0	21	1.42
PORK,CURED,HAM & H2O PRDCT,SLCE,BNE-IN,LN & FAT,HTD,PAN-BRL	2	2	1.41	0	4	1.41
PORK,CURED,HAM & H2O PRDCT,SLICE,BNLESS,LN & FAT,HTD,PAN-BRL	65	65	4.38	0	0	4.38
PORK,CURED,HAM & H2O PRODUCT,WHL,BNLESS,LN & FAT,HTD,RSTD	85	85	4.49	0	0	4.49
PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN & FAT,HTD,RSTD	24	24	0.6	0	14	0.6
PORK,CURED,HAM W/ NAT JUICES,SHANK,BONE-IN,LN & FAT,HTD,RSTD	700	700	0.26	0	15	0.26

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
PORK,CURED,HAM W/ NAT JUICES,SLCE,BNE-IN,LN & FAT,HTD,PAN-BRL	3	3	0.17	0	3	0.17
PORK,CURED,HAM W/ NAT JUICES,SLICE,BNLES,LN & FAT,HTD,PAN-BRL	131	131	0.99	0	0	0.99
PORK,CURED,HAM W/ NAT JUCS,SPRL SLCE,BNLES,LN & FAT,HTD,RSTD	124	124	0.46	0	0	0.46
PORK,CURED,HAM W/ NAT JUICES,WHL,BNLESS,LN & FAT,HTD,RSTD	754	754	0.84	0	0	0.84
PORK,CURED,HAM,RUMP,BONE-IN,LN & FAT,HTD,RSTD	700	700	0.37	0	13	0.37
PORK,CURED,HAM,RUMP,BONE-IN,LN,HTD,RSTD	3	3	0.15	0	23	0.15
PORK,CURED,HAM,RUMP,BONE-IN,LN,UNHTD	700	700	0.32	0	26	0.32
PORK,CURED,HAM,SHANK,BONE-IN,LN,HTD,RSTD	3	3	0	0	22	0
PORK,CURED,HAM,SHANK,BONE-IN,LN,UNHTD	3	3	0.18	0	23	0.18
PORK,CURED,HAM,SHANK,BONE-IN,LN & FAT,HTD,RSTD	700	700	0.24	0	12	0.24
PORK,CURED,HAM,SHANK,BONE-IN,LN & FAT,UNHTD	700	700	0.41	0	11	0.41
PORK,CURED,HAM,SLICE,BONE-IN,LN & FAT,HTD,PAN-BROIL	700	700	0.39	0	5	0.39
PORK,CURED,HAM,SLICE,BONE-IN,LN,UNHTD	3	3	0	0	15	0
PORK,CURED,HAM,SLICE,BONE-IN,LN & FAT,UNHTD	700	700	0.21	0	5	0.21
ALFALFA SEEDS,SPROUTED,RAW	593	3	2.1	1.9	0	0.2
AMARANTH LEAVES,RAW	185	185	4.02		6	4.02
AMARANTH LEAVES,CKD,BLD,DRND,WO/ SALT	952	952	4.11		0	4.11
ARROWHEAD,RAW	542	542	20.23		25	20.23
ARROWHEAD,CKD,BLD,DRND,WO/SALT	225	225	16.14		0	16.14
ARTICHOKES,(GLOBE OR FRENCH),RAW	22	813	10.51	5.4	60	5.11
ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,WO/ SALT	239	801	11.18	5.4	60	5.78
ARTICHOKES,(GLOBE OR FRENCH),FRZ,UNPREP	222	602	7.76	3.9	0	3.86
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,WO/SALT	961	692	9.18	4.6	0	4.58
ASPARAGUS,RAW	835	874	3.88	2.1	47	1.78
ASPARAGUS,CKD,BLD,DRND	952	593	4.11	2	0	2.11
ASPARAGUS,CND,REG PK,SOL&LIQUIDS	790	2	2.47	1	0	1.47
ASPARAGUS,CND,DRND SOL	867	754	2.46	1.6	0	0.86

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
ASPARAGUS,FRZ,UNPREP	695	620	4.1	1.9	0	2.2
ASPARAGUS,FRZ,CKD,BLD,DRND,WO/SALT	6	700	1.92	1.6	0	0.32
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,RAW	938	938	3.29		62	3.29
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,CKD,BLD,DRND,WO/SALT	902	88	6.78	1.9	0	4.88
BALSAM-PEAR (BITTER GOURD),PODS,RAW	834	33	3.7	2.8	17	0.9
BALSAM-PEAR (BITTER GOURD),PODS,CKD,BLD,DRND,WO/SALT	65	170	4.32	2	0	2.32
BAMBOO SHOOTS,RAW	838	792	5.2	2.2	71	3
BAMBOO SHOOTS,CKD,BLD,DRND,WO/SALT	6	33	1.92	1	0	0.92
BAMBOO SHOOTS,CND,DRND SOL	938	654	3.22	1.4	0	1.82
BEANS,KIDNEY,MATURE SEEDS,SPROUTED,RAW	695	695	4.1		0	4.1
BEANS,KIDNEY,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,WO/SALT	843	843	4.72		0	4.72
LIMA BNS,IMMAT SEEDS,RAW	542	918	20.17	4.9	56	15.27
LIMA BNS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	77	647	23.64	5.3	0	18.34
BEANS,LIMA,IMMAT SEEDS,CND,REG PK,SOL&LIQUIDS	165	825	13.33	3.6	0	9.73
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,UNPREP	265	896	19.83	5.5	0	14.33
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,WO/SALT	892	276	19.32	5.8	0	13.52
LIMA BNS,IMMAT SEEDS,FRZ,BABY,UNPREP	908	269	25.13	6	0	19.13
LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,WO/SALT	794	165	19.45	6	0	13.45
MUNG BNS,MATURE SEEDS,SPROUTED,RAW	882	56	5.94	1.8	0	4.14
MUNG BNS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,WO/SALT	950	712	4.19	0.8	0	3.39
MUNG BNS,MATURE SEEDS,SPROUTED,CKD,STIR-FRIED	924	254	10.59	1.9	0	8.69
BEANS,NAVY,MATURE SEEDS,SPROUTED,RAW	639	639	13.05		0	13.05
BEANS,NAVY,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,WO/SALT	243	243	15.01		0	15.01
BEANS,PINTO,IMMAT SEEDS,FRZ,UNPREP	441	625	32.5	5.7	0	26.8
BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,WO/SALT	81	626	30.88	8.6	0	22.28
BEANS,SHELLIE,CND,SOL & LIQUIDS	41	791	6.19	3.4	0	2.79

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
BEANS,SNAP,GREEN,RAW	885	687	7.13	3.4	12	3.73
BEANS,SNAP,GRN,CKD,BLD,DRND,WO/SALT	251	819	7.88	3.2	0	4.68
BEANS,SNAP,GRN VAR,CND,REG PK,SOL&LIQUIDS	601	107	3.5	1.5	0	2
BEANS,SNAP,GRN,CND,REG PK,DRND SOL	786	593	4.41	2.3	0	2.11
BEANS,SNAP,CND,ALL STYLES,SEASONED,SOL&LIQUIDS	601	107	3.49	1.5	0	1.99
BEANS,SNAP,GRN,FRZ,ALL STYLES,UNPREP	881	279	7.58	2.8	0	4.78
BEANS,SNAP,GRN,FRZ,CKD,BLD,DRND WO/SALT	811	601	6.45	3	0	3.45
BEETS,RAW	194	902	9.56	2.8	33	6.76
BEETS,CKD,BLD,DRND	263	795	9.96	2	0	7.96
BEETS,CND,REG PK,SOL&LIQUIDS	885	882	7.14	1.2	0	5.94
BEETS,CND,DRND SOL	885	814	7.21	1.8	0	5.41
BEET GREENS,RAW	65	673	4.33	3.7	44	0.63
BEET GRNS,CKD,BLD,DRND,WO/SALT	706	821	5.46	2.9	0	2.56
BROADBEANS,IMMAT SEEDS,RAW	208	881	11.7	4.2	3	7.5
BROADBEANS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	259	252	10.1	3.6	0	6.5
BROCCOLI,RAW	40	185	6.64	2.6	39	4.04
BROCCOLI,CKD,BLD,DRND,WO/SALT	885	835	7.18	3.3	0	3.88
BROCCOLI,FRZ,CHOPD,UNPREP	279	874	4.78	3	0	1.78
BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	862	170	5.35	3	0	2.35
BROCCOLI,FRZ,SPEARS,UNPREP	862	170	5.35	3	0	2.35
BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,WO/SALT	862	170	5.35	3	0	2.35
BROCCOLI RAAB,RAW	35	3	2.85	2.7	0	0.15
BROCCOLI RAAB,CKD	792	700	3.12	2.8	0	0.32
BRUSSELS SPROUTS,RAW	238	813	8.95	3.8	10	5.15
BRUSSELS SPROUTS,CKD,BLD,DRND,WO/SALT	697	85	7.1	2.6	0	4.5
BRUSSELS SPROUTS,FRZ,UNPREP	251	695	7.86	3.8	0	4.06
BRUSSELS SPROUTS,FRZ,CKD,BLD,DRND,WO/SALT	66	929	8.32	4.1	0	4.22
BURDOCK ROOT,RAW	861	637	17.34	3.3	25	14.04
BURDOCK ROOT,CKD,BLD,DRND,WO/SALT	917	794	21.15	1.8	0	19.35
BUTTERBUR,(FUKI),RAW	30	30	3.61		12	3.61
BUTTERBUR,CKD,BLD,DRND,WO/SALT	880	880	2.16		0	2.16
BUTTERBUR,CANNED	700	700	0.38		0	0.38

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
CABBAGE,RAW	801	938	5.8	2.5	20	3.3
CABBAGE,CKD,BLD,DRND,WO/SALT	830	30	5.51	1.9	0	3.61
CABBAGE,RED,RAW	291	838	7.37	2.1	20	5.27
CABBAGE,RED,CKD,BLD,DRND,WO/SALT	694	65	6.94	2.6	0	4.34
CABBAGE,SAVOY,RAW	860	792	6.1	3.1	20	3
CABBAGE,SAVOY,CKD,BLD,DRND,WO/SALT	814	37	5.41	2.8	0	2.61
CABBAGE,CHINESE (PAK-CHOI),RAW	620	183	2.18	1	12	1.18
CABBAGE,CHINESE (PAK-CHOI),CKD,BLD,DRND,WO/SALT	874	685	1.78	1	0	0.78
CABBAGE,CHINESE (PE-TSAI),RAW	938	710	3.23	1.2	7	2.03
CABBAGE,CHINESE (PE-TSAI),CKD,BLD,DRND,WO/SALT	867	673	2.41	1.7	0	0.71
CARDOON,RAW	695	790	4.07	1.6	51	2.47
CARDOON,CKD,BLD,DRND,WO/SALT	51	1	5.33	1.7	0	3.63
CARROTS,RAW	194	902	9.58	2.8	11	6.78
CARROTS,CKD,BLD,DRND,WO/SALT	829	838	8.22	3	0	5.22
CARROTS,CND,REG PK,SOL&LIQUIDS	862	30	5.37	1.8	0	3.57
CARROTS,CND,REG PK,DRND SOL	286	185	5.54	1.5	0	4.04
CARROTS,FROZEN,UNPREPARED	698	988	7.9	3.3	0	4.6
CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	222	786	7.73	3.3	0	4.43
CASSAVA,RAW	261	435	38.06	1.8	0	36.26
CAULIFLOWER,RAW	51	791	5.3	2.5	61	2.8
CAULIFLOWER,CKD,BLD,DRND,WO/SALT	952	870	4.11	2.3	0	1.81
CAULIFLOWER,FRZ,UNPREP	819	170	4.68	2.3	0	2.38
CAULIFLOWER,FRZ,CKD,BLD,DRND,WO/SALT	58	131	3.75	2.7	0	1.05
CELERIAC,RAW	961	223	9.2	1.8	14	7.4
CELERIAC,CKD,BLD,DRND,WO/SALT	948	172	5.9	1.2	0	4.7
CELERY,RAW	62	2	2.97	1.6	11	1.37
CELERY,CKD,BLD,DRND,WO/SALT	48	867	4.01	1.6	0	2.41
CELTUCE,RAW	1	6	3.65	1.7	25	1.95
CHARD,SWISS,RAW	58	880	3.74	1.6	8	2.14
CHARD,SWISS,CKD,BLD,DRND,WO/SALT	56	710	4.13	2.1	0	2.03
CHAYOTE,FRUIT,RAW	835	620	3.9	1.7	1	2.2
CHAYOTE,FRUIT,CKD,BLD,DRND,WO/SALT	813	170	5.09	2.8	0	2.29

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
CHICORY,WITLOOF,RAW	48	33	4	3.1	11	0.9
CHICORY GREENS,RAW	172	673	4.7	4	18	0.7
CHICORY ROOTS,RAW	281	281	17.51		18	17.51
CHIVES,RAW	65	654	4.35	2.5	0	1.85
CHRYSANTHEMUM,GARLAND ,RAW	792	3	3.02	3	4	0.02
CHRYSANTHEMUM,GARLAND,CK D,BLD,DRND,WO/SALT	65	107	4.31	2.3	0	2.01
COLESLAW,HOME-PREPARED	12	23	12.41	1.5	0	10.91
COLLARDS,RAW	810	593	5.69	3.6	43	2.09
COLLARDS,CKD,BLD,DRND,WO/ SALT	86	593	4.91	2.8	0	2.11
COLLARDS,FRZ,CHOPD,UNPREP	811	35	6.46	3.6	0	2.86
COLLARDS,FRZ,CHOPD,CKD,BLD ,DRND,WO/SALT	885	65	7.11	2.8	0	4.31
CORIANDER (CILANTRO) LEAVES,RAW	1	33	3.67	2.8	15	0.87
CORN,SWEET,YELLOW,RAW	758	290	19.02	2.7	64	16.32
CORN,SWT,YEL,CKD,BLD,DRND ,WO/SALT	71	658	25.11	2.8	45	22.31
CORN,SWT,YEL,CND,BRINE PK,REG PK,SOL&LIQUIDS	235	530	15.41	1.7	0	13.71
CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL	793	253	18.8	1.9	0	16.9
CORN,SWT,YEL,CND,CRM STYLE,REG PK	644	253	18.13	1.2	0	16.93
CORN,SWT,YEL,CND,VACUUM PK,REG PK	794	331	19.44	2	0	17.44
CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPREP	522	647	20.81	2.4	0	18.41
CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BLD,DRND,WO/SALT	892	253	19.3	2.4	0	16.9
CORN,SWT,YEL,FRZ,KRNLS ON COB,UNPREP	809	522	23.5	2.8	45	20.7
CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO/SALT	658	849	22.33	2.8	45	19.53
CORN W/RED&GRN PEPPERS,CND,SOL&LIQUIDS	644	644	18.17		0	18.17
CORNSALAD,RAW	30	30	3.6			3.6
COWPEAS (BLACKEYES),IMMAT SEEDS,RAW	102	554	18.9	5	49	13.9
COWPEAS (BLACKEYES),IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	767	325	20.32	5	0	15.32
COWPEAS (BLACKEYES),IMMAT SEEDS,FRZ,UNPREP	908	272	25.13	5	0	20.13
COWPEAS (BLACKEYES),IMMTRE SEEDS,FRZ,CKD,BLD,DRND,WO/ SALT	217	635	23.76	6.4	0	17.36
COWPEAS,YOUNG PODS W/ SEEDS,RAW	182	182	9.5		9	9.5
COWPEAS,YOUNG PODS W/ SEEDS,CKD,BLD,DRND,WO/SALT	889	889	7		0	7

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
YARDLONG BEAN,RAW	66	66	8.35		5	8.35
YARDLONG BEAN,CKD,BLD,DRND,WO/SALT	961	961	9.18		0	9.18
COWPEAS,LEAFY TIPS,RAW	104	104	4.82		48	4.82
COWPEAS,LEAFY TIPS,CKD,BLD,DRND,WO/SALT	791	791	2.8		0	2.8
CRESS,GARDEN,RAW	830	786	5.5	1.1	29	4.4
CRESS,GARDEN,CKD,BLD,DRND,WO/SALT	701	792	3.8	0.7	0	3.1
CUCUMBER,WITH PEEL,RAW	1	792	3.63	0.5	3	3.13
CUCUMBER,PEELED,RAW	880	2	2.16	0.7	27	1.46
DANDELION GREENS,RAW	961	818	9.2	3.5	0	5.7
DANDELION GRNS,CKD,BLD,DRND,WO/SALT	811	601	6.4	2.9	0	3.5
EGGPLANT,RAW	818	170	5.7	3.4	19	2.3
EGGPLANT,CKD,BLD,DRND,WO/SALT	9	41	8.73	2.5	0	6.23
EDAMAME,FRZ,UNPREP	247	701	8.58	4.8	0	3.78
EDAMAME,FRZ,PREP	91	843	9.94	5.2	0	4.74
ENDIVE,RAW	712	700	3.35	3.1	14	0.25
GARLIC,RAW	472	285	33.06	2.1	13	30.96
GINGER ROOT,RAW	646	661	17.77	2	7	15.77
GOURD,WHITE-FLOWERED (CALABASH),RAW	712	712	3.39		30	3.39
GOURD,WHITE-FLOWERED (CALABASH),CKD,BLD,DRND,WO/SALT	686	686	3.69		0	3.69
GOURD,DISHCLOTH (TOWELGOURD),RAW	65	65	4.36		27	4.36
GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,WO/SALT	896	896	14.34		0	14.34
HORSERADISH-TREE LEAFY TIPS,RAW	705	41	8.28	2	38	6.28
HORSERADISH-TREE,LEAFY TIPS,CKD,BLD,DRND,WO/SALT	326	961	11.15	2	0	9.15
HYACINTH-BEANS,IMMAT SEEDS,RAW	961	961	9.19		7	9.19
HYACINTH-BEANS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	961	961	9.2		0	9.2
JERUSALEM-ARTICHOKES,RAW	331	661	17.44	1.6	31	15.84
JEW'S EAR,(PEPEAO),RAW	902	902	6.75		2	6.75
PEPEAO,DRIED	479	479	81.03		13	81.03
JUTE,POTHERB,RAW	801	801	5.8		38	5.8
JUTE,POTHERB,CKD,BLD,DRND,WO/SALT	233	51	7.29	2	0	5.29
KALE,RAW	263	795	10.01	2	39	8.01
KALE,CKD,BLD,DRND,WO/SALT	810	1	5.63	2	0	3.63
KALE,FROZEN,UNPREPARED	86	688	4.9	2	0	2.9
KALE,FRZ,CKD,BLD,DRND,WO/SALT	838	938	5.23	2	0	3.23

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
KANPYO,(DRIED GOURD STRIPS)	780	780	65.04		0	65.04
KOHLRABI,RAW	41	37	6.2	3.6	54	2.6
KOHLRABI,CKD,BLD,DRND,WO/ SALT	900	286	6.69	1.1	0	5.59
MUSHROOMS,PORTABELLA,G RILLED	86	37	4.91	2.2	0	2.71
LAMBSQUARTERS,RAW	233	938	7.3	4		3.3
LAMBSQUARTERS,CKD,BLD,DRN D,WO/SALT	303	688	5	2.1	0	2.9
LEEK,(BULB&LOWER LEAF- PORTION),RAW	637	895	14.15	1.8	56	12.35
LEEK,(BULB&LOWER LEAF- PORTION),CKD,BLD,DRND,WO/ SALT	222	905	7.62	1	0	6.62
LENTILS,SPROUTED,RAW	763	763	22.14		0	22.14
LENTILS,SPROUTED,CKD,STIR- FRIED,WO/SALT	547	547	21.25		0	21.25
LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYPES),RAW	605	197	2.23	1.1	26	1.13
LETTUCE,COS OR ROMAINE,RAW	938	183	3.29	2.1	6	1.19
LETTUCE,ICEBERG (INCL CRISP- HEAD TYPES),RAW	62	874	2.97	1.2	5	1.77
LETTUCE,GRN LEAF,RAW	791	2	2.79	1.3	36	1.49
LOTUS ROOT,RAW	861	895	17.23	4.9	21	12.33
LOTUS ROOT,CKD,BLD,DRND,WO/SALT	225	270	16.02	3.1	0	12.92
LETTUCE,RED LEAF,RAW	605	2	2.26	0.9	20	1.36
MOUNTAIN YAM,HAWAII,RAW	290	290	16.31		17	16.31
MOUNTAIN YAM,HAWAII,CKD,STMD,WO/SALT	154	154	20		0	20
MUSHROOMS,WHITE,RAW	938	605	3.28	1	3	2.28
MUSHROOMS,CKD,BLD,DRND, WO/SALT	51	792	5.29	2.2	0	3.09
MUSHROOMS,WHITE,STIR-FRIED	185	605	4.04	1.8	0	2.24
MUSHROOMS,CND,DRND SOL	813	37	5.09	2.4	0	2.69
MUSHROOMS,PORTABELLA,RAW	813	30	5.07	1.5	3	3.57
MUSHROOMS,BROWN,ITALIAN,O R CRIMINI,RAW	952	195	4.12	0.6	3	3.52
MUSHROOMS,SHIITAKE,STIR- FRIED	222	695	7.68	3.6	0	4.08
MUSHROOMS,SHIITAKE,DRIED	322	377	75.37	11.5	0	63.87
MUSHROOMS,SHIITAKE,CKD,WO/ SALT	896	213	14.39	2.1	0	12.29
MUSTARD GREENS,RAW	86	113	4.9	3.3	7	1.6
MUSTARD GRNS,CKD,BLD,DRND,WO/SALT	593	3	2.1	2	0	0.1
MUSTARD GRNS,FRZ,UNPREP	712	3	3.41	3.3	0	0.11
MUSTARD GRNS,FRZ,CKD,BLD,DRND,WO/ SALT	792	700	3.11	2.8	0	0.31

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
MUSTARD SPINACH,(TENDERGREEN),RAW	835	197	3.9	2.8	7	1.1
MUSTARD SPINACH,(TENDERGREEN),CKD,BLD,DRND,WO/SALT	791	685	2.8	2	0	0.8
NEW ZEALAND SPINACH,RAW	836	836	2.5		28	2.5
NEW ZEALAND SPINACH,CKD,BLD,DRND,WO/SALT	620	620	2.2		0	2.2
OKRA,RAW	101	602	7.03	3.2	14	3.83
OKRA,CKD,BLD,DRND,WO/SALT	85	107	4.51	2.5	0	2.01
OKRA,FROZEN,UNPREPARED	905	786	6.63	2.2	0	4.43
OKRA,FRZ,CKD,BLD,DRND,WO/SALT	801	62	5.75	2.8	0	2.95
ONIONS,RAW	824	222	9.34	1.7	10	7.64
ONIONS,CKD,BLD,DRND,WO/SALT	330	422	10.15	1.4	0	8.75
ONIONS,DEHYDRATED FLAKES	335	229	83.28	9.2	0	74.08
ONIONS,CND,SOL&LIQUIDS	185	50	4.02	1.2	0	2.82
ONIONS,YEL,SAUTEED	251	41	7.86	1.7	0	6.16
ONIONS,FRZ,CHOPD,UNPREP	681	303	6.81	1.8	0	5.01
ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	905	279	6.59	1.8	0	4.79
ONIONS,FRZ,WHL,UNPREP	234	902	8.44	1.7	0	6.74
ONIONS,FRZ,WHL,CKD,BLD,DRND,WO/SALT	900	51	6.7	1.4	0	5.3
ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),RAW	291	843	7.34	2.6	4	4.74
ONIONS,YOUNG GRN,TOPS ONLY	810	880	5.65	3.5	0	2.15
ONIONS,WELSH,RAW	252	252	6.5		35	6.5
ONIONS,SWT,RAW	881	40	7.55	0.9	16	6.65
ONION RINGS,BREADED,PARFR,FRZ,UNPREP	81	78	30.53	1.8	0	28.73
ONION RINGS,BREADED,PARFR,FRZ,PREP,HTD IN OVEN	261	459	38.16	1.3	0	36.86
PARSLEY,RAW	715	792	6.33	3.3	5	3.03
PARSNIPS,RAW	242	639	17.99	4.9	15	13.09
PARSNIPS,CKD,BLD,DRND,WO/SALT	253	165	17.01	3.6	0	13.41
PEAS,EDIBLE-PODDED,RAW	881	696	7.55	2.6	6	4.95
PEAS,EDIBLE-PODDED,BLD,DRND,WO/SALT	844	929	7.05	2.8	0	4.25
PEAS,EDIBLE-PODDED,FRZ,UNPREP	885	695	7.2	3.1	0	4.1
PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,WO/SALT	224	948	9.02	3.1	0	5.92
PEAS,GREEN,RAW	246	255	14.46	5.1	62	9.36
PEAS,GRN,CKD,BLD,DRND,WO/SALT	274	330	15.64	5.5	0	10.14
PEAS,GRN,CND,REGPK,SOL&LIQUIDS	825	811	9.75	3.3	0	6.45

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PEAS,GRN,CND,REG PK,DRND SOL	913	234	12.58	4.1	0	8.48
PEAS,GRN,CND,SEASONED,SOL&LIQUIDS	204	233	9.25	2	0	7.25
PEAS,GRN,FRZ,UNPREP	530	182	13.71	4.2	0	9.51
PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT	54	422	14.26	5.5	0	8.76
PEAS,MATURE SEEDS,SPROUTED,RAW	280	280	28.26		0	28.26
PEAS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,WO/SALT	253	253	17.08		0	17.08
PEAS&CARROTS,CND,REG PK,SOL&LIQUIDS	234	252	8.48	2	0	6.48
PEAS&CARROTS,FRZ,UNPREP	326	222	11.15	3.4	0	7.75
PEAS&CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	330	889	10.12	3.1	0	7.02
PEAS&ONIONS,CND,SOL&LIQUIDS	247	41	8.57	2.3	0	6.27
PEAS&ONIONS,FRZ,UNPREP	276	263	13.51	3.5	0	10.01
PEAS&ONIONS,FRZ,CKD,BLD,DRND,WO/SALT	247	811	8.63	2.2	0	6.43
PEPPERS,HOT CHILI,GRN,CND,PODS,EXCLUDING SEEDS,SOL&LIQUIDS	813	701	5.1	1.3	0	3.8
PEPPERS,SWT,GRN,RAW	819	62	4.64	1.7	18	2.94
PEPPERS,SWT,GRN,CKD,BLD,DRND,WO/SALT	900	830	6.7	1.2	0	5.5
PEPPERS,SWT,GRN,CND,SOL&LIQUIDS	835	37	3.9	1.2	0	2.7
PEPPERS,SWT,GRN,FRZ,CHOPD,UNPREP	786	35	4.45	1.6	0	2.85
PEPPERS,SWT,GRN,FRZ,CHOPD,BLD,DRND,WO/SALT	835	792	3.9	0.9	0	3
PEPPERS,SWT,GRN,SAUTEED	929	867	4.22	1.8	0	2.42
PIGEONPEAS,IMMAT SEEDS,RAW	631	549	23.88	5.1	52	18.78
PIGEONPEAS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	847	165	19.49	6.2	0	13.29
POI	649	625	27.23	0.4	0	26.83
POKEBERRY SHOOT,(POKE),RAW	834	107	3.7	1.7		2
POKEBERRY SHOOT,(POKE),CKD,BLD,DRND,WO/SALT	792	113	3.1	1.5	0	1.6
POTATO,FLESH & SKN,RAW	331	918	17.47	2.2	0	15.27
POTATOES,RUSSET,FLESH & SKN,RAW	656	707	18.07	1.3	0	16.77
POTATOES,WHITE,FLESH & SKN,RAW	74	165	15.71	2.4	0	13.31
POTATOES,RED,FLESH & SKN,RAW	661	632	15.9	1.7	0	14.2
POTATOES,RUSSET,FLESH & SKN,BKD	518	269	21.44	2.3	0	19.14
POTATOES,WHITE,FLESH & SKN,BKD	630	231	21.08	2.1	0	18.98

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
POTATOES,RED,FLESH & SKN,BKD	849	646	19.59	1.8	0	17.79
POTATOES,FR FR,CRNKL OR REG,SALT ADDED IN PROC,FRZ,AS PURCH	84	649	29.92	2.7	0	27.22
POTATOES,FR FR,CRNKL/ REG CUT,SALT ADDED IN PROC,FRZ,OVEN-HTD	633	908	27.5	2.3	0	25.2
POTATOES,RAW,SKIN	68	91	12.44	2.5	0	9.94
POTATOES,BKD,FLESH,WO/SALT	660	272	21.55	1.5	23	20.05
POTATOES,BKD,SKN,WO/SALT	390	261	46.06	7.9	0	38.16
POTATOES,BLD,CKD IN SKN,FLESH,WO/SALT	272	647	20.13	1.8	9	18.33
POTATOES,BLD,CKD IN SKN,SKN,WO/SALT	861	554	17.21	3.3	0	13.91
POTATOES,BLD,CKD WO/ SKN,FLESH,WO/ SALT	154	644	20.01	1.8	0	18.21
POTATOES,MICROWAVED,CKD IN SKN,FLESH,WO/SALT	640	221	23.28	1.6	23	21.68
POTATOES,MICROWAVED,CKD IN SKN,SKN,WO/SALT	84	79	29.63	5.5	0	24.13
POTATOES,HASHED BROWN,HOME-PREPARED	465	623	35.11	3.2	0	31.91
POTATOES,MSHD,HOME-PREPARED,WHL MILK & MARGARINE ADDED	253	235	16.91	1.5	0	15.41
POTATOES,SCALLPD,HOME-PREPARED W/BUTTER	693	897	10.78	1.9	0	8.88
POTATOES,AU GRATIN,HOME-PREPARED FROM RECIPE USING BUTTER	10	182	11.27	1.8	0	9.47
POTATOES,CND,SOL&LIQUIDS	561	28	9.89	1.4	0	8.49
POTATOES,CND,DRND SOL	276	784	13.61	2.3	0	11.31
POTATOES,MSHD,DEHYD,FLAKE S WO/MILK,DRY FORM	479	370	81.17	6.6	0	74.57
POTATOES,MSHD,DEHYD,PREP FLKS WO/ MILK,WHL MILK & BUTTER ADD	616	263	10.81	0.8	0	10.01
POTATOES,MSHD,DEHYD,GRANULES WO/MILK,DRY FORM	227	15	85.51	7.1	0	78.41
POTATOES,MSHD,DEHYD,PREP FR GRNLS WO/MILK,WHL MILK&BUTTER	896	963	14.36	2.2	0	12.16
POTATOES,MSHD,DEHYD,GRANULES W/MILK,DRY FORM	489	380	77.7	6.9	0	70.8
POTATOES,MSHD,DEHYD,PREP FROM GRAN W/ MILK,H2O & MARG ADDED	225	328	16.08	1.3	0	14.78
POTATOES,AU GRATIN,DRY MIX,UNPREP	514	320	74.31	4.1	0	70.21
POTATOES,AU GRATIN,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	245	333	12.84	0.9	0	11.94
POTATOES,SCALLPD,DRY MIX,UNPREP	229	463	73.93	8.6	0	65.33

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
POTATOES,SCALLPD,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	245	64	12.77	1.1	0	11.67
POTATOES,HASHED BROWN,FRZ,PLN,UNPREP	646	290	17.72	1.4	0	16.32
POTATOES,HASHED BROWN,FRZ,PLN,PREP	653	284	28.1	2	0	26.1
POTATOES,HASHED BROWN,FRZ,W/BUTTER SAU,UNPREP	647	235	18.28	2.9	0	15.38
POTATOES,HASHED BROWN,FRZ,W/BUTTER SAU,PREP	79	767	24.13	3.8	0	20.33
POTATOES,FRENCH FR,SHOESTRING,SALT ADDED IN PROC,FRZ,AS PRCH	625	487	26.78	2.2	0	24.58
POTATOES,FRENCH FR,SHOESTRNG,SALT ADDED IN PROC,FRZ,OVEN-HTD	277	78	31.66	2.8	0	28.86
POTATOES,O'BRIEN,FRZ,UNPREP	331	526	17.47	1.9	0	15.57
POTATOES,O'BRIEN,FRZ,PREP	909	542	21.86	1.7	0	20.16
POTATO PUFFS,FRZ,UNPREP	284	943	25.97	1.9	0	24.07
POTATO PUFFS,FRZ,OVEN-HEATED	945	908	27.75	2.5	0	25.25
POTATOES,FRZ,WHL,UNPREP	331	290	17.48	1.2	0	16.28
POTATOES,FRZ,WHL,CKD,BLD,D RND,WO/SALT	206	639	14.52	1.4	0	13.12
POTATOES,FRENCH FR,ALL TYPES,SALT ADDED IN PROC,FRZ,UNPREP	845	82	24.81	1.9	0	22.91
POTATOES,FRENCH FR,ALL TYPES,SALT ADDED IN PROC,FRZ,OVEN HTD	945	71	27.74	2.8	0	24.94
POTATOES,FRZ,FRENCH FR,PAR FR,COTTAGE-CUT,UNPREP	943	98	23.98	3	0	20.98
POTATOES,FRZ,FRCH FR,PAR FR,CTTGE-CUT,PREP,HTD OVEN,WO/SALT	171	81	34.03	3.2	0	30.83
POTATOES,FRZ,FRENCH FR,PAR FR,EXTRUDED,UNPREP	641	524	30.15	4.5	0	25.65
POTATOES,FRZ,FRCH FR,PAR FR,EXTRUDED,PREP,HTD OVEN,WO/SALT	508	435	39.68	3.2	0	36.48
USDA COMMODITY,POTATO WEDGES,FRZ	946	809	25.5	2	0	23.5
POTATOES,FRENCH FR,STK FRIES,SALT ADDED IN PROC,FRZ,AS PRCH	809	221	23.51	1.9	0	21.61
POTATOES,FRENCH FR,STK FRIES,SALT ADDED IN PROC,FRZ,OVEN-HTD	969	455	26.98	2.6	0	24.38
POTATO FLOUR	335	369	83.08	5.9	0	77.18
POTATO SALAD,HOME-PREPARED	326	561	11.17	1.3	0	9.87
PUMPKIN FLOWERS,RAW	938	938	3.28		65	3.28

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PUMPKIN FLOWERS,CKD,BLD,DRND,WO/SALT	938	170	3.3	0.9	0	2.4
PUMPKIN LEAVES,RAW	170	170	2.33		59	2.33
PUMPKIN LEAVES,CKD,BLD,DRND,WO/SALT	712	673	3.39	2.7	0	0.69
PUMPKIN,RAW	252	882	6.5	0.5	30	6
PUMPKIN,CKD,BLD,DRND,WO/SALT	86	701	4.9	1.1	0	3.8
PUMPKIN,CND,WO/SALT	926	813	8.09	2.9	0	5.19
PUMPKIN PIE MIX,CANNED	523	644	26.39	8.3	0	18.09
PURSLANE,RAW	601	601	3.43		24	3.43
PURSLANE,CKD,BLD,DRND,WO/SALT	36	36	3.55		0	3.55
RADISHES,RAW	712	870	3.4	1.6	10	1.8
RADISHES,ORIENTAL,RAW	695	836	4.1	1.6	21	2.5
RADISHES,ORIENTAL,CKD,BLD,DRND,WO/SALT	601	654	3.43	1.6	0	1.83
RADISHES,ORIENTAL,DRIED	778	778	63.37		0	63.37
RUTABAGAS,RAW	926	810	8.13	2.5	15	5.63
RUTABAGAS,CKD,BLD,DRND,WO/SALT	9	694	8.74	1.8	0	6.94
SALSIFY,(VEG OYSTER),RAW	761	325	18.6	3.3	13	15.3
SALSIFY,CKD,BLD,DRND,WO/SALT	235	271	15.36	3.1	0	12.26
SAUERKRAUT,CND,SOL&LIQUIDS	929	2	4.28	2.9	0	1.38
SEAWEED,AGAR,RAW	902	41	6.75	0.5	0	6.25
SEAWEED,IRISHMOSS,RAW	213	23	12.29	1.3	0	10.99
SEAWEED,KELP,RAW	194	704	9.57	1.3	0	8.27
SEAWEED,LAVER,RAW	813	104	5.11	0.3	0	4.81
SESBANIA FLOWER,RAW	902	902	6.73		15	6.73
SESBANIA FLOWER,CKD,STMD,WO/SALT	838	838	5.23		0	5.23
SOYBEANS,GREEN,RAW	933	681	11.05	4.2	47	6.85
SOYBEANS,GRN,CKD,BLD,DRND,WO/SALT	933	681	11.05	4.2	0	6.85
SOYBEANS,MATURE SEEDS,SPROUTED,RAW	194	234	9.57	1.1	0	8.47
SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STMD	249	818	6.53	0.8	0	5.73
SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STIR-FRIED	182	247	9.4	0.8	0	8.6
SPINACH,RAW	1	2	3.63	2.2	28	1.43
SPINACH,CKD,BLD,DRND,WO/SALT	58	2	3.75	2.4	0	1.35
SPINACH,CND,REG PK,SOL&LIQUIDS	60	2	2.92	1.6	0	1.32
SPINACH,CND,DRND SOL	712	131	3.4	2.4	0	1

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
SPINACH,FRZ,CHOPD OR LEAF,UNPREP	65	183	4.33	3.1	0	1.23
SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,WO/SALT	813	2	5.16	3.7	0	1.46
SQUASH,SMMR,CROOKNECK&ST RAIGHTNECK,RAW	185	880	4.04	1.9	1	2.14
SQUASH,SMMR,CROOKNECK&S TRAIGHTNECK,CKD,BLD,DRND, WO/SALT	65	688	4.31	1.4	0	2.91
SQUASH,SMMR,CROOKNECK&S TRAIGHTNECK,CND,DRND,SOLI D,WO/SALT	62	113	2.96	1.4	0	1.56
SQUASH,SMMR,CROOKNECK&ST RAIGHTNECK,FRZ,UNPREP	279	30	4.8	1.2	0	3.6
SQUASH,SMMR,CROOKNECK&S TRAIGHTNECK,FRZ,CKD,BLD,DR ND,WO/SALT	286	56	5.54	1.4	0	4.14
SQUASH,SUMMER,SCALLOP,RAW	602	602	3.84		2	3.84
SQUASH,SMMR,SCALLOP,CKD,BL D,DRND,WO/SALT	938	2	3.3	1.9	0	1.4
SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	712	605	3.35	1.1	5	2.25
SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,WO/SALT	835	821	3.93	1.4	0	2.53
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,UNPREP	30	170	3.59	1.3	0	2.29
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,CKD,BLD,DRND,WO/ SALT	30	605	3.56	1.3	0	2.26
SQUASH,SMMR,ZUCCHINI,ITALIA N STYLE,CND	681	681	6.85		0	6.85
SQUASH,WINTER,ACORN,RAW	94	238	10.42	1.5	24	8.92
SQUASH,WNTR,ACORN,CKD,BK D,WO/SALT	206	330	14.58	4.4	20	10.18
SQUASH,WNTR,ACORN,CKD,BLD ,MSHD,WO/SALT	941	41	8.79	2.6	0	6.19
SQUASH,WNTR,BUTTERNUT, RAW	208	194	11.69	2	16	9.69
SQUASH,WNTR,BUTTERNUT,CKD ,BKD,WO/SALT	22	22	10.49		0	10.49
SQUASH,WNTR,BUTTERNUT,FR Z,UNPREP	896	639	14.41	1.3	0	13.11
SQUASH,WNTR,BUTTERNUT,FRZ, CKD,BLD,WO/SALT	259	259	10.05		0	10.05
SQUASH,WINTER,HUBBARD,RAW	254	254	8.7		36	8.7
SQUASH,WNTR,HUBBARD,CKD,B KD,WO/SALT	616	616	10.81		0	10.81
SQUASH,WNTR,HUBBARD,CKD,B LD,MSHD,WO/SALT	811	30	6.46	2.9	0	3.56
SQUASH,WNTR,SPAGHETTI,RAW	614	614	6.91		29	6.91
SQUASH,WNTR,SPAGHETTI,CKD, BLD,DRND,OR BKD,WO/SALT	811	702	6.46	1.4	0	5.06
SUCCOTASH,(CORN&LIMAS), RAW	849	661	19.59	3.8	0	15.79

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SUCCOTASH,(CORN&LIMAS),CKD,BLD,DRND,WO/SALT	455	911	24.38	4.5	0	19.88
SUCCOTASH,(CORN&LIMAS),CND,W/CRM STYLE CORN	919	206	17.61	3	0	14.61
SUCCOTASH,(CORN&LIMAS),CND,W/WHL KERNEL CORN,SOL&LIQUIDS	554	283	13.98	2.6	0	11.38
SUCCOTASH,(CORN&LIMAS),FRZ,UNPREP	154	661	19.94	4	0	15.94
SUCCOTASH,(CORN&LIMAS),FRZ,CKD,BLD,DRND,WO/SALT	154	661	19.95	4.1	0	15.85
SWAMP CABBAGE,(SKUNK CABBAGE),RAW	792	131	3.14	2.1	23	1.04
SWAMP CABBAGE,CKD,BLD,DRND,WO/SALT	834	870	3.71	1.9	0	1.81
SWEET POTATO LEAVES,RAW	715	65	6.38	2	6	4.38
SWEET POTATO LEAVES,CKD,STMD,WO/ SALT	233	815	7.32	1.9	0	5.42
SWEET POTATO,RAW,UNPREP	272	861	20.12	3	28	17.12
SWEET POTATO,CKD,BKD IN SKN,WO/ SALT	522	331	20.71	3.3	22	17.41
SWEET POTATO,CKD,BLD,WO/ SKN	646	205	17.72	2.5	0	15.22
SWEET POTATO,CND,VACUUM PK	917	892	21.12	1.8	0	19.32
SWEET POTATO,CND,MSHD	640	660	23.19	1.7	0	21.49
SWEET POTATO,FRZ,UNPREP	626	525	22.22	1.7	0	20.52
SWEET POTATO,FRZ,CKD,BKD,WO/ SALT	218	660	23.4	1.8	0	21.6
TARO,RAW	476	658	26.46	4.1	14	22.36
TARO,COOKED,WITHOUT SALT	240	84	34.6	5.1	0	29.5
TARO LEAVES,RAW	900	792	6.7	3.7	40	3
TARO LEAVES,CKD,STMD,WO/ SALT	185	710	4.02	2	0	2.02
TARO SHOOTS,RAW	170	170	2.32		12	2.32
TARO SHOOTS,CKD,WO/SALT	938	938	3.2		0	3.2
TARO,TAHITIAN,RAW	614	614	6.91			6.91
TARO,TAHITIAN,CKD,WO/SALT	681	681	6.85		0	6.85
TOMATOES,GREEN,RAW	813	48	5.1	1.1	9	4
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	835	791	3.92	1.2	9	2.72
TOMATOES,RED,RIPE,CKD	48	712	4.01	0.7	0	3.31
TOMATOES,RED,RIPE,CND,PACK ED IN TOMATO JUC	48	792	4	1	0	3
TOMATOES,RED,RIPE,CND,STWD	41	838	6.19	1	0	5.19
TOMATOES,RED,RIPE,CND,W/ GRN CHILIES	1	1	3.62		0	3.62
TOMATO JUC,CND,W/SALT	929	602	4.24	0.4	0	3.84

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
TOMATO PRODUCTS,CND,PASTE,WO/SALT ADDED	102	328	18.91	4.1	0	14.81
TOMATO PRODUCTS,CND,PUREE,WO/SALT	224	697	8.98	1.9	0	7.08
TOMATO POWDER	370	431	74.68	16.5	0	58.18
TOMATO PRODUCTS,CND,SAU	862	835	5.38	1.5	0	3.88
TOMATO PRODUCTS,CND,SAU,W/MUSHROOMS	719	694	8.43	1.5	0	6.93
TOMATO PRODUCTS,CND,SAU,W/ONIONS	91	926	9.94	1.8	0	8.14
TOMATO PRODUCTS,CND,SAU,W/HERBS&CHS	828	795	10.24	2.2	0	8.04
TOMATO PRODUCTS,CND,SAU,W/ONIONS,GRN PEPPERS,&CELERY	941	291	8.77	1.4	0	7.37
TOMATO PRODUCTS,CND,SAU,W/TOMATO TIDBITS	697	810	7.09	1.4	0	5.69
TREE FERN,CKD,WO/SALT	23	233	10.98	3.7	0	7.28
TURNIPS,RAW	811	988	6.43	1.8	19	4.63
TURNIPS,CKD,BLD,DRND,WO/SALT	702	792	5.06	2	0	3.06
TURNIPS,FROZEN,UNPREPARED	62	197	2.94	1.8	0	1.14
TURNIPS,FRZ,CKD,BLD,DRND,WO/SALT	65	170	4.35	2	0	2.35
TURNIP GREENS,RAW	885	835	7.13	3.2	30	3.93
TURNIP GRNS,CKD,BLD,DRND,WO/SALT	65	754	4.36	3.5	0	0.86
TURNIP GRNS,CND,SOL&LIQUIDS	867	673	2.42	1.7	0	0.72
TURNIP GRNS,FRZ,UNPREP	1	197	3.67	2.5	0	1.17
TURNIP GRNS,FRZ,CKD,BLD,DRND,WO/SALT	696	113	4.98	3.4	0	1.58
TURNIP GRNS&TURNIPS,FRZ,UNPREP	712	131	3.4	2.4	0	1
TURNIP GRNS&TURNIPS,FRZ,CKD,BLD,DRND,WO/SALT	853	131	2.87	1.8	0	1.07
VEGETABLE JUC COCKTAIL,CND	960	58	4.55	0.8	0	3.75
VEGETABLES,MXD,CND,SOL&LIQUIDS	885	712	7.13	3.8	0	3.33
VEGETABLES,MXD,CND,DRND SOL	204	41	9.26	3	0	6.26
VEGETABLES,MXD,FRZ,UNPREP	165	182	13.46	4	0	9.46
VEGETABLES,MXD,FRZ,CKD,BLD,DRND,WO/SALT	639	254	13.09	4.4	0	8.69
VINESPINACH,(BASELLA),RAW	712	712	3.4		0	3.4
WATERCHESTNUTS,CHINESE,(MATAI),RAW	943	529	23.94	3	23	20.94
WATERCHESTNUTS,CHINESE,CND,SOL&LIQUIDS	213	825	12.3	2.5	0	9.8
WATERCRESS,RAW	183	685	1.29	0.5	8	0.79

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
WAXGOURD,(CHINESE PRESERVING MELON),RAW	792	3	3	2.9	29	0.1
WAXGOURD,(CHINESE PRESERVING MELON),CKD,BLD,DRND,WO/SALT	792	666	3.04	1	0	2.04
WINGED BNS,IMMAT SEEDS,RAW	65	65	4.31		2	4.31
WINGED BNS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	938	938	3.21		0	3.21
WINGED BEAN LEAVES,RAW	637	637	14.1			14.1
WINGED BEAN TUBER,RAW	653	653	28.1			28.1
YAM,RAW	452	519	27.88	4.1	14	23.78
YAM,CKD,BLD,DRND,OR BKD,WO/SALT	916	217	27.58	3.9	0	23.68
YAMBEAN (JICAMA),RAW	928	835	8.82	4.9	8	3.92
YAMBEAN (JICAMA),CKD,BLD,DRND,WO/SALT	928	928	8.82		0	8.82
BEETS,HARVARD,CND,SOL&LIQUIDS	644	274	18.18	2.5	0	15.68
BEETS,PICKLED,CND,SOL&LIQUIDS	290	278	16.28	2.6	0	13.68
BORAGE,RAW	792	792	3.06		20	3.06
BORAGE,CKD,BLD,DRND,WO/SALT	36	36	3.55		0	3.55
CHIVES,FREEZE-DRIED	377	261	64.29	26.2	0	38.09
DOCK,RAW	938	700	3.2	2.9	30	0.3
DOCK,CKD,BLD,DRND,WO/SALT	62	700	2.93	2.6	0	0.33
EPPAW,RAW	277	277	31.68			31.68
HORSERADISH-TREE,PODS,RAW	248	51	8.53	3.2	48	5.33
HORSERADISH-TREE,PODS,CKD,BLD,DRND,WO/SALT	884	48	8.18	4.2	0	3.98
KALE,SCOTCH,RAW	66	905	8.32	1.7	39	6.62
KALE,SCOTCH,CKD,BLD,DRND,WO/SALT	810	786	5.63	1.2	0	4.43
LEEKS,(BULB&LOWER-LEAF PORTION),FREEZE-DRIED	370	377	74.65	10.4	0	64.25
PARSLEY,FREEZE-DRIED	388	194	42.38	32.7	0	9.68
BEANS,MUNG,MATURE SEEDS,SPROUTED,CND,DRND SOL	880	2	2.14	0.8	0	1.34
PEPPERS,JALAPENO,CND,SOL&LIQUIDS	843	880	4.74	2.6	0	2.14
PEPPERS,SWT,GRN,FREEZE-DRIED	404	447	68.7	21.3	0	47.4
RADISHES,WHITE ICICLE,RAW	37	183	2.63	1.4	35	1.23
SHALLOTS,FREEZE-DRIED	479	479	80.7		0	80.7
SQUASH,SMMR,ALL VAR,RAW	712	605	3.35	1.1	5	2.25
SQUASH,SMMR,ALL VAR,CKD,BLD,DRND,WO/SALT	65	688	4.31	1.4	0	2.91
SQUASH,WNTR,ALL VAR,RAW	247	697	8.59	1.5	29	7.09

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
SQUASH,WNTR,ALL VAR,CKD,BKD,WO/SALT	684	682	8.85	2.8	0	6.05
SWEET POTATO,CND,SYRUP PK,SOL & LIQUIDS	529	647	20.93	2.5	0	18.43
SWEET POTATO,CND,SYRUP PK,DRND SOL	908	658	25.36	3	0	22.36
TOMATO PRODUCTS,CND,SAU,SPANISH STYLE	233	948	7.24	1.4	0	5.84
BEANS,PINTO,MATURE SEEDS,SPROUTED,RAW	21	21	11.6		0	11.6
BEANS,PINTO,MATURE SEEDS, SPROUTED,CKD,BLD,DRND,WO/ SALT	695	695	4.1		0	4.1
CARROT JUICE,CANNED	662	28	9.29	0.8	0	8.49
CORN PUDD,HOME PREP	253	526	17	1.4	0	15.6
POTATOES,MSHD,HOME- PREPARED,WHL MILK ADDED	281	225	17.53	1.5	0	16.03
SPINACH SOUFFLE	948	813	5.82	0.7	0	5.12
SWEET POTATO,CKD,CANDIED,HOME- PREPARED	452	946	27.86	2.4	0	25.46
TOMATOES,RED,RIPE,CKD,STWD	639	283	13.05	1.7	0	11.35
SEAWEED,AGAR,DRIED	479	456	80.88	7.7	0	73.18
SEAWEED,SPIRULINA,RAW	867	867	2.42		0	2.42
SEAWEED,SPIRULINA,DRIED	631	767	23.9	3.6	0	20.3
SEAWEED,WAKAME,RAW	812	247	9.14	0.5	0	8.64
PEPPERS,HOT CHILI,GRN,RAW	182	795	9.46	1.5	27	7.96
POTATOES,O'BRIEN,HOME- PRE- PARED	559	559	15.47		0	15.47
POTATO PANCAKES	452	845	27.9	3.2	0	24.7
POTATO,BKD,FLESH & SKN,WO/ SALT	917	231	21.15	2.2	0	18.95
POTATOES,MICROWAVED,CKD IN SKN,FLESH&SKN,WO/SALT	79	321	24.24	2.3	0	21.94
RADISH SEEDS,SPROUTED,RAW	30	30	3.6		0	3.6
SHALLOTS,RAW	253	253	16.8		12	16.8
CARROT,DEHYDRATED	374	449	79.57	23.6	0	55.97
TOMATOES,CRUSHED,CANNED	233	814	7.29	1.9	0	5.39
TOMATOES,ORANGE,RAW	938	605	3.18	0.9	9	2.28
TOMATOES,YELLOW,RAW	62	605	2.98	0.7	9	2.28
ARROWROOT,RAW	165	20	13.39	1.3	15	12.09
CHRYSANTHEMUM LEAVES,RAW	792	3	3.01	3	0	0.01
AMARANTH LEAVES,CKD,BLD,DRND,W/SALT	952	952	4.11		0	4.11
ARROWHEAD,CKD,BLD,DRND,W/ SALT	225	225	16.14		0	16.14
ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,W/SALT	239	801	11.18	5.4	60	5.78
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,W/SALT	961	692	9.18	4.6	0	4.58

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
ASPARAGUS,CKD,BLD,DRND,W/SALT	952	593	4.11	2	0	2.11
ASPARAGUS,CND,NO SALT,SOL&LIQUIDS	790	2	2.48	1	0	1.48
ASPARAGUS,FRZ,CKD,BLD,DRND,W/SALT	6	700	1.92	1.6	0	0.32
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,CKD,BLD,DRND,W/SALT	41	929	6.16	1.9	0	4.26
BALSAM-PEAR (BITTER GOURD),PODS,CKD,BLD,DRND,W/SALT	65	170	4.32	2	0	2.32
BAMBOO SHOOTS,CKD,BLD,DRND,W/SALT	113	18	1.52	1	0	0.52
BEANS,KIDNEY,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	843	843	4.72		0	4.72
LIMA BNS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	77	647	23.64	5.3	0	18.34
LIMA BNS,IMMAT SEEDS,CND,NO SALT,SOL&LIQUIDS	165	825	13.33	3.6	0	9.73
LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,W/SALT	794	165	19.45	6	0	13.45
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,W/SALT	892	276	19.32	5.8	0	13.52
MUNG BNS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	30	791	3.6	0.8	0	2.8
BEANS,NAVY,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	243	243	15.01		0	15.01
BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,W/SALT	81	626	30.88	8.6	0	22.28
BEANS,PINTO,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	601	601	3.5		0	3.5
BEANS,SNAP,YELLOW,RAW	885	687	7.14	3.4	12	3.74
BEANS,SNAP,GRN,CKD,BLD,DRND,W/SALT	251	819	7.88	3.2	0	4.68
BEANS,SNAP,YEL,CKD,BLD,DRND,W/SALT	251	692	7.88	3.3	0	4.58
BEANS,SNAP,YEL,CKD,BLD,DRND,W/SALT	251	692	7.88	3.3	0	4.58
BEANS,SNAP,GRN,CND,NO SALT,SOL&LIQUIDS	601	107	3.5	1.5	0	2
BEANS,SNAP,YEL,CND,REGPK,SOL&LIQUIDS	601	107	3.5	1.5	0	2
BEANS,SNAP,YEL,CND,NO SALT,SOL&LIQUIDS	601	107	3.5	1.5	0	2
BEANS,SNAP,GRN,CND,NO SALT,DRND SOL	85	37	4.5	1.9	0	2.6
BEANS,SNAP,YEL,FRZ,ALL STYLES,UNPREP	881	279	7.57	2.8	0	4.77
BEANS,SNAP,GRN,FRZ,CKD,BLD,DRND,W/SALT	948	35	5.86	3	0	2.86
BEANS,SNAP,YEL,FRZ,CKD,BLD,DRND,W/SALT	811	601	6.45	3	0	3.45

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEANS,SNAP,YEL,FRZ,CKD,BLD,DRND,W/SALT	948	35	5.86	3	0	2.86
BEETS,CKD,BOILED. DRND,W/SALT	263	795	9.96	2	0	7.96
BEETS,CND,NO SALT,SOL&LIQUIDS	249	862	6.57	1.2	0	5.37
BEEET GRNS,CKD,BLD,DRND,W/SALT	706	821	5.46	2.9	0	2.56
BORAGE,CKD,BLD,DRND,W/SALT	36	36	3.55		0	3.55
BROADBEANS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	259	259	10.1		0	10.1
BROCCOLI,LEAVES,RAW	838	838	5.24		0	5.24
BROCCOLI,FLOWER CLUSTERS,RAW	838	838	5.24		0	5.24
BROCCOLI,STALKS,RAW	838	838	5.24		0	5.24
BROCCOLI,CKD,BLD,DRND,W/SALT	702	820	5.06	3.3	0	1.76
BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	862	170	5.35	3	0	2.35
BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,W/SALT	862	170	5.35	3	0	2.35
BRUSSELS SPROUTS,CKD,BLD,DRND,W/SALT	254	860	8.67	2.6	0	6.07
BRUSSELS SPROUTS,FRZ,CKD,BLD,DRND,W/SALT	66	929	8.32	4.1	0	4.22
BURDOCK ROOT,CKD,BLD,DRND,W/SALT	917	794	21.15	1.8	0	19.35
BUTTERBUR,CKD,BLD,DRND,W/SALT	880	880	2.16		0	2.16
CABBAGE,COMMON,FRESHLY HARVEST,RAW	862	792	5.37	2.3	20	3.07
CABBAGE,COMMON (DANISH,DOMESTIC,&POINTED TYPES),STORED,RAW	862	792	5.37	2.3	20	3.07
CABBAGE,COMMON,CKD,BLD,DRND,W/SALT	830	30	5.51	1.9	0	3.61
CABBAGE,RED,CKD,BLD,DRND,W/SALT	694	65	6.94	2.6	0	4.34
CABBAGE,SAVOY,CKD,BLD,DRND,W/SALT	814	37	5.41	2.8	0	2.61
CABBAGE,CHINESE (PAK-CHOI),CKD,BLD,DRND,W/SALT	874	685	1.78	1	0	0.78
CABBAGE,CHINESE (PETAISAI),CKD,BLD,DRND,W/SALT	867	673	2.41	1.7	0	0.71
CARDOON,CKD,BLD,DRND,W/SALT	843	792	4.74	1.7	0	3.04
CARROTS,CKD,BLD,DRND,W/SALT	829	838	8.22	3	0	5.22
CARROTS,CND,NO SALT,SOL&LIQUIDS	862	30	5.37	1.8	0	3.57
CARROTS,CND,NO SALT,DRND SOL	286	185	5.54	1.5	0	4.04

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CARROTS,FRZ,CKD,BLD,DRND,W/SALT	222	786	7.73	3.3	0	4.43
CAULIFLOWER,CKD,BLD,DRND,W/SALT	952	2	4.11	2.7	0	1.41
CAULIFLOWER,FRZ,CKD,BLD,DRND,W/SALT	938	124	3.16	2.7	0	0.46
CELERIAC,CKD,BLD,DRND,W/SALT	948	948	5.9		0	5.9
CELERY,CKD,BLD,DRND,W/SALT	48	867	4.01	1.6	0	2.41
CHARD,SWISS,CKD,BLD,DRND,W/SALT	56	710	4.13	2.1	0	2.03
CHAYOTE,FRUIT,CKD,BLD,DRND,W/SALT	85	108	4.5	2.8	0	1.7
CHRYSANTHEMUM,GARLAND,CKD,BLD,DRND,W/SALT	65	107	4.31	2.3	0	2.01
COLLARDS,CKD,BLD,DRND,W/SALT	86	593	4.91	2.8	0	2.11
COLLARDS,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	885	65	7.11	2.8	0	4.31
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	71	658	25.11	2.8	45	22.31
CORN,SWT,YEL,CND,NO SALT,SOL&LIQUIDS	235	530	15.41	1.7	0	13.71
CORN,SWT,YEL,CND,CRM STYLE,NO SALT	644	253	18.13	1.2	0	16.93
CORN,SWT,YEL,CND,VACUUM PK,NO SALT	794	331	19.44	2	0	17.44
CORN,SWT,YEL,FRZ,KRNL,S,CUT OFF COB,BLD,DRND,W/SALT	549	290	18.71	2.4	0	16.31
CORN,SWT,YEL,FRZ,KRNL,ON COB,CKD,BLD,DRND,W/SALT	658	849	22.33	2.8	45	19.53
COWPEAS (BLACKEYES),IMMAT SEEDS,CKD,BLD,DRND,W/SALT	759	328	19.73	5	0	14.73
COWPEAS (BLACKEYES),IMMAT SEEDS,FRZ,CKD,BLD,DRND,W/SALT	217	635	23.76	6.4	0	17.36
COWPEAS, YOUNG PODS W/ SEEDS,CKD,BLD,DRND,W/SALT	889	889	7		0	7
COWPEAS,LEAFY TIPS,CKD,BLD,DRND,W/SALT	791	791	2.8		0	2.8
CRESS,GARDEN,CKD,BLD,DRND,W/SALT	701	792	3.8	0.7	0	3.1
DANDELION GRNS,CKD,BLD,DRND,W/SALT	811	601	6.4	2.9	0	3.5
EGGPLANT,CKD,BLD,DRND,W/SALT	9	41	8.73	2.5	0	6.23
GOURD,WHITE-FLOWERED (CALABASH),CKD,BLD,DRND,W/SALT	792	792	3.1		0	3.1
GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,W/SALT	530	530	13.75		0	13.75
HORSERADISH-TREE,LEAFY TIPS,CKD,BLD,DRND,W/SALT	326	961	11.15	2	0	9.15

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
HORSERADISH-TREE,PODS,CKD,BLD,DRND,W/SALT	884	48	8.18	4.2	0	3.98
HYACINTH-BEANS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	961	961	9.2		0	9.2
JUTE,POTHERB,CKD,BLD,DRND,W/SALT	233	51	7.29	2	0	5.29
KALE,CKD,BLD,DRND,W/SALT	810	1	5.63	2	0	3.63
KALE,FRZ,CKD,BLD,DRND,W/SALT	838	938	5.23	2	0	3.23
KALE,SCOTCH,CKD,BLD,DRND,W/SALT	810	810	5.62		0	5.62
KOHLRABI,CKD,BLD,DRND,W/SALT	900	286	6.69	1.1	0	5.59
LAMBS QUARTERS,CKD,BLD,DRND,W/SALT	303	688	5	2.1	0	2.9
LEEKS,(BULB&LOWER LEAF-POR-TION),CKD,BLD,DRND,W/SALT	222	905	7.62	1	0	6.62
LOTUS ROOT,CKD,BLD,DRND,W/SALT	225	270	16.02	3.1	0	12.92
MUSHROOMS,CKD,BLD,DRND,W/SALT	51	792	5.29	2.2	0	3.09
MUSHROOMS,SHIITAKE,CKD,W/SALT	220	208	13.8	2.1	0	11.7
MUSTARD GRNS,CKD,BLD,DRND,W/SALT	593	3	2.1	2	0	0.1
MUSTARD GRNS,FRZ,CKD,BLD,DRND,W/SALT	792	700	3.11	2.8	0	0.31
MUSTARD SPINACH,(TENDERGREEN),CKD,BLD,DRND,W/SALT	791	685	2.8	2	0	0.8
NEW ZEALAND SPINACH,CKD,BLD,DRND,W/SALT	593	593	2.13		0	2.13
OKRA,CKD,BLD,DRND,W/SALT	85	107	4.51	2.5	0	2.01
OKRA,FRZ,CKD,BLD,DRND,W/SALT	801	62	5.75	2.8	0	2.95
ONIONS,CKD,BLD,DRND,W/SALT	194	926	9.56	1.4	0	8.16
ONIONS,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	882	65	6	1.7	0	4.3
ONIONS,FRZ,WHL,CKD,BLD,DRND,W/SALT	860	172	6.11	1.4	0	4.71
PARSNIPS,CKD,BLD,DRND,W/SALT	253	270	17.01	4	0	13.01
PEAS,EDIBLE-PODDED,CKD,BLD,DRND,W/SALT	811	1	6.46	2.8	0	3.66
PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,W/SALT	719	51	8.43	3.1	0	5.33
PEAS,GRN,CKD,BLD,DRND,W/SALT	274	330	15.64	5.5	0	10.14
PEAS,GRN,CND,NO SALT,SOL&LIQUIDS	825	811	9.75	3.3	0	6.45
PEAS,GRN,CND,NO SALT,DRND SOL	913	234	12.58	4.1	0	8.48

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PEAS,GRN,FRZ,CKD,BLD,DRND,W/SALT	54	422	14.26	5.5	0	8.76
PEAS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	253	253	17.08		0	17.08
PEAS&CARROTS,CND,NO SALT,SOL&LIQUIDS	234	813	8.48	3.3	0	5.18
PEAS&CARROTS,FRZ,CKD,BLD,DRND,W/SALT	330	889	10.12	3.1	0	7.02
PEAS&ONIONS,FRZ,CKD,BLD,DRND,W/SALT	247	811	8.63	2.2	0	6.43
PEPPERS,HOT CHILI,RED,RAW	928	233	8.81	1.5	27	7.31
PEPPERS,HOT CHILI,RED,CND,EXCLUDING SEEDS,SOL&LIQUIDS	813	701	5.1	1.3	0	3.8
PEPPERS,SWT,RED,RAW	682	835	6.03	2.1	18	3.93
PEPPERS,SWT,GRN,CKD,BLD,DRND,W/SALT	249	862	6.57	1.2	0	5.37
PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT	900	830	6.7	1.2	0	5.5
PEPPERS,SWT,RED,CKD,BLD,DRND,W/SALT	249	862	6.57	1.2	0	5.37
PEPPERS,SWT,GRN,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	712	712	3.31		0	3.31
PIGEONPEAS,IMMATURE SEEDS,CKD,BLD,DRND,W/SALT	847	165	19.49	6.2	0	13.29
POKEBERRY SHOOTS,(POKE),CKD,BLD,DRND,W/SALT	792	113	3.1	1.5	0	1.6
POTATOES,BKD,FLESH & SKN,W/SALT	917	231	21.15	2.2	0	18.95
POTATOES,BKD,FLESH,W/SALT	660	272	21.55	1.5	23	20.05
POTATOES,BKD,SKN,W/SALT	390	261	46.06	7.9	0	38.16
POTATOES,BLD,CKD IN SKN,FLESH,W/SALT	272	644	20.13	2	9	18.13
POTATOES,BLD,CKD IN SKN,SKN,W/SALT	861	554	17.2	3.3	0	13.9
POTATOES,BLD,CKD WO/SKN,FLESH,W/SALT	154	656	20.01	2	0	18.01
POTATOES,MICROWAVED,CKD,IN SKN,FLESH&SKN,W/SALT	79	321	24.24	2.3	0	21.94
POTATOES,MICROWAVED,CKD IN SKN,FLESH,W/SALT	640	221	23.28	1.6	23	21.68
POTATOES,MICROWAVED,CKD,IN SKN,SKN W/SALT	84	79	29.63	5.5	0	24.13
POTATOES,FRZ,WHL,CKD,BLD,DRND,W/SALT	554	68	13.93	1.4	0	12.53
POTATOES,FRZ,FRCH FR,PAR FR,CTTGE-CUT,PREP,HTD OVEN,W/SALT	171	81	34.03	3.2	0	30.83
POTATOES,FR FR,ALL TYPES,SALT NOT ADDED IN PROC,FRZ,OVN-HTD	78	284	28.71	2.6	0	26.11
POTATOES,FR FR,ALL TYPES,SALT NOT ADDED IN PROC,FRZ,AS PURCH	845	82	24.81	1.9	0	22.91

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
POTATOES,AU GRATIN,HOME-PREPARED FROM RECIPE USING MARGARINE	10	182	11.27	1.8	0	9.47
POTATOES,SCALLPD,HOME-PREPARED W/MARGARINE	693	897	10.78	1.9	0	8.88
PUMPKIN,CKD,BLD,DRND,W/SALT	86	701	4.9	1.1	0	3.8
PUMPKIN,CANNED,WITH SALT	926	813	8.09	2.9	0	5.19
PUMPKIN,FLOWERS,CKD,BLD,DRND,W/SALT	938	170	3.19	0.9	0	2.29
PUMPKIN,LEAVES,CKD,BLD,DRND,W/SALT	712	673	3.39	2.7	0	0.69
PURSLANE,CKD,BLD,DRND,W/SALT	36	36	3.55		0	3.55
RADISHES,ORIENTAL,CKD,BLD,DRND,W/SALT	601	654	3.43	1.6	0	1.83
RUTABAGAS,CKD,BLD,DRND,W/SALT	9	9	8.74		0	8.74
SALSIFY,CKD,BLD,DRND,W/SALT	235	271	15.36	3.1	0	12.26
SOYBEANS,GRN,CKD,BLD,DRND,W/SALT	933	681	11.05	4.2	0	6.85
SPINACH,CKD,BLD,DRND,W/SALT	58	2	3.75	2.4	0	1.35
SPINACH,CND,NO SALT,SOL&LIQUIDS	60	673	2.92	2.2	0	0.72
SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,W/SALT	813	2	5.16	3.7	0	1.46
SQUASH,SMMR,ALL VAR,CKD,BLD,DRND,W/SALT	65	688	4.31	1.4	0	2.91
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CKD,BLD,DRND,W/SALT	65	688	4.31	1.4	0	2.91
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,CKD,BLD,DRND,W/SALT	286	56	5.54	1.4	0	4.14
SQUASH,SMMR,SCALLOP,CKD,BLD,DRND,W/SALT	938	2	3.3	1.9	0	1.4
SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,W/SALT	835	821	3.93	1.4	0	2.53
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,CKD,BLD,DRND,W/SALT	62	108	2.99	1.3	0	1.69
SQUASH,WNTR,ALL VAR,CKD,BKD,W/SALT	9	882	8.74	2.8	0	5.94
SQUASH,WNTR,ACORN,CKD,BKD,W/SALT	206	330	14.58	4.4	20	10.18
SQUASH,WNTR,ACORN,CKD,BLD,MSHD,W/SALT	941	41	8.79	2.6	0	6.19
SQUASH,WNTR,BUTTERNUT,CKD,BKD,W/SALT	22	22	10.49		0	10.49
SQUASH,WNTR,BUTTERNUT,FRZ,CKD,BLD,W/SALT	259	259	10.04		0	10.04
SQUASH,WNTR,HUBBARD,CKD,BKD,W/SALT	616	616	10.81		0	10.81
SQUASH,WNTR,HUBBARD,CKD,BLD,MSHD,W/SALT	811	30	6.46	2.9	0	3.56

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SQUASH,WNTR,SPAGHETTI,CKD,BLD,DRND,OR BKD,W/SALT	811	702	6.46	1.4	0	5.06
SUCCOTASH,(CORN&LIMAS),CKD,BLD,DRND,W/SALT	455	455	24.37		0	24.37
SUCCOTASH,(CORN&LIMAS),FRZ,CKD,BLD,DRND,W/SALT	154	661	19.95	4.1	0	15.85
SWAMP CABBAGE,CKD,BLD,DRND,W/SALT	834	870	3.71	1.9	0	1.81
SWEET POTATO LEAVES,CKD,STMD,W/ SALT	233	815	7.32	1.9	0	5.42
SWEET POTATO,CKD,BKD IN SKN,W/ SALT	522	331	20.71	3.3	22	17.41
SWEET POTATO,CKD,BLD,WO/ SKN,W/ SALT	646	205	17.72	2.5	0	15.22
SWEET POTATO,FRZ,CKD,BKD,W/ SALT	218	660	23.4	1.8	0	21.6
TARO,COOKED,WITH SALT	240	84	34.6	5.1	0	29.5
TARO,LEAVES,CKD,STMD,W/SALT	835	6	3.89	2	0	1.89
TARO,SHOOTS,CKD,W/SALT	938	938	3.19		0	3.19
TARO,TAHITIAN,CKD,W/SALT	681	681	6.85		0	6.85
TOMATOES,RED,RIPE,CKD,W/ SALT	48	712	4.01	0.7	0	3.31
TOMATOES,RED,RIPE,CND,PA CKED IN TOMATO JUC,NO SALT ADDED	48	792	4	1	0	3
TOMATO JUC,CND,WO/SALT	929	602	4.24	0.4	0	3.84
TOMATO PRODUCTS,CND,PASTE,W/SALT	102	328	18.91	4.1	0	14.81
TOMATO PRODUCTS,CND,PUREE,W/SALT	224	697	8.98	1.9	0	7.08
TURNIPS,CKD,BLD,DRND,W/SALT	702	792	5.06	2	0	3.06
TURNIPS,FRZ,CKD,BLD,DRND,W/ SALT	58	820	3.76	2	0	1.76
TURNIP GRNS,CKD,BLD,DRND,W/ SALT	65	754	4.36	3.5	0	0.86
TURNIP GRNS,FRZ,CKD,BLD,DRND,W/ SALT	696	113	4.98	3.4	0	1.58
TURNIP GRNS&TURNIPS,FRZ,CK D,BLD,DRND,W/SALT	853	131	2.87	1.8	0	1.07
VEGETABLES,MXD,FRZ,CKD,BLD, DRND,W/SALT	639	254	13.09	4.4	0	8.69
WAXGOURD,(CHINESE PRESERVING MELON),CKD,BLD,DRND,W/SALT	867	2	2.45	1	0	1.45
WINGED BEAN,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	938	938	3.21		0	3.21
YAM,CKD,BLD,DRND,OR BKD,W/ SALT	969	640	27.05	3.9	0	23.15
YAMBEAN (JICAMA),CKD,BLD,DRND,W/SALT	578	578	8.23		0	8.23
YARDLONG BEAN,CKD,BLD,DRND,W/SALT	961	961	9.17		0	9.17

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CORN,SWEET,WHITE,RAW	758	290	19.02	2.7	64	16.32
CORN,SWT,WHITE,CKD,BLD,DRND,WO/SALT	71	658	25.11	2.7	45	22.41
CORN,SWT,WHITE,CKD,BLD,DRND,W/SALT	71	658	25.11	2.7	45	22.41
CORN,SWT,WHITE,CND,WHL KERNEL,REG PK,SOL&LIQUIDS	235	530	15.41	1.7	0	13.71
CORN,SWT,WHITE,CND,WHL KERNEL,NO SALT,SOL&LIQUIDS	235	328	15.41	0.7	0	14.71
CORN,SWT,WHITE,CND,WHL KERNEL,DRND SOL	761	540	18.59	2	0	16.59
CORN,SWT,WHITE,CND,CRM STYLE,REG PK	644	253	18.13	1.2	0	16.93
CORN,SWT,WHITE,CND,CRM STYLE,NO SALT	644	253	18.13	1.2	0	16.93
CORN,SWT,WHITE,CND,VACUUM PK,REG PK	794	331	19.44	2	0	17.44
CORN,SWT,WHITE,CND,VACUUM PK,NO SALT	794	331	19.44	2	0	17.44
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,UNPREP	522	647	20.81	2.4	0	18.41
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,WO/SALT	849	861	19.56	2.4	0	17.16
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,W/SALT	849	861	19.56	2.4	0	17.16
CORN,SWT,WHITE,FRZ,KRNLS ON COB,UNPREP	809	522	23.5	2.8	45	20.7
CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO/SALT	658	542	22.33	2.1	45	20.23
CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	658	849	22.33	2.8	45	19.53
PEPPERS,SWT,RED,CND,SOL& LIQUIDS	835	37	3.9	1.2	0	2.7
PEPPERS,SWT,RED,FRZ,CHOPD ,UNPREP	786	35	4.45	1.6	0	2.85
PEPPERS,SWT,RED,FRZ,CHOPD, CKD,BLD,DRND,WO/SALT	712	712	3.31		0	3.31
PEPPERS,SWT,RED,FRZ,CHOPD, CKD,BLD,DRND,W/SALT	712	712	3.31		0	3.31
PEPPERS,SWT,RED,SAUTEED	249	279	6.57	1.8	0	4.77
SESBANIA FLOWER,CKD,STMD,W/SALT	813	813	5.1		0	5.1
SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STMD,W/SALT	249	818	6.53	0.8	0	5.73
SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STIR-FRIED,W/SALT	182	247	9.4	0.8	0	8.6
DOCK,CKD,BLD,DRND,W/SALT	62	62	2.93		0	2.93
LENTILS,SPROUTED,CKD,STIR-FRIED,W/SALT	547	547	21.25		0	21.25
MOUNTAIN YAM,HAWAII,CKD,STMD,W/ SALT	154	154	19.99		0	19.99

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
TREE FERN,CKD,W/SALT	693	697	10.78	3.7	0	7.08
POTATOES,MSHD,PREP FROM GRANULES,WO/MILK,WHL MILK&MARGARINE	896	271	14.4	2.2	0	12.2
POTATOES,MSHD,PREP FROM FLAKES,WO/MILK,WHL MILK&MARGARINE	243	543	15.02	2.3	0	12.72
PEPPERS,SWT,RED,FREEZE-DRIED	404	447	68.7	21.3	0	47.4
BEANS,SNAP,YEL,CND,REG PK,DRND SOL	85	938	4.5	1.3	0	3.2
BEANS,SNAP,YEL,CND,NO SALT,DRND SOL	85	938	4.5	1.3	0	3.2
POTATOES,MSHD,HOME-PREPARED,WHL MILK & BUTTER ADDED	707	918	16.77	1.5	0	15.27
CATSUP	908	71	25.15	0.3	0	24.85
PICKLES,CUCUMBER,DILL OR KOSHER DILL	37	2	2.59	1.1	0	1.49
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	917	542	21.15	1	0	20.15
PICKLES,CUCUMBER,SOUR	605	131	2.26	1.2	0	1.06
PIMENTO,CANNED	813	938	5.1	1.9	0	3.2
PICKLE RELISH,HOT DOG	218	909	23.35	1.5	0	21.85
PICKLE RELISH,SWEET	465	171	35.06	1.1	0	33.96
PICKLES,CUCUMBER,SOUR,LO NA	605	131	2.26	1.2	0	1.06
PICKLES,CUCUMBER,DILL,LO NA	56	60	4.13	1.2	0	2.93
PICKLES,CUCUMBER,SWT,LO NA	467	441	33.73	1.1	0	32.63
CATSUP,LOW SODIUM	908	71	25.15	0.3	0	24.85
MUSHROOMS,ENOKI,RAW	222	696	7.68	2.7	16	4.98
PEPPERS,SWEET,YELLOW,RAW	715	815	6.32	0.9	18	5.42
RADICCHIO,RAW	85	30	4.48	0.9	9	3.58
SQUASH,ZUCCHINI,BABY,RAW	792	107	3.11	1.1	13	2.01
TOMATILLOS,RAW	948	835	5.84	1.9		3.94
TOMATOES,SUN-DRIED	449	312	55.76	12.3	0	43.46
TOMATOES,SUN-DRIED,PACKED IN OIL,DRND	218	281	23.33	5.8	0	17.53
FENNEL,BULB,RAW	233	950	7.29	3.1	28	4.19
PICKLE RELISH,HAMBURGER	464	285	34.48	3.2	0	31.28
ARUGULA,RAW	1	666	3.65	1.6	40	2.05
CARROTS,BABY,RAW	578	862	8.24	2.9	0	5.34
HEARTS OF PALM,CANNED	988	605	4.62	2.4	0	2.22
PEPPERS,HOT CHILE,SUN-DRIED	320	466	69.86	28.7	0	41.16
NOPALES,RAW	712	197	3.33	2.2	4	1.13
NOPALES,CKD,WO/SALT	938	183	3.28	2	0	1.28
CAULIFLOWER,GREEN,RAW	860	853	6.09	3.2	39	2.89

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CAULIFLOWER,GRN,CKD,NO SALT ADDED	41	62	6.28	3.3	0	2.98
CAULIFLOWER,GRN,CKD,W/ SALT	41	62	6.28	3.3	0	2.98
BROCCOLI,CHINESE,COOKED	701	2	3.81	2.5	0	1.31
CABBAGE,NAPA,COOKED	605	605	2.23		0	2.23
LEMON GRASS (CITRONELLA),RAW	908	908	25.31		35	25.31
BEANS,FAVA,IN POD,RAW	721	721	17.63		3	17.63
GRAPE LEAVES,RAW	861	715	17.31	11	5	6.31
GRAPE LEAVES,CND	208	208	11.71		0	11.71
PEPPER,BANANA,RAW	862	6	5.35	3.4	18	1.95
PEPPER,SERRANO,RAW	900	792	6.7	3.7	3	3
PEPPER,ANCHO,DRIED	492	84	51.41	21.6	0	29.81
PEPPERS,JALAPENO,RAW	948	792	5.91	2.8	8	3.11
PEPPERS,CHILI,GRN,CND	988	688	4.6	1.7	0	2.9
PEPPERS,HUNGARIAN,RAW	40	40	6.68		12	6.68
PEPPERS,PASILLA,DRIED	492	944	51.13	26.8	6	24.33
PICKLES,CHOWCHOW,W/CAULIFLOWER ONION MUSTARD,SWT	625	908	26.64	1.5	0	25.14
EPAZOTE,RAW	223	1	7.44	3.8	0	3.64
FIREWEED,LEAVES,RAW	892	247	19.22	10.6	65	8.62
MALABAR SPINACH,COOKED	37	24	2.71	2.1	30	0.61
MUSHROOM,OYSTER,RAW	811	950	6.47	2.3	11	4.17
FUNGI,CLOUD EARS,DRIED	456	60	73.01	70.1	0	2.91
MUSHROOMS,STRAW,CND,DRND SOL	819	880	4.64	2.5	0	2.14
WASABI,ROOT,RAW	809	74	23.54	7.8	23	15.74
YAUTIA (TANNIER),RAW	77	763	23.63	1.5	14	22.13
MUSHROOMS,WHITE,MICROW AVED	682	36	6.04	2.5	0	3.54
MUSHROOMS,MAITAKE,RAW	681	952	6.81	2.7	0	4.11
FIDDLEHEAD FERNS,RAW	286	286	5.54			5.54
FIDDLEHEAD FERNS,FRZ,UNPREP	801	801	5.74		0	5.74
BREADFRUIT SEEDS,RAW	628	943	29.24	5.2	32	24.04
BREADFRUIT SEEDS,BOILED	915	649	32	4.8	64	27.2
BREADNUTTREE SEEDS,RAW	4	4	46.28		0	46.28
BREADNUTTREE SEEDS,DRIED	352	377	79.39	14.9	0	64.49
CHIA SEEDS,DRIED	312	860	43.85	37.7	0	6.15
COTTONSEED FLR,PART DEFATTED (GLANDLESS)	466	471	40.54	3	0	37.54
COTTONSEED FLR,LOFAT (GLANDLESS)	973	973	36.1		0	36.1
COTTONSEED MEAL,PART DE-FATTED (GLANDLESS)	473	473	38.43		0	38.43
LOTUS SEEDS,DRIED	377	377	64.47		0	64.47

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
PUMPKIN&SQUASH SD KRNL,S,DRIED	99	554	17.81	3.9	26	13.91
PUMPKIN&SQUASH SD KRNL,S,RSTD,WO/SALT	165	182	13.43	3.9	0	9.53
SAFFLOWER SD KRNL,S,DRIED	464	464	34.29		49	34.29
SAFFLOWER SD MEAL,PART DEFATTED	384	384	48.73		0	48.73
SESAME SEEDS,WHOLE,DRIED	809	64	23.45	11.8	0	11.65
SESAME SEEDS,WHL,RSTD&TSTD	524	186	25.74	14	0	11.74
SESAME SD KRNL,S,TSTD,WO/SALT (DECORT)	284	812	26.04	16.9	0	9.14
SESAME FLR,PART DEFATTED	465	465	35.14		0	35.14
SESAME FLOUR,LOW-FAT	973	973	35.51		0	35.51
SESAME MEAL,PART DEFATTED	284	284	26.04		0	26.04
SUNFLOWER SD KRNL,S,DRIED	549	704	18.76	10.5	46	8.26
SUNFLOWER SD KRNL,S,DRY RSTD,WO/SALT	943	270	24.07	11.1		12.97
SUNFLOWER SD KRNL,S,OIL RSTD,WO/SALT	82	213	22.89	10.6		12.29
SUNFLOWER SD KRNL,S,TSTD,WO/SALT	808	812	20.59	11.5	0	9.09
SUNFLOWER SD BUTTER,WO/SALT	536	536	27.42		0	27.42
SUNFLOWER SD FLR,PART DEFATTED	973	81	35.83	5.2	0	30.63
ACORNS,RAW	466	466	40.75		38	40.75
ACORNS,DRIED	730	730	53.66		38	53.66
ACORN FLOUR,FULL FAT	975	975	54.65		0	54.65
ALMONDS	759	698	19.74	11.8	60	7.94
ALMONDS,BLANCHED	154	194	19.94	10.4	0	9.54
ALMONDS,DRY RSTD,WO/SALT	892	103	19.29	11.8	0	7.49
ALMONDS,OIL RSTD,WO/SALT	646	885	17.68	10.5	0	7.18
ALMOND PASTE	461	419	47.81	4.8	0	43.01
BEECHNUTS,DRIED	467	467	33.5		39	33.5
BRAZILNUTS,DRIED,UNBLANCHED	271	279	12.27	7.5	49	4.77
BUTTERNUTS,DRIED	20	291	12.05	4.7	73	7.35
CASHEW NUTS,DRY RSTD,WO/SALT	441	84	32.69	3	0	29.69
CASHEW NUTS,OIL RSTD,WO/SALT	84	625	29.87	3.3	0	26.57
NUTS,CASHEW NUTS,RAW	641	969	30.19	3.3		26.89
CASHEW BUTTER,PLN,WO/SALT	916	946	27.57	2	0	25.57
CHESTNUTS,CHINESE,RAW	462	462	49.07		16	49.07
CHESTNUTS,CHINESE,DRIED	374	374	79.76		0	79.76
CHESTNUTS,CHINESE,BLD&S TMD	467	467	33.64		0	33.64
CHESTNUTS,CHINESE,ROASTED	475	475	52.36		25	52.36

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
CHESTNUTS,EUROPEAN,RAW,UNPEELED	439	471	45.54	8.1	26	37.44
CHESTNUTS,EUROPEAN,RAW,PEELED	244	244	44.17		0	44.17
CHESTNUTS,EUROPEAN,DRIED,UNPEELED	426	207	77.31	11.7	20	65.61
CHESTNUTS,EUROPEAN,DRIED,PEELED	15	15	78.43		0	78.43
CHESTNUTS,EUROPEAN,BLD &STMD	945	945	27.76		0	27.76
COCONUT MEAT,RAW	918	41	15.23	9	48	6.23
COCONUT MEAT,DRIED (DESICCATED),NOT SWTND	77	291	23.65	16.3	0	7.35
COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED, PACKAGED	301	388	51.85	9.9	0	41.95
COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED,CND	466	435	40.91	4.5	0	36.41
COCONUT MEAT,DRIED (DESICCATED),TSTD	244	244	44.4		0	44.4
COCONUT CRM,RAW (LIQ EXPRESSED FROM GRATED MEAT)	40	786	6.65	2.2	0	4.45
COCONUT CRM,CND (LIQ EXPRESSED FROM GRATED MEAT)	66	860	8.35	2.2	0	6.15
COCONUT MILK,RAW (LIQ EXPRESSED FROM GRATED MEAT&H2O)	286	712	5.54	2.2	0	3.34
COCONUT MILK,CND (LIQ EXPRESSED FROM GRATED MEAT&H2O)	50	50	2.81		0	2.81
COCONUT H2O (LIQ FROM COCONUTS)	834	37	3.71	1.1	0	2.61
HAZELNUTS OR FILBERTS	707	889	16.7	9.7	54	7
HAZELNUTS OR FILBERTS,BLANCHED	253	882	17	11	0	6
HAZELNUTS OR FILBERTS,DRY RSTD,WO/SALT	919	829	17.6	9.4	0	8.2
GINKGO NUTS,RAW	471	471	37.6		24	37.6
GINKGO NUTS,DRIED	515	515	72.45		24	72.45
GINKGO NUTS,CANNED	83	245	22.1	9.3	41	12.8
HICKORYNUTS,DRIED	647	232	18.25	6.4	68	11.85
MACADAMIA NUTS,RAW	220	838	13.82	8.6	69	5.22
MACADAMIA NUTS,DRY RSTD,WO/SALT	165	862	13.38	8	0	5.38
MIXED NUTS,DRY RSTD,W/ PNUITS,WO/SALT	908	290	25.35	9	0	16.35
MIXED NUTS,OIL RSTD,W/ PNUITS,WO/SALT	518	617	21.41	9.9	0	11.51
MIXED NUTS,OIL RSTD,WO/ PNUITS,WO/SALT	626	707	22.27	5.5	0	16.77
FORMULATED,WHEAT-BASED,UNFLAVORED,W/SALT	217	761	23.68	5.2	0	18.48
PECANS	554	929	13.86	9.6	47	4.26

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PECANS, DRY RSTD, WO/SALT	276	950	13.55	9.4	0	4.15
PECANS, OIL RSTD, WO/SALT	270	601	13.01	9.5	0	3.51
PILINUTS-CANARYTREE, DRIED	48	48	3.98		81	3.98
NUTS, PINE NUTS, DRIED	639	255	13.08	3.7	23	9.38
PINE NUTS, PINYON, DRIED	892	247	19.3	10.7	43	8.6
PISTACHIO NUTS, RAW	452	646	27.97	10.3	47	17.67
PISTACHIO NUTS, DRY RSTD, WO/SALT	945	635	27.65	10.3	47	17.35
WALNUTS, BLACK, DRIED	91	792	9.91	6.8	76	3.11
WALNUTS, ENGLISH	530	889	13.71	6.7	55	7.01
BREADFRUIT SEEDS, ROASTED	466	464	40.1	6	0	34.1
COTTONSEED KRNLs, RSTD (GLANDLESS)	321	177	21.9	5.5	0	16.4
PUMPKIN&SQUASH SEEDS, WHL, RSTD, WO/SALT	383	383	53.75		0	53.75
SESAME BUTTER, TAHINI, FROM RSTD&TSTD KRNLs (MOST COMMON TYPE)	485	333	21.19	9.3	0	11.89
CHESTNUTS, EUROPEAN, RSTD	535	624	52.96	5.1	37	47.86
SESAME BUTTER, PASTE	943	761	24.05	5.5	0	18.55
SESAME FLOUR, HIGH-FAT	625	625	26.62		0	26.62
SESAME BUTTER, TAHINI, FROM UNROASTED KRNLs	99	247	17.89	9.3	0	8.59
WATERMELON SD KRNLs, DRIED	325	325	15.31		63	15.31
CHESTNUTS, JAPANESE, DRIED	486	486	81.43		34	81.43
COCONUT MILK, FRZ (LIQ EXPRESSED FROM GRATED MEAT&H2O)	286	286	5.58		0	5.58
COCONUT MEAT, DRIED (DESICCATED), CRMD	660	660	21.52		0	21.52
COCONUT MEAT, DRIED (DESICCATED), SWTND, SHREDDED	461	419	47.67	4.5	0	43.17
SISYMBRIUM SP. SEEDS, WHL, DRIED	431	431	58.26		0	58.26
ALMOND BUTTER, PLN, WO/SALT	485	281	21.22	3.7	0	17.52
SESAME BUTTER, TAHINI, FROM RAW&STONE GROUND KRNLs	642	253	26.19	9.3	0	16.89
FORMULATED, WHEAT-BASED, FLAV, MACADAMIA FLAV, WO/SALT	452	80	27.91	5.2	0	22.71
FORMULATED, WHEAT-BASED, ALL FLAVORS XCPT MACADAMIA, WO/SALT	522	526	20.79	5.2	0	15.59
SESAME SD KRNLs, DRIED (DECORT)	186	3	11.73	11.6	0	0.13
CHESTNUTS, JAPANESE, RAW	240	240	34.91		34	34.91
CHESTNUTS, JAPANESE, BLD&STMD	913	913	12.64		0	12.64
CHESTNUTS, JAPANESE, RSTD	297	297	45.13		0	45.13
LOTUS SEEDS, RAW	861	861	17.28		47	17.28

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
ALMONDS,HONEY RSTD,UNBLANCHED	452	632	27.9	13.7	0	14.2
SEEDS,FLAXSEED	460	113	28.88	27.3	0	1.58
PUMPKIN&SQUASH SD KRNLs,RSTD,W/SALT	165	182	13.43	3.9	0	9.53
SESAME SD KRNLs,TSTD,W/SALT (DECORT)	284	812	26.04	16.9	0	9.14
SUNFLOWER SD KRNLs,DRY RSTD,W/SALT	943	268	24.07	9		15.07
SUNFLOWER SD KRNLs,OIL RSTD,W/SALT	82	213	22.89	10.6		12.29
SUNFLOWER SD KRNLs,TSTD,W/ SALT	808	812	20.59	11.5	0	9.09
SUNFLOWER SD BUTTER,W/SALT	536	536	27.42		0	27.42
ALMONDS,DRY RSTD,W/SALT	892	103	19.29	11.8	0	7.49
ALMONDS,OIL RSTD,W/SALT	646	885	17.68	10.5	0	7.18
CASHEW NUTS,DRY RSTD,W/ SALT	441	84	32.69	3	0	29.69
CASHEW NUTS,OIL RSTD,W/SALT	641	625	30.16	3.3	0	26.86
CASHEW BUTTER,PLN,W/SALT	916	946	27.57	2	0	25.57
MACADAMIA NUTS,DRY RSTD,W/ SALT	245	104	12.83	8	0	4.83
MIXED NUTS,DRY RSTD,W/ Pnuts,W/SALT	908	290	25.35	9	0	16.35
MIXED NUTS,OIL RSTD,W/ Pnuts,W/SALT	518	12	21.41	9		12.41
MIXED NUTS,WO/Pnuts,OIL RSTD,W/SALT	626	707	22.27	5.5		16.77
PECANS,DRY RSTD,W/SALT	276	950	13.55	9.4	0	4.15
PECANS,OIL RSTD,W/SALT	270	601	13.01	9.5	0	3.51
PISTACHIO NUTS,DRY RSTD,W/ SALT	625	177	26.78	10.3	47	16.48
PUMPKIN&SQUASH SEEDS,WHL,RSTD,W/SALT	383	383	53.75		0	53.75
ALMOND BUTTER,PLN,W/SALT	485	281	21.22	3.7	0	17.52
SESAME BUTTER,TAHINI,KRNLs UNSPEC	660	253	21.5	4.7	0	16.8
BEEF,CARCASS,LN&FAT,CHOI C,RAW	3	3	0	0	19	0
BEEF,CARCASS,LN&FAT,SEL,RAW	3	3	0	0	2	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,ALL GRDS,RAW	3	3	0	0	11	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,ALL GRDS,CKD	3	3	0	0	13	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,RAW	3	3	0	0	12	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,CKD	3	3	0	0	13	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,SEL,RAW	3	3	0	0	11	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,SEL,CKD	3	3	0	0	14	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,PRIME,RAW	3	3	0	0	9	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,PRIME,CKD	3	3	0	0	12	0
BEEF,COMP OF RTL CUTS,LN,1/4" FAT,ALL GRDS,RAW	3	3	0	0	29	0
BEEF,COMP OF RTL CUTS,LN,1/4" FAT,ALL GRDS,CKD	3	3	0	0	28	0
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,RAW	3	3	0	0	30	0
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,CKD	3	3	0	0	31	0
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,SEL,RAW	3	3	0	0	28	0
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,SEL,CKD	3	3	0	0	30	0
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,PRIME,RAW	3	3	0	0	22	0
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,PRIME,CKD	3	3	0	0	28	0
BEEF,RTL CUTS,FAT,RAW	3	3	0	0	0	0
BEEF,RTL CUTS,FAT,CKD	3	3	0	0	0	0
BEEF,BRISKET,WHL,LN&FAT,1/4"FAT,ALL GRDS,RAW	3	3	0	0	0	0
BEEF,BRISKET,WHL,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	0	0
BEEF,BRISKET,WHL,LN,ALL GRDS,RAW	3	3	0	0	30	0
BEEF,BRISKET,WHL,LN,1/4"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	3	0
BEEF,BRISKET,POINT HALF,LN&FAT,1/4"FAT,ALL GRDS,RAW	3	3	0	0	1	0
BEEF,BRISKET,POINT HALF,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	1	0
BEEF,BRISKET,POINT HALF,LN,1/4"FAT,ALL GRDS,RAW	3	3	0	0	1	0
BEEF,BRISKET,POINT HALF,LN,1/4"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	35	0
BEEF,LOIN,BTTM SIRLOIN BUTT,TRI-TIP,LN,1/4" FAT,ALL GRDS,RAW	3	3	0	0	4	0
BEEF,CHUCK,BLADE RST,LN&FAT,1/4"FAT,ALL GRDS,RAW	3	3	0	0	19	0
BEEF,CHUCK,BLADE RST,LN&FAT,1/4"FAT,CHOIC,RAW	3	3	0	0	19	0
BEEF,CHUCK,BLADE RST,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	3	3	0	0	23	0
BEEF,CHUCK,BLADE RST,LN&FAT,1/4"FAT,SEL,RAW	3	3	0	0	19	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,CHUCK,BLADE RST,LN&FAT,1/4" FAT,SEL,CKD,BRSD	3	3	0	0	23	0
BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,SEL,CKD,BRSD	3	3	0	0	0	0
BEEF,CHUCK,BLADE RST,LN,1/4" FAT,ALL GRDS,RAW	3	3	0	0	35	0
BEEF,CHUCK,BLADE RST,LN,1/4" FAT,ALL GRDS,CKD,BRSD	3	3	0	0	23	0
BEEF,CHUCK,BLADE RST,LN,1/4" FAT,CHOIC,RAW	3	3	0	0	37	0
BEEF,CHUCK,BLADE RST,LN,1/4" FAT,CHOIC,CKD,BRSD	3	3	0	0	42	0
BEEF,CHUCK,BLADE RST,LN,1/4" FAT,SEL,RAW	3	3	0	0	34	0
BEEF,CHUCK,BLADE RST,LN,1/4" FAT,SEL,CKD,BRSD	3	3	0	0	38	0
BEEF,FLANK,LN&FAT,0" FAT,CHOIC,RAW	3	3	0	0	0	0
BEEF,FLANK,LN&FAT,0" FAT,CHOIC,CKD,BRLD	3	3	0	0	0	0
BEEF,FLANK,LN,0" FAT,CHOIC,RAW	3	3	0	0	4	0
BEEF,FLANK,LN,0" FAT,CHOIC,CKD,BRSD	3	3	0	0	8	0
BEEF,FLANK,LN,0" FAT,CHOIC,CKD,BRLD	3	3	0	0	2	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4" FAT,ALL GRDS,RAW	3	3	0	0	16	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	21	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4" FAT,ALL GRDS,CKD,RSTD	3	3	0	0	17	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4" FAT,CHOIC,RAW	3	3	0	0	16	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4" FAT,CHOIC,CKD,BRLD	3	3	0	0	21	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4" FAT,CHOIC,CKD,RSTD	3	3	0	0	17	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4" FAT,SEL,RAW	3	3	0	0	16	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4" FAT,SEL,CKD,BRLD	3	3	0	0	22	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4" FAT,SEL,CKD,RSTD	3	3	0	0	17	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4" FAT,PRIME,RAW	3	3	0	0	15	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4" FAT,PRIME,CKD,BRLD	3	3	0	0	2	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,PRIME,CKD,RSTD	3	3	0	0	19	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,ALL GRDS,RAW	3	3	0	0	41	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,ALL GRDS,CKD,BRLD	3	3	0	0	42	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,ALL GRDS,CKD,RSTD	3	3	0	0	41	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,CHOIC,RAW	3	3	0	0	43	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,CHOIC,CKD,BRLD	3	3	0	0	43	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	42	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,SEL,RAW	3	3	0	0	40	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,SEL,CKD,BRLD	3	3	0	0	41	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,SEL,CKD,RSTD	3	3	0	0	39	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,PRIME,RAW	3	3	0	0	44	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,PRIME,CKD,BRLD	3	3	0	0	42	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,PRIME,CKD,RSTD	3	3	0	0	44	0
BEEF,RIB,EYE,SML END (RIBS 10-12),LN&FAT,0"FAT,CHOIC,RAW	3	3	0	0	4	0
BF,RIB,EYE,SML END (RIB 10-12),LN & FT,0"FAT,CHOIC,CKD,BRLD	3	3	0	0	8	0
BEEF,RIB,EYE,SML END (RIBS 10-12),LN,0"FAT,CHOIC,RAW	3	3	0	0	25	0
BEEF,RIB,EYE,SML END (RIBS 10-12),LN,0"FAT,CHOIC,CKD,BRLD	3	3	0	0	19	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,ALL GRDS,RAW	3	3	0	0	16	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,ALL GRDS,CKD,BRLD	3	3	0	0	21	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,CHOIC,RAW	3	3	0	0	16	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	3	3	0	0	21	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	15	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,SEL,RAW	3	3	0	0	16	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,SEL,CKD,BRLD	3	3	0	0	21	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,SEL,CKD,RSTD	3	3	0	0	16	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,PRIME,RAW	3	3	0	0	14	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,PRIME,CKD,BRLD	3	3	0	0	18	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,PRIME,CKD,RSTD	3	3	0	0	19	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,ALL GRDS,RAW	3	3	0	0	42	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,ALL GRDS,CKD,BRLD	3	3	0	0	42	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4" FAT,ALL GRDS,CKD,RSTD	3	3	0	0	40	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,CHOIC,RAW	3	3	0	0	44	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,CHOIC,CKD,BRLD	3	3	0	0	46	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	42	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,SEL,RAW	3	3	0	0	40	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,SEL,CKD,BRLD	3	3	0	0	40	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,SEL,CKD,RSTD	3	3	0	0	38	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,PRIME,RAW	3	3	0	0	45	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,PRIME,CKD,BRLD	3	3	0	0	43	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,PRIME,CKD,RSTD	3	3	0	0	43	0
BEEF,RIB,SML END (10-12),LN&FAT,1/4"FAT,ALL GRDS,CKD,RSTD	3	3	0	0	19	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	2	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,SEL,CKD,RSTD	3	3	0	0	19	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,PRIME,RAW	3	3	0	0	18	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,PRIME,CKD,BRLD	3	3	0	0	21	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,PRIME,CKD,RSTD	3	3	0	0	21	0
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,ALL GRDS,CKD,RSTD	3	3	0	0	42	0
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	44	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BEEF,RIB,SML END (RIBS 10-12),LN,1/4" FAT,SEL,CKD,RSTD	3	3	0	0	40	0
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,PRIME,RAW	3	3	0	0	43	0
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,PRIME,CKD,BRLD	3	3	0	0	40	0
BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,PRIME,CKD,RSTD	3	3	0	0	45	0
BEEF,RIB,SHORTRIBS,LN&FAT,CHOIC,RAW	3	3	0	0	27	0
BEEF,RIB,SHORTRIBS,LN&FAT,CHOIC,CKD,BRSD	3	3	0	0	29	0
BEEF,RIB,SHORTRIBS,LN ONLY,CHOIC,RAW	3	3	0	0	59	0
BEEF,RIB,SHORTRIBS,LN,CHOIC,CKD,BRSD	3	3	0	0	62	0
BEEF,RND,FULL CUT,LN&FAT,1/4"FAT,CHOIC,RAW	3	3	0	0	6	0
BEEF,RND,FULL CUT,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	3	3	0	0	8	0
BEEF,RND,FULL CUT,LN&FAT,1/4"FAT,SEL,RAW	3	3	0	0	6	0
BEEF,RND,FULL CUT,LN&FAT,1/4"FAT,SEL,CKD,BRLD	3	3	0	0	8	0
BEEF,RND,FULL CUT,LN,1/4" FAT,CHOIC,RAW	3	3	0	0	17	0
BEEF,RND,FULL CUT,LN,1/4"FAT,CHOIC,CKD,BRLD	3	3	0	0	17	0
BEEF,RND,FULL CUT,LN,1/4"FAT,SEL,RAW	3	3	0	0	17	0
BEEF,RND,FULL CUT,LN,1/4"FAT,SEL,CKD,BRLD	3	3	0	0	17	0
BEEF,BRISKET,FLAT HALF,LN & FAT,0" FAT,CHOIC,CKD,BRSD	3	3	0	0	0	0
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,ALL GRDS,RAW	3	3	0	0	4	0
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,ALL GRDS,CKD,RSTD	3	3	0	0	5	0
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,CHOIC,RAW	3	3	0	0	4	0
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	6	0
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,SEL,RAW	3	3	0	0	3	0
BEEF,RND,TIP RND,LN & FAT,1/4" FAT,SEL,CKD,RSTD	3	3	0	0	5	0
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,PRIME,RAW	3	3	0	0	5	0
BEEF,RND,TIP RND,LN&FAT,1/4"FAT,PRIME,CKD,RSTD	3	3	0	0	3	0
BEEF,RND,TIP RND,LN,1/4"FAT,ALL GRDS,RAW	3	3	0	0	17	0
BEEF,RND,TIP RND,LN,1/4" FAT,ALL GRDS,CKD,RSTD	3	3	0	0	15	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BEEF,RND,TIP RND,LN,1/4" FAT,CHOIC,RAW	3	3	0	0	18	0
BEEF,RND,TIP RND,LN,1/4" FAT,CHOIC,CKD,RSTD	3	3	0	0	17	0
BEEF,RND,TIP RND,LN,1/4" FAT,SEL,RAW	3	3	0	0	15	0
BEEF_RND TIP RND LN ONLY TO 1/4" FAT SEL CKD RSTD	3	3	0	0	14	0
BEEF,RND,TIP RND,LN,1/4" FAT,PRIME,RAW	3	3	0	0	17	0
BEEF,RND,TIP RND,LN,1/4" FAT,PRIME,CKD,RSTD	3	3	0	0	16	0
BEEF,RND,TOP RND,LN&FAT,1/4" FAT,CHOIC,CKD,PAN-FRIED	3	3	0	0	1	0
BEEF,RND,TOP RND,LN&FAT,1/4" FAT,PRIME,RAW	3	3	0	0	1	0
BEEF,RND,TOP RND,LN&FAT,1/4" FAT,PRIME,CKD,BRLD	3	3	0	0	1	0
BEEF,RND,TOP RND,LN,1/4" FAT,CHOIC,CKD,PAN-FRIED	3	3	0	0	12	0
BEEF,RND,TOP RND,LN,1/4" FAT,PRIME,RAW	3	3	0	0	6	0
BEEF,RND,TOP RND,LN,1/4" FAT,PRIME,CKD,BRLD	3	3	0	0	4	0
BEEF,SHANK CROSSCUTS,LN&FAT,1/4" FAT,CHOIC,RAW	3	3	0	0	34	0
BEEF,SHANK CROSSCUTS,LN&FAT,1/4" FAT,CHOIC,CKD,SIMMRD	3	3	0	0	37	0
BEEF,SHANK CROSSCUTS,LN,1/4" FAT,CHOIC,RAW	3	3	0	0	40	0
BEEF,SHANK CROSSCUTS,LN,1/4" FAT,CHOIC,CKD,SIMMRD	3	3	0	0	45	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN & FAT,1/4" FAT,USDA CHOIC,RAW	3	3	0	0	22	0
BEEF,LOIN,PRTRHS STEAK,LN & FAT,1/4" FAT,USDA CHOIC,CKD,BRLD	3	3	0	0	22	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4" FAT,USDA CHOIC,RAW	3	3	0	0	35	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4" FAT,USDA CHOIC,CKD,BRLD	3	3	0	0	43	0
BEEF,SHRT LOIN,T-BONE STEAK,LN & FAT,1/4" FAT,USDA CHOIC,RAW	3	3	0	0	22	0
BEEF,LOIN,T-BONE STEAK,LN & FAT,1/4" FAT,USDA CHOIC,CKD,BRLD	3	3	0	0	21	0
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4" FAT,USDA CHOIC,RAW	3	3	0	0	32	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4" FAT,USDA CHOIC,CKD,BRLD	3	3	0	0	41	0
BEEF,TENDERLOIN,LN&FAT,1/4"FAT,ALL GRDS,CKD,RSTD	3	3	0	0	2	0
BEEF,TENDERLOIN,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	2	0
BEEF,TENDERLOIN,LN&FAT,1/4"FAT,SEL,CKD,RSTD	3	3	0	0	2	0
BEEF,TENDERLOIN,LN&FAT,1/4"FAT,PRIME,RAW	3	3	0	0	3	0
BEEF,TENDERLOIN,LN&FAT,1/4"FAT,PRIME,CKD,BRLD	3	3	0	0	3	0
BEEF,TENDERLOIN,LN&FAT,1/4"FAT,PRIME,CKD,RSTD	3	3	0	0	3	0
BEEF,TENDERLOIN,LN,1/4" FAT,ALL GRDS,CKD,RSTD	3	3	0	0	26	0
BEEF,TENDERLOIN,LN,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	26	0
BEEF,TENDERLOIN,LN,1/4"FAT,SEL,CKD,RSTD	3	3	0	0	26	0
BEEF,TENDERLOIN,LN,1/4"FAT,PRIME,RAW	3	3	0	0	25	0
BEEF,TENDERLOIN,LN,1/4"FAT,PRIME,CKD,BRLD	3	3	0	0	21	0
BEEF,TENDERLOIN,LN,1/4"FAT,PRIME,CKD,RSTD	3	3	0	0	25	0
BEEF,SHRT LOIN, TOP LOIN, LN & FAT, 1/4" FAT, ALL GRDS, RAW	3	3	0	0	9	0
BEEF,SHRT LOIN, TOP LOIN, LN&FAT, 1/4" FAT, PRIME, RAW	3	3	0	0	5	0
BEEF,SHRT LOIN, TOP LOIN, LN&FAT, 1/4" FAT, PRIME, CKD, BRLD	3	3	0	0	8	0
BEEF,SHRT LOIN, TOP LOIN, LN, 1/4" FAT, PRIME, RAW	3	3	0	0	27	0
BEEF,SHRT LOIN, TOP LOIN, LN, 1/4" FAT, PRIME, CKD, BRLD	3	3	0	0	25	0
BEEF, TOP SIRLOIN, LN&FAT, 1/4" FAT, CHOIC, CKD, PAN-FRIED	3	3	0	0	2	0
BEEF, TOP SIRLOIN, LN, 1/4" FAT, CHOIC, CKD, PAN-FRIED	3	3	0	0	21	0
BEEF, GROUND, PATTIES, FRZ, (AP PROX 23% FAT), RAW	3	3	0	0	0	0
BEEF, GROUND, PATTIES, FRZ, CKD ,BRLD, MED	3	3	0	0	0	0
BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, RAW	131	131	1.05	0	22	1.05
BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, PAN-FRIED	3	3	0	0	0	0
BEEF, VAR MEATS&BY-PRODUCT S, BRAIN, CKD, SIMMRD	2	2	1.48	0	0	1.48
BEEF, VAR MEATS&BY-PRODUCTS, HEART, RAW	3	3	0.14	0	29	0.14

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,VAR MEATS&BY-PRODUCT S,HEART,CKD,SIMMRD	3	3	0.15	0	16	0.15
BEEF,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	700	700	0.29	0	16	0.29
BEEF,VAR MEATS&BY-PRODUCT S,KIDNEYS,CKD,SIMMRD	3	3	0	0	0	0
BEEF,VAR MEATS&BY-PRODUCTS,LIVER,RAW	835	835	3.89	0	0	3.89
BEEF,VAR MEATS & BY-PRODUCTS,LIVER,CKD,BRSD	813	813	5.13	0	0	5.13
BEEF,VAR MEATS&BY-PRODUCTS,LIVER,CKD,PAN-FRIED	813	813	5.16	0	0	5.16
BEEF,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	3	3	0	0	24	0
BEEF,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	3	3	0	0	0	0
BEEF,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED BF,RAW	3	3	0	0	0	0
BEEF,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	3	3	0	0	0	0
BEEF,VAR MEATS&BY-PRODUCT S,PANCREAS,CKD,BRSD	3	3	0	0	0	0
BEEF,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	3	3	0	0	0	0
BEEF,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	3	3	0	0	0	0
BEEF,VAR MEATS & BY-PRODUCTS,SUET,RAW - PDS READY- 7/2006	3	3	0	0	0	0
BEEF,VAR MEATS&BY-PRODUCTS,THYMUS,RAW	3	3	0	0	0	0
BEEF,VAR MEATS&BY-PRODUCTS,THYMUS,CKD,BRSD	3	3	0	0	0	0
BEEF,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	686	686	3.68	0	16	3.68
BEEF,VAR MEATS&BY-PRODUCT S,TONGUE,CKD,SIMMRD	3	3	0	0	16	0
BEEF,VAR MEATS&BY-PRODUCTS,TRIPE,RAW	3	3	0	0	0	0
BEEF,SNWCH STEAKS,FLAKED,CHOPD,FORMED & THINLY SLICED,RAW	3	3	0	0	0	0
BEEF,BRISKET,FLAT HALF,LN,0" FAT,CHOIC,CKD,BRSD	3	3	0	0	2	0
BEEF,CURED,BRKFST STRIPS,RAW OR UNHTD	673	673	0.7	0	0	0.7
BEEF,CURED,BRKFST STRIPS,CKD	2	2	1.4	0	0	1.4
BEEF,CURED,CORNEDBF,BRISKET,RAW	3	3	0.14	0	1	0.14
BEEF,CURED,CORNEDBF,BRISKET,CKD	124	124	0.47	0	1	0.47
BEEF,CURED,CORNEDBF,CND	3	3	0	0	0	0
BEEF,CURED,DRIED	791	791	2.76	0	0	2.76

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,CURED,LUNCHEON MEAT,JELLIED	3	3	0	0	0	0
BEEF,CURED,PASTRAMI	3	3	0	0	0	0
BEEF,CURED,SAUSAGE,CKD,S MOKED	867	867	2.42	0	0	2.42
BEEF,CURED,SMOKED,CHOPD BF	654	654	1.86	0	0	1.86
BEEF,CURED,THIN-SLICED BF	818	818	5.71	0	0	5.71
BEEF,COMP OF RTL CUTS,LN&FAT,0°FAT,ALL GRDS,CKD	3	3	0	0	13	0
BEEF,COMP OF RTL CUTS,LN&FAT,0°FAT,CHOIC,CKD	3	3	0	0	13	0
BEEF,COMP OF RTL CUTS,LN&FAT,0°FAT,SEL,CKD	3	3	0	0	13	0
BEEF,COMP OF RTL CUTS,LN,0°FAT,ALL GRDS,CKD	3	3	0	0	25	0
BEEF,COMP OF RTL CUTS,LN,0°FAT,CHOIC,CKD	3	3	0	0	25	0
BEEF,COMP OF RTL CUTS,LN,0°FAT,SEL,CKD	3	3	0	0	24	0
BEEF,BRISKET,WHL,LN&FAT,0°FAT,ALL GRDS,CKD,BRSD	3	3	0	0	1	0
BEEF,BRISKET,WHL,LN,0°FAT,ALL GRDS,CKD,BRSD	3	3	0	0	17	0
BEEF,BRISKET,FLAT HALF,LN&FAT,0°FAT,ALL GRDS,CKD,BRSD	3	3	0	0	0	0
BEEF,BRISKET,FLAT HALF,LN,0°FAT,ALL GRDS,CKD,BRSD	3	3	0	0	2	0
BEEF,BRISKET,POINT HALF,LN&FAT,0°FAT,ALL GRDS,CKD,BRSD	3	3	0	0	1	0
BEEF,BRISKET,POINT HALF,LN,0°FAT,ALL GRDS,CKD,BRSD	3	3	0	0	27	0
BEEF,CHUCK,ARM POT RST,LN&FAT,0°FAT,ALL GRDS,CKD,BRSD	3	3	0	0	25	0
BEEF,CHUCK,ARM POT RST,LN & FAT,0°FAT,SEL,CKD,BRSD	3	3	0	0	28	0
BEEF,CHUCK,ARM POT RST,LN,0°FAT,CHOIC,CKD,BRSD	3	3	0	0	40	0
BEEF,CHUCK,ARM POT RST,LN,0°FAT,SEL,CKD,BRSD	3	3	0	0	42	0
BEEF,CHUCK,BLADE RST,LN&FAT,0°FAT,CHOIC,CKD,BRSD	3	3	0	0	24	0
BEEF,CHUCK,BLADE RST,LN&FAT,0°FAT,SEL,CKD,BRSD	3	3	0	0	23	0
BEEF,CHUCK,BLADE RST,LN,0°FAT,ALL GRDS,CKD,BRSD	3	3	0	0	39	0
BEEF,CHUCK,BLADE RST,LN,0°FAT,CHOIC,CKD,BRSD	3	3	0	0	39	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,CHUCK,BLADE RST,LN,0°FAT,SEL,CKD,BRSD	3	3	0	0	38	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,0°FAT,CHOIC,CKD,RSTD	3	3	0	0	16	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,0°FAT,SEL,CKD,RSTD	3	3	0	0	17	0
BEEF,RIB,LRG END (RIBS 6-9),LN,0°FAT,ALL GRDS,CKD,RSTD	3	3	0	0	38	0
BEEF,RIB,LRG END (RIBS 6-9),LN,0°FAT,CHOIC,CKD,RSTD	3	3	0	0	40	0
BEEF,RIB,LRG END (RIBS 6-9),LN,0°FAT,SEL,CKD,RSTD	3	3	0	0	37	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0°FAT,ALL GRDS,CKD,BRLD	3	3	0	0	8	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0°FAT,CHOIC,CKD,BRLD	3	3	0	0	22	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0°FAT,SEL,CKD,BRLD	3	3	0	0	24	0
BEEF,RIB,SML END (RIBS 10-12),LN,0°FAT,ALL GRDS,CKD,BRLD	3	3	0	0	18	0
BEEF,RIB,SML END (RIBS 10-12),LN,0°FAT,CHOIC,CKD,BRLD	3	3	0	0	37	0
BEEF,RIB,SML END (RIBS 10-12),LN,0°FAT,SEL,CKD,BRLD	3	3	0	0	37	0
BEEF,RND,BTTM RND,LN&FAT,0°FAT,ALL GRDS,CKD,BRSD	3	3	0	0	2	0
BEEF,RND,BTTM RND,LN&FAT,0°FAT,ALL GRDS,CKD,RSTD	3	3	0	0	1	0
BEEF,RND,BTTM RND,LN&FAT,0°FAT,CHOIC,CKD,BRSD	3	3	0	0	1	0
BEEF,RND,BTTM RND,LN&FAT,0°FAT,CHOIC,CKD,RSTD	3	3	0	0	1	0
BEEF,RND,BTTM RND,LN&FAT,0°FAT,SEL,CKD,BRSD	3	3	0	0	3	0
BEEF,RND,BTTM RND,LN&FAT,0°FAT,SEL,CKD,RSTD	3	3	0	0	1	0
BEEF,RND,BTTM RND,LN,0°FAT,ALL GRDS,CKD,BRSD	3	3	0	0	4	0
BEEF,RND,BTTM RND,LN,0°FAT,ALL GRDS,CKD,RSTD	3	3	0	0	3	0
BEEF,RND,BTTM RND,LN,0°FAT,CHOIC,CKD,BRSD	3	3	0	0	2	0
BEEF,RND,BTTM RND,LN,0°FAT,CHOIC,CKD,RSTD	3	3	0	0	4	0
BEEF,RND,BTTM RND,LN,0°FAT,SEL,CKD,BRSD	3	3	0	0	5	0
BEEF,RND,BTTM RND RST,LN,0°FAT,SEL,CKD,RSTD	3	3	0	0	2	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BEEF,RND,EYE OF RND,LN&FAT,0"FAT,ALL GRDS,CKD,RSTD	3	3	0	0	2	0
BEEF,RND,EYE OF RND,LN&FAT,0 "FAT,CHOIC,CKD,RSTD	3	3	0	0	4	0
BEEF,RND,EYE OF RND,LN&FAT,0 "FAT,SEL,CKD,RSTD	3	3	0	0	0	0
BEEF,RND,EYE OF RND,LN,0"FAT,ALL GRDS,CKD,RSTD	3	3	0	0	3	0
BEEF,RND,EYE OF RND,LN,0"FAT, CHOIC,CKD,RSTD	3	3	0	0	4	0
BEEF,RND,EYE OF RND,LN,0"FAT, SEL,CKD,RSTD	3	3	0	0	2	0
BEEF,RND,TIP RND,LN&FAT,0"FAT,ALL GRDS,CKD,RSTD	3	3	0	0	4	0
BEEF,RND,TIP RND,LN&FAT,0"FAT, CHOIC,CKD,RSTD	3	3	0	0	4	0
BEEF,RND,TIP RND,LN&FAT,0"FAT, SEL,CKD,RSTD	3	3	0	0	4	0
BEEF,RND,TIP RND,LN,0" FAT,ALL GRDS,CKD,RSTD	3	3	0	0	8	0
BEEF,RND,TIP RND,LN,0"FAT,CHO IC,CKD,RSTD	3	3	0	0	7	0
BEEF,RND,TIP RND,LN,0" FAT,SEL,CKD,RSTD	3	3	0	0	9	0
BEEF,RND, TOP RND, LN&FAT, 1/ 4"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	3	0
BEEF,RND, TOP RND, LN&FAT, 1/ 4"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	2	0
BEEF,RND, TOP RND, LN&FAT, 1/ 4"FAT,CHOIC,CKD,BRSD	3	3	0	0	2	0
BEEF,RND, TOP RND, LN&FAT, 0"FA T,CHOIC,CKD,BRSD	3	3	0	0	2	0
BEEF,RND, TOP RND, LN&FAT, 1/ 4"FAT,SEL,CKD,BRSD	3	3	0	0	3	0
BEEF,RND, TOP RND, LN&FAT, 0"FA T,SEL,CKD,BRSD	3	3	0	0	2	0
BEEF,RND, TOP RND, LN, 1/ 4"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	12	0
BEEF,RND, TOP RND, LN, 0"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	4	0
BEEF,RND, TOP RND, LN, 1/ 4"FAT,CHOIC,CKD,BRSD	3	3	0	0	12	0
BEEF,RND, TOP RND, LN, 0"FAT,CH OIC,CKD,BRSD	3	3	0	0	4	0
BEEF,RND, TOP RND, LN, 1/ 4"FAT,SEL,CKD,BRSD	3	3	0	0	11	0
BEEF,RND, TOP RND, LN, 0"FAT,SE L,CKD,BRSD	3	3	0	0	4	0
BEEF,TENDERLOIN,LN&FAT,0"FAT, ALL GRDS,CKD,BRLD	3	3	0	0	3	0
BEEF,TENDERLOIN,LN&FAT,0"FAT, CHOIC,CKD,BRLD	3	3	0	0	3	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,TENDERLOIN,LN&FAT,0"FAT,SEL,CKD,BRLD	3	3	0	0	2	0
BEEF,TENDERLOIN,LN,0"FAT,ALL GRDS,CKD,BRLD	3	3	0	0	8	0
BEEF,TENDERLOIN,LN,0"FAT,CHOIC,CKD,BRLD	3	3	0	0	8	0
BEEF,TENDERLOIN,LN,0"FAT,SEL,CKD,BRLD	3	3	0	0	8	0
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	3	3	0	0	2	0
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,0"FAT,CHOIC,CKD,BRLD	3	3	0	0	2	0
BEEF,SHRT LOIN,TOP LOIN,LN & FAT,0" FAT,SEL,CKD,BRLD	3	3	0	0	1	0
BEEF,SHRT LOIN,TOP LOIN,LN,0"FAT,ALL GRDS,CKD,BRLD	3	3	0	0	4	0
BEEF,SHRT LOIN,TOP LOIN,LN,0" FAT,CHOIC,CKD,BRLD	3	3	0	0	5	0
BEEF,SHRT LOIN,TOP LOIN,LN,0" FAT,SEL,CKD,BRLD	3	3	0	0	3	0
BEEF,TOP SIRLOIN,LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	3	3	0	0	4	0
BEEF,TOP SIRLOIN,LN&FAT,0"FAT,CHOIC,CKD,BRLD	3	3	0	0	3	0
BEEF,TOP SIRLOIN,LN&FAT,0"FAT,SEL,CKD,BRLD	3	3	0	0	4	0
BEEF,TOP SIRLOIN,LN,0"FAT,ALL GRDS,CKD,BRLD	3	3	0	0	10	0
BEEF,TOP SIRLOIN,LN,0"FAT,CHOIC,CKD,BRLD	3	3	0	0	10	0
BEEF,TOP SIRLOIN,LN,0"FAT,SEL,CKD,BRLD	3	3	0	0	10	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN & FAT,1/4" FAT,ALL GRDS,RAW	3	3	0	0	22	0
BEEF,LOIN,PRTRHS STEAK,LN & FAT,1/4" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	22	0
BEEF,SHRT LOIN,PRTRHS STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	21	0
BEEF,LOIN,PRTRHS STK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	3	3	0	0	21	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN & FAT,1/4" FAT,USDA SEL,RAW	3	3	0	0	21	0
BEEF, LOIN,PRTRHS STEAK,LN & FAT,1/4" FAT,USDA SEL,CKD,BRLD	3	3	0	0	21	0
BEEF,SHRT LOIN,PRTRHS STK,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	3	3	0	0	20	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4" FAT,ALL GRDS,RAW	3	3	0	0	34	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	41	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	32	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN,0" FAT,USDA CHOIC,CKD,BRLD	3	3	0	0	31	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN ONLY,TO 1/4" FAT,USDA SEL,RAW	3	3	0	0	32	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4" FAT,USDA SEL,CKD,BRLD	3	3	0	0	39	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN ONLY,0" FAT,USDA SEL,CKD,BRLD	3	3	0	0	32	0
BEEF,SHRT LOIN,T-BONE STEAK,LN & FAT,1/4" FAT,ALL GRDS,RAW	3	3	0	0	22	0
BEEF,LOIN,T-BONE STEAK,LN & FAT,1/4" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	21	0
BEEF,SHRT LOIN,T-BONE STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	22	0
BEEF,LOIN,T-BONE STEAK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	3	3	0	0	23	0
BEEF,SHRT LOIN,T-BONE STEAK,LN & FAT,1/4" FAT,USDA SEL,RAW	3	3	0	0	23	0
BEEF,LOIN,T-BONE STEAK,LN & FAT,1/4" FAT,USDA SEL,CKD,BRLD	3	3	0	0	21	0
BEEF,SHRT LOIN,T-BONE STK,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	3	3	0	0	21	0
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4" FAT,ALL GRDS,RAW	3	3	0	0	32	0
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	38	0
BEEF,SHRT LOIN,T-BONE STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	31	0
BEEF,SHRT LOIN,T-BONE STEAK,LN,0" FAT,USDA CHOIC,CKD,BRLD	3	3	0	0	32	0
BEEF,SHRT LOIN,T-BONE STEAK,LN ONLY,TO 1/4" FAT,USDA SEL,RAW	3	3	0	0	32	0
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4" FAT,USDA SEL,CKD,BRLD	3	3	0	0	35	0
BEEF,SHRT LOIN,T-BONE STEAK,LN,0" FAT,USDA SEL,CKD,BRLD	3	3	0	0	29	0
BEEF,BRISKET,FLAT HALF,LN,0" FAT,SEL,CKD,BRSD	3	3	0	0	1	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,RND,TIP RND,LN & FAT,0" FAT,ALL GRDS,RAW	3	3	0	0	4	0
BEEF,RND,TIP RND,LN & FAT,0" FAT,CHOIC,RAW	3	3	0	0	4	0
BEEF,RND,TIP RND,LN & FAT,0" FAT,SEL,RAW	3	3	0	0	3	0
BEEF,RIB,EYE,SML END (RIBS 10-12) LN,0" FAT,SEL,CKD,BRLD	3	3	0	0	18	0
BEEF,RND, TOP RND, LN, 0" FAT, ALL GRDS, CKD, BRLD	3	3	0	0	0	0
BEEF,RND, TOP RND, LN, 0" FAT, CHOIC, CKD, BRLD	3	3	0	0	1	0
BEEF,RND, TOP RND, LN, 0" FAT, SEL, CKD, BRLD	3	3	0	0	0	0
BEEF,GROUND,70% LN MEAT / 30% FAT,CRUMBLES,CKD,PAN-BROWNE D	3	3	0	0	0	0
BEEF,GROUND,70% LN MEAT / 30% FAT,LOAF,CKD,BKD	3	3	0	0	0	0
BEEF,GROUND,70% LN MEAT / 30% FAT,PATTY CKD,PAN-BROILED	3	3	0	0	0	0
BEEF,GROUND,70% LN MEAT / 30% FAT,PATTY,CKD,BRLD	3	3	0	0	0	0
BEEF,GROUND,70% LN MEAT / 30% FAT,RAW	3	3	0	0	0	0
BEEF,COMP OF RTL CUTS, LN&FAT, 1/2" FAT, PRIME, RAW	3	3	0	0	11	0
BEEF,COMP OF RTL CUTS, LN&FAT, 1/2" FAT, PRIME, CKD	3	3	0	0	18	0
BEEF,COMP OF RTL CUTS, LN, 1/2" FAT, PRIME, RAW	3	3	0	0	42	0
BEEF,COMP OF RTL CUTS, LN, 1/2" FAT, PRIME, CKD	3	3	0	0	47	0
BEEF,CHUCK,ARM POT RST, LN&FAT, 1/2" FAT, PRIME, RAW	3	3	0	0	12	0
BEEF,CHUCK,ARM POT RST, LN&FAT, 1/2" FAT, PRIME, CKD, BRSD	3	3	0	0	12	0
BEEF,CHUCK,ARM POT RST, LN, 1/2" FAT, PRIME, RAW	3	3	0	0	36	0
BEEF,CHUCK,ARM POT RST, LN, 1/2" FAT, PRIME, CKD, BRSD	3	3	0	0	39	0
BEEF,CHUCK, BLADE RST, LN&FAT, 1/2" FAT, PRIME, RAW	3	3	0	0	21	0
BEEF,CHUCK, BLADE RST, LN&FAT, 1/2" FAT, PRIME, CKD, BRSD	3	3	0	0	24	0
BEEF,CHUCK, BLADE RST, LN, 1/2" FAT, PRIME, RAW	3	3	0	0	42	0
BEEF,CHUCK, BLADE RST, LN, 1/2" FAT, PRIME, CKD, BRSD	3	3	0	0	45	0
BEEF,RND, KNUCKLE, TIP SIDE, STEAK, LN, 0" FAT, CHOIC, RAW	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
BF,CHUCK,SHLDR CLOD,SHLDR TENDER,MEDALLION,LN,0" FAT,CH,RAW	3	3	0	0	0	0
BF,CHK CLOD,SHDR TNR,MEDALLION,LN,0" FAT,CHOIC,CKD,GRILLED	3	3	0	0	0	0
BF,CHUCK,SHLDR CLOD,SHLDR TENDER,MEDALLION,LN,0" FAT,SEL,RAW	3	3	0	0	0	0
BF,CHK,CLOD,SHLDR TENDER,MEDALLION,LN,0" FAT,SEL,CKD,GRILLED	3	3	0	0	0	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/2"FAT,PRIME,RAW	3	3	0	0	15	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/2"FAT,PRIME,CKD,BRLD	3	3	0	0	18	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/2"FAT,PRIME,CKD,RSTD	3	3	0	0	19	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/2"FAT,PRIME,CKD,BRLD	3	3	0	0	44	0
BEEF,RIB,WHL (RIBS 6-12),LN,1/2"FAT,PRIME,CKD,RSTD	3	3	0	0	47	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/2"FAT,PRIME,RAW	3	3	0	0	14	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/2"FAT,PRIME,CKD,BRLD	3	3	0	0	16	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/2"FAT,PRIME,CKD,RSTD	3	3	0	0	19	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/2"FAT,PRIME,CKD,BRLD	3	3	0	0	44	0
BEEF,RIB,LRG END (RIBS 6-9),LN,1/2"FAT,PRIME,CKD,RSTD	3	3	0	0	44	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/2"FAT,PRIME,RAW	3	3	0	0	17	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/2"FAT,PRIME,CKD,BRLD	3	3	0	0	2	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/2"FAT,PRIME,CKD,RSTD	3	3	0	0	21	0
BEEF,RIB,SML END (RIBS 10-12),LN,1/2"FAT,PRIME,CKD,BRLD	3	3	0	0	40	0
BEEF,RIB,SML END (RIBS 10-12),LN,1/2"FAT,PRIME,CKD,RSTD	3	3	0	0	45	0
BEEF,RND,BTTM RND,LN&FAT,1/2"FAT,PRIME,RAW	3	3	0	0	2	0
BEEF,RND,BTTM RND,LN&FAT,1/2"FAT,PRIME,CKD,BRSD	3	3	0	0	2	0
BEEF,RND,BTTM RND,LN,1/2"FAT,PRIME,RAW	3	3	0	0	15	0
BEEF,RND,BTTM RND,LN,1/2"FAT,PRIME,CKD,BRSD	3	3	0	0	13	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,RND,EYE OF RND,LN&FAT,1/2"FAT,PRIME,RAW	3	3	0	0	3	0
BEEF,RND,EYE OF RND,LN&FAT,1/2"FAT,PRIME,CKD,RSTD	3	3	0	0	2	0
BEEF,RND,EYE OF RND,LN,1/2"FAT,PRIME,RAW	3	3	0	0	16	0
BEEF,RND,EYE OF RND,LN,1/2"FAT,PRIME,CKD,RSTD	3	3	0	0	13	0
BEEF,RND,TIP RND,LN&FAT,1/2"FAT,PRIME,RAW	3	3	0	0	5	0
BEEF,RND,TIP RND,LN&FAT,1/2"FAT,PRIME,CKD,RSTD	3	3	0	0	4	0
BEEF,RND,TIP RND,LN,1/2"FAT,PRIME,CKD,RSTD	3	3	0	0	19	0
BEEF,RND,TOP RND,LN&FAT,1/2"FAT,PRIME,RAW	3	3	0	0	1	0
BEEF,RND,TOP RND,LN&FAT,1/2"FAT,PRIME,CKD,BRLD	3	3	0	0	2	0
BEEF,RND,TOP RND,LN,1/2"FAT,PRIME,CKD,BRLD	3	3	0	0	7	0
BEEF,SHRT LOIN,TENDERLOIN,LN&FAT,1/2"FAT,PRIME,RAW	3	3	0	0	4	0
BEEF,SHRT LOIN,TENDERLOIN,LN&FAT,1/2"FAT,PRIME,CKD,BRLD	3	3	0	0	4	0
BEEF,SHRT LOIN,TENDERLOIN,LN&FAT,1/2"FAT,PRIME,CKD,RSTD	3	3	0	0	6	0
BEEF,SHRT LOIN,TENDERLOIN,LN,1/2"FAT,PRIME,CKD,BRLD	3	3	0	0	22	0
BEEF,SHRT LOIN,TENDERLOIN,LN,1/2"FAT,PRIME,CKD,RSTD	3	3	0	0	29	0
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/2"FAT,PRIME,RAW	3	3	0	0	5	0
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/2"FAT,PRIME,CKD,BRLD	3	3	0	0	8	0
BEEF,SHRT LOIN,TOP LOIN,LN,1/2"FAT,PRIME,CKD,BRLD	3	3	0	0	28	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	12	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,ALL GRDS,CKD	3	3	0	0	13	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,RAW	3	3	0	0	12	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,CKD	3	3	0	0	13	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,SEL,RAW	3	3	0	0	11	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,SEL,CKD	3	3	0	0	13	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,PRIME,RAW	3	3	0	0	9	0
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,PRIME,CKD	3	3	0	0	12	0
BEEF,BRISKET,WHL,LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	1	0
BEEF,BRISKET,WHL,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	1	0
BEEF,BRISKET,FLAT HALF,LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	1	0
BEEF,BRISKET,FLAT HALF,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	0	0
BEEF,BRISKET,POINT HALF,LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	1	0
BEEF,BRISKET,POINT HALF,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	1	0
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	21	0
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	28	0
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,CHOIC,RAW	3	3	0	0	21	0
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	3	3	0	0	30	0
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,SEL,RAW	3	3	0	0	20	0
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,SEL,CKD,BRSD	3	3	0	0	26	0
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	19	0
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	23	0
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,CHOIC,RAW	3	3	0	0	19	0
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	3	3	0	0	23	0
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,SEL,RAW	3	3	0	0	19	0
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,SEL,CKD,BRSD	3	3	0	0	23	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	16	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	3	3	0	0	21	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	3	3	0	0	17	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,RAW	3	3	0	0	17	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3	3	0	0	21	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3	3	0	0	17	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,RAW	3	3	0	0	16	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,CKD,BRLD	3	3	0	0	22	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,CKD,RSTD	3	3	0	0	17	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,RAW	3	3	0	0	16	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	3	3	0	0	19	0
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	3	3	0	0	20	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	16	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	3	3	0	0	21	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	3	3	0	0	16	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,RAW	3	3	0	0	16	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3	3	0	0	21	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3	3	0	0	15	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,RAW	3	3	0	0	17	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,CKD,BRLD	3	3	0	0	21	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,CKD,RSTD	3	3	0	0	16	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,RAW	3	3	0	0	14	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	3	3	0	0	18	0
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	3	3	0	0	19	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	5	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,BR	3	3	0	0	7	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,RS	3	3	0	0	19	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,RAW	3	3	0	0	5	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3	3	0	0	7	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3	3	0	0	20	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,RAW	3	3	0	0	5	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,CKD,BRLD	3	3	0	0	7	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,CKD,RSTD	3	3	0	0	18	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,RAW	3	3	0	0	18	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	3	3	0	0	21	0
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	3	3	0	0	21	0
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,CHOIC,RAW	3	3	0	0	6	0
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3	3	0	0	8	0
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,SEL,RAW	3	3	0	0	6	0
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,SEL,CKD,BRLD	3	3	0	0	8	0
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	2	0
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	3	3	0	0	5	0
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	3	3	0	0	2	0
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,CHOIC,RAW	3	3	0	0	2	0
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	3	3	0	0	5	0
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3	3	0	0	1	0
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,SEL,RAW	3	3	0	0	3	0
BEEF,RND,BTTM RND,LN & FAT,1/8" FAT,SEL,CKD,BRSD	3	3	0	0	5	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BEEF,RND,BTTM RND,LN&FAT,1/8°FAT,SEL,CKD,RSTD	3	3	0	0	3	0
BEEF,RND,EYE OF RND,LN&FAT,1/8°FAT,ALL GRDS,RAW	3	3	0	0	3	0
BEEF,RND,EYE OF RND,LN&FAT,1/8°FAT,ALL GRDS,CKD,RSTD	3	3	0	0	1	0
BEEF,RND,EYE OF RND,LN&FAT,1/8°FAT,CHOIC,RAW	3	3	0	0	2	0
BEEF,RND,EYE OF RND,LN&FAT,1/8°FAT,CHOIC,CKD,RSTD	3	3	0	0	1	0
BEEF,RND,EYE OF RND,LN&FAT,1/8°FAT,SEL,RAW	3	3	0	0	3	0
BEEF,RND,EYE OF RND,LN&FAT,1/8°FAT,SEL,CKD,RSTD	3	3	0	0	9	0
BEEF,RND,TIP RND,LN&FAT,1/8°FAT,ALL GRDS,RAW	3	3	0	0	4	0
BEEF,RND,TIP RND,LN&FAT,1/8°FAT,ALL GRDS,CKD,RSTD	3	3	0	0	4	0
BEEF,RND,TIP RND,LN&FAT,1/8°FAT,CHOIC,RAW	3	3	0	0	4	0
BEEF,RND,TIP RND,LN&FAT,1/8°FAT,CHOIC,CKD,RSTD	3	3	0	0	4	0
BEEF,RND,TIP RND,LN&FAT,1/8°FAT,SEL,RAW	3	3	0	0	3	0
BEEF,RND,TIP RND,LN&FAT,1/8°FAT,SEL,CKD,RSTD	3	3	0	0	4	0
BEEF,RND,TOP RND,LN&FAT,1/8°FAT,ALL GRDS,RAW	3	3	0	0	0	0
BEEF,RND,TOP RND,LN&FAT,1/8°FAT,ALL GRDS,CKD,BRSD	3	3	0	0	3	0
BEEF,RND,TOP RND,LN&FAT,1/8°FAT,ALL GRDS,CKD,BRLD	3	3	0	0	1	0
BEEF,RND,TOP RND,LN&FAT,1/8°FAT,CHOIC,RAW	3	3	0	0	0	0
BEEF,RND,TOP RND,LN&FAT,1/8°FAT,CHOIC,CKD,BRSD	3	3	0	0	2	0
BEEF,RND,TOP RND,LN&FAT,1/8°FAT,CHOIC,CKD,BRLD	3	3	0	0	1	0
BEEF,RND,TOP RND,LN&FAT,1/8°FAT,CHOIC,CKD,PAN-FRIED	3	3	0	0	1	0
BEEF,RND,TOP RND,LN&FAT,1/8°FAT,SEL,RAW	3	3	0	0	0	0
BEEF,RND,TOP RND,LN&FAT,1/8°FAT,SEL,CKD,BRSD	3	3	0	0	3	0
BEEF,RND,TOP RND,LN&FAT,1/8°FAT,SEL,CKD,BRLD	3	3	0	0	1	0
BEEF,RND,TOP RND,LN&FAT,1/8°FAT,PRIME,RAW	3	3	0	0	1	0
BEEF,RND,TOP RND,LN&FAT,1/8°FAT,PRIME,CKD,BRLD	3	3	0	0	1	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8°FAT,CHOIC,RAW	3	3	0	0	20	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3	3	0	0	23	0
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8"FAT,CHOIC,RAW	3	3	0	0	22	0
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3	3	0	0	23	0
BEEF,SHRT LOIN, TOP LOIN,LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	10	0
BEEF,SHRT LOIN, TOP LOIN,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	3	3	0	0	12	0
BEEF,SHRT LOIN, TOP LOIN,LN & FAT,1/8" FAT,CHOIC,RAW	3	3	0	0	10	0
BEEF,SHRT LOIN, TOP LOIN,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3	3	0	0	12	0
BEEF,SHRT LOIN, TOP LOIN,LN&FAT,1/8"FAT,SEL,RAW	3	3	0	0	9	0
BEEF,SHRT LOIN, TOP LOIN,LN&FAT,1/8"FAT,SEL,CKD,BRLD	3	3	0	0	12	0
BEEF,SHRT LOIN, TOP LOIN,LN&FAT,1/8"FAT,PRIME,RAW	3	3	0	0	6	0
BEEF,SHRT LOIN, TOP LOIN,LN&FAT,1/8"FAT,PRIME,CKD,BRLD	3	3	0	0	8	0
BEEF, TENDERLOIN, LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	2	0
BEEF, TENDERLOIN, LN & FAT,1/8" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	4	0
BEEF, TENDERLOIN, LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	3	3	0	0	2	0
BEEF, TENDERLOIN, LN&FAT,1/8"FAT,CHOIC,RAW	3	3	0	0	3	0
BEEF, TENDERLOIN, LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3	3	0	0	4	0
BEEF, TENDERLOIN, LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3	3	0	0	2	0
BEEF, TENDERLOIN, LN&FAT,1/8"FAT,SEL,RAW	3	3	0	0	2	0
BEEF, TENDERLOIN, LN&FAT,1/8"FAT,SEL,CKD,BRLD	3	3	0	0	4	0
BEEF, TENDERLOIN, LN&FAT,1/8"FAT,SEL,CKD,RSTD	3	3	0	0	2	0
BEEF, TENDERLOIN, LN&FAT,1/8"FAT,PRIME,RAW	3	3	0	0	3	0
BEEF, TENDERLOIN, LN&FAT,1/8"FAT,PRIME,CKD,BRLD	3	3	0	0	3	0
BEEF, TENDERLOIN, LN&FAT,1/8"FAT,PRIME,CKD,RSTD	3	3	0	0	3	0
BEEF, TOP SIRLOIN, LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	3	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF, TOP SIRLOIN, LN&FAT, 1/8" FAT, ALL GRDS, CKD, BRLD	3	3	0	0	4	0
BEEF, TOP SIRLOIN, LN&FAT, 1/8" FAT, CHOIC, RAW	3	3	0	0	3	0
BEEF, TOP SIRLOIN, LN&FAT, 1/8" FAT, CHOIC, CKD, BRLD	3	3	0	0	4	0
BEEF, TOP SIRLOIN, LN&FAT, 1/8" FAT, CHOIC, CKD, PAN-FRIED	3	3	0	0	2	0
BEEF, TOP SIRLOIN, LN&FAT, 1/8" FAT, SEL, RAW	3	3	0	0	3	0
BEEF, TOP SIRLOIN, LN&FAT, 1/8" FAT, SEL, CKD, BRLD	3	3	0	0	5	0
BEEF, CHUCK, CLOD RST, LN ONLY, TO 1/4" FAT, USDA CHOIC, RAW	3	3	0	0	8	0
BEEF, CHUCK, CLOD RST, LN ONLY, TO 0" FAT, USDA CHOIC, CKD, RSTD	3	3	0	0	11	0
BEEF, CHUCK, CLOD RST, LN ONLY, TO 1/4" FAT, USDA CHOIC, CKD, RSTD	3	3	0	0	18	0
BEEF, CHUCK, CLOD RST, LN ONLY, TO 1/4" FAT, USDA SEL, RAW	3	3	0	0	10	0
BEEF, CHUCK, CLOD RST, LN ONLY, TO 0" FAT, USDA SEL, CKD, RSTD	3	3	0	0	9	0
BEEF, CHUCK, CLOD RST, LN ONLY, TO 1/4" FAT, USDA SEL, CKD, RSTD	3	3	0	0	19	0
BEEF, CHUCK, CLOD STEAK, LN ONLY, TO 1/4" FAT, USDA CHOIC, RAW	3	3	0	0	10	0
BEEF, CHUCK, CLOD STEAK, LN ONLY, TO 0" FAT, USDA CHOIC, CKD, BRSD	3	3	0	0	13	0
BEEF, CHUCK, CLOD STEAK, LN ONLY, 1/4" FAT, USDA CHOIC, CKD, BRSD	3	3	0	0	21	0
BEEF, CHUCK, CLOD STEAK, LN ONLY, TO 1/4" FAT, USDA SEL, RAW	3	3	0	0	12	0
BEEF, CHUCK, CLOD STEAK, LN ONLY, TO 0" FAT, USDA SEL, CKD, BRSD	3	3	0	0	7	0
BEEF, CHUCK, CLOD STEAK, LN ONLY, TO 1/4" FAT, USDA SEL, CKD, BRSD	3	3	0	0	22	0
BEEF, FLANK, LN & FAT, 0" FAT, ALL GRDS, CKD, BRLD	3	3	0	0	0	0
BEEF, FLANK, LN & FAT, 0" FAT, SEL, CKD, BRLD	3	3	0	0	0	0
BEEF, BRISKET, FLAT HALF, LN & FAT, 0" FAT, SEL, CKD, BRSD	3	3	0	0	0	0
BEEF, RIB EYE, SML END (RIBS 10-12), LN & FAT, 0", SEL, CKD, BRLD	3	3	0	0	8	0
BEEF, RIBEYE, SML END (RIBS 10-12), LN&FAT, 0", ALL GRDS, CKD, BRLD	3	3	0	0	8	0

	Code to use	Code ( Fiber Method)	Carbohydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BF,BTTM SRLOIN,TRI-TIP RST,LN & FAT,0" FAT,ALL GRDS,CKD,RSTD	3	3	0	0	2	0
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,ALL GRDS,RAW	3	3	0	0	1	0
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,CHOIC,CKD,RSTD	3	3	0	0	2	0
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,CHOIC,RAW	3	3	0	0	2	0
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,SEL,CKD,RSTD	3	3	0	0	1	0
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,SEL,RAW	3	3	0	0	1	0
BEEF,RND, TOP RND, LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	0	0
BEEF,CHUCK,MOCK TENDER STK, LN, 1/4" FAT,USDA CHOIC,RAW	3	3	0	0	5	0
BEEF,CHUCK,MOCK TENDER STK, LN,0" FAT,USDA CHOIC,CKD,BRLD	3	3	0	0	5	0
BEEF,CHUCK,MOCK TENDER STK, LN, 1/4" FAT,USDA SEL,RAW	3	3	0	0	4	0
BEEF,CHUCK,MOCK TENDER STK, LN,0" FAT,USDA SEL,CKD,BRLD	3	3	0	0	3	0
BEEF,CHUCK, TOP BLADE, LN ONLY, TO 1/4" FAT,USDA CHOIC,RAW	3	3	0	0	18	0
BEEF,CHUCK, TOP BLADE, LN ONLY, TO 0" FAT,USDA CHOIC,CKD,BRLD	3	3	0	0	15	0
BEEF,CHUCK, TOP BLADE, LN ONLY, TO 1/4" FAT,USDA SEL,RAW	3	3	0	0	16	0
BEEF,CHUCK, TOP BLADE, LN ONLY, TO 0" FAT,USDA SEL,CKD,BRLD	3	3	0	0	19	0
BEEF,RND, TOP RND, LN & FAT,0" FAT,CHOIC,CKD,BRLD	3	3	0	0	0	0
BEEF,RND, TOP RND, LN & FAT,0" FAT,SEL,CKD,BRLD	3	3	0	0	0	0
BEEF,FLANK, LN & FAT,0" FAT,ALL GRDS,RAW	3	3	0	0	0	0
BEEF,FLANK, LN & FAT,0" FAT,SEL,RAW	3	3	0	0	1	0
BEEF,PLATE, INSIDE SKIRT STEAK, LN ONLY, 1/4" FAT,ALL GRDS,RAW	3	3	0	0	10	0
BEEF,PLATE, INSIDE SKIRT STEAK, LN,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	3	0
BEEF,PLATE, OUTSIDE SKIRT STEAK, LN ONLY, 1/4" FAT,ALL GRDS,RAW	3	3	0	0	11	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BEEF,PLATE,OUTSIDE SKIRT STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	5	0
BF,LOIN,BTTM SIRLOIN BUTT,TRI-TIP,LN,0" FAT,ALL GRD,CKD,RSTD	3	3	0	0	6	0
BEEF,BTTM SIRLOIN,TRI-TIP STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	4	0
BF,CHUCK,SHLDR CLOD,SHLDR TOP & CNTR,STK,LN,0" FAT,CHOIC,RAW	3	3	0	0	0	0
BF,CHUCK,SHDR CLOD,SHDR TOP&CNTR,STK,LN,0" FAT,CH,CKD,GRILL	3	3	0	0	0	0
BF,CHUCK,SHLDR CLOD,SHLDR TOP & CNTR,STEAK,LN,0" FAT,SEL,RAW	3	3	0	0	0	0
BF,CHUCK,SHLDR CLOD, TOP & CNTR ,STK,LN,0" FAT,SEL,CKD,GRLD	3	3	0	0	0	0
BEEF,CHUCK,SHLDR CLOD, TOP BLADE,STEAK,LN,0" FAT,CHOIC,RAW	3	3	0	0	0	0
BF,CHK,CLOD, TOP BLADE,STEAK,LN,0" FAT,CHOIC,CKD,GRILLED	3	3	0	0	0	0
BEEF,CHUCK,SHLDR CLOD, TOP BLADE,STEAK,LN,0" FAT,SEL,RAW	3	3	0	0	0	0
BF,CHK,SHLDR CLOD, TOP BLADE,STEAK,LN,0" FAT,SEL,CKD,GRILLED	3	3	0	0	0	0
BEEF,RND, KNUCKLE, TIP CNTR,STEAK,LN,0" FAT,CHOIC,RAW	3	3	0	0	0	0
BEEF,RND, KNUCKLE, TIP CNTR,STEAK,LN,0" FAT,CHOIC,CKD,GRILLED	3	3	0	0	0	0
ALCOHOLIC BEV,BEER,REG,ALL	36	36	3.55	0	0	3.55
ALCOHOLIC BEV,BEER,REG,BUDWEISER	62	62	2.97	0	0	2.97
ALCOHOLIC BEV,BEER,LT,BUDWEISER SEL	33	33	0.87	0	0	0.87
ALCOHOLIC BEV,BEER,LT	113	113	1.64	0	0	1.64
ALCOHOLIC BEV,BEER,LT,BUD LT	654	654	1.86	0	0	1.86
ALCOHOLIC BEV,DAIQUIRI,CND	74	74	15.7	0	0	15.7
ALCOHOLIC BEV,DAIQUIRI,PREPARED-FROM-RECIPE	694	681	6.94	0.1	0	6.84
ALCOHOLIC BEV,BEER,LT,MICHELOB ULTRA	673	673	0.73	0	0	0.73
ALCOHOLIC BEV,PINA COLADA,CND	945	633	27.6	0.1	0	27.5
ALCOHOLIC BEV,PINA COLADA,PREPARED-FROM-RECIPE	70	658	22.66	0.3	0	22.36
ALCOHOLIC BEV,TEQUILA SUNRISE,CND	784	784	11.3	0	0	11.3

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
WHISKEY SOUR MIX,PDR	769	769	97.3	0	0	97.3
ALCOHOLIC BEV,WHISKEY SOUR,PREP W/ H2O,WHISKEY & PDR MIX	661	661	15.85	0	0	15.85
ALCOHOLIC BEV,WHISKEY SOUR,CND	165	165	13.4	0.1	0	13.3
WHISKEY SOUR MIX,BTLD	518	518	21.4	0	0	21.4
ALCOHOLIC BEV,WHISKEY SOUR,PREP FROM ITEM 14028	245	245	12.82	0	0	12.82
ALCOHOLIC BEV,CREME DE MENTHE,72 PROOF	388	388	41.6	0	0	41.6
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 80 PROOF	3	3	0	0	0	0
ALCOHOLIC BEV,DISTILLED,GIN,90 PROOF	3	3	0	0	0	0
ALCOHOLIC BEV,DISTILLED,RUM,80 PROOF	3	3	0	0	0	0
ALCOHOLIC BEV,DISTILLED,VODKA,80 PROOF	3	3	0	0	0	0
ALCOHOLIC BEV,DISTILLED,WHISKEY,86 PROOF	3	3	0.1	0	0	0.1
ALCOHOLIC BEV,WINE,DSSRT,SWT	278	278	13.69	0	0	13.69
ALCOHOLIC BEV,WINE,TABLE,ALL	791	791	2.72	0	0	2.72
ALCOHOLIC BEV,WINE,TABLE,RED	37	37	2.61	0	0	2.61
ALCOHOLIC BEV,WINE,TABLE,RED,CABERNET SUAVIGNON	37	37	2.6		0	2.6
ALCOHOLIC BEV,WINE,TABLE,RED,CABERNET FRANC	867	867	2.45		0	2.45
ALCOHOLIC BEV,WINE,TABLE,RED,PINOT NOIR	170	170	2.31		0	2.31
ALCOHOLIC BEV,WINE,TABLE,RED,SYRAH	821	821	2.58		0	2.58
ALCOHOLIC BEV,WINE,TABLE,RED,BARBERA	791	791	2.79		0	2.79
ALCOHOLIC BEV,WINE,TABLE,RED,ZINFANDEL	35	35	2.86		0	2.86
ALCOHOLIC BEV,WINE,TABLE,RED,PETITE SIRAH	37	37	2.68		0	2.68
ALCOHOLIC BEV,WINE,TABLE,RED,CLARET	792	792	3.01		0	3.01
ALCOHOLIC BEV,WINE,TABLE,WHITE	37	37	2.6	0	0	2.6
ALCOHOLIC BEV,WINE,TABLE,RED,LEMBERGER	867	867	2.46		0	2.46
ALCOHOLIC BEV,WINE,TABLE,RED,SANGIOVESE	37	37	2.62		0	2.62
ALCOHOLIC BEV,WINE,TABLE,RED,CARIGNANE	170	170	2.4		0	2.4
ALCOHOLIC BEV,WINE,TABLE,WHITE,PINOT GRIS (GRIGIO)	678	678	2.06		0	2.06

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF BROTH&TOMATO JUC,CND	28	719	8.5	0.1	0	8.4
ALCOHOLIC BEV,WINE, TABLE,WH ITE,CHENIN BLANC	712	712	3.31		0	3.31
ALCOHOLIC BEV,WINE, TABLE,WH ITE,FUME BLANC	605	605	2.27		0	2.27
NABISCO,KNOX DRINKING GELATIN,ORANGE FLVR,W/ ASPRT,LO CAL,PDR	71	71	24.91		0	24.91
MIXED VEG & FRUIT JUC DRK,W/ ADDED NUTR	103	103	7.47	0	0	7.47
ALCOHOLIC BEV,WINE, TABLE,WH ITE,MULLER THURGAU	601	601	3.48		0	3.48
CARBONATED BEV,CLUB SODA	3	3	0	0	0	0
VERYFINE APPL QUENCHERS APPL RSPBRRY CHRY JUC CKTL,RTD	270	270	13		0	13
SNAPPLE,SNAPPLE KIWI STRAWBERRY COCKTAIL,RTD	232	232	11.8	0	0	11.8
ALCOHOLIC BEV,WINE, TABLE,WH ITE,GEWURZTRAMINER	37	37	2.6		0	2.6
ALCOHOLIC BEV,WINE, TABLE,WH ITE,SEMILLON	792	792	3.12		0	3.12
KRAFT,SUGAR FREE KOOL-AID MIX,W/ASPRT&VIT C,CHERRY FLAVOR	338	338	84.9		0	84.9
KRAFT. COUNTRY TIME LEMON-ADE MIX,W/VIT C	769	769	98.1		0	98.1
KRAFT,SUGAR FREE COUNTRY TIME PINK LEMONADE MIX,W/VIT C	498	498	88.7		0	88.7
CARBONATED BEV,CRM SODA	165	165	13.3	0	0	13.3
DRINK MIX,QUAKER OATS,GATORADE,LEMON-LIME FLAVOR,PDR	954	954	95.3		0	95.3
ALCOHOLIC BEV,WINE, TABLE,WH ITE,RIESLING	58	58	3.74		0	3.74
TABASCO TOMATO COCKTAIL,BLOODY MARY MIX,MILD,RTD	86	85	4.9	0.4	0	4.5
ALCOHOLIC BEV,WINE, TABLE,WH ITE,SAUVIGNON BLANC	666	666	2.05		0	2.05
ALCOHOLIC BEV,WINE, TABLE,WH ITE,LATE HARVEST	165	165	13.39		0	13.39
CARBONATED BEV,GINGER ALE	941	941	8.77	0	0	8.77
TEA,RTD,NESTLE,COOL NESTEA ICE TEA LEMON FLAVOR	812	812	9.09	0	0	9.09
ALCOHOLIC BEV,WINE, TABLE,WH ITE,PINOT BLANC	6	6	1.94		0	1.94
TROPICANA TWISTER ORANGE STRAWBERRY BANANA DRK,FRZ CONC	910	910	46.5	0	0	46.5
ALCOHOLIC BEV,WINE, TABLE,WH ITE,MUSCAT	838	838	5.23		0	5.23
WELCH'S ORCHARD TROPICALS PASSION FRUIT DRK,FRZ CONC	385	385	49.3		0	49.3

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
CARBONATED BEV, GRAPE SODA	239	239	11.2	0	0	11.2
CARBONATED BEV, LO CAL, OTHER THAN COLA OR PEPPER, WO/ CAFFEINE	3	3	0	0	0	0
CARBONATED BEV, LEMON-LIME SODA, CONTAINS CAFFEINE	94	94	10.42	0	0	10.42
CARBONATED BEV, SPRITE, LEMON-LIME, WO/ CAFFEINE	330	330	10.14	0	0	10.14
CARBONATED BEV, LO CAL, COLA OR PEPPER-TYPE, W/ ASPRT, WO/ CAFFEN	3	3	0.15	0	0	0.15
CARBONATED BEV, COLA, WO/ CAFFEINE	924	924	10.58	0	0	10.58
CARBONATED BEV, COLA, W/ HIGHER CAFFEINE	924	924	10.58	0	0	10.58
CARBONATED BEV, RED SUGAR, COLA, CONTAINS CAFFEINE & SWEETENERS	813	813	5.16	0	0	5.16
CARBONATED BEV, ORANGE	213	213	12.3	0	0	12.3
CARB BEV, LO CAL, OTHER THAN COLA OR PEPPER, W/ ASPRT, CONTAINS CAFF	3	3	0	0	0	0
ALCOHOLIC BEV, WINE, TABLE, RED, BURGUNDY	686	686	3.69		0	3.69
CARBONATED BEV, PEPPER-TYPE, CONTAINS CAFFEINE	94	94	10.4	0	0	10.4
ENGY DRK, RED BULL, W/ ADD CAFFEINE, NIACIN, PANTO, VIT B6 & B12	23	23	10.94	0	0	10.94
CARBONATED BEV, TONIC H2O	928	928	8.8	0	0	8.8
ENG DRK, RED BULL, SGR FR, W/ ADD CAFF, NAICN, PANTO, VIT B6 & B12	673	673	0.7		0	0.7
CARBONATED BEV, ROOT BEER	924	924	10.6	0	0	10.6
ALCOHOLIC BEV, WINE, TABLE, RED, GAMAY	170	170	2.38		0	2.38
ALCOHOLIC BEV, WINE, TABLE, RED, MOUVEDRE	37	37	2.64		0	2.64
CARBONATED BEV, LO CAL, COLA OR PEPR, W/ NA SACC, CONTAINS CAFFN	3	3	0.1	0	0	0.1
CAROB-FLAVOR BEV MIX, PDR	366	338	93.3	8	0	85.3
CAROB-FLAVOR BEV MIX, PDR, PREP W/ WHL MILK	254	705	8.68	0.4	0	8.28
CHOCOLATE-FLAVOR BEV MIX FOR MILK, PDR, WO/ ADDED NUTR	350	227	90.3	4.8	0	85.5
CHOCOLATE-FLAVOR BEV MIX, PDR, PREP W/ WHL MILK	333	617	11.91	0.4	0	11.51
KRAFT, KOOL-AID SPLASH SOFT DRINK GRAPE BERRY PUNCH, RTD	271	271	12.2	0	0	12.2
CHOCOLATE SYRUP	780	412	65.1	2.6	0	62.5
CHOCOLATE SYRUP, PREP W/ WHL MILK	245	68	12.78	0.3	0	12.48

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CLAM&TOMATO JUC,CND	23	13	10.95	0.4	0	10.55
COCOA MIX,PDR	342	344	83.73	3.6	0	80.13
COCOA MIX,PDR,PREP W/ H2O	64	326	11.64	0.5	0	11.14
COCOA MIX,NESTLE,HOT COCOA MIX RICH CHOC W/ MARSHMAL-LOWS	319	443	75	3.7	0	71.3
COCOA MIX,NO SUGAR ADDED,PDR	318	377	71.93	7.5	0	64.43
COCOA MIX,NESTLE,RICH CHOC HOT COCOA MIX	319	373	75	4	0	71
COCOA MIX,NESTLE,NO SUGAR ADDED HOT COCOA MIX	230	393	66	5	0	61
COFFEE,BREWED FROM GROUNDS,PREP W/ TAP H2O,DECAFFEINATED	3	3	0	0	0	0
COFFEE,BREWED,ESPRESSO,REST-PREP,DECAFFEINATED	3	3	0	0	0	0
COFFEE,INST,REG,PDR,HALF THE CAFFEINE	363	363	70.6	0	0	70.6
COFFEE&COCOA (MOCHA) PDR,W/WHTNR&LO CAL SWTNR,DECAFFEINATED	443	406	71.4	4.8	0	66.6
KRAFT,GENERAL FOODS INTRN COFF SGR&FT FR MOCHA FLV INST,W/A	379	377	72.8	8.6	0	64.2
COFFEE,BREWED FROM GROUNDS,PREP W/ TAP H2O	3	3	0	0	0	0
COFFEE,BREWED,ESPRESSO,REST-PREP	3	3	0	0	0	0
COFFEE,INST,REG,PDR	466	466	41.1	0	0	41.1
COFFEE,INST,REG,PREP W/H2O	700	700	0.34	0	0	0.34
COFFEE,INST,DECAFFEINATED,PDR	388	388	42.6	0	0	42.6
COFFEE,INST,DECAFFEINATED,PREP W/H2O	29	29	0.43	0	0	0.43
COFFEE,INST,W/CHICORY,PDR	514	229	74.2	0.5	0	73.7
COFFEE,INST,W/CHICORY,PREP W/H2O	673	673	0.75	0	0	0.75
COFFEE,INST,W/SUGAR,MOCHA-FLAVOR,PDR	229	318	74.04	1.9	0	72.14
KRAFT,GENERAL FOODS INTRN COFFEE SUISSE MOCHA FLV INST,PDR	318	404	72.1	3.4	0	68.7
COFFEE,INST,W/ SUGAR,CAPPUCCINO-FLAVOR PDR	227	338	85.94	1.2	0	84.74
COFFEE,INST,W/ SUGAR,FRENCH-FLAVOR,PDR	207	207	65.67	0	0	65.67
KRAFT,GENERAL FOODS INTRN COFFEE CAFE FRANCAIS FLV INST,PDR	295	301	55.3	3.2	0	52.1
KRAFT,GENERAL FOODS INTRN COFFEE FRENCH VAN FLV INST,PDR	499	320	71.1	1.4	0	69.7

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
KRAFT,GENERAL FOODS INT COFFEE SGR&FAT FR LO CAL FRN VN INST	511	499	76	4.9	0	71.1
COFFEE SUB,CRL GRAIN BEV,PDR	15	295	78.42	23.3	0	55.12
COFFEE SUB,CRL GRAIN BEV,PREP W/ H2O	2	33	1.3	0.4	0	0.9
CRANBERRY-APPLE JUC DRK,BTLD	661	661	15.85	0	0	15.85
CRANBERRY-APRICOT JUC DRK,BTLD	225	225	16.2	0.1	0	16.1
CRANBERRY-GRAPE JUC DRK,BTLD	554	554	14	0.1	0	13.9
CRANBERRY JUC COCKTAIL,BTLD	276	276	13.52	0	0	13.52
CRANBERRY JUC COCKTAIL,BTLD,LO CAL,W/ CA,SACCHARIN&CORN SWTNR	988	988	4.6	0	0	4.6
EGGNOG-FLAVOR MIX,PDR,PREP W/ WHL MILK	632	632	14.2	0	0	14.2
CITRUS FRUIT JUC DRK,FRZ CONC	466	643	40.2	0.2	0	40
CITRUS FRUIT JUC DRK,FRZ CONC,PREP W/H2O	963	20	12.19	0.1	0	12.09
FRUIT PUNCH DRK,WO/ ADDED NUTR,CND	333	333	11.97	0	0	11.97
FRUIT PUNCH DRK,W/ ADDED NUTR,CND	333	186	11.97	0.2	0	11.77
FRUIT PUNCH DRK,FRZ CONC	388	466	41.4	0.4	0	41
FRUIT PUNCH DRK,FRZ CONC,PREP W/H2O	64	21	11.66	0.1	0	11.56
GELATIN,DRINKING,ORANGE-FLAVOR,PDR	391	391	60.4	0	0	60.4
KRAFT,CAPRI SUN ALL NAT JUC DRK FRUIT PUNCH,RTD	68	68	12.5	0	0	12.5
KRAFT,CRYSTAL LT SG FR LO CAL SOFT DRK MIX LEMONAD,W/ SWN,PDR	222	881	7.6	0.1	0	7.5
KRAFT,KOOL-AID UNSWTND SOFT DRK MIX TROPICAL PUNCH,PDR	194	961	9.6	0.4	0	9.2
KRAFT,KOOL-AID SUGAR SWTND SOFT DRK MIX TROPICAL PUNCH,PDR	954	954	95.6	0	0	95.6
KRAFT,KOOL-AID BURSTS SOFT DRK TROPICAL PUNCH,RTD	21	21	11.6	0	0	11.6
GRAPE DRINK,CANNED	661	661	15.75	0	0	15.75
GRAPE JUICE DRINK,CANNED	206	246	14.55	0.1	0	14.45
LEMONADE,POWDER	954	954	94.44	0	0	94.44
LEMONADE,PDR,PREP W/H2O	330	330	10.17	0	0	10.17
LEMONADE,LO CAL,W/ ASPRT,PDR	342	342	83.7	0.1	0	83.6
LEMONADE,LO CAL,W/ ASPRT,PDR,PREP W/H2O	18	18	0.52	0	0	0.52

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
LEMONADE,FRZ CONC,WHITE	621	468	47.1	0.2	0	46.9
LEMONADE,FRZ CONC,WHITE,PREP W/H2O	530	278	13.73	0.1	0	13.63
LEMONADE-FLAVOR DRK,PDR	954	954	94.44	0	0	94.44
LEMONADE-FLAVOR DRK,PDR,PREP W/H2O	693	693	10.8	0	0	10.8
LIMEADE,FRZ CONC	412	412	62.32	0	0	62.32
LIMEADE,FRZ CONC,PREP W/H2O	13	13	10.57	0	0	10.57
MALT BEVERAGE	795	795	8.05	0	0	8.05
MALTED DRK MIX,NAT,W/ ADDED NUTR,PDR	338	338	84.65	0	0	84.65
MALTED DRK MIX,NAT,W/ ADDED NUTR,PDR,PREP W/ WHL MILK	329	329	10.67	0	0	10.67
MALTED DRK MIX,NAT,PDR	443	363	71.43	0.9	0	70.53
MALTED DRK MIX,NAT,PDR,PREP W/ WHL MILK	828	330	10.23	0.1	0	10.13
MALTED DRK MIX,CHOC,W/ ADDED NUTR,PDR	338	344	84.65	4.7	0	79.95
MALTED DRK MIX,CHOC,W/ ADDED NUTR,PDR,PREP W/ WHL MILK	23	13	10.92	0.4	0	10.52
MALTED DRK MIX,CHOC,PDR	343	355	86.94	4.8	0	82.14
MALTED DRK MIX,CHOC,PDR,PREP W/ WHL MILK	239	289	11.2	0.5	0	10.7
ORANGE DRK,CND,W/ ADDED VIT C	895	895	12.34	0	0	12.34
ORANGE&APRICOT JUC DRK,CND	543	913	12.7	0.1	0	12.6
PINEAPPLE&GRAPEFRUIT JUC DRK,CND	21	617	11.6	0.1	0	11.5
PINEAPPLE&ORANGE JUC DRK,CND	232	208	11.8	0.1	0	11.7
RICE BEV,RICE DREAM,CND	330	330	10.14	0	0	10.14
SHAKE,FAST FOOD,CHOCOLATE	525	761	20.5	1.9	0	18.6
SHAKE,FAST FOOD,VANILLA	849	751	19.59	0.9	0	18.69
STRAWBERRY-FLAVOR BEV MIX,PDR	776	776	99.1	0	0	99.1
STRAWBERRY-FLAVOR BEV MIX,PDR,PREP W/ WHL MILK	213	213	12.3	0	0	12.3
TEA,BREWED,PREP W/TAP H2O,DECAFFEINATED	700	700	0.3	0	0	0.3
TEA,INST,UNSWTND,PDR,DECAF FEINATED	732	69	58.66	8.5	0	50.16
TEA,BREWED,PREP W/TAP H2O	700	700	0.3	0	0	0.3
TEA,INST,SWTND W/NA SACCHARIN,LEMON-FLAV,PDR,DECAFFEINATED	338	342	85.4	1.2	0	84.2
TEA,INST,SWTND W/ SUGAR,LEMON-FLAV,WO/ VIT C,PDR,DECAFFEINATED	776	776	98.55	0	0	98.55
TEA,INST,UNSWTND,PDR	732	69	58.66	8.5	0	50.16

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
TEA,INST,UNSWTND,PDR,PREP	3	3	0.17	0	0	0.17
TEA,INST,UNSWTND,LEMON-FLAVORED,PDR	359	456	78.3	5	0	73.3
TEA,INST,SWTND W/ SUGAR,LEMON-FLAVORED,WO/ VIT C,PDR	776	769	98.55	0.7	0	97.85
TEA,INST,SWTND W/ SUGAR,LEMON-FLAVORED,WO/ VIT C,PDR,PREP	247	248	8.61	0.1	0	8.51
TEA,INST,SWTND W/NA SACCHARIN,LEMON-FLAVORED,PDR	338	342	85.4	1.2	0	84.2
TEA,INST,SWTND W/NA SACCHARIN,LEMON-FLAVORED,PREP	124	124	0.44	0	0	0.44
KRAFT,CRYSTAL LT SUGAR FREE LO CAL ICED TEA MIX,W/ ASPRT,PDR	509	509	42.9	0	0	42.9
TEA,HERB,OTHER THAN CHAMOMILE,BREWED	3	3	0.2	0	0	0.2
SPORTS DRK,FRUIT-FLAVORED,RTD	902	902	6.76	0	0	6.76
SPORTS DRK,FRUIT-FLAVORED,LO CAL,RTD	792	792	3	0	0	3
WATER,BTLD,PERRIER	3	3	0	0	0	0
WATER,BTLD,POLAND SPRING	3	3	0	0	0	0
COCOA MIX,W/ ASPRT,PDR,PREP FROM ITEM 14196	815	696	5.44	0.5	0	4.94
GELATIN,DRINKING,ORANGE-FLAVOR,PDR,PREP W/H2O	222	222	7.7	0	0	7.7
CARBONATED BEV,COLA,CONTAINS CAFFEINE	194	194	9.56	0	0	9.56
ORANGE-FLAVOR DRK,KRAFT,TANG DRK MIX	776	769	98.4	0.3	0	98.1
ORANGE-FLAVOR DRK,KRAFT,TANG SUGAR FREE LO CAL DRK MIX	227	355	85.9	3.8	0	82.1
FRUIT PUNCH JUC DRK,FRZ CONC	419	509	43.1	0.2	0	42.9
FRUIT PUNCH JUC DRK,FRZ CONC,PREP W/H2O	271	20	12.2	0.1	0	12.1
ORANGE-FLAVOR DRK,BRKfst TYPE,PDR	776	776	98.94	0.4	0	98.54
ORANGE-FLAVOR DRK,BRKfst TYPE,PDR,PREP W/ H2O	913	68	12.65	0.1	0	12.55
ORANGE-FLAVOR DRK,BRKfst TYPE,LO CAL,PDR	227	355	85.9	3.8	0	82.1
WATER,TAP,DRINKING	3	3	0	0	0	0
WATER,TAP,WELL	3	3	0	0	0	0
ALCOHOLIC BEV,LIQUEUR,COFFEE,53 PROOF	307	307	46.8	0	0	46.8
ALCOHOLIC BEV,LIQUEUR,COFFEE W/CRM,34 PROOF	520	520	20.9	0	0	20.9

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CARB BEV,LO CAL,COLA OR PEP,W/ ASPRT, CAF	700	700	0.29	0	0	0.29
COFFEE SUB,CRL GRAIN BEV,PDR,PREP W/ WHL MILK	286	830	5.6	0.1	0	5.5
DAIRY DRK MIX,CHOC,RED CAL,W/ASPRT,PDR	492	388	51.4	9.4	0	42
DAIRY DRK MIX,CHOC,RED CAL,W/ASPRT,PDR,PREP W/H2O	838	303	5.2	0.2	0	5
ORANGE-FLAVOR DRK,BRKFST TYPE,W/PULP,FRZ CONC	509	509	42.9	0.2	0	42.7
ORANGE-FLAVOR DRK,BRKFST TYPE,W/PULP,FRZ CONC,PREP W/H2O	271	271	12.21	0	0	12.21
ORANGE DRK,BRKFST TYPE,W/ JUC & PULP,FRZ CONC	310	310	39	0.1	0	38.9
ORANGE DRK,BRKFST TYPE,W/ JUC&PULP,FRZ CONC,PREP W/H2O	92	92	11.32	0	0	11.32
SHAKE,FAST FD,STRAWBERRY	102	761	18.9	0.4	0	18.5
WATER,TAP,MUNICIPAL	3	3	0	0	0	0
CRANBERRY JUC COCKTAIL,FRZ CONC	495	492	51.45	0.2	0	51.25
CRANBERRY JUC COCKTAIL,FRZ CONC,PREP W/H2O	554	554	14	0.1	0	13.9
WATER,BTLD,NON-CARBONATED,DANNON	3	3	0	0	0	0
WATER,BTLD,NON-CARBONATED ,PEPSI,AQUAFINA	3	3	0	0	0	0
WATER,BTLD,NON-CARBONATED,DASANI	3	3	0	0	0	0
ORANGE BRKFST DRK,RTD	693	924	10.8	0.2	0	10.6
ORANGE BRKFST DRK,RTD,W/ ADDED NUTR	962	639	13.2	0.1	0	13.1
WATER,BTLD,NON-CARBONATED,CALISTOGA	3	3	0	0	0	0
WATER,BTLD,NON-CARBONATED,CRYSTAL GEYSER	3	3	0	0	0	0
WATER,BTLD,NON-CARBONATED,NAYA	3	3	0	0	0	0
WATER,BTLD,NON-CARBONATED,DANNON FLUORIDE TO GO	3	3	0.03	0	0	0.03
DRINK MIX,QUAKER OATS,GATORADE,ORANGE FLAVOR,PDR	366	366	94.11	0	0	94.11
SPORTS DRK,QUAKER OATS,GATORADE,FRUIT-FLAVORED,RTD	715	715	6.32	0	0	6.32
SPORTS DRK,COCA-COLA,POWERADE,LEMON-LIME FLAV,RTD	251	251	7.89	0	0	7.89
QUAKER OATS,PROPEL FITNESS H2O,FRUIT-FLAVORED,NON-CARBONATED	183	183	1.22	0	0	1.22
TEA,RTD,ARIZONA ICED TEA,W/ LEMON FLAVOR	825	825	9.77	0	0	9.77

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
TEA,RTD,LIPTON BRISK ICED TEA,W/ LEMON FLAVOR	928	928	8.81	0	0	8.81
WHISKEY SOUR MIX,BTLD,W/ K&NA	518	518	21.4	0	0	21.4
ALCOHOLIC BEV,WHISKEY SOUR,PREP FROM ITEM 14530	639	639	13.1	0	0	13.1
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 94 PROOF	3	3	0	0	0	0
ALCOHOLIC BEV,DISTILLED,ALL 100 PROOF	3	3	0	0	0	0
ALCOHOLIC BEV,LIQUEUR,COFFEE,63 PROOF	441	441	32.2	0	0	32.2
ALCOHOLIC BEV,WINE,DSSRT,DRY	64	64	11.67	0	0	11.67
CARBONATED BEV,LOCAL,OTHR THAN COLA OR PEP,W/ NA SAC,WO/ CAF	3	3	0.1	0	0	0.1
COCOA MIX,W/ ASPT,LO CAL,PDR,W/ ADD CA P,WO/ ADD NA OR VIT A	453	496	58	1.2	0	56.8
FRUIT PUNCH-FLAVOR DRK,PDR,WO/ NA	769	769	97.7	0	0	97.7
FRUIT PUNCH-FLAVOR DRK,PDR,WO/ NA,PREP W/H2O	182	182	9.47	0	0	9.47
LEMONADE,FRZ CONC,PINK	621	910	47.1	0.4	0	46.7
LEMONADE,FRZ CONC,PINK,PREP W/H2O	22	22	10.5	0	0	10.5
TEA,BREWED,PREP W/DISTILLED H2O	700	700	0.3	0	0	0.3
TEA,HERB,CHAMOMILE,BREWED	3	3	0.2	0	0	0.2
TEA,INST,SWTND W/ SUGAR,LEMON-FLAVORED,W/ VIT C,PDR	769	769	97.6	0	0	97.6
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 86 PROOF	3	3	0.1	0	0	0.1
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 90 PROOF	3	3	0	0	0	0
CARBONATED BEV,CHOCOLATE-FLAVORED SODA	289	289	10.7	0	0	10.7
WINE,NON-ALCOHOLIC	197	197	1.1	0	0	1.1
WATER,BTLD,GENERIC	3	3	0	0	0	0
CHOCOLATE-FLAVOR BEV MIX FOR MILK,PDR,W/ ADDED NUTR	350	227	90.28	4.5	0	85.78
CHOC-FLV BEV MIX FOR MILK,PDR,W/ ADD NUTR,PREP W/ WHL MILK	21	21	11.61	0	0	11.61
WATER,BTLD,NON-CARBONATED,EVIAN	3	3	0	0	0	0
TEA,RTD,UNSWTND,WENDY'S,FAST FD,WO/ ICE	3	3	0	0	0	0
ALCOHOLIC BEV,WINE,TABLE,RED,MERLOT	836	836	2.51	0	0	2.51

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
ANCHOVY,EUROPEAN,RAW	3	3	0	0	0	0
ANCHOVY,EUROPEAN,CND IN OIL,DRND SOL	3	3	0	0	0	0
BASS,FRSH H2O,MXD SP,RAW	3	3	0	0	0	0
BASS,STRIPED,RAW	3	3	0	0	0	0
BLUEFISH,RAW	3	3	0	0	0	0
BURBOT,RAW	3	3	0	0	0	0
BUTTERFISH,RAW	3	3	0	0	0	0
CARP,RAW	3	3	0	0	0	0
CARP,COOKED,DRY HEAT	3	3	0	0	0	0
CATFISH,CHANNEL,WILD,RAW	3	3	0	0	0	0
CATFISH,CHANNEL,CKD,BREAD ED&FRIED	795	291	8.04	0.7	0	7.34
CAVIAR,BLACK&RED,GRANULAR	48	48	4	0	0	4
CISCO,RAW	3	3	0	0	0	0
CISCO,SMOKED	3	3	0	0	0	0
COD,ATLANTIC,RAW	3	3	0	0	0	0
COD,ATLANTIC,CKD,DRY HEAT	3	3	0	0	0	0
COD,ATLANTIC,CND,SOL&LIQ	3	3	0	0	0	0
COD,ATLANTIC,DRIED&SALTED	3	3	0	0	0	0
COD,PACIFIC,RAW	3	3	0	0	0	0
CROAKER,ATLANTIC,RAW	3	3	0	0	0	0
CROAKER,ATLANTIC,CKD,BREADED&FRIED	881	885	7.54	0.4	0	7.14
CUSK,RAW	3	3	0	0	0	0
DOLPHINFISH,RAW	3	3	0	0	0	0
DRUM,FRESHWATER,RAW	3	3	0	0	0	0
EEL,MIXED SPECIES,RAW	3	3	0	0	0	0
EEL,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0
FISH PORTIONS&STKS,FRZ,PREHTD	917	615	21.18	1.4		19.78
FLATFISH (FLOUNDER&SOLE SP),RAW	3	3	0	0	0	0
FLATFISH (FLOUNDER&SOLE SP),CKD,DRY HEAT	3	3	0	0	0	0
GEFILTEFISH,COMM,SWT RECIPE	223	223	7.41	0	0	7.41
GROUPE,MIXED SPECIES,RAW	3	3	0	0	0	0
GROUPE,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0
HADDOCK,RAW	3	3	0	0	0	0
HADDOCK,COOKED,DRY HEAT	3	3	0	0	0	0
HADDOCK,SMOKED	3	3	0	0	0	0
HALIBUT,ATLANTIC&PACIFIC,RAW	3	3	0	0	0	0
HALIBUT,ATLANTIC&PACIFIC,CKD ,DRY HEAT	3	3	0	0	0	0
HALIBUT,GREENLAND,RAW	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
HERRING,ATLANTIC,RAW	3	3	0	0	0	0
HERRING,ATLANTIC,CKD,DRY HEAT	3	3	0	0	0	0
HERRING,ATLANTIC,PICKLED	194	194	9.64	0	0	9.64
HERRING,ATLANTIC,KIPPERED	3	3	0	0	0	0
HERRING,PACIFIC,RAW	3	3	0	0	0	0
LING,RAW	3	3	0	0	0	0
LINGCOD,RAW	3	3	0	0	0	0
MACKEREL,ATLANTIC,RAW	3	3	0	0	0	0
MACKEREL,ATLANTIC,CKD,DRY HEAT	3	3	0	0	0	0
MACKEREL,JACK,CND,DRND SOL	3	3	0	0	0	0
MACKEREL,KING,RAW	3	3	0	0	0	0
MACKEREL,PACIFIC&JACK,MXD SP,RAW	3	3	0	0	0	0
MACKEREL,SPANISH,RAW	3	3	0	0	0	0
MACKEREL,SPANISH,CKD,DRY HEAT	3	3	0	0	0	0
MILKFISH,RAW	3	3	0	0	0	0
MONKFISH,RAW	3	3	0	0	0	0
MULLET,STRIPED,RAW	3	3	0	0	0	0
MULLET,STRIPED,CKD,DRY HEAT	3	3	0	0	0	0
OCEAN PERCH,ATLANTIC,RAW	3	3	0	0	0	0
OCEAN PERCH,ATLANTIC,CKD,DRY HEAT	3	3	0	0	0	0
POUT,OCEAN,RAW	3	3	0	0	0	0
PERCH,MIXED SPECIES,RAW	3	3	0	0	0	0
PERCH,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0
PIKE,NORTHERN,RAW	3	3	0	0	0	0
PIKE,NORTHERN,CKD,DRY HEAT	3	3	0	0	0	0
PIKE,WALLEYE,RAW	3	3	0	0	0	0
POLLOCK,ATLANTIC,RAW	3	3	0	0	0	0
POLLOCK,WALLEYE,RAW	3	3	0	0	0	0
POLLOCK,WALLEYE,CKD,DRY HEAT	3	3	0	0	0	0
POMPANO,FLORIDA,RAW	3	3	0	0	0	0
POMPANO,FLORIDA,CKD,DRY HEAT	3	3	0	0		0
ROCKFISH,PACIFIC,MXD SP,RAW	3	3	0	0	0	0
ROCKFISH,PACIFIC,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0
ROE,MIXED SPECIES,RAW	2	2	1.5	0	0	1.5
ROUGHY,ORANGE,RAW	3	3	0	0	0	0
SABLEFISH,RAW	3	3	0	0	0	0
SABLEFISH,SMOKED	3	3	0	0	0	0
SALMON,ATLANTIC,WILD,RAW	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
SALMON,CHINOOK,SMOKED	3	3	0	0	0	0
SALMON,CHINOOK,RAW	3	3	0	0	0	0
SALMON,CHUM,RAW	3	3	0	0	0	0
SALMON,CHUM,DRND SOL W/BONE	3	3	0	0	0	0
SALMON,COHO,WILD,RAW	3	3	0	0	0	0
SALMON,COHO,WILD,CKD,MOIST HEAT	3	3	0	0	0	0
SALMON,PINK,RAW	3	3	0	0	0	0
SALMON,PINK,CND,SOL W/ BONE&LIQ	3	3	0	0	0	0
SALMON,SOCKEYE,RAW	3	3	0	0	0	0
SALMON,SOCKEYE,CKD,DRY HEAT	3	3	0	0	0	0
SALMON,SOCKEYE,CND,DRND SOL W/BONE	3	3	0	0		0
SARDINE,ATLANTIC,CND IN OIL,DRND SOL W/BONE	3	3	0	0	0	0
SARDINE,PACIFIC,CND IN TOMATO SAU,DRND SOL W/BONE	673	673	0.74	0.1	0	0.64
SCUP,RAW	3	3	0	0	0	0
SEA BASS,MXD SP,RAW	3	3	0	0	0	0
SEA BASS,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0
SEATROUT,MXD SP,RAW	3	3	0	0	0	0
SHAD,AMERICAN,RAW	3	3	0	0	0	0
SHARK,MIXED SPECIES,RAW	3	3	0	0	0	0
SHARK,MXD SP,CKD,BATTER-DIPPED&FRIED	715	715	6.39	0	0	6.39
SHEEPSHEAD,RAW	3	3	0	0	0	0
SHEEPSHEAD,CKD,DRY HEAT	3	3	0	0	0	0
SMELT,RAINBOW,RAW	3	3	0	0	0	0
SMELT,RAINBOW,CKD,DRY HEAT	3	3	0	0	0	0
SNAPPER,MIXED SPECIES,RAW	3	3	0	0	0	0
SNAPPER,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0
SPOT,RAW	3	3	0	0	0	0
STURGEON,MXD SP,RAW	3	3	0	0	0	0
STURGEON,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0
STURGEON,MXD SP,SMOKED	3	3	0	0	0	0
SUCKER,WHITE,RAW	3	3	0	0	0	0
SUNFISH,PUMPKIN SEED,RAW	3	3	0	0	0	0
SURIMI	681	681	6.85	0	0	6.85
SWORDFISH,RAW	3	3	0	0	0	0
SWORDFISH,COOKED,DRY HEAT	3	3	0	0	0	0
TILEFISH,RAW	3	3	0	0	0	0
TILEFISH,COOKED,DRY HEAT	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
TROUT,MIXED SPECIES,RAW	3	3	0	0	0	0
TROUT,RAINBOW,WILD,RAW	3	3	0	0	0	0
TROUT,RAINBOW,WILD,CKD,DRY HEAT	3	3	0	0	0	0
TUNA,FRESH,BLUEFIN,RAW	3	3	0	0	0	0
TUNA,FRSH,BLUEFIN,CKD,DRY HEAT	3	3	0	0	0	0
TUNA,LT,CND IN OIL,DRND SOL	3	3	0	0	0	0
TUNA,LT,CND IN H2O,DRND SOL	3	3	0	0	0	0
TUNA,FRESH,SKIPJACK,RAW	3	3	0	0	0	0
TUNA,WHITE,CND IN OIL,DRND SOL	3	3	0	0	0	0
TUNA,WHITE,CND IN H2O,DRND SOL	3	3	0	0	0	0
TUNA,FRESH,YELLOWFIN,RAW	3	3	0	0	0	0
TUNA SALAD	182	182	9.41	0	0	9.41
TURBOT,EUROPEAN,RAW	3	3	0	0	0	0
WHITEFISH,MXD SP,RAW	3	3	0	0	0	0
WHITEFISH,MXD SP,SMOKED	3	3	0	0	0	0
WHITING,MIXED SPECIES,RAW	3	3	0	0	0	0
WHITING,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0
WOLFFISH,ATLANTIC,RAW	3	3	0	0	0	0
YELLOWTAIL,MXD SP,RAW	3	3	0	0	0	0
CRAB,ALASKA KING,RAW	3	3	0	0	0	0
CRAB,ALASKA KING,CKD,MOIST HEAT	3	3	0	0	0	0
CRAB,ALASKA KING,IMITN,MADE FROM SURIMI	538	246	15	0.5	0	14.5
CRAB,BLUE,RAW	3	3	0.04	0	0	0.04
CRAB,BLUE,CKD,MOIST HEAT	3	3	0	0	0	0
CRAB,BLUE,CANNED	3	3	0	0	0	0
CRAB,BLUE,CRAB CAKES	124	124	0.48	0	0	0.48
CRAB,DUNGENESS,RAW	673	673	0.74	0	0	0.74
CRAB,QUEEN,RAW	3	3	0	0	0	0
CRAYFISH,MXD SP,WILD,RAW	3	3	0	0	0	0
CRAYFISH,MXD SP,WILD,CKD,MOIST HEAT	3	3	0	0	0	0
LOBSTER,NORTHERN,RAW	18	18	0.5	0	0	0.5
LOBSTER,NORTHERN,CKD,MOI ST HEAT	183	183	1.28	0	0	1.28
SHRIMP,MIXED SPECIES,RAW	33	33	0.91	0	0	0.91
SHRIMP,MXD SP,CKD,BREADED&FRIED	210	933	11.47	0.4	0	11.07
SHRIMP,MXD SP,CKD,MOIST HEAT	3	3	0	0	0	0
SHRIMP,MXD SP,CND	3	3	0	0		0
SHRIMP,MXD SP,IMITN,MADE FROM SURIMI	812	812	9.13	0	0	9.13

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
SPINY LOBSTER,MXD SP,RAW	867	867	2.43	0	0	2.43
ABALONE,MIXED SPECIES,RAW	682	682	6.01	0	0	6.01
ABALONE,MXD SP,CKD,FRIED	933	933	11.05	0	0	11.05
CLAM,MIXED SPECIES,RAW	821	821	2.57	0	0	2.57
CLAM,MXD SP,CKD,BREADED&FRIED	11	11	10.33		0	10.33
CLAM,MXD SP,CKD,MOIST HEAT	813	813	5.13	0	0	5.13
CLAM,MXD SP,CND,DRND SOL	813	813	5.13	0	0	5.13
CLAM,MXD SP,CND,LIQ	3	3	0.1	0	0	0.1
CUTTLEFISH,MXD SP,RAW	685	685	0.82	0	0	0.82
MUSSEL,BLUE,RAW	686	686	3.69	0	0	3.69
MUSSEL,BLUE,CKD,MOIST HEAT	223	223	7.39	0	0	7.39
OCTOPUS,COMMON,RAW	620	620	2.2	0	0	2.2
OYSTER,EASTERN,WILD,RAW	835	835	3.91	0	0	3.91
OYSTER,EASTERN,CKD,BREAD ED&FRIED	21	21	11.62		0	11.62
OYSTER,EASTERN,WILD,CKD,MOIST HEAT	251	251	7.82	0	0	7.82
OYSTER,EASTERN,CANNED	835	835	3.91	0	0	3.91
OYSTER,PACIFIC,RAW	696	696	4.95	0	0	4.95
SCALLOP,MIXED SPECIES,RAW	170	170	2.36	0	0	2.36
SCALLOP,MXD SP,CKD,BREADED&FRIED	330	330	10.13		0	10.13
SCALLOP,MXD SP,IMITN,MADE FROM SURIMI	924	924	10.62	0	0	10.62
SQUID,MIXED SPECIES,RAW	792	792	3.08	0	0	3.08
SQUID,MXD SP,CKD,FRIED	222	222	7.79	0	0	7.79
WHELK,UNSPECIFIED,RAW	222	222	7.76	0	0	7.76
WHELK,UNSPEC,CKD,MOIST HEAT	559	559	15.52	0	0	15.52
SALMON,CHINOOK,SMOKED,(LOX),REG	3	3	0	0	0	0
SALMON,CHUM,CND,WO/SALT,DRND SOL W/BONE	3	3	0	0	0	0
SALMON,PINK,CND,WO/SALT,SOL W/BONE&LIQ	3	3	0	0	0	0
SALMON,SOCKEYE,CND,WO/SALT,DRND SOL W/BONE	3	3	0	0	0	0
TUNA,LT,CND IN OIL,WO/SALT,DRND SOL	3	3	0	0	0	0
TUNA,LT,CND IN H2O,WO/SALT,DRND SOL	3	3	0	0	0	0
TUNA,WHITE,CND IN OIL,WO/SALT,DRND SOL	3	3	0	0	0	0
TUNA,WHITE,CND IN H2O,WO/SALT,DRND SOL	3	3	0	0	0	0
BASS,FRESHWATER,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0
BASS,STRIPED,CKD,DRY HEAT	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BLUEFISH,COOKED,DRY HEAT	3	3	0	0	0	0
BURBOT,COOKED,DRY HEAT	3	3	0	0	0	0
BUTTERFISH,CKD,DRY HEAT	3	3	0	0	0	0
COD,PACIFIC,CKD,DRY HEAT	3	3	0	0	0	0
CUSK,COOKED,DRY HEAT	3	3	0	0	0	0
DOLPHINFISH,CKD,DRY HEAT	3	3	0	0	0	0
DRUM,FRESHWATER,CKD,DRY HEAT	3	3	0	0	0	0
HALIBUT,GREENLAND,CKD,DRY HEAT	3	3	0	0	0	0
HERRING,PACIFIC,CKD,DRY HEAT	3	3	0	0	0	0
LING,COOKED,DRY HEAT	3	3	0	0	0	0
LINGCOD,COOKED,DRY HEAT	3	3	0	0	0	0
MACKEREL,KING,CKD,DRY HEAT	3	3	0	0	0	0
MACKEREL,PACIFIC&JACK,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0
MILKFISH,COOKED,DRY HEAT	3	3	0	0	0	0
MONKFISH,COOKED,DRY HEAT	3	3	0	0	0	0
PIKE,WALLEYE,CKD,DRY HEAT	3	3	0	0	0	0
POLLOCK,ATLANTIC,CKD,DRY HEAT	3	3	0	0	0	0
POUT,OCEAN,CKD,DRY HEAT	3	3	0	0	0	0
ROE,MXD SP,CKD,DRY HEAT	6	6	1.92	0	0	1.92
SABLEFISH,COOKED,DRY HEAT	3	3	0	0	0	0
SALMON,ATLANTIC,WILD,CKD,DRY HEAT	3	3	0	0	0	0
SALMON,CHINOOK,CKD,DRY HEAT	3	3	0	0	0	0
SALMON,CHUM,CKD,DRY HEAT	3	3	0	0	0	0
SALMON,PINK,CKD,DRY HEAT	3	3	0	0	0	0
SCUP,COOKED,DRY HEAT	3	3	0	0	0	0
SEATROUT,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0
SHAD,AMERICAN,CKD,DRY HEAT	3	3	0	0	0	0
SPOT,COOKED,DRY HEAT	3	3	0	0	0	0
SUCKER,WHITE,CKD,DRY HEAT	3	3	0	0	0	0
SUNFISH,PUMPKIN SD,CKD,DRY HEAT	3	3	0	0	0	0
TROUT,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0
TUNA,SKIPJACK,FRSH,CKD,DRY HEAT	3	3	0	0	0	0
TUNA,YELLOWFIN,FRSH,CKD,DRY HEAT	3	3	0	0	0	0
TURBOT,EUROPEAN,CKD,DRY HEAT	3	3	0	0	0	0
WHITEFISH,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
WOLFFISH,ATLANTIC,CKD,DRY HEAT	3	3	0	0	0	0
YELLOWTAIL,MXD SP,CKD,DRY HEAT	3	3	0	0	0	0
CRAB,DUNGENESS,CKD,MOIST HEAT	7	7	0.95	0	0	0.95
CRAB,QUEEN,CKD,MOIST HEAT	3	3	0	0	0	0
SPINY LOBSTER,MXD SP,CKD,MOIST HEAT	792	792	3.12	0	0	3.12
CUTTLEFISH,MXD SP,CKD,MOIST HEAT	113	113	1.64	0	0	1.64
OCTOPUS,COMMON,CKD,MOIST HEAT	786	786	4.4	0	0	4.4
OYSTER,PACIFIC,CKD,MOIST HEAT	561	561	9.9	0	0	9.9
ROUGHY,ORANGE,CKD,DRY HEAT	3	3	0	0	0	0
CATFISH,CHANNEL,WILD,CKD,DRY HEAT	3	3	0	0	0	0
CATFISH,CHANNEL,FARMED,RAW	3	3	0	0	0	0
CATFISH,CHANNEL,FARMED,CKD,DRY HEAT	3	3	0	0	0	0
SALMON,ATLANTIC,FARMED,RAW	3	3	0	0	0	0
SALMON,ATLANTIC,FARMED,CKD,DRY HEAT	3	3	0	0	0	0
SALMON,COHO,FARMED,RAW	3	3	0	0	0	0
SALMON,COHO,FARMED,CKD,DRY HEAT	3	3	0	0	0	0
TROUT,RAINBOW,FARMED,RAW	3	3	0	0	0	0
TROUT,RAINBOW,FARMED,CKD,DRY HEAT	3	3	0	0	0	0
CRAYFISH,MXD SP,FARMED,RAW	3	3	0	0	0	0
CRAYFISH,MXD SP,FARMED,CKD,MOIST HEAT	3	3	0	0	0	0
OYSTER,EASTERN,WILD,CKD,DRY HEAT	279	279	4.8	0	0	4.8
OYSTER,EASTERN,FARMED,RAW	286	286	5.53	0	0	5.53
OYSTER,EASTERN,FARMED,CKD,DRY HEAT	233	233	7.28	0	0	7.28
SALMON,COHO,WILD,CKD,DRY HEAT	3	3	0	0	0	0
CONCH,BAKED OR BROILED	108	108	1.7	0	0	1.7
USDA COMMODITY,SALMON NUGGETS,BREADED,FRZ,HTD	554	554	13.96	0	0	13.96
USDA COMMODITY,SALMON NUGGETS,CKD AS PURCHASED,UNHTD	232	232	11.85	0	0	11.85
SALMON,PINK,CND,DRND SOL W/BONE	3	3	0	0		0
FISH,TILAPIA,RAW	3	3	0	0		0
FISH,TILAPIA,CKD,DRY HEAT	3	3	0	0		0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEANS,ADZUKI,MATURE SEEDS,RAW	214	69	62.9	12.7	0	50.2
BEANS,ADZUKI,MATURE SEEDS,CKD,BLD,WO/SALT	845	331	24.77	7.3	0	17.47
BEANS,ADZUKI,MATURE SEEDS,CND,SWTND	295	295	55.01		0	55.01
BEANS,ADZUKI,YOKAN,MATURE SEEDS	393	393	60.72		0	60.72
BEANS,BAKED,HOME PREPARED	518	661	21.39	5.5	0	15.89
BEANS,BKD,CND,PLN OR VEG-ETARIAN	917	253	21.14	4.1	0	17.04
BEANS,BKD,CND,W/BF	253	253	16.91		0	16.91
BEANS,BKD,CND,W/FRANKS	235	28	15.39	6.9	0	8.49
BEANS,BKD,CND,W/PORK	154	246	19.99	5.5	0	14.49
BEANS,BKD,CND,W/PORK&SWT SAU	917	253	21.12	4.2	0	16.92
BEANS,BKD,CND,W/PORK&TOMATO SAU	751	328	18.69	4	0	14.69
BEANS,BLACK,MATURE SEEDS,RAW	412	539	62.36	15.2	0	47.16
BEANS,BLACK,MATURE SEEDS,CKD,BLD,WO/SALT	217	243	23.71	8.7	0	15.01
BEANS,BLACK TURTLE SOUP,MATURE SEEDS,RAW	778	473	63.25	24.9	0	38.35
BEANS,BLACK TURTLE SOUP,MATURE SEEDS,CKD,BLD,WO/SALT	944	758	24.35	5.3	0	19.05
BEANS,BLACK TURTLE SOUP,MATURE SEEDS,CND	540	194	16.56	6.9	0	9.66
BEANS,CRANBERRY (ROMAN),MATURE SEEDS,RAW	394	465	60.05	24.7	0	35.35
BEANS,CRANBERRY (ROMAN),MATURE SEEDS,CKD,BLD,WO/SALT	657	246	24.46	10	0	14.46
BEANS,CRANBERRY (ROMAN),MATURE SEEDS,CND	268	928	15.12	6.3	0	8.82
BEANS,FRENCH,MATURE SEEDS,RAW	377	310	64.11	25.2	0	38.91
BEANS,FRENCH,MATURE SEEDS,CKD,BLD,WO/SALT	943	206	24.02	9.4	0	14.62
BEANS,GREAT NORTHERN,MATURE SEEDS,RAW	412	388	62.37	20.2	0	42.17
BEANS,GREAT NORTHERN,MATURE SEEDS,CKD,BLD,WO/SALT	630	637	21.09	7	0	14.09
BEANS,GREAT NORTHERN,MATURE SEEDS,CND	98	225	21.02	4.9	0	16.12
BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,RAW	394	465	60.01	24.9	0	35.11
BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CKD,BLD,WO/SALT	622	177	22.8	6.4	0	16.4
BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CND	246	246	14.5		0	14.5

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEANS,KIDNEY,CALIFORNIA RED,MATURE SEEDS,RAW	394	240	59.8	24.9	0	34.9
BEANS,KIDNEY,CALIFORNIA RED,MATURE SEEDS,CKD,BLD,WO/SALT	658	639	22.41	9.3	0	13.11
BEANS,KIDNEY,RED,MATURE SEEDS,RAW	430	4	61.29	15.2	0	46.09
BEANS,KIDNEY,RED,MATURE SEEDS,CKD,BLD,WO/SALT	622	235	22.8	7.4	0	15.4
BEANS,KIDNEY,RED,MATURE SEEDS,CND	526	961	15.59	6.4	0	9.19
BEANS,KIDNEY,ROYAL RED,MATURE SEEDS,RAW	431	472	58.33	24.9	0	33.43
BEANS,KIDNEY,ROYAL RED,MATURE SEEDS,CKD,BLD,WO/SALT	909	68	21.85	9.3	0	12.55
BEANS,NAVY,MATURE SEEDS,RAW	778	298	63.39	15.3	0	48.09
BEANS,NAVY,MATURE SEEDS,CKD,BLD,WO/SALT	284	526	26.05	10.5	0	15.55
BEANS,NAVY,MATURE SEEDS,CND	525	235	20.45	5.1	0	15.35
BEANS,PINK,MATURE SEEDS,RAW	377	495	64.19	12.7	0	51.49
BEANS,PINK,MATURE SEEDS,CKD,BLD,WO/SALT	452	521	27.91	5.3	0	22.61
BEANS,PINTO,MATURE SEEDS,RAW	412	621	62.55	15.5	0	47.05
BEANS,PINTO,MATURE SEEDS,CKD,BLD,WO/SALT	642	861	26.22	9	0	17.22
BEANS,PINTO,MATURE SEEDS,CND	918	215	15.25	4.6	0	10.65
BEANS,SML WHITE,MATURE SEEDS,RAW	457	651	62.25	24.9	0	37.35
BEANS,SML WHITE,MATURE SEEDS,CKD,BLD,WO/SALT	288	235	25.81	10.4	0	15.41
BEANS,YEL,MATURE SEEDS,RAW	393	973	60.7	25.1	0	35.6
BEANS,YEL,MATURE SEEDS,CKD,BLD,WO/SALT	908	275	25.27	10.4	0	14.87
BEANS,WHITE,MATURE SEEDS,RAW	391	297	60.27	15.2	0	45.07
BEANS,WHITE,MATURE SEEDS,CKD,BLD,WO/SALT	71	793	25.09	6.3	0	18.79
BEANS,WHITE,MATURE SEEDS,CND	485	177	21.2	4.8	0	16.4
BROADBEANS (FAVA BEANS),MATURE SEEDS,RAW	431	472	58.29	25	0	33.29
BROADBEANS (FAVA BNS),MATURE SEEDS,CKD,BLD,WO/SALT	759	19	19.65	5.4	0	14.25
BROADBEANS (FAVA BNS),MATURE SEEDS,CND	12	254	12.41	3.7	0	8.71
CAROB FLOUR	498	462	88.88	39.8	0	49.08

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CHICKPEAS (GARBANZO BNS,BENGAL GM),MATURE SEEDS,RAW	782	419	60.65	17.4	0	43.25
CHICKPEAS ,MATURE SEEDS,CKD,BLD,WO/SALT	536	615	27.42	7.6	0	19.82
CHICKPEAS (GARBANZO BNS,BENGAL GM),MATURE SEEDS,CND	521	644	22.62	4.4	0	18.22
CHILI WITH BEANS,CANNED	333	881	11.91	4.4	0	7.51
COWPEAS,CATJANG,MATURE SEEDS,RAW	734	314	59.64	10.7	0	48.94
COWPEAS,CATJANG,MATURE SEEDS,CKD,BLD,WO/SALT	767	707	20.32	3.6	0	16.72
COWPEAS,COMMON (BLACKEYE S,CROWDER,SOUTHERN),MTR E SEEDS,RAW	394	385	60.03	10.6	0	49.43
COWPEAS,COMMON (BLKEYES, CRWDR,STHRN),MTURE,CKD,BL D,WO/SALT	522	54	20.76	6.5	0	14.26
COWPEAS,COMMON,MATURE SEEDS,CND,PLN	278	11	13.63	3.3	0	10.33
COWPEAS,COMMON,MATURE SEEDS,CND W/PORK	540	962	16.53	3.3	0	13.23
HYACINTH BNS,MATURE SEEDS,RAW	393	393	60.76		0	60.76
HYACINTH BNS,MATURE SEEDS,CKD,BLD,WO/SALT	522	522	20.7		0	20.7
LENTILS,RAW	394	84	60.08	30.5	0	29.58
LENTILS,MATURE SEEDS,CKD,BLD,WO/SALT	272	271	20.13	7.9	0	12.23
LIMA BNS,LRG,MATURE SEEDS,RAW	778	244	63.38	19	0	44.38
LIMA BNS,LRG,MATURE SEEDS,CKD,BLD,WO/SALT	520	554	20.88	7	0	13.88
LIMA BNS,LRG,MATURE SEEDS,CND	275	330	14.91	4.8	0	10.11
LIMA BNS,THIN SEEDED (BABY),MATURE SEEDS,RAW	214	388	62.83	20.6	0	42.23
LIMA BNS,THIN SEED-ED (BABY),MATURE SEEDS,CKD,BLD,WO/SALT	640	526	23.31	7.7	0	15.61
LUPINS,MATURE SEEDS,RAW	466	466	40.38		0	40.38
LUPINS,MATURE SEEDS,CKD,BLD,WO/SALT	561	697	9.88	2.8	0	7.08
MOTHBEANS,MATURE SEEDS,RAW	267	267	61.52		0	61.52
MOTHBEANS,MATURE SEEDS,CKD,BLD,WO/SALT	529	529	20.96		0	20.96
MUNG BNS,MATURE SEEDS,RAW	412	4	62.62	16.3	0	46.32
MUNG BNS,MATURE SEEDS,CKD,BLD,WO/SALT	269	617	19.15	7.6	0	11.55
NOODLES,CHINESE,CELLOPHANE OR LONG RICE (MUNG BNS),DEHYD	351	227	86.09	0.5	0	85.59

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
MUNGO BNS,MATURE SEEDS,RAW	732	466	58.99	18.3	0	40.69
MUNGO BNS,MATURE SEEDS,CKD,BLD,WO/SALT	647	333	18.34	6.4	0	11.94
PEAS,SPLIT,MATURE SEEDS,RAW	391	240	60.37	25.5	0	34.87
PEAS,SPLIT,MATURE SEEDS,CKD,BLD,WO/SALT	630	245	21.1	8.3	0	12.8
PEANUTS,ALL TYPES,RAW	225	222	16.13	8.5	0	7.63
PEANUTS,ALL TYPES,CKD,BLD,W/SALT	547	68	21.26	8.8	0	12.46
PEANUTS,ALL TYPES,OIL-ROASTED,W/SALT	918	948	15.26	9.4	0	5.86
PEANUTS,ALL TYPES,DRY-ROASTED,W/SALT	660	276	21.51	8	0	13.51
PEANUTS,SPANISH,RAW	661	715	15.82	9.5	0	6.32
PEANUTS,SPANISH,OIL-ROASTED,W/SALT	331	248	17.45	8.9	0	8.55
PEANUTS,VALENCIA,RAW	553	271	20.91	8.7	0	12.21
PEANUTS,VALENCIA,OIL-ROASTED,W/SALT	290	223	16.3	8.9	0	7.4
PEANUTS,VIRGINIA,RAW	540	795	16.54	8.5	0	8.04
PEANUTS,VIRGINIA,OIL-ROASTED,W/SALT	911	23	19.86	8.9	0	10.96
PEANUT BUTTER,CHUNK STYLE,W/SALT	660	276	21.57	8	0	13.57
PEANUT BUTTER,SMOOTH STYLE,W/SALT	849	276	19.56	6	0	13.56
PEANUT FLOUR,DEFATTED	240	102	34.7	15.8	0	18.9
PEANUT FLOUR,LOW FAT	285	559	31.27	15.8	0	15.47
PIGEON PEAS (RED GM),MATURE SEEDS,RAW	214	461	62.78	15	0	47.78
PIGEON PEAS (RED GM),MATURE SEEDS,CKD,BLD,WO/SALT	640	540	23.25	6.7	0	16.55
REFRIED BEANS,CANNED (INCL USDA COMMODITY)	559	828	15.53	5.3	0	10.23
BACON,MEATLESS	715	687	6.32	2.6	0	3.72
MEAT EXTENDER	473	520	38.32	17.5	0	20.82
SAUSAGE,MEATLESS	561	101	9.84	2.8	0	7.04
SOYBEANS,MATURE SEEDS,RAW	641	520	30.16	9.3	0	20.86
SOYBEANS,MATURE CKD,BLD,WO/SALT	91	835	9.93	6	0	3.93
SOYBEANS,MATURE SEEDS,RSTD,SALTED	467	661	33.55	17.7	0	15.85
SOYBEANS,MATURE SEEDS,DRY RSTD	441	440	32.72	8.1	0	24.62
MISO	476	630	26.47	5.4	0	21.07
NATTO	896	224	14.36	5.4	0	8.96
TEMPEH	182	182	9.39		0	9.39
SOY FLOUR,FULL-FAT,RAW	465	946	35.19	9.6	0	25.59
SOY FLR,FULL-FAT,RSTD	467	943	33.67	9.7	0	23.97

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SOY FLOUR,DEFATTED	473	520	38.37	17.5	0	20.87
SOY FLOUR,LOW-FAT	261	945	37.98	10.2	0	27.78
SOY MEAL,DEFATTED,RAW	466	466	40.14		0	40.14
SOY MILK,FLUID	86	1	4.93	1.3	0	3.63
SOY PROT CONC,PRODUCED BY ALCOHOL EXTRACTION	285	946	30.91	5.5	0	25.41
SOY PROTEIN ISOLATE	291	820	7.36	5.6	0	1.76
SOY SAU MADE FROM SOY&WHEAT (SHOYU)	222	681	7.61	0.8	0	6.81
SOY SAU MADE FROM SOY (TAMAR)	286	279	5.57	0.8	0	4.77
SOY SAU MADE FROM HYDRO-LYZED VEG PROT	222	233	7.73	0.5	0	7.23
TOFU,FIRM,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	17	685	1.69	0.9	0	0.79
TOFU,SOFT,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	870	113	1.8	0.2	0	1.6
TOFU,DRIED-FROZEN (KOY-ADOFU)	206	291	14.56	7.2	0	7.36
TOFU,FRIED	22	905	10.49	3.9	0	6.59
TOFU,OKARA	68	68	12.54		0	12.54
TOFU,SALTED&FERMENTED (FUYU)	813	813	5.15		0	5.15
YARDLONG BNS,MATURE SEEDS,RAW	457	450	61.91	11	0	50.91
YARDLONG BNS,MATURE SEEDS,CKD,BLD,WO/SALT	630	861	21.09	3.8	0	17.29
WINGED BNS,MATURE SEEDS,RAW	388	388	41.71		0	41.71
BEANS,WINGED,MATURE SEEDS,CKD,BLD,WO/SALT	527	527	14.94		0	14.94
HUMMUS,HOME PREP	272	225	20.12	4	0	16.12
FALAFEL,HOME-PREPARED	277	277	31.84		0	31.84
SOY MILK,FLUID,CA FORT	960	36	4.55	1	0	3.55
LENTILS,PINK,RAW	729	418	59.15	10.8	0	48.35
VEGGIE BURGERS,UNPREP	54	255	14.27	4.9	0	9.37
PEANUT SPRD,RED SUGAR	19	811	14.23	7.8	0	6.43
PEANUT BUTTER,SMOOTH,RED FAT	973	641	35.65	5.2	0	30.45
ENSURE FIBER W/ FOS,LIQ	290	918	16.36	1.1	0	15.26
PEANUT BUTTER,SMOOTH,VIT & MINERAL FORT	549	639	18.75	5.6	0	13.15
PEANUT BUTTER,CHUNKY,VITAMIN&MINERAL FORT	646	333	17.69	5.7	0	11.99
CHICKPEA FLOUR (BESAN)	453	621	57.82	10.8	0	47.02
HUMMUS,COMMERCIAL	54	705	14.29	6	0	8.29
TOFU,EX FIRM,PREP W/NIGARI	107	113	2	0.4	0	1.6
TOFU,HARD,PREP W/NIGARI	65	701	4.39	0.6	0	3.79

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
MORI-NU,TOFU,SILKEN,SOFT	688	791	2.9	0.1	0	2.8
MORI-NU,TOFU,SILKEN,FIRM	170	170	2.4	0.1	0	2.3
MORI-NU,TOFU,SILKEN,EX FIRM	107	6	2	0.1	0	1.9
MOR-NU,TOFU,SILKEN,LITE FIRM	197	197	1.1	0	0	1.1
MORI-NU,TOFU,SILKEN,LITE EX FIRM	131	131	1	0	0	1
SOY MILK,FLUID	801	85	5.81	1.3	0	4.51
USDA CMDTY,PNUT BUTTER,SMOOTH	943	647	23.98	5.7	0	18.28
TEMPEH,CKD	255	255	9.35		0	9.35
SOY PROT ISOLATE,PROT TECHNOLOGIES INTERNATIONAL,SUPRO	3	3	0		0	0
SOY PROT ISOLATE,PROT TECHNOLOGIES INTERNATIONAL,PROPLUS	3	3	0		0	0
BEANS,ADZUKI,MATURE SD,CKD,BLD,W/SALT	845	331	24.77	7.3	0	17.47
BEANS,BLACK,MATURE SEEDS,CKD,BLD,W/SALT	217	243	23.71	8.7	0	15.01
BEANS,BLACK TUR-TLE SOUP,MATURE SEEDS,CKD,BLD,W/SALT	944	758	24.35	5.3	0	19.05
BEANS,CRANBERRY (ROMAN),MATURE SEEDS,CKD,BLD,W/SALT	657	246	24.46	10	0	14.46
BEANS,FRENCH,MATURE SEEDS,CKD,BLD,W/SALT	943	206	24.02	9.4	0	14.62
BEANS,GREAT NORTHERN,MATURE SEEDS,CKD,BLD,W/SALT	630	637	21.09	7	0	14.09
BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CKD,BLD,W/SALT	622	177	22.8	6.4	0	16.4
BEANS,KIDNEY,CALIFORNIA RED,MATURE SEEDS,CKD,BLD,W/ SALT	658	639	22.41	9.3	0	13.11
BEANS,KIDNEY,RED,MATURE SEEDS,CKD,BLD,W/SALT	622	235	22.8	7.4	0	15.4
BEANS,KIDNEY,ROYAL RED,MATURE SEEDS,CKD,BLD W/SALT	909	68	21.85	9.3	0	12.55
BEANS,NAVY,MATURE SEEDS,CKD,BLD,W/SALT	284	526	26.05	10.5	0	15.55
BEANS,PINK,MATURE SEEDS,CKD,BLD,W/SALT	452	521	27.91	5.3	0	22.61
BEANS,PINTO,MATURE SEEDS,CKD,BLD,W/SALT	642	861	26.22	9	0	17.22
BEANS,SML WHITE,MATURE SEEDS,CKD,BLD,W/SALT	288	235	25.81	10.4	0	15.41
BEANS,YEL,MATURE SEEDS,CKD,BLD,W/SALT	908	275	25.27	10.4	0	14.87
BEANS,WHITE,MATURE SEEDS,CKD,BLD,W/ SALT	71	793	25.09	6.3	0	18.79

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BROADBEANS (FAVA BNS),MATURE SEEDS,CKD,BLD,W/SALT	759	19	19.65	5.4	0	14.25
CHICKPEAS,MATURE SEEDS,CKD,BLD,W/SALT	536	615	27.42	7.6	0	19.82
COWPEAS,CATJANG,MATURE SEEDS,CKD,BLD,W/SALT	767	707	20.32	3.6	0	16.72
COWPEAS,COMMON,MATURE SEEDS,CKD,BLD,W/SALT	522	54	20.76	6.5	0	14.26
HYACINTH BNS,MATURE SEEDS,CKD,BLD,W/SALT	522	522	20.7		0	20.7
LENTILS,MATURE SEEDS,CKD,BLD,W/SALT	849	64	19.54	7.9	0	11.64
LIMA BNS,LRG,MATURE SEEDS,CKD,BLD,W/SALT	520	554	20.88	7	0	13.88
LIMA BNS,THIN SEED-ED (BABY),MATURE SEEDS,CKD,BLD,W/SALT	640	526	23.31	7.7	0	15.61
LUPINS,MATURE SEEDS,CKD,BLD,W/SALT	662	252	9.29	2.8	0	6.49
MOTHBEANS,MATURE SEEDS,CKD,BLD,W/SALT	529	529	20.96		0	20.96
MUNG BNS,MATURE SEEDS,CKD,BLD,W/SALT	269	617	19.15	7.6	0	11.55
MUNGO BNS,MATURE SEEDS,CKD,BLD,W/SALT	647	333	18.34	6.4	0	11.94
PEAS,SPLIT,MATURE SEEDS,CKD,BLD,W/SALT	525	271	20.51	8.3	0	12.21
PEANUTS,ALL TYPES,OIL-ROASTED,WO/SALT	102	20	18.92	6.9	0	12.02
PEANUTS,ALL TYPES,DRY-ROASTED,WO/SALT	660	276	21.51	8	0	13.51
PEANUTS,SPANISH,OIL-ROASTED,WO/SALT	331	248	17.45	8.9	0	8.55
PEANUTS,VALENCIA,OIL-ROASTED,WO/SALT	290	223	16.3	8.9	0	7.4
PEANUTS,VIRGINIA,OIL-ROASTED,WO/SALT	911	23	19.86	8.9	0	10.96
PEANUT BUTTER,CHUNK STYLE,WO/SALT	660	276	21.57	8	0	13.57
PEANUT BUTTER,SMOOTH STYLE,WO/SALT	849	276	19.56	6	0	13.56
PIGEON PEAS (RED GM),MATURE SEEDS,CKD,BLD,W/SALT	640	540	23.25	6.7	0	16.55
SOYBEANS,MATURE SEEDS,CKD,BLD,W/SALT	91	835	9.93	6	0	3.93
SOYBEANS,MATURE SEEDS,RSTED,NO SALT ADDED	467	661	33.55	17.7	0	15.85
SOY FLR,FULL-FAT,RAW,CRUDE PROT BASIS (N X 6.25)	623	658	31.93	9.6	0	22.33
SOY FLR,FULL-FAT,RSTD,CRUDE PROT BASIS (N X 6.25)	641	641	30.38		0	30.38
SOY FLR,DEFATTED,CRUDE PROT BASIS (N X 6.25)	171	647	33.92	15.5	0	18.42

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SOY FLR,LOW-FAT,CRUDE PROT BASIS (N x 6.25)	467	218	33.58	10.2	0	23.38
SOY MEAL,DEFATTED,RAW,CRUDE PROT BASIS (N X 6.25)	973	973	35.89		0	35.89
SOY PROT CONC,PRODUCED BY ACID WASH	285	946	30.91	5.5	0	25.41
SOY PROT CONC,CRUDE PROT BASIS (N X 6.25),ACID WASH	946	911	25.41	5.5	0	19.91
SOY PROT ISOLATE,K TYPE	665	988	10.22	5.6	0	4.62
SOY PROT ISOLATE,K TYPE,CRUDE PROT BASIS	37	24	2.59	2	0	0.59
SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO NA	248	222	8.51	0.8	0	7.71
TOFU,RAW,FIRM,PREP W/CA SULFATE	929	107	4.28	2.3	0	1.98
TOFU,RAW,REG,PREP W/CA SULFATE	654	113	1.88	0.3	0	1.58
TOFU,DRIED-FROZEN (KOYADOFU),PREP W/CA SULFATE	245	21	12.79	1.2	0	11.59
TOFU,FRIED,PREP W/CA SULFATE	22	905	10.5	3.9	0	6.6
TOFU,SALTED&FERMENTED (FUYU),PREP W/CA SULFATE	813	813	5.15		0	5.15
YARDLONG BNS,YARDLONG,MATURE SEEDS,CKD,BLD,W/SALT	630	861	21.09	3.8	0	17.29
WINGED BNS,MATURE SEEDS,CKD,BLD,W/SALT	527	527	14.94		0	14.94
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/4*FAT,CHOIC,RAW	3	3	0	0	23	0
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/4*FAT,CHOIC,CKD	3	3	0	0	25	0
LAMB,DOM,COMP OF RTL CUTS,LN,1/4*FAT,CHOIC,RAW	3	3	0	0	42	0
LAMB,DOM,COMP OF RTL CUTS,LN,1/4*FAT,CHOIC,CKD	3	3	0	0	42	0
LAMB,DOM,COMP OF RTL CUTS,FAT,1/4*FAT,CHOIC,RAW	3	3	0	0	0	0
LAMB,DOM,COMP OF RTL CUTS,FAT,1/4*FAT,CHOIC,CKD	3	3	0	0	0	0
	3	3	0	0	52	0
	3	3	0	0	56	0
LAMB,DOM,FORESHANK,LN,1/4*FAT,CHOIC,RAW	3	3	0	0	59	0
LAMB,DOM,FORESHANK,LN,1/4*FAT,CHOIC,CKD,BRSD	3	3	0	0	62	0
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/4*FAT,CHOIC,RAW	3	3	0	0	21	0
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/4*FAT,CHOIC,CKD,RSTD	3	3	0	0	22	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
LAMB,DOM,LEG,WHL (SHK&SIRL),LN,1/4"FAT,CHOIC,RAW	3	3	0	0	36	0
LAMB,DOM,LEG,WHL (SHK&SIRL),LN,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	35	0
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/4"FAT,CHOIC,RAW	3	3	0	0	20	0
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	20	0
LAMB,DOM,LEG,SHANK HALF,LN,1/4"FAT,CHOIC,RAW	3	3	0	0	31	0
LAMB,DOM,LEG,SHANK HALF,LN,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	29	0
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/4"FAT,CHOIC,RAW	3	3	0	0	23	0
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	23	0
LAMB,DOM,LEG,SIRLOIN HALF,LN,1/4"FAT,CHOIC,RAW	3	3	0	0	43	0
LAMB,DOM,LEG,SIRLOIN HALF,LN,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	41	0
LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,RAW	3	3	0	0	21	0
LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	3	3	0	0	23	0
LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	22	0
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,RAW	3	3	0	0	46	0
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,CKD,BRLD	3	3	0	0	44	0
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	44	0
LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,RAW	3	3	0	0	27	0
LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	3	3	0	0	30	0
LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	28	0
LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,RAW	3	3	0	0	57	0
LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,CKD,BRLD	3	3	0	0	55	0
LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,CKD,RSTD	3	3	0	0	55	0
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,RAW	3	3	0	0	21	0
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	3	3	0	0	25	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4*FAT,CHOIC,CKD,BRLD	3	3	0	0	24	0
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4*FAT,CHOIC,CKD,RSTD	3	3	0	0	22	0
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4*FAT,CHOIC,RAW	3	3	0	0	39	0
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4*FAT,CHOIC,CKD,BRSD	3	3	0	0	40	0
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4*FAT,CHOIC,CKD,BRLD	3	3	0	0	38	0
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4*FAT,CHOIC,CKD,RSTD	3	3	0	0	37	0
	3	3	0	0	17	0
	3	3	0	0	20	0
	3	3	0	0	19	0
	3	3	0	0	17	0
LAMB,DOM,SHLDR,ARM,LN,1/4*FAT,CHOIC,RAW	3	3	0	0	37	0
LAMB,DOM,SHLDR,ARM,LN,1/4*FAT,CHOIC,CKD,BRSD	3	3	0	0	38	0
LAMB,DOM,SHLDR,ARM,LN,1/4*FAT,CHOIC,CKD,BRLD	3	3	0	0	36	0
LAMB,DOM,SHLDR,ARM,LN,1/4*FAT,CHOIC,CKD,RSTD	3	3	0	0	35	0
	3	3	0	0	24	0
	3	3	0	0	28	0
	3	3	0	0	27	0
	3	3	0	0	25	0
LAMB,DOM,SHLDR,BLADE,LN,1/4*FAT,CHOIC,RAW	3	3	0	0	40	0
LAMB,DOM,SHLDR,BLADE,LN,1/4*FAT,CHOIC,CKD,BRSD	3	3	0	0	42	0
LAMB,DOM,SHLDR,BLADE,LN,1/4*FAT,CHOIC,CKD,BRLD	3	3	0	0	40	0
LAMB,DOM,SHLDR,BLADE,LN,1/4*FAT,CHOIC,CKD,RSTD	3	3	0	0	39	0
LAMB,DOM,CUBED FOR STEW OR KABOB (LEG&SHLDR),LN,1/4*FAT,RAW	3	3	0	0	0	0
LAMB,DOM,CUBED FOR STEW (LEG&SHLDR),LN,1/4*FAT,CKD,BRSD	3	3	0	0	0	0
LAMB,DOM,CUBED FOR STEW (LEG&SHLDR),LN,1/4*FAT,CKD,BRLD	3	3	0	0	0	0
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,RAW	3	3	0	0	30	0
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,CKD	3	3	0	0	31	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN,RAW	3	3	0	0	50	0
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN,CKD	3	3	0	0	49	0
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,FAT,RAW	3	3	0	0	0	0
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,FAT,CKD	3	3	0	0	0	0
LAMB,NZ,IMP,FRZ,FORESHANK,L N&FAT,RAW	3	3	0	0	45	0
LAMB,NZ,IMP,FRZ,FORESHANK,L N&FAT,CKD,BRSD	3	3	0	0	50	0
LAMB,NZ,IMP,FRZ,FORESHANK ,LN,RAW	3	3	0	0	56	0
LAMB,NZ,IMP,FRZ,FORESHANK,L N,CKD,BRSD	3	3	0	0	59	0
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,RAW	3	3	0	0	23	0
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,CKD,RSTD	3	3	0	0	24	0
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN,RAW	3	3	0	0	37	0
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN,CKD,RSTD	3	3	0	0	36	0
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,RAW	3	3	0	0	24	0
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,CKD,BRLD	3	3	0	0	27	0
LAMB,NZ,IMP,FRZ,LOIN,LN,RAW	3	3	0	0	50	0
LAMB,NZ,IMP,FRZ,LOIN,LN,CKD,BRLD	3	3	0	0	49	0
LAMB,NZ,IMP,FRZ,RIB,LN&FAT ,RAW	3	3	0	0	31	0
LAMB,NZ,IMP,FRZ,RIB,LN&FAT,CKD,RSTD	3	3	0	0	32	0
LAMB,NZ,IMP,FRZ,RIB,LN,RAW	3	3	0	0	59	0
LAMB,NZ,IMP,FRZ,RIB,LN,CKD ,RSTD	3	3	0	0	57	0
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,RAW	3	3	0	0	25	0
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,BRSD	3	3	0	0	29	0
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN,RAW	3	3	0	0	45	0
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN,CKD,BRSD	3	3	0	0	46	0
VEAL,COMP OF RTL CUTS,LN&FAT,RAW	3	3	0	0	31	0
VEAL,COMP OF RTL CUTS,LN&FAT,CKD	3	3	0	0	28	0
VEAL,COMP OF RTL CUTS,LN,RAW	3	3	0	0	35	0
VEAL,COMP OF RTL CUTS,LN,CKD	3	3	0	0	34	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
VEAL,COMP OF RTL CUTS,FAT,RAW	3	3	0	0	0	0
VEAL,COMP OF RTL CUTS,FAT,CKD	3	3	0	0	0	0
VEAL,LEG (TOP RND),LN&FAT,RAW	3	3	0	0	0	0
VEAL,LEG (TOP RND),LN&FAT,CKD,BRSD	3	3	0	0	0	0
VEAL,LEG (TOP RND),LN&FAT,CKD,PAN-FRIED,BREADED	561	194	9.85	0.3	0	9.55
VEAL,LEG (TOP RND),LN&FAT,CKD,PAN-FRIED,NOT BREADED	3	3	0	0	0	0
VEAL,LEG (TOP RND),LN&FAT,CKD,RSTD	3	3	0	0	0	0
VEAL,LEG (TOP RND),LN,RAW	3	3	0	0	2	0
VEAL,LEG (TOP RND),LN,CKD,BRSD	3	3	0	0	2	0
VEAL,LEG (TOP RND),LN,CKD,PAN-FRIED,BREADED	561	194	9.84	0.2	0	9.64
VEAL,LEG (TOP RND),LN,CKD,PAN-FRIED,NOT BREADED	3	3	0	0	5	0
VEAL,LEG (TOP RND),LN,CKD,RSTD	3	3	0	0	2	0
VEAL,LOIN,LN&FAT,RAW	3	3	0	0	36	0
VEAL,LOIN,LN&FAT,CKD,BRSD	3	3	0	0	36	0
VEAL,LOIN,LN&FAT,CKD,RSTD	3	3	0	0	36	0
VEAL,LOIN,LN,RAW	3	3	0	0	42	0
VEAL,LOIN,LN,CKD,BRSD	3	3	0	0	45	0
VEAL,LOIN,LN,CKD,RSTD	3	3	0	0	42	0
VEAL,RIB,LN&FAT,RAW	3	3	0	0	35	0
VEAL,RIB,LN&FAT,CKD,BRSD	3	3	0	0	37	0
VEAL,RIB,LN&FAT,CKD,RSTD	3	3	0	0	33	0
VEAL,RIB,LN,RAW	3	3	0	0	40	0
VEAL,RIB,LN,CKD,BRSD	3	3	0	0	42	0
VEAL,RIB,LN,CKD,RSTD	3	3	0	0	40	0
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,RAW	3	3	0	0	28	0
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,BRSD	3	3	0	0	31	0
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,RSTD	3	3	0	0	28	0
VEAL,SHLDR,WHL (ARM&BLD),LN,RAW	3	3	0	0	31	0
VEAL,SHLDR,WHL (ARM&BLD),LN,CKD,BRSD	3	3	0	0	35	0
VEAL,SHLDR,WHL (ARM&BLD),LN,CKD,RSTD	3	3	0	0	30	0
VEAL,SHLDR,ARM,LN&FAT,RAW	3	3	0	0	21	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
VEAL,SHLDR,ARM,LN&FAT,CKD,BRSD	3	3	0	0	23	0
VEAL,SHLDR,ARM,LN&FAT,CKD,RSTD	3	3	0	0	21	0
VEAL,SHLDR,ARM,LN,RAW	3	3	0	0	25	0
VEAL,SHLDR,ARM,LN,CKD,BRSD	3	3	0	0	29	0
VEAL,SHLDR,ARM,LN,CKD,RSTD	3	3	0	0	24	0
VEAL,SHLDR,BLADE,LN&FAT,RAW	3	3	0	0	32	0
VEAL,SHLDR,BLADE,LN&FAT,CKD,BRSD	3	3	0	0	35	0
VEAL,SHLDR,BLADE,LN&FAT,CKD,RSTD	3	3	0	0	32	0
VEAL,SHLDR,BLADE,LN,RAW	3	3	0	0	34	0
VEAL,SHLDR,BLADE,LN,CKD,BRSD	3	3	0	0	39	0
VEAL,SHLDR,BLADE,LN,CKD,RSTD	3	3	0	0	34	0
VEAL,SIRLOIN,LN&FAT,RAW	3	3	0	0	25	0
VEAL,SIRLOIN,LN&FAT,CKD,BRSD	3	3	0	0	26	0
VEAL,SIRLOIN,LN&FAT,CKD,RSTD	3	3	0	0	25	0
VEAL,SIRLOIN,LN,RAW	3	3	0	0	31	0
VEAL,SIRLOIN,LN,CKD,BRSD	3	3	0	0	34	0
VEAL,SIRLOIN,LN,CKD,RSTD	3	3	0	0	30	0
VEAL,CUBED FOR STEW (LEG&SHLDR),LN,RAW	3	3	0	0	0	0
VEAL,CUBED FOR STEW (LEG&SHLDR),LN,CKD,BRSD	3	3	0	0	0	0
VEAL,GROUND,RAW	3	3	0	0	0	0
VEAL,GROUND,CKD,BRLD	3	3	0	0	0	0
GAME MEAT,ANTELOPE,RAW	3	3	0	0	0	0
GAME MEAT,ANTELOPE,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,BEAR,RAW	3	3	0	0	0	0
GAME MEAT,BEAR,CKD,SIMMRD	3	3	0	0	0	0
GAME MEAT,BEAVER,RAW	3	3	0	0	0	0
GAME MEAT,BEAVER,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,BEEFALO,COMP OF CUTS,RAW	3	3	0	0	0	0
GAME MEAT,BEEFALO,COMP OF CUTS,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,BISON,LN,RAW	3	3	0	0	0	0
GAME MEAT,BISON,LN,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,BOAR,WILD,RAW	3	3	0	0	0	0
GAME MEAT,BOAR,WILD,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,BUFFALO,H2O,RAW	3	3	0	0	0	0
GAME MEAT,BUFFALO,H2O,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,CARIBOU,RAW	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
GAME MEAT,CARIBOU,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,DEER,RAW	3	3	0	0	0	0
GAME MEAT,DEER,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,ELK,RAW	3	3	0	0	0	0
GAME MEAT,ELK,CKD,RSTD	3	3	0	0	0	0
GOAT,RAW	3	3	0	0	0	0
GAME MEAT,GOAT,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,HORSE,RAW	3	3	0	0	0	0
GAME MEAT,HORSE,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,MOOSE,RAW	3	3	0	0	0	0
GAME MEAT,MOOSE,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,MUSKRAT,RAW	3	3	0	0	0	0
GAME MEAT,MUSKRAT,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,OPOSSUM,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,RAW	3	3	0	0	0	0
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,CKD,STWD	3	3	0	0	0	0
GAME MEAT,RABBIT,WILD,RAW	3	3	0	0	0	0
GAME MEAT,RABBIT,WILD,CKD,STWD	3	3	0	0	0	0
GAME MEAT,RACCOON,CKD,RSTD	3	3	0	0	0	0
GAME MEAT,SQUIRREL,RAW	3	3	0	0	0	0
GAME MEAT,SQUIRREL,CKD,RSTD	3	3	0	0	0	0
LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	3	3	0	0	2	0
LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	3	3	0	0	0	0
LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,PAN-FRIED	3	3	0	0	0	0
VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	3	3	0	0	3	0
VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	3	3	0	0	0	0
VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,PAN-FRIED	3	3	0	0	0	0
LAMB,VAR MEATS&BY-PRODUCTS,HEART,RAW	700	700	0.21	0	22	0.21
LAMB,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	6	6	1.93	0	0	1.93
VEAL,VAR MEATS&BY-PRODUCTS,HEART,RAW	3	3	0.08	0	26	0.08
VEAL,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	3	3	0.13	0	0	0.13

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
LAMB,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	685	685	0.82	0	3	0.82
LAMB,VAR MEATS&BY-PRODUCT S,KIDNEYS,CKD,BRSD	131	131	0.99	0	0	0.99
VEAL,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	754	754	0.85	0	12	0.85
VEAL,VAR MEATS&BY-PRODUCT S,KIDNEYS,CKD,BRSD	3	3	0	0	0	0
LAMB,VAR MEATS&BY-PRODUCTS,LIVER,RAW	874	874	1.78	0	0	1.78
LAMB,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	821	821	2.53	0	0	2.53
LAMB,VAR MEATS&BY-PRODUCTS,LIVER,CKD,PAN-FRIED	701	701	3.78	0	0	3.78
VEAL,VAR MEATS&BY-PRODUCTS,LIVER,RAW	60	60	2.91	0	0	2.91
VEAL,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	58	58	3.77	0	0	3.77
VEAL,VAR MEATS&BY-PRODUCTS,LIVER,CKD,PAN-FRIED	786	786	4.47	0	0	4.47
LAMB,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	3	3	0	0	24	0
LAMB,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	3	3	0	0	0	0
VEAL,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	3	3	0	0	24	0
VEAL,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	3	3	0	0	0	0
LAMB,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED,RAW	3	3	0	0	0	0
LAMB,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	3	3	0	0	0	0
LAMB,VAR MEATS&BY-PRODUCT S,PANCREAS,CKD,BRSD	3	3	0	0	0	0
VEAL,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	3	3	0	0	0	0
VEAL,VAR MEATS&BY-PRODUCT S,PANCREAS,CKD,BRSD	3	3	0	0	0	0
LAMB,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	3	3	0	0	0	0
LAMB,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	3	3	0	0	0	0
VEAL,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	3	3	0	0	0	0
VEAL,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	3	3	0	0	0	0
VEAL,VAR MEATS&BY-PRODUCTS,THYMUS,RAW	3	3	0	0	0	0
VEAL,VAR MEATS&BY-PRODUCTS,THYMUS,CKD,BRSD	3	3	0	0	4	0
LAMB,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	3	3	0	0	16	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
LAMB,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	3	3	0	0	0	0
VEAL,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	6	6	1.91	0	16	1.91
VEAL,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	3	3	0	0	0	0
LAMB,GROUND,RAW	3	3	0	0	0	0
LAMB,GROUND,CKD,BRLD	3	3	0	0	0	0
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/8" FAT,CHOIC,RAW	3	3	0	0	24	0
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/8" FAT,CHOIC,CKD	3	3	0	0	24	0
	3	3	0	0	52	0
	3	3	0	0	56	0
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/8" FAT,CHOIC,RAW	3	3	0	0	22	0
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/8" FAT,CHOIC,CKD,RSTD	3	3	0	0	23	0
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/8" FAT,CHOIC,RAW	3	3	0	0	20	0
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/8" FAT,CHOIC,CKD,RSTD	3	3	0	0	20	0
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/8" FAT,CHOIC,RAW	3	3	0	0	24	0
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/8" FAT,CHOIC,CKD,RSTD	3	3	0	0	23	0
LAMB,DOM,LOIN,LN&FAT,1/8" FAT,CHOIC,RAW	3	3	0	0	22	0
LAMB,DOM,LOIN,LN&FAT,1/8" FAT,CHOIC,CKD,BRLD	3	3	0	0	24	0
LAMB,DOM,LOIN,LN&FAT,1/8" FAT,CHOIC,CKD,RSTD	3	3	0	0	23	0
LAMB,DOM,RIB,LN&FAT,1/8" FAT,CHOIC,RAW	3	3	0	0	29	0
LAMB,DOM,RIB,LN&FAT,1/8" FAT,CHOIC,CKD,BRLD	3	3	0	0	32	0
LAMB,DOM,RIB,LN&FAT,1/8" FAT,CHOIC,CKD,RSTD	3	3	0	0	30	0
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8" FAT,CHOIC,RAW	3	3	0	0	22	0
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8" FAT,CHOIC,CKD,BRSD	3	3	0	0	27	0
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8" FAT,CHOIC,CKD,BRLD	3	3	0	0	26	0
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8" FAT,CHOIC,CKD,RSTD	3	3	0	0	24	0
	3	3	0	0	18	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
	3	3	0	0	21	0
	3	3	0	0	20	0
	3	3	0	0	18	0
	3	3	0	0	25	0
	3	3	0	0	29	0
	3	3	0	0	28	0
	3	3	0	0	26	0
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,1/8"FAT,RAW	3	3	0	0	27	0
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CKD	3	3	0	0	27	0
	3	3	0	0	45	0
	3	3	0	0	50	0
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,RAW	3	3	0	0	24	0
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CKD,RSTD	3	3	0	0	25	0
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,1/8"FAT,RAW	3	3	0	0	26	0
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,1/8"FAT,CKD,BRLD	3	3	0	0	28	0
LAMB,NZ,IMP,FRZ,RIB,LN&FAT,1/8"FAT,RAW	3	3	0	0	33	0
LAMB,NZ,IMP,FRZ,RIB,LN&FAT,1/8"FAT,CKD,RSTD	3	3	0	0	34	0
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,RAW	3	3	0	0	26	0
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CKD,BRSD	3	3	0	0	20	0
GAME MEAT,BISON,TOP SIRLOIN,LN,0"FAT,RAW	3	3	0		0	0
GAME MEAT,BISON,RIBEYE,LN,0"FAT,RAW	3	3	0		0	0
GAME MEAT,BISON,SHLDR CLOD,LN,0"FAT,RAW	3	3	0		0	0
VEAL,BREAST,FAT,CKD	3	3	0	0	0	0
VEAL,BREAST,WHL,BNLESS,LN&FAT,RAW	3	3	0		0	0
VEAL,BREAST,WHL,BNLESS,LN&FAT,CKD,BRSD	3	3	0		7	0
VEAL,BREAST,PLATE HALF,BNLESS,LN&FAT,CKD,BRSD	3	3	0		11	0
VEAL,BREAST,POINT HALF,BNLESS,LN&FAT,CKD,BRSD	3	3	0		4	0
VEAL,BREAST,WHL,BNLESS,LN,CKD,BRSD	3	3	0		22	0
VEAL,SHANK (FORE&HIND),LN&FAT,RAW	3	3	0		29	0
VEAL,SHANK (FORE&HIND),LN&FAT,CKD,BRSD	3	3	0		39	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
VEAL,SHANK (FORE&HIND),LN,RAW	3	3	0		30	0
VEAL,SHANK (FORE&HIND),LN,CKD,BRSD	3	3	0	0	30	0
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN&FAT,1/8"FAT,RAW	3	3	0		20	0
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CKD	3	3	0		22	0
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN,1/8"FAT,RAW	3	3	0		34	0
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN,1/8"FAT,CKD	3	3	0		32	0
LAMB,AUS,IMP,FRSH,FAT,RAW	3	3	0		0	0
LAMB,AUS,IMP,FRSH,FAT,CKD	3	3	0		0	0
	3	3	0		42	0
	3	3	0		45	0
	3	3	0		50	0
	3	3	0		53	0
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,RAW	3	3	0		14	0
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CKD,RSTD	3	3	0		16	0
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN,1/8"FAT,RAW	3	3	0		28	0
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN,1/8"FAT,CKD,RSTD	3	3	0		26	0
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN&FAT,1/8"FAT,RAW	3	3	0		17	0
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN&FAT,1/8"FAT,CKD,RSTD	3	3	0		20	0
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN,1/8"FAT,RAW	3	3	0		28	0
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN,1/8"FAT,CKD,RSTD	3	3	0		29	0
LAMB,AUS,IMP,FRSH,LEG,SIR LOIN HALF,BNLESS,LN&FAT,1/8"FAT,RAW	3	3	0		2	0
LAMB,AUS,IMP,FRSH,LEG,SIRL HLF,BNLESS,LN&FT,1/8"FAT,CKD,RSTD	3	3	0		2	0
LAMB,AUS,IMP,FRSH,LEG,SIRLOIN HALF,BNLESS,LN,1/8"FAT,RAW	3	3	0		24	0
LAMB,AUS,IMP,FRSH,LEG,SIRL HALF,BNLESS,LN,1/8"FAT,CKD,RSTD	3	3	0		17	0
LAMB,AUS,IMP,FRSH,LEG,SIRL CHOPS,BNLESS,LN&FAT,1/8"FAT,RAW	3	3	0		2	0
LAMB,AUS,IMP,FRSH,LEG,SIRL CHPS,BNLESS,LN&FT,1/8"FT,CKD,BRLD	3	3	0		1	0
LAMB,AUS,IMP,FRSH,LEG,SIRLOIN CHOPS,BNLESS,LN,1/8"FAT,RAW	3	3	0		17	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
LAMB,AUS,IMP,FRSH,LEG, SIRL CHOPS,BNLESS,LN,1/8"FAT,CKD,BRLD	3	3	0		11	0
LAMB,AUS,IMP,FRSH,LEG,CN TR SLICE,BONE-IN,LN&FAT,1/8"FAT,RAW	3	3	0		6	0
LAMB,AUS,IMP,FRSH,LEG,C NTR SLCE,BNE-IN,LN&FT,1/8"FT,CKD,BRLD	3	3	0		7	0
LAMB,AUS,IMP,FRSH,LEG,CNTR SLICE,BONE-IN,LN,1/8"FAT,RAW	3	3	0		16	0
LAMB,AUS,IMP,FRSH,LEG, CNTR SLICE,BONE-IN,LN,1/8"FAT,CKD,BRLD	3	3	0		14	0
	3	3	0		28	0
	3	3	0		26	0
LAMB,AUS,IMP,FRSH,LOIN,LN,1/8"FAT,RAW	3	3	0		36	0
LAMB,AUS,IMP,FRSH,LOIN,LN,1/8"FAT,CKD,BRLD	3	3	0		31	0
	3	3	0		26	0
	3	3	0		23	0
LAMB,AUS,IMP,FRSH,RIB,LN,1/8"FAT,RAW	3	3	0		46	0
LAMB,AUS,IMP,FRSH,RIB,LN,1/8"FAT,CKD,RSTD	3	3	0		35	0
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,RAW	3	3	0		22	0
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CKD	3	3	0		22	0
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN,1/8"FAT,RAW	3	3	0		38	0
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN,1/8"FAT,CKD	3	3	0		34	0
	3	3	0		9	0
	3	3	0		13	0
	3	3	0		28	0
	3	3	0		29	0
	3	3	0		28	0
	3	3	0		25	0
	3	3	0		43	0
	3	3	0		36	0
GAME MEAT BISON,GROUND,RAW	3	3	0	0	0	0
GAME MEAT,BISON,GROUND,CK D,PAN-BROILED	3	3	0	0	0	0
GAME MEAT BISON,TOP SIRLOIN,LN,1" STEAK,CKD,BRLD	3	3	0	0	8	0
GAME MEAT,BISON,CHUCK,SHLDR CLOD,LN,3-5 LB RST,CKD,BRSD	3	3	0	0	11	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
GAME MEAT,BISON,CHUCK,SHLDR CLOD,LN,3-5 LB RST,RAW	3	3	0	0	12	0
GAME MEAT,BISON,RIBEYE,LN,1" STEAK,CKD,BRLD	3	3	0	0	14	0
GAME MEAT,BISON, TOP RND,LN,1" STEAK,CKD,BRLD	3	3	0	0	4	0
GAME MEAT,BISON, TOP RND,LN,1" STEAK,RAW	3	3	0	0	5	0
GAME MEAT,ELK,GROUND,RAW	3	3	0	0	0	0
GAME MEAT,ELK,GROUND,CKD,PAN-BROILED	3	3	0	0	0	0
GAME MEAT,ELK,LOIN,LN,CKD ,BRLD	3	3	0	0	6	0
GAME MEAT,ELK,RND,LN,CKD,BRLD	3	3	0	0	5	0
GAME MEAT,ELK, TENDERLOIN, LN,CKD,BRLD	3	3	0	0	4	0
GAME MEAT,DEER,GROUND,RAW	3	3	0	0	0	0
GAME MEAT,DEER,GROUND,CKD,PAN-BROILED	3	3	0	0	0	0
GAME MEAT,DEER,LOIN,LN,1" STEAK,CKD,BRLD	3	3	0	0	0	0
GAME MEAT,DEER,SHLDR CLOD,LN,3-5 LB RST,CKD,BRSD	3	3	0	0	0	0
GAME MEAT,DEER,TENDERLOIN, LN,0.5-1 LB RST,CKD,BRLD	3	3	0	0	0	0
GAME MEAT,DEER, TOP RND,LN,1" STEAK,CKD,BRLD	3	3	0	0	0	0
BAGEL, PLN, TSTD, ENR W/CA PROP (INCLUDE ONION,POPPY,SESAME)	450	418	50.5	2.2	0	48.3
BAGELS, PLN, TSTD, ENR W/CA PROP (INCLUDES ONION,POPPY,SESAME)	306	478	57.11	2.6	0	54.51
BAGELS, EGG	535	450	53	2.3	0	50.7
BAGELS, CINNAMON-RAISIN	295	535	55.2	2.3	0	52.9
BAGELS, CINNAMON-RAISIN, TSTD	734	496	59.3	2.5	0	56.8
BAGELS, OAT BRAN	302	69	53.3	3.6	0	49.7
BISCUITS, PLN OR BTTRMLK, COMMLY BKD	384	539	48.5	1.3	0	47.2
BISCUITS, PLN OR BTTRMLK, DRY MIX	778	430	63.3	2.1	0	61.2
BISCUITS, PLN OR BTTRMLK, DRY MIX, PREP	418	910	48.4	1.8	0	46.6
BISCUITS, PLN OR BTTRMLK, REFR DOUGH, LOWER FAT	300	390	47.6	1.6	0	46
BISCUITS, PLN OR BTTRMLK, REFR DOUGH, LOWER FAT, BKD	295	292	55.4	1.9	0	53.5
BISCUIT, PLN OR BUTMLK, REFR DOUGH, HIGHER FAT	312	388	43.27	0.7	0	42.57

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
Biscuits, plain or buttermilk, refrig dough, hi fat, baked	910	439	46.63	0.9	0	45.73
BISCUITS,PLN OR BTTRMLK,PREP FROM RECIPE	244	419	44.6	1.5	0	43.1
BISCUITS,MXD GRAIN,REFR DOUGH	447	447	47.4		0	47.4
BREAD,BANANA,PREP FROM RECIPE,MADE W/MARGARINE	975	292	54.6	1.1	0	53.5
BREAD,BOSTON BROWN,CANNED	312	228	43.3	4.7	0	38.6
BREAD,CORNBREAD,DRY MIX,ENR (INCL CORN MUFFIN MIX)	402	733	69.5	6.5	0	63
BREAD,CORNBREAD,DRY MIX,PREP	298	439	48.1	2.4	0	45.7
BREAD,CORNBREAD,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	312	312	43.5		0	43.5
BREAD,CRACKED-WHEAT	385	244	49.5	5.5	0	44
BREAD,EGG	461	439	47.8	2.3	0	45.5
BREAD,EGG,TOASTED	475	69	52.6	2.5	0	50.1
BREAD, FRENCH OR VIENNA (INCLUDES SOURDOUGH)	403	308	56.44	2.4	0	54.04
BREAD, FRENCH OR VIENNA, TSTD (IND SOURDOUGH)	457	732	61.93	3.1	0	58.83
BREAD,IRISH SODA,PREP FROM RECIPE	449	302	56	2.6	0	53.4
BREAD,ITALIAN	69	539	50	2.7	0	47.3
BREAD,MIXED-GRAIN (INCL WHOLE-GRAIN,7-GRAIN)	910	643	46.4	6.4	0	40
BREAD,MIXED-GRAIN,TSTD (INCL WHOLE-GRAIN,7-GRAIN)	69	312	50.4	6.6	0	43.8
BREAD,OAT BRAN	643	465	39.8	4.5	0	35.3
BREAD,OAT BRAN,TOASTED	312	228	43.7	4.9	0	38.8
BREAD,OATMEAL	384	244	48.5	4	0	44.5
BREAD,OATMEAL,TOASTED	475	418	52.7	4.3	0	48.4
BREAD,PITA,WHITE,ENRICHED	449	292	55.7	2.2	0	53.5
BREAD,PITA,WHOLE-WHEAT	295	300	55	7.4	0	47.6
BREAD,PROT (INCL GLUTEN)	312	466	43.8	3	0	40.8
BREAD,PUMPERNICKEL	300	466	47.5	6.5	0	41
BREAD,PUMPERNICKEL,TSTD	301	297	52.2	7.1	0	45.1
BREAD,RAISIN,ENRICHED	475	299	52.3	4.3	0	48
BREAD,RAISIN,TSTD,ENR	496	301	56.9	4.7	0	52.2
BREAD,RED-CAL,OAT BRAN	388	628	41.3	12	0	29.3
BREAD,RED-CAL,OAT BRAN,TSTD	462	240	49.2	14.3	0	34.9
BREAD,RED-CAL,OATMEAL	312	312	43.3		0	43.3
BREAD,REDUCED-CALORIE,RYE	466	484	40.5	12	0	28.5
BREAD,RED-CAL,WHEAT	312	634	43.6	12	0	31.6
BREAD,RED-CAL,WHITE	244	240	44.3	9.7	0	34.6

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BREAD,RICE BRAN	312	228	43.5	4.9	0	38.6
BREAD,RYE	418	388	48.3	5.8	0	42.5
BREAD,RYE,TOASTED	535	910	53.1	6.4	0	46.7
BREAD,WHEAT	300	312	47.51	3.6	0	43.91
BREAD, WHEAT, TSTD	449	731	55.77	4.7	0	51.07
BREAD,WHEAT BRAN	461	312	47.8	4	0	43.8
BREAD,WHEAT GERM	418	4	48.3	2.1	0	46.2
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	450	298	50.61	2.4	0	48.21
BREAD,WHITE,COMMLY PREP,TSTD	478	301	54.4	2.5	0	51.9
BREAD,WHITE,PREP FROM RECIPE,MADE W/NONFAT DRY MILK	382	495	53.6	2	0	51.6
BREAD,WHITE,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	385	300	49.6	2	0	47.6
BREAD, WHOLE-WHEAT, COM-MERCIALLY PREPARED	388	240	41.29	6.8	0	34.49
BREAD, WHOLE-WHEAT, COM-MER PREP, TOASTED	492	388	51.16	9.2	0	41.96
BREAD,WHOLE-WHEAT,PREP FROM RECIPE	492	439	51.4	6	0	45.4
BREAD,WHOLE-WHEAT,PREP FROM RECIPE,TSTD	403	69	56.4	6.7	0	49.7
BREAD CRUMBS,DRY,GRATED,PLN	318	395	71.98	4.5	0	67.48
BREAD STICKS,PLAIN	749	362	68.4	3	0	65.4
BREAD STUFFING,BREAD,DRY MIX	511	456	76.2	3.2	0	73
BREAD STUFFING,BREAD,DRY MIX,PREP	221	793	21.7	2.9	0	18.8
BREAD STUFFING,CORNBREAD,DRY MIX	339	412	76.7	14.3	0	62.4
BREAD STUFFING,CORNBREAD,DRY MIX,PREP	321	758	21.9	2.9	0	19
CAKE,ANGELFOOD,COMMLY PREP	453	403	57.8	1.5	0	56.3
CAKE,ANGELFOOD,DRY MIX	338	338	85.1	0.3	0	84.8
CAKE,ANGELFOOD,DRY MIX,PREP	732	431	58.7	0.2	0	58.5
CAKE,BOSTON CRM PIE,COMMLY PREP	509	388	42.9	1.4	0	41.5
CAKE,CARROT,DRY MIX,PUDDING-TYPE	282	282	79.2		0	79.2
CAKE,CHERRY FUDGE W/CHOC FRSTNG	261	459	38	1.2	0	36.8
CAKE,CHOC,COMMLY PREP W/CHOC FRSTNG	975	495	54.6	2.8	0	51.8
CAKE,CHOC,DRY MIX,PUDDING-TYPE	15	319	78.7	3.5	0	75.2
CAKE,CHOC,DRY MIX,REG	456	363	73	2.4	0	70.6

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
CAKE,CHOC,PREP FROM RECIPE WO/FRSTNG	302	495	53.4	1.6	0	51.8
CAKE,WHITE,PREP FROM RECIPE W/COCNT FRSTNG	778	457	63.2	1	0	62.2
COFFEECAKE,CHEESE	244	312	44.3	1	0	43.3
COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,ENR	910	244	46.7	2	0	44.7
COFFEECAKE,CREME-FILLED W/CHOC FRSTNG	308	495	53.8	2	0	51.8
COFFEECAKE,FRUIT	495	314	51.5	2.5	0	49
COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX	489	511	77.7	1.8	0	75.9
COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX,PREP	535	495	52.8	1.2	0	51.6
CAKE,FRUITCAKE,COMMLY PREP	267	453	61.6	3.7	0	57.9
CAKE,GERMAN CHOC,DRY MIX,PUDDING-TYPE	344	339	80.1	3.5	0	76.6
CAKE,GINGERBREAD,DRY MIX	370	456	74.6	1.7	0	72.9
CAKE,GINGERBREAD,PREP FROM RECIPE	462	462	49.2		0	49.2
CAKE,MARBLE,DRY MIX,PUDDING-TYPE	282	510	79.3	2.9	0	76.4
CAKE,PNAPPL UPSIDE-DOWN,PREP FROM RECIPE	450	69	50.5	0.8	0	49.7
CAKE,POUND,COMMLY PREP,BUTTER	314	418	48.8	0.5	0	48.3
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,ENR	475	495	52.5	1	0	51.5
CAKE,SHORTCAKE,BISCUIT-TYPE,PREP FROM RECIPE	384	384	48.5		0	48.5
Cake, snack cakes, creme-filled, chocolate with frosting	391	306	60.31	3.2	0	57.11
CAKE,SNACK CAKES,CREME-FILLED,SPONGE	377	778	63.9	0.4	0	63.5
CAKE,WHITE,DRY MIX,SPL DIETARY (INCL LEMON-FLAVORED)	374	374	79.6		0	79.6
CAKE,SPONGE,COMMLY PREP	430	782	61.1	0.5	0	60.6
CAKE,SPONGE,PREP FROM RECIPE	453	453	57.7		0	57.7
CAKE,WHITE,DRY MIX,PUDDING-TYPE,ENR	479	344	81	0.7	0	80.3
CAKE,WHITE,DRY MIX,REG	513	369	78	0.9	0	77.1
CAKE,WHITE,PREP FROM RECIPE WO/FRSTNG	306	403	57.2	0.8	0	56.4
CAKE,YEL,COMMLY PREP,W/CHOC FRSTNG	295	382	55.4	1.8	0	53.6
CAKE,YEL,COMMLY PREP,W/VANILLA FRSTNG	732	431	58.8	0.3	0	58.5
CAKE,YEL,DRY MIX,PUDDING-TYPE	344	282	79.9	0.7	0	79.2
CAKE,YEL,DRY MIX,REG,ENR	513	369	78.1	1.1	0	77

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CAKE,YEL,PREP FROM RECIPE WO/FRSTNG	535	475	53	0.7	0	52.3
CHEESECAKE COMMMLY PREP	946	71	25.5	0.4	0	25.1
CHEESECAKE PREP FROM MIX,NO-BAKE TYPE	973	467	35.5	1.9	0	33.6
COOKIES,ANIMAL CRACKERS (INCL,ARROWROOT,TEA BISCUITS,)	229	456	74.1	1.1	0	73
COOKIES,BROWNIES,COMMMLY PREP	377	457	63.9	2.1	0	61.8
COOKIES,BROWNIES,DRY MIX,REG	339	339	76.6		0	76.6
COOKIES,BROWNIES,PREP FROM RECIPE	69	69	50.2		0	50.2
COOKIES,BUTTER,COMMMLY PREP,ENR	404	405	68.9	0.8	0	68.1
COOKIES,FUDGE,CAKE-TYPE (INCL TROLLEY CAKES)	359	322	78.3	2.8	0	75.5
COOKIES,CHOCOLATE WAFERS	515	402	72.4	3.4	0	69
COOKIES,CHOC CHIP,COMMMLY PREP,REG,LOWER FAT	456	320	73.3	3.6	0	69.7
COOKIES,CHOC CHIP,COMMMLY PREP,REG,HIGHER FAT,ENR	377	430	64.06	2.9	0	61.16
COOKIES,CHOC CHIP,COMMMLY PREP,SOFT-TYPE	729	449	59.1	3.2	0	55.9
COOKIES,CHOC CHIP,DRY MIX	230	230	66.1		0	66.1
COOKIES,CHOC CHIP,REFR DOUGH	430	394	61.4	1.5	0	59.9
COOKIES,CHOC CHIP,REFR DOUGH,BKD	405	406	68.2	1.7	0	66.5
COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/MAR-GARINE	431	449	58.4	2.8	0	55.6
COOKIES,CHOC SNDWCH,W/ CREME FILLING,REG	443	404	71.64	2.9	0	68.74
COOKIES,CHOC SNDWCH,W/CREME FILLING,REG,CHOCOLATE-COATED	230	393	66.1	5.2	0	60.9
COOKIES,CHOC SNDWCH,W/EX CREME FILLING	405	362	68.2	2.7	0	65.5
COOKIES,COCNT MACAROONS,PREP FROM RECIPE	318	363	72.2	1.8	0	70.4
COOKIES,FIG BARS	373	406	70.9	4.6	0	66.3
COOKIES,FORTUNE	342	355	84	1.6	0	82.4
COOKIES,GINGERSNAPS	500	370	76.9	2.2	0	74.7
COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL CINN)	500	229	76.8	2.8	0	74
COOKIES,GRAHAM CRACKERS,CHOCOLATE-COATED	406	778	66.5	3.1	0	63.4
COOKIES,LADYFINGERS,W/LEM-ON JUC&RIND	734	732	59.7	1	0	58.7

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
COOKIES,MARSHMLLW,CHOCOLATE-COATED (INCL MARSHMLLW PIES)	444	207	67.7	2	0	65.7
COOKIES,MOLASSES	229	379	73.8	1	0	72.8
COOKIES,OATMEAL,COMMLY PREP,REG	404	230	68.7	2.8	0	65.9
COOKIES,OATMEAL,COMMLY PREP,SOFT-TYPE	207	733	65.7	2.7	0	63
COOKIES,OATMEAL,DRY MIX	395	395	67.3		0	67.3
COOKIES,OATMEAL,REFR DOUGH	729	496	59.1	2.5	0	56.6
COOKIES,OATMEAL,REFR DOUGH,BKD	207	214	65.7	2.8	0	62.9
COOKIES,OATMEAL,PREP FROM RECIPE,W/RAISINS	749	749	68.4		0	68.4
COOKIES,PNUT BUTTER,COMMLY PREP,REG	732	306	58.9	1.8	0	57.1
COOKIES,PNUT BUTTER,COMMLY PREP,SOFT-TYPE	453	449	57.7	1.7	0	56
COOKIES,PNUT BUTTER,REFR DOUGH	301	731	52.1	1.1	0	51
COOKIES,PNUT BUTTER,REFR DOUGH,BKD	306	403	57.3	1.2	0	56.1
COOKIES,PNUT BUTTER,PREP FROM RECIPE	732	732	58.9		0	58.9
COOKIES,PNUT BUTTER SNDWCH,REG	207	778	65.6	1.9	0	63.7
COOKIES,RAISIN,SOFT-TYPE	405	406	68	1.2	0	66.8
COOKIES,SHORTBREAD,COMMLY PREP,PLN	377	214	64.5	1.8	0	62.7
COOKIES,SHORTBREAD,COMMLY PREP,PECAN	431	496	58.3	1.8	0	56.5
COOKIES,BROWNIES,DRY MIX,SPL DIETARY	344	511	80.4	4.2	0	76.2
COOKIES,BROWNIES,DRY MIX,SPL DIETARY,PREP	443	395	71.3	3.7	0	67.6
COOKIES,CHOC CHIP,COMMLY PREP,SPL DIETARY	229	443	73.4	1.6	0	71.8
COOKIES,CHOC SNDWCH,W/ CREME FILLING,SPL DIETARY	444	778	67.7	4.1	0	63.6
COOKIES,OATMEAL,COMMLY PREP,SPL DIETARY	320	406	69.9	2.9	0	67
COOKIES,PNUT BUTTER SNDWCH,SPL DIETARY	450	450	50.8		0	50.8
COOKIES,SUGAR WAFERS W/ CREME FILLING,SPL DIETARY	230	230	66		0	66
COOKIES,SUGAR,COMMLY PREP,SPL DIETARY	500	511	76.8	0.9	0	75.9
COOKIES,SUGAR,COMMLY PREP,REG (INCL VANILLA)	444	395	67.9	0.8	0	67.1
COOKIES,SUGAR,REFR DOUGH	732	431	59	0.7	0	58.3
COOKIES,SUGAR,REFR DOUGH,BKD	207	780	65.6	0.8	0	64.8

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
COOKIES,SUGAR,PREP FROM RECIPE,MADE W/MARGARINE	394	732	60	1.2	0	58.8
COOKIES,SUGAR WAFERS W/CREME FILLING,REG	320	402	70.1	0.6	0	69.5
COOKIES,VANILLA SNDWCH W/CREME FILLING	318	363	72.1	1.5	0	70.6
PUFF PASTRY,FRZ,RTB,BKD	439	244	45.7	1.5	0	44.2
COOKIES,VANILLA WAFERS,LOWER FAT	229	443	73.6	1.9	0	71.7
COOKIES,VANILLA WAFERS,HIGHER FAT	499	402	71.1	2	0	69.1
CRACKERS,CHEESE,REGULAR	431	449	58.2	2.4	0	55.8
CRACKERS,CHS,SANDWICH-TYPE W/PNUT BUTTER FILLING	496	302	56.74	3.4	0	53.34
CRACKERS,CRISPBREAD,RYE	355	207	82.2	16.5	0	65.7
CRACKERS,MATZO,PLAIN	342	479	83.7	3	0	80.7
CRACKERS,MATZO,EGG	15	322	78.6	2.8	0	75.8
CRACKERS,MATZO,WHOLE-WHEAT	15	395	78.9	11.8	0	67.1
CRACKERS,MELBA TOAST,PLN	339	363	76.6	6.3	0	70.3
CRACKERS,MELBA TOAST,RYE (INCL PUMPERNICKEL)	426	402	77.3	8	0	69.3
CRACKERS,MELBA TOAST,WHEAT	510	402	76.4	7.4	0	69
CRACKERS,MILK	320	444	69.7	1.9	0	67.8
CRACKERS,RUSK TOAST	512	512	72.3		0	72.3
CRACKERS,RYE,SANDWICH-TYPE W/CHS FILLING	393	306	60.8	3.6	0	57.2
CRACKERS,RYE,WAFERS,PLAIN	344	469	80.4	22.9	0	57.5
CRACKERS,RYE,WAFERS,SEA SONED	229	535	73.8	20.9	0	52.9
CRACKERS,SALTINES (INCL OYSTER,SODA,SOUP)	373	444	70.91	3	0	67.91
CRACKERS,STD SNACK-TYPE,REG	393	734	61	1.6	0	59.4
CRACKERS,STD SNACK-TYPE,SNDWCH,W/CHS FILLING	267	394	61.7	1.9	0	59.8
CRACKERS,STD SNACK-TYPE,SNDWCH,W/PNUT BUTTER FILLING	431	403	58.38	2.3	0	56.08
CRACKERS,WHEAT,REGULAR	780	391	64.9	4.5	0	60.4
CRACKERS,WHEAT,SNDWCH,W/ CHS FILLING	431	295	58.2	3.1	0	55.1
CRACKERS,WHEAT,SNDWCH,W/ PNUT BUTTER FILLING	308	385	53.8	4.4	0	49.4
CRACKERS,WHOLE-WHEAT	404	431	68.6	10.5	0	58.1
CRACKER MEAL	479	359	80.9	2.6	0	78.3
CREAM PUFFS,PREP FROM RECIPE,SHELL (INCL ECLAIR)	622	321	22.8	0.8	0	22
CREAM PUFFS,PREP FROM RECIPE,SHELL,W/CUSTARD FILLING	82	537	22.9	0.4	0	22.5

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CROISSANTS,BUTTER	439	419	45.8	2.6	0	43.2
CROISSANTS,APPLE	651	240	37.1	2.5	0	34.6
CROISSANTS,CHEESE	621	244	47	2.6	0	44.4
CROUTONS,PLAIN	229	749	73.5	5.1	0	68.4
CROUTONS,SEASONED	778	431	63.5	5	0	58.5
DANISH PASTRY,CINN,ENR	244	312	44.6	1.3	0	43.3
DANISH PASTRY,CHEESE	651	435	37.2	1	0	36.2
DANISH PASTRY,FRUIT,ENR	461	390	47.8	1.9	0	45.9
DANISH PASTRY,NUT (INCL ALMOND,RAISIN NUT,CINN NUT)	439	312	45.7	2	0	43.7
DONUT, CAKE-TYPE, PLAIN (INCLUDES UNSUGARED, OLD FASHIONED)	439	244	45.63	1.6	0	44.03
Doughnuts, cake-type, plain, chocolate-coated or frosted	492	385	51.33	1.9	0	49.43
DOUGHNUTS,CAKE-TYPE,PLN,SUGARED OR GLAZED	450	385	50.8	1.5	0	49.3
DOUGHNUTS,CAKE-TYPE,CHOC,SUGARED OR GLAZED	469	295	57.4	2.2	0	55.2
DOUGHNUTS,CAKE-TYPE,WHEAT,SUGARED OR GLAZED	388	466	42.6	2.2	0	40.4
DOUGHNUTS,FRENCH CRULLERS,GLAZED	734	431	59.5	1.2	0	58.3
DOUGHNUTS,YEAST-LEAVENED,W/CREME FILLING	84	628	30	0.8	0	29.2
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	450	384	50.64	2.1	0	48.54
DOUGHNUTS,YEAST-LEAVENED,W/JELLY FILLING	310	261	39	0.9	0	38.1
ECLAIRS,CUSTARD-FILLED W/CHOC GLAZE,PREP FROM RECIPE	79	77	24.2	0.6	0	23.6
ENGLISH,MUFFIN,PLN,ENR,W/CA PROP(INCL SOURDOUGH)	244	466	44.17	3.5	0	40.67
ENGLISH,MUFFIN,PLN,TSTD,ENR,W/CA PROP(INCL SOURDOUGH)	475	69	52.65	2.8	0	49.85
ENGLISH MUFFINS,MIXED-GRAIN (INCL GRANOLA)	4	312	46.3	2.8	0	43.5
ENGLISH MUFFINS,MIXED-GRAIN,TSTD (INCL GRANOLA)	69	539	50.3	3	0	47.3
ENGLISH MUFFINS,RAISIN-CINNAMON (INCLUDES APPLE-CINNAMON)	298	439	48.1	2.6	0	45.5
ENGLISH MUFFINS,RAISIN-CINNAMON,TSTD (INCL APPLE-CINNAMON)	295	301	55.04	3	0	52.04
ENGLISH MUFFINS,WHEAT	297	466	44.8	4.6	0	40.2
ENGLISH MUFFINS,WHEAT,TSTD	384	312	48.7	5	0	43.7
ENGLISH MUFFINS,WHOLE-WHEAT	466	467	40.4	6.7	0	33.7

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
ENGLISH MUFFINS,WHOLE-WHEAT,TSTD	244	459	44.1	7.3	0	36.8
FRENCH TOAST,FRZ,RTH	645	285	32.1	1.1	0	31
FRENCH TOAST,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	71	71	25		0	25
HUSH PUPPIES,PREP FROM RECIPE	390	419	46	2.8	0	43.2
ICE CRM CONES,CAKE OR WAFER-TYPE	282	511	79	3	0	76
ICE CRM CONES,SUGAR,ROLLED-TYPE	342	355	84.1	1.7	0	82.4
MUFFINS,PLN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	388	228	41.4	2.7	0	38.7
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	385	624	49.54	1.7	0	47.84
MUFFINS,BLUEBERRY,DRY MIX	778	778	63.2		0	63.2
MUFFINS,BLUEBERRY,TOASTER-TYPE	302	495	53.3	1.8	0	51.5
MUFFINS,BLUEBERRY,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	466	466	40.7		0	40.7
MUFFINS,CORN,COMMLY PREP	450	300	50.9	3.4	0	47.5
MUFFINS,CORN,DRY MIX,PREP	462	910	49.1	2.4	0	46.7
MUFFINS,CORN,TOASTER-TYPE	453	403	57.9	1.6	0	56.3
MUFFINS,CORN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	244	244	44.2		0	44.2
MUFFINS,OAT BRAN	418	312	48.3	4.6	0	43.7
MUFFINS,WHEAT BRAN,DRY MIX	456	456	73		0	73
MUFFINS,WHEAT BRAN,TOASTER-TYPE W/RAISINS	301	244	52.2	7.7	0	44.5
Pancakes plain, frozen, ready-to-heat (includes buttermilk)	627	459	39.29	2.4	0	36.89
PANCAKES,PLN,DRY MIX,COMPLETE (INCL BTTRMLK)	443	404	71.3	2.7	0	68.6
PANCAKES,PLN,DRY MIX,COMPLETE,PREP	435	973	36.7	1.3	0	35.4
PANCAKES,PLN,DRY MIX,INCOMPLETE (INCL BT-TRMLK)	229	405	73.6	5.4	0	68.2
PANCAKES,PLN,DRY MIX,INCOMPLETE,PREP	460	969	28.9	1.9	0	27
PANCAKES,PLN,PREP FROM RECIPE	5	5	28.3		0	28.3
PANCAKES,BLUEBERRY,PREP FROM RECIPE	628	628	29		0	29
PANCAKES,BUCKWHEAT,DRY MIX,INCOMPLETE	443	214	71.3	8.5	0	62.8
PANCAKES,SPL DIETARY,DRY MIX	229	229	73.9		0	73.9
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE	373	373	71		0	71

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE,PREP	84	625	29.4	2.8	0	26.6
PIE,APPL,COMMLY PREP,ENR FLR	171	441	34	1.6	0	32.4
PIE,APPL,PREP FROM RECIPE	651	651	37.1		0	37.1
PIE,BANANA CRM,PREP FROM MIX,NO-BAKE TYPE	634	285	31.6	0.6	0	31
PIE,BANANA CRM,PREP FROM RECIPE	472	441	32.9	0.7	0	32.2
PIE,BLUEBERRY,COMMLY PREP	240	171	34.9	1	0	33.9
PIE,BLUEBERRY,PREP FROM RECIPE	467	467	33.5		0	33.5
PIE,CHERRY,COMMLY PREP	643	310	39.8	0.8	0	39
PIE,CHERRY,PREP FROM RECIPE	228	228	38.5		0	38.5
PIE,CHOC CREME,COMMLY PREP	467	634	33.6	2	0	31.6
PIE,CHOC MOUSSE,PREP FROM MIX,NO-BAKE TYPE	84	84	29.6		0	29.6
PIE,COCNT CREME,COMMLY PREP	651	973	37.2	1.3	0	35.9
PIE,COCNT CRM,PREP FROM MIX,NO-BAKE TYPE	484	452	28.5	0.5	0	28
PIE,COCNT CUSTARD,COMMLY PREP	641	226	30.2	1.8	0	28.4
PIE,EGG CUSTARD,COMMLY PREP	522	269	20.8	1.6	0	19.2
PIE,FRIED PIES,FRUIT	388	643	42.6	2.6	0	40
PIE,LEMON MERINGUE,COMMLY PREP	539	390	47.2	1.2	0	46
PIE,LEMON MERINGUE,PREP FROM RECIPE	310	310	39.1		0	39.1
PIE,MINCE,PREP FROM RECIPE	299	439	48	2.6	0	45.4
PIE,PEACH	472	645	32.9	0.8	0	32.1
PIE,PECAN,COMMLY PREP	306	383	57.2	3.5	0	53.7
PIE,PECAN,PREP FROM RECIPE	301	301	52.2		0	52.2
PIE,PUMPKIN,COMMLY PREP	649	440	27.3	2.7	0	24.6
PIE,PUMPKIN,PREP FROM RECIPE	494	494	26.4		0	26.4
PIE,VANILLA CRM,PREP FROM RECIPE	441	915	32.6	0.6	0	32
PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE, GRAHAM CRACKER,BKD	463	778	65.2	1.5	0	63.7
PIE CRUST,STANDARD-TYPE,DRY MIX	301	301	52.1		0	52.1
PIE CRUST,STANDARD-TYPE,DRY MIX,PREP,BKD	69	384	50.4	1.8	0	48.6
PIE CRUST,STANDARD-TYPE,FRZ,RTB,ENR	244	419	44.1	0.9	0	43.2
PIE CRUST,STANDARD-TYPE,FRZ,RTB,BKD	385	384	49.6	1	0	48.6

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
PIE CRUST,STANDARD-TYPE,PREP FROM RECIPE,BKD	300	439	47.5	1.7	0	45.8
PUFF PASTRY,FRZ,RTB	297	312	45.1	1.5	0	43.6
PHYLLO DOUGH	475	450	52.6	1.9	0	50.7
POPOVERS,DRY MIX,ENRICHED	373	373	71		0	71
ROLLS, DINNER, PLN,COMM PREPARED (INC BROWN -N-SERVE)	301	69	52.04	2	0	50.04
ROLLS,DINNER,EGG	301	418	52	3.7	0	48.3
ROLLS,DINNER,OAT BRAN	466	973	40.2	4.1	0	36.1
ROLLS,DINNER,RYE	535	298	53.1	4.9	0	48.2
ROLLS,DINNER,WHEAT	390	388	46	3.8	0	42.2
ROLLS,DINNER,WHOLE-WHEAT	492	312	51.1	7.5	0	43.6
ROLLS,FRENCH	69	621	50.2	3.2	0	47
ROLLS,HAMBURGER OR HOTDOG,PLN	385	447	49.45	2.1	0	47.35
ROLLS,HAMBURGER OR HOTDOG,MIXED-GRAIN	244	466	44.6	3.8	0	40.8
ROLLS,HAMBURGER OR HOTDOG,RED-CAL	388	973	42.1	6.2	0	35.9
ROLLS,HARD (INCL KAISER)	475	69	52.7	2.3	0	50.4
STRUDEL,APPLE	466	310	41.1	2.2	0	38.9
SWEET ROLLS,CHEESE	312	388	43.7	1.2	0	42.5
SWEET ROLLS,CINN,COMMLY PREP W/RAISINS	450	384	50.9	2.4	0	48.5
SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG	495	495	51.6		0	51.6
SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG,BKD	403	403	56.1		0	56.1
TACO SHELLS, BAKED	214	431	62.72	4.6	0	58.12
TOASTER PASTRIES,BROWN-SUGAR-CINNAMON	405	395	68.1	1	0	67.1
TOASTER PASTRIES,FRUIT	402	405	69.23	1.1	0	68.13
TORTILLAS,RTB OR -FRY,CORN	244	473	44.64	6.3	0	38.34
TORTILLAS,RTB OR -FRY,FLR	492	418	51.35	3.1	0	48.25
WAFFLES,PLN,FRZ,RTH	419	466	42.98	2.2	0	40.78
WAFFLES,PLN,PREP FROM RECIPE	472	472	32.9		0	32.9
WONTON WRAPPERS (INCL EGG ROLL WRAPPERS)	453	403	57.9	1.8	0	56.1
LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NAAL SULFATE	945	633	27.7	0.2	0	27.5
LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,STRAIGHT PO4	943	631	24.1	0.2	0	23.9
LEAVENING AGENTS,BAKING PDR,LOW-SODIUM	468	244	46.9	2.2	0	44.7
LEAVENING AGENTS,BAKING SODA	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
LEAVENING AGENTS,CRM OF TARTAR	267	430	61.5	0.2	0	61.3
LEAVENING AGENTS,YEAST,BAKER'S,COMPRESSED	644	263	18.1	8.1	0	10
LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DRY	473	861	38.2	21	0	17.2
BREAD CRUMBS,DRY,GRATED,SEASONED	749	778	68.49	4.9	0	63.59
COOKIES,OATMEAL,PREP FROM RECIPE,WO/RAISINS	406	406	66.4		0	66.4
COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/BUTTER	431	431	58.2		0	58.2
BREAD,PROT,TSTD (INCL GLUTEN)	298	297	48.1	3.3	0	44.8
BREAD,RICE BRAN,TOASTED	539	388	47.3	5.3	0	42
BREAD,WHEAT GERM,TOASTED	478	301	54.3	2.3	0	52
MUFFINS,BLUEBERRY,TOASTER-TYPE,TSTD	496	293	56.7	1.9	0	54.8
MUFFINS,WHEAT BRAN,TOASTER-TYPE W/RAISINS,TSTD	449	539	55.5	8.2	0	47.3
PANCAKES,BTTRMLK,PREP FROM RECIPE	78	78	28.7		0	28.7
ROLLS,DINNER,PLN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	302	495	53.4	1.9	0	51.5
PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,CHOC WAFER,CHILLED	478	535	54.4	1.5	0	52.9
PIE CRUST,COOKIE-TYPE,PREP FR RECIPE,GRAHAM CRACKER,CHILLED	377	412	63.9	1.5	0	62.4
CRACKERS,MATZO,EGG&ONION	369	318	77.1	5	0	72.1
PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,VANILLA WAFER,CHILLED	69	69	50.2	0.1	0	50.1
PIE CRUST,STANDARD-TYPE,PREP FROM RECIPE,UNBAKED	388	310	42.3	3.4	0	38.9
WAFFLES,PLN,FRZ,READY -TO-HEAT,TSTD	385	468	49.29	2.4	0	46.89
BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	302	492	53.4	2.3	0	51.1
BAGELS,PLN,UNENR,W/CA PROP (INCL ONION,POPPY,SESAME)	302	492	53.4	2.3	0	51.1
BAGELS,PLN,UNENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	302	492	53.4	2.3	0	51.1
BREAD,CORNBREAD,DRY MIX,UNENR (INCL CORN MUFFIN MIX)	402	733	69.5	6.5	0	63
BREAD,PITA,WHITE,UNENR	449	292	55.7	2.2	0	53.5
BREAD,RAISIN,UNENRICHED	475	299	52.3	4.3	0	48
BREAD,WHITE,COMMPLY PREP,LO NA NO SALT	385	539	49.5	2.3	0	47.2

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,UNENR	910	244	46.7	2	0	44.7
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,UNENR	475	495	52.5	1	0	51.5
CAKE,WHITE,DRY MIX,PUDDING-TYPE,UNENR	479	344	81	0.7	0	80.3
CAKE,YEL,DRY MIX,REG,UNENR	513	369	78.1	1.1	0	77
COOKIES,BUTTER,COMMLY PREP,UNENR	404	405	68.9	0.8	0	68.1
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,UNENR	406	377	66.8	2.5	0	64.3
COOKIES,LADYFINGERS,WO/ LEMON JUC&RIND	734	732	59.7	1	0	58.7
CRACKERS,MELBA TOAST,PLN,WO/SALT	339	363	76.6	6.3	0	70.3
CRACKERS,SALTINES,LO SALT (INCL OYSTER,SODA,SOUP)	443	749	71.5	3	0	68.5
CRACKERS,SALTINES, UNSALTED TOPS (INCL OYSTER,SODA,SOUP)	443	749	71.5	3	0	68.5
CRACKERS,STD SNACK-TYPE,REG,LO SALT	393	734	61	1.6	0	59.4
CRACKERS,WHEAT,LOW SALT	780	391	64.9	4.5	0	60.4
CRACKERS,WHOLE-WHEAT,LO SALT	404	431	68.6	10.5	0	58.1
DANISH PASTRY,CINN,UNENR	244	312	44.6	1.2	0	43.4
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	461	390	47.8	1.9	0	45.9
BREAD,WHITE,COMMLY PREP,TSTD,LO NA NO SALT	478	478	54.4		0	54.4
DANISH PASTRY,LEMON,UNENR	461	390	47.8	1.9	0	45.9
CRACKERS,CHS,LO NA	431	449	58.2	2.4	0	55.8
DANISH PASTRY,RASPBERRY,UNENR	461	390	47.8	1.9	0	45.9
DOUGHNUTS,YEAST-LEAVENED,GLAZED,UNENR (INCL HONEY BUNS)	244	419	44.3	1.2	0	43.1
ENGLISH MUFFINS,PLN,ENR,WO/ CA PROP (INCL SOURDOUGH)	390	312	46	2.7	0	43.3
ENGLISH MUFFINS,PLN,UNENR,W/CA PROP (INCL SOURDOUGH)	390	312	46	2.7	0	43.3
ENGLISH MUFFINS,PLN,UNENR,WO/CA PROP (INCL SOURDOUGH)	390	312	46	2.7	0	43.3
PIE,APPL,COMMLY PREP,UNENR FLR	171	441	34	1.6	0	32.4
PIE,FRIED PIES,CHERRY	388	643	42.6	2.6	0	40
PIE,FRIED PIES,LEMON	388	643	42.6	2.6	0	40
PIE CRUST,STANDARD-TYPE,FRZ,RTB,UNENR	244	419	44.1	0.9	0	43.2
POPOVERS,DRY MIX,UNENR	373	373	71		0	71

	Code to use	Code ( Fiber Method)	Carbo- hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
TACO SHELLS,BKD,WO/ SALT	412	293	62.4	7.5	0	54.9
TORTILLAS,RTB OR - FRY,CORN,WO/ SALT	910	388	46.6	5.2	0	41.4
TORTILLAS,RTB OR - FRY,FLR,WO/ CA	449	475	55.6	3.3	0	52.3
CAKE,POUND,COMMLY PREP,FAT-FREE	393	394	61	1.1	0	59.9
CAKE,SNACK CAKES,CUPCAKES,CHOC,W/ FRSTNG,LOW-FAT	395	214	67.2	4.3	0	62.9
CAKE,YELLOW,DRY MIX,LIGHT	342	355	84.1	1.3	0	82.8
COOKIES,OATMEAL,COMMLY PREP,FAT-FREE	15	443	78.6	7.3	0	71.3
CRACKERS,SALTINES,FAT- FREE,LOW-SODIUM	355	374	82.3	2.7	0	79.6
BREAKFAST TART,LOFAT	500	319	76.8	1.5	0	75.3
TOASTER PASTRIES,KELLOGG ,KELLOGG'S POP TARTS,APPL CINN	318	373	72.02	1.1	0	70.92
TOASTER PASTRIES,KE LLOGG,KELLOGG'S POP TARTS,BLUEBERRY	749	395	68.38	1.1	0	67.28
TOASTER PASTRIES,KELLOGG, KELLOGG'S POP TARTS,FRSTD BLUEBERRY	443	363	71.77	1.1	0	70.67
TOASTER PASTRIES,KELLOGG ,KELLOGG'S POP TARTS,BRWN SUGAR CINN	377	214	64.4	1.5	0	62.9
TOASTER PASTRIES,KELLOGG,K ELLOGG'S POP TRTS,FRSTD BR SGR CIN	749	406	68.32	1.3	0	67.02
TOASTER PASTRIES,KELLOGG,K ELLOGG'S POPTARTS,CHERRY	499	320	71.19	1.1	0	70.09
TOASTER PASTRIES,KELLOGG, KELLOGG'S POP TARTS,FRSTD CHERRY	318	373	71.96	1	0	70.96
TOASTER PASTRIES,KELLOGG, KELLOGG'S POP TARTS,FRSTD CHOC FUDG	443	363	71.8	1.1	0	70.7
TOASTER PASTRIES,KELLOGG,KELLOG POP TARTS,FRSTD CHOC VAN CRM	380	320	70.84	1	0	69.84
TOASTER PASTRIES,KELLOGG, KELLOGG'S POP TARTS,FRSTD GRAPE	512	499	72.25	1	0	71.25
TOASTER PASTRIES,KELLOGG, KELLOGG'S POP TARTS,FRSTD RASPBERRY	443	363	71.54	1	0	70.54
TOASTER PASTRIES,KELLOGG,K ELLOGG'S POP TARTS,S'MORES	402	405	69.6	1.4	0	68.2
TOASTER PASTRIES,KE LLOGG,KELLOGG'S POP TARTS,STRAWBERRY	373	320	71	1.1	0	69.9
TOASTER PASTRIES,KELLOGG ,KELLOGG'S POP TARTS,FRSTD STRAWBERRY	515	443	72.4	1	0	71.4

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
TOASTER PASTRIES,KELLOGG, KELLOGG'S POP TARTS,FRSTD WLD BERRY	456	318	72.9	1	0	71.9
KELLOGG,KELLOGG'S LOFAT POP TARTS,FRSTD BROWN SUGAR CINN	359	369	78.3	1.2	0	77.1
KELLOGG,KELLOGG'S LOFAT POP TARTS,FRSTD CHOC FUDGE	511	319	76	1.1	0	74.9
KELLOGG,KELLOGG'S LOFAT POP TARTS,STRAWBERRY	339	322	76.6	1.2	0	75.4
KELLOGG,KELLOGG'S LOFAT POP TARTS,FRSTD STRAW-BERRY	296	510	77.5	1.1	0	76.4
KELLOGG,KELLOGG'S EGGO,BTTRMLK PANCAKE	261	459	38.1	1.1	0	37
KELLOGG,KELLOGG'S EGGO,BANANA BREAD WAFFLES	388	310	41.6	2.5	0	39.1
KELLOGG,KELLOGG'S NUTRI-GRAIN CRL BARS,MXD BERRY	379	373	72.8	1.9	0	70.9
KELLOGG'S EGGO LOWFAT HOMESTYLE WAFFLES	244	419	44.15	1	0	43.15
KELLOGG'S EGGO LOWFAT NUTRI - GRAIN WAFFLES	466	435	40.27	3.7	0	36.57
KELLOGG'S EGGO LOWFAT BLUEBERRY NUTRI - GRAIN WAFFLES	509	627	42.71	3.5	0	39.21
KELLOGG'S POP-TARTS PASTRY SWIRLS,APPL CINN DANISH	734	431	59.7	1.4	0	58.3
KELLOGG'S POP-TARTS PASTRY SWIRLS,STRAWBERRY DANISH	394	431	60	1.8	0	58.2
KELLOGG'S POP-TARTS PASTRY SWIRLS,CHS DANISH	729	431	59.1	0.5	0	58.6
KELLOGG'S EGGO GOLDEN OAT WAFFLES	471	171	37.52	3.5	0	34.02
ARCHWAY HOME STYLE COOKIES,SUGAR FREE OATMEAL	395	463	67.2	1.9	0	65.3
ARCHWAY Home Style Cookies, Sugar Free Rocky Road	377	267	64.41	2.8	0	61.61
ARCHWAY Home Style Cookies, Apple Filled Oatmeal	395	362	67.21	1.7	0	65.51
ARCHWAY Home Style Cookies, Apricot Filled	230	778	65.86	2.2	0	63.66
ARCHWAY Home Style Cookies, Cherry Filled	780	214	64.75	2	0	62.75
ARCHWAY Home Style Cookies, Chocolate Chip Drop	778	267	63.28	1.6	0	61.68
ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	780	733	65.02	2	0	63.02
ARCHWAY Home Style Cookies, Coconut Macaroon	430	403	61.23	5.1	0	56.13
ARCHWAY Home Style Cookies, Cookies Jar Hermits	363	749	70.33	1.8	0	68.53
ARCHWAY Home Style Cookies, Dark Molasses	402	749	69.38	1.1	0	68.28
ARCHWAY Home Style Cookies, Date Filled Oatmeal	405	230	68.16	2.1	0	66.06

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
ARCHWAY Home Style Cookies, Dutch Cocoa	402	406	69.44	2.6	0	66.84
ARCHWAY HOME STYLE COOKIES,FROSTY LEMON	780	377	64.78	0.7	0	64.08
ARCHWAY Home Style Cookies, Fruit & Honey Bar	402	395	69.42	1.9	0	67.52
ARCHWAY Home Style Cookies, Iced Molasses	402	405	69.12	1	0	68.12
ARCHWAY Home Style Cookies, Iced Oatmeal	406	780	66.76	2	0	64.76
ARCHWAY Home Style Cookies, Molasses	402	405	69.41	1.2	0	68.21
ARCHWAY Home Style Cookies, Oatmeal	405	463	68.17	2.9	0	65.27
ARCHWAY Home Style Cookies, Oatmeal Raisin	402	406	69.27	2.7	0	66.57
ARCHWAY Home Style Cookies, Old Fashioned Molasses	363	402	70.55	1.1	0	69.45
ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	318	363	72.23	1.8	0	70.43
ARCHWAY HOME STYLE COOKIES,PNUT BUTTER	431	449	58.48	2.8	0	55.68
ARCHWAY Home Style Cookies, Pecan Ice Box	430	394	61.02	1.2	0	59.82
ARCHWAY HOME STYLE COOKIES,RASPBERRY FILLED	230	377	65.92	2.2	0	63.72
ARCHWAY HOME STYLE COOKIES,RUTH'S OATMEAL	230	778	66.15	2.6	0	63.55
ARCHWAY Home Style Cookies, Soft Sugar Drop	778	412	63.26	0.8	0	62.46
ARCHWAY Home Style Cookies, Strawberry Filled	230	377	65.92	2.2	0	63.72
ARCHWAY Home Style Cookies, Sugar	402	395	69.02	1.5	0	67.52
ARCHWAY Home Style Cookies, Gourmet Apple'n Raisin	406	377	66.33	2.5	0	63.83
ARCHWAY HOME STYLE COOKIES,FAT FREE DEVIL'S FD COOKIE	282	510	79.27	2.8	0	76.47
ARCHWAY Home Style Cookies, Fat Free Oatmeal Raisin	374	423	79.56	2.1	0	77.46
ARCHWAY Home Style Cookies, Gourmet Oatmeal Pecan	391	469	60.48	3.1	0	57.38
ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	511	319	76.23	1.1	0	75.13
ARCHWAY Home Style Cookies, Gourmet Rocky Road	230	778	65.94	2.6	0	63.34
ARCHWAY Home Style Cookies, Gourmet Ruth's Golden Oatmeal	780	412	64.97	2.7	0	62.27
ARCHWAY Home Style Cookies, Sugar Free Chocolate Chip	230	780	66.11	1.1	0	65.01
ARTIFICIAL BLUEBERRY MUFFIN MIX,DRY	423	423	77.45		0	77.45
KRAFT,STOVE TOP STUFFING MIX CHICKEN FLAVOR	456	363	73.1	2.5	0	70.6

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
GENERAL MILLS,BETTY CROCKER WILD BLUEBERRY MUFFIN MIX,DRY	780	780	64.9		0	64.9
CAKE,BETTY CROCKER,SUPERMOIST PARTY CAKE SWIRL,DRY MIX	355	355	82.5		0	82.5
GEORGE WESTON BAKER,BROWNBERRY SAGE & ONION STUFFING MIX,DRY	379	395	72.7	5.4	0	67.3
GENERAL MILLS,GOLD MEDAL IMITATION BLUEBERRY MUFFIN MIX,DRY	15	15	78.8		0	78.8
KEEBLER,KEEBLER CHOC GRAHAM SELECTS	443	443	71.8		0	71.8
KEEBLER,KEEBLER GOLDEN VANILLA WAFERS,ARTIFICIALLY FLAV	320	320	69.7		0	69.7
CONTINEN MILL, KRUSTEAZ Almd Poppyseed Muff Mix, Art Fla,dry	322	229	75.6	1.7	0	73.9
MCKEE BAKING,LITTL DEBBI NUT BAR,WAFER W/PNUT BUTE,CHOC COVE	295	295	55.2		0	55.2
MARTHA WHITE FOODS,MARTHA WHITE'S CHEWY FUDGE BROWNIE MIX,	342	479	83.58	2.9	0	80.68
MARTHA WHITE FOODS,MARTHA WHITE'S BTTRMLK BISCUIT MIX,DRY	734	453	59.41	1.5	0	57.91
MISSION FOODS,MISSION FLR TORTILLAS,SOFT TACO,8 INCH	385	385	49.6		0	49.6
NABISCO,NABISCO GRAHAMS CRACKERS	511	379	76.2	3.4	0	72.8
NABISCO,NABISCO NILLA PIE CRUST,READY TO USE	733	457	63.1	0.9	0	62.2
NABISCO,NABISCO OREO CRUNCHIES,COOKIE CRUMB TOPPING	320	406	70.23	3.2	0	67.03
NABISCO,NABISCO RITZ CRACKERS	377	412	64.2	1.9	0	62.3
NABISCO,NABISCO SNACKWELL'S ZESTY CHS CRACKERS	369	319	77	2	0	75
PEPPERIDGE FARM CLASSIC STYLE CROUTONS,SEASONED	430	430	61.1		0	61.1
PEPPERIDGE FARM CRUSTY ITALIAN BREAD,GARLIC	388	388	41.6		0	41.6
PEPPERIDGE FARM APPL TURNOVERS,FRZ,READY TO BAKE	465	472	35.1	1.8	0	33.3
PILLSBURY,BTTRMLK BISCUITS,ART FLAVOR,REFR DOUGH	439	312	45.31	1.6	0	43.71
PILLSBURY,CHOC CHIP COOKIES,REFR DOUGH	393	431	60.71	2.1	0	58.61
PILLSBURY,CRUSTY FRENCH LOAF,REFR DOUGH	4	244	46.15	1.7	0	44.45
PILLSBURY,TRADITIONAL FUDGE BROWNIE MIX,DRY	359	359	78.3		0	78.3

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PILLSBURY GRANDS,BTTRMLK BISCUITS,REFR DOUGH	388	466	41.38	1.2	0	40.18
PILLSBURY GOLDEN LAYER BTTRMLK BISCUIT,ART FLAVOR,REFR DOUGH	466	643	41.18	1.2	0	39.98
PILLSBURY,CINN ROLLS W/ ICING,REFR DOUGH	475	492	52.27	1.1	0	51.17
KRAFT FOODS,SHAKE 'N' BAKE ORIG RECIPE,COATING FOR PORK,DRY	344	344	79.8		0	79.8
GEORGE WESTON BAKERIES,THOMAS ENG MUFFINS	390	390	46		0	46
HEINZ,WEIGHT WATCHER,CHOC ECLAIR,FRZ	466	473	40.3	2.1	0	38.2
INTERSTATE BRANDS CORP,WONDER HAMBURGER ROLLS	450	418	50.84	2.6	0	48.24
GENERAL MILLS,BETTY CROCKER SUPERMOIST YEL CAKE MIX,DRY	486	486	81.3		0	81.3
NABISCO,NABISCO SNACK-WELL'S CRACKED PEPPER CRACKER	370	318	74.69	2.8	0	71.89
NABISCO,NABISCO SNACK-WELL'S SALSA SNACK CRACKERS	489	511	77.84	2	0	75.84
NABISCO,NABISCO SNACK-WELL'S ITALIAN RANCH SNACK CRACKERS	489	322	77.77	2	0	75.77
NABISCO,NABISCO SNACK-WELL'S FRENCH ONION SNACK CRACKERS	369	319	77	2	0	75
NABISCO,NABISCO SNACK-WELL'S MINT CREME COOKIES	511	456	75.95	2.6	0	73.35
NABISCO,NABISCO SNACK-WELL'S FAT FREE DEVIL'S FD COOKIE CAKES	514	379	74.25	1.6	0	72.65
NABISCO,NABISCO SNACK-WELL'S WHEAT CRACKER	369	456	77	3.9	0	73.1
Crackers, cheese, sandwich-type with cheese filling	732	496	58.76	1.9	0	56.86
USDA CMDTY,BAKERY,FLR MIX	412	295	62.53	7.1	0	55.43
USDA CMDTY,BAKERY FLR MIX LOW-FAT	363	395	70.59	3.5	0	67.09
WAFFLES,BTTRMLK,FRZ,RTH	466	228	41.05	2.2	0	38.85
WAFFLE,BTTRMLK,FRZ,RTH,TSTD	418	439	48.39	2.6	0	45.79
WAFFLE,BTTRMLK,FRZ,RTH,MIC ROWAVED	244	388	44.16	2.4	0	41.76
WAFFLE,PLN,FRZ,RTH,MICRO WAVE	439	419	45.41	2.4	0	43.01
PANCAKES,PLN,FRZ,RTH,MICRO WAVE (INCLUDES BUTTERMILK)	312	466	43.33	2.5	0	40.83
TOASTER PASTRIES, FRUIT,FSTED(IND APP,BLBE,CHERRY,STR)	380	320	70.81	0.7	0	70.11

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
TOASTER PASTRIES,FRUIT,TSTD (APPL,BLUEBERRY,CHERRY,STR AWBERY)	379	443	72.7	1	0	71.7
BEEF JERKY,CHOPD&FORMED	23	961	11	1.8	0	9.2
CORN-BASED,EXTRUDED,CHIPS,PLN	733	453	63.01	5.3	0	57.71
CORN-BASED,EXTRUDED,CHIPS, BARBECUE-FLAVOR	403	731	56.2	5.2	0	51
CORN-BASED,EXTRUDED,CONES,PLN	214	457	62.9	1.1	0	61.8
CORN-BASED,EXTRUDED,CONE S,NACHO-FLAVOR	306	403	57.3	1	0	56.3
CORN-BASED,EXTRUDED,ONION-FLAVOR	780	430	65.1	3.9	0	61.2
CORN-BASED,EXTRUDED,PUFFS OR TWISTS,CHEESE-FLAVOR	308	301	54.1	2.2	0	51.9
CORNNUTS,PLAIN	318	780	71.86	6.9	0	64.96
CRISPED RICE BAR,CHOC CHIP	456	380	73	2.2	0	70.8
FRUIT LEATHER,PIECES	355	355	82.82	0	0	82.82
FRUIT LEATHER,ROLLS	227	227	85.8	0	0	85.8
GRANOLA BARS,HARD,PLAIN	377	729	64.4	5.3	0	59.1
GRANOLA BARS,HARD,ALMOND	457	306	62	4.8	0	57.2
GRANOLA BARS,HARD,CHOC CHIP	318	444	72.1	4.4	0	67.7
GRANOLA BARS,HARD,PEANUT	778	734	63.7	4.3	0	59.4
GRANOLA BARS,SOFT,UNCOATED,PLN	395	214	67.3	4.6	0	62.7
GRANOLA BARS,SOFT,UNCOATED,PNUT BUTTER	377	394	64.4	4.3	0	60.1
GRANOLA BARS,SOFT,UNCOATED,RAISIN	406	457	66.4	4.2	0	62.2
GRANOLA BARS,OATS,FRUITS&NUT	423	318	77.42	5.3	0	72.12
GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,CHOC CHIP	377	391	63.8	3.4	0	60.4
GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,PNUT BUTTER	302	450	53.4	2.8	0	50.6
GRANOLA BARS,SOFT,UNCOATED,PNUT BUTTER&CHOC CHIP	457	453	62.2	4.2	0	58
ORIENTAL MIX,RICE-BASED	495	473	51.62	13.2	0	38.42
DOO DADS SNACK MIX,ORIGINAL FLAVOR	377	469	64.3	6.8	0	57.5
CHEX MIX	780	734	65.1	5.6	0	59.5
POPCORN,AIR-POPPED	489	778	77.9	14.5	0	63.4
SNACKS,POPCORN,OIL-POPPED,MICROWAVE,REG FLAVOR	297	459	45.06	8.1	0	36.96
POPCORN,CAKES	344	369	80.1	2.9	0	77.2

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
POPCORN,CARAMEL-COATED,W/PNUTS	479	500	80.7	3.8	0	76.9
POPCORN,CARAMEL-COATED,WO/PNUTS	282	229	79.1	5.2	0	73.9
POPCORN,CHEESE-FLAVOR	495	388	51.6	9.9	0	41.7
PORK SKINS,PLAIN	3	3	0	0	0	0
POTATO CHIPS,BARBECUE-FLAVOR	535	418	52.8	4.4	0	48.4
POTATO CHIPS,SOUR-CREAM-AND-ONION-FLAVOR	495	4	51.5	5.2	0	46.3
POTATO CHIPS,MADE FROM DRIED POTATOES,LT	780	430	64.9	3.6	0	61.3
POTATO CHIPS,MADE FR DRIED POTATOES,SOUR-CREAM&ONION-FLAVOR	492	69	51.3	1.2	0	50.1
PRETZELS,HARD,PLN,SALTED	374	339	79.76	3	0	76.76
PRETZELS,HARD,CONFECTIONER'S COATING,CHOCOLATE-FLAVOR	373	373	70.9		0	70.9
PRETZELS,HARD,WHOLE-WHEAT	479	229	81.2	7.7	0	73.5
RICE CAKES,BROWN RICE,PLN	486	426	81.5	4.2	0	77.3
RICE CAKES,BROWN RICE,BUCKWHEAT	344	510	80.1	3.8	0	76.3
RICE CAKES,BROWN RICE,SESAME SD	486	511	81.5	5.4	0	76.1
TORTILLA CHIPS,PLAIN	207	391	65.56	5.3	0	60.26
SNACKS,TORTILLA CHIPS,NACHO CHS	267	306	61.74	4.6	0	57.14
SNACKS,TORTILLA CHIPS,RANCH-FLAVOR	214	732	62.74	4	0	58.74
TRAIL MIX,REGULAR	297	297	44.9		0	44.9
TRAIL MIX,TROPICAL	207	207	65.6		0	65.6
TRAIL MIX,REG,W/CHOC CHIPS,SALTED NUTS&SEEDS	297	297	44.9		0	44.9
TORTILLA CHIPS,TACO-FLAVOR	733	453	63.1	5.3	0	57.8
CANDIES,TOOTSIE ROLL,CHOCOLATE-FLAVOR ROLL	371	371	87.73	0.1	0	87.63
CANDIES,ALMOND JOY CANDY BAR	734	478	59.51	5	0	54.51
CANDIES,TWIZZLERS CHERRY BITES	352	282	79.38	0.1	0	79.28
CANDIES,NESTLE,BIT-O'-HONEY CANDY CHEWS	344	344	80	0.2	0	79.8
CANDIES,NESTLE,BUTTERFLINGER BAR	456	373	72.9	2	0	70.9
CANDIES,BUTTERSCOTCH	350	350	90.4	0	0	90.4
CANDIES,CAROB,UNSWTND	403	475	56.29	3.8	0	52.49
CANDIES,CARAMELS	369	369	77	0	0	77
CANDIES,CARAMELLO CANDY BAR	377	412	63.81	1.2	0	62.61
CANDIES,CARAMELS,CHOCOLATE-FLAVOR ROLL	371	371	87.73	0.1	0	87.63

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BAKING CHOC,UNSWTND,LIQ	171	661	33.9	18.1	0	15.8
BAKING CHOC,UNSWTND,SQUARES	84	962	29.84	16.6	0	13.24
CANDIES,CONFECTIONER'S COATING,YOGURT	377	377	63.94	0	0	63.94
CANDIES,SEMISWEET CHOC	733	306	63.1	5.9	0	57.2
CANDIES,SWEET CHOCOLATE	734	308	59.6	5.5	0	54.1
CANDIES,SWT CHOC COATD FONDANT	344	513	80.2	2.1	0	78.1
CANDIES,HERSHEY'S GOLDEN ALMOND SOLITAIRES	621	388	46.91	4.4	0	42.51
CANDIES,CONFECTIONER'S COATING,BUTTERSCOTCH	395	395	67.1	0	0	67.1
CANDIES,CONFECTIONER'S COATING,PNUT BUTTER	621	388	47.05	4.8	0	42.25
CANDIES,WHITE CHOC	729	729	59.24	0	0	59.24
ICE CREAMS,VANILLA,LT	524	946	25.8	0.3	0	25.5
ICE CREAMS,VANILLA,RICH	626	626	22.29	0	0	22.29
ICE CREAMS,FRENCH VANILLA,SOFT-SERVE	626	660	22.2	0.7	0	21.5
CANDIES,YORK PEPPERMINT PATTIE	479	282	80.99	2	0	78.99
CANDIES,TWIZZLERS NIBS CHERRY BITS	352	15	79.37	0.6	0	78.77
CANDIES,SYMPHONY MILK CHOC BAR	453	403	58.01	1.7	0	56.31
DESSERTS,FLAN,CARAMEL CUSTARD,PREPARED-FROM-RECIPE	80	80	22.69	0	0	22.69
ICE CREAMS,VANILLA	77	82	23.6	0.7	0	22.9
ICE CREAMS,VANILLA,LT,SOFT-SERVE	909	909	21.8	0	0	21.8
SHERBET,ORANGE	641	969	30.4	3.3	0	27.1
CANDIES,5TH AVENUE CANDY BAR	214	734	62.68	3.1	0	59.58
CANDIES,FONDANT,PREPARED-FROM-RECIPE	366	366	93.42	0	0	93.42
CANDIES,FUDGE,CHOC,PREPARED-FROM-RECIPE	510	319	76.48	1.7	0	74.78
CANDIES,FUDGE,CHOC,W/ NUTS,PREPARED-FROM-RECIPE	405	362	67.96	2.5	0	65.46
CANDIES,FUDGE,PNUT BUTTER,PREPARED-FROM-RECIPE	489	369	77.75	0.7	0	77.05
CANDIES,FUDGE,VANILLA,PREPARED-FROM-RECIPE	355	355	82.28	0	0	82.28
CANDIES,FUDGE,VANILLA W/ NUTS	370	229	74.74	0.9	0	73.84
CANDIES,NESTLE,GOOBERS CHOC COVERED PNUTS	535	312	53	9.7	0	43.3
CANDIES,GUMDROPS,STARCH JELLY PIECES	776	776	98.9	0.1	0	98.8
CANDIES,HARD	769	769	98	0	0	98

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CANDIES,JELLYBEANS	366	366	93.55	0.2	0	93.35
CANDIES,KIT KAT WAFER BAR	377	778	64.59	1	0	63.59
CANDIES,KRACKEL CHOC BAR	377	267	63.96	2.2	0	61.76
CANDIES,NESTLE,BABY RUTH BAR	780	214	64.8	2	0	62.8
CANDIES,TWIZZLERS STRAWBERRY TWISTS CANDY	374	374	79.74	0	0	79.74
SYRUPS, TABLE BLENDS,PANCAKE,W/BUTTER	229	229	74.1	0	0	74.1
ICE CREAMS,CHOC,LT	628	280	29.04	0.8	0	28.24
CANDIES,MASTERFOODS USA,MARS ALMOND BAR	214	393	62.7	2	0	60.7
CANDIES,MARSHMALLOWS	486	479	81.3	0.1	0	81.2
CANDIES,HALAVAH,PLAIN	391	449	60.49	4.5	0	55.99
CANDIES,NESTLE,OH HENRY! BAR	362	778	65.5	1.9	0	63.6
CANDIES,NESTLE,CHUNKY BAR	394	469	60	2.5	0	57.5
CANDIES,MILK CHOC	734	449	59.4	3.4	0	56
PUDDINGS,BANANA, DRY MIX,INST,PREP W/ 2% MILK	759	759	19.74	0	0	19.74
PUDDINGS,BANANA, DRY MIX,REG,PREP W/ 2% MILK	647	647	18.43	0	0	18.43
PUDDINGS,CHOC, DRY MIX,INST,PREP W/ 2% MILK	102	761	18.89	0.4	0	18.49
BAKING CHOC,MEXICAN,SQUARES	426	229	77.41	4	0	73.41
CHOCOLATE-FLAVORED HAZEL-NUT SPRD	457	496	62.16	5.4	0	56.76
CANDIES,MILK CHOC COATD PNTS	385	244	49.4	4.7	0	44.7
CANDIES,MILK CHOC COATD RAISINS	749	377	68.3	4.2	0	64.1
SYRUPS, TABLE BLENDS,PANCAKE,RED-CAL	244	244	44.3	0	0	44.3
SYRUPS, TABLE BLENDS,PANCAKE	267	393	61.47	0.7	0	60.77
CANDIES,HERSHEY'S POT OF GOLD ALMOND BAR	4	388	46.15	3.8	0	42.35
CANDIES,MILK CHOC,W/ALMONDS	535	621	53.2	6.2	0	47
CANDIES,MILK CHOC,W/RICE CRL	778	394	63.4	3.3	0	60.1
CANDIES,MASTERFOODS USA,MILKY WAY BAR	363	402	70.48	1	0	69.48
CANDIES,SKOR TOFFEE BAR	267	391	61.72	1.3	0	60.42
TOPPINGS,STRAWBERRY	406	207	66.3	0.7	0	65.6
CANDIES,TRUFFLES,PREPARED-FROM-RECIPE	297	388	44.88	2.5	0	42.38
BAKING CHOC,MASTERFOODS,M&M'S SEMISWEET CHOC MINI BAKNG BITS	230	734	65.96	6.7	0	59.26

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
CANDIES,MASTERFOODS USA,M&M'S Pnut CHOC CANDIES	391	496	60.48	3.7	0	56.78
CANDIES,MASTERFOODS USA,M&M'S MILK CHOC CANDIES	499	749	71.19	2.8	0	68.39
CANDIES,MOUNDS CANDY BAR	431	293	58.59	3.7	0	54.89
CANDIES,MR. GOODBAR CHOC BAR	478	450	54.34	3.8	0	50.54
CANDIES,NESTLE,100 GRAND BAR	456	318	73	1	0	72
CANDIES,NESTLE,CRUNCH BAR&DSSRT TOPPING	406	780	67	1.9	0	65.1
BAKING CHOC,MASTERFOODS USA,M&M'S MILK CHOC MINI BAKING BITS	749	207	68.4	2.7	0	65.7
CANDIES,PEANUT BAR	447	312	47.4	4.1	0	43.3
CANDIES,PNUT BRITTLE,PREPARED-FROM-RECIPE	499	404	71.24	2.5	0	68.74
CANDIES,NESTLE,RAISINETS CHOC COVERED RAISINS	373	404	71	2.2	0	68.8
CANDIES,REESE'S Pnut BUTTER CUPS	295	495	55.36	3.6	0	51.76
CANDIES,REESE'S PIECES CANDY	394	496	59.86	3	0	56.86
CANDIES,ROLO CARAMELS IN MILK CHOC	405	406	67.95	0.9	0	67.05
CANDIES,NESTLE,AFTER EIGHT MINTS	511	229	76.2	2.4	0	73.8
CANDIES,SESAME CRUNCH	69	388	50.3	7.9	0	42.4
CANDIES,MASTERFOODS USA,SNICKERS BAR	391	431	60.56	2.3	0	58.26
CANDIES,MASTERFOODS USA,STARBURST FRUIT CHEWS,ORIGINAL	355	355	82.57	0	0	82.57
CANDIES,MASTERFOODS USA,M&M'S MINIS MILK CHOC CANDIES	749	207	68.4	2.7	0	65.7
CANDIES,MASTERFOODS USA,3 MUSKETEERS BAR	369	322	77.13	1.5	0	75.63
CANDIES,MASTERFOODS USA,TWIX CARAMEL COOKIE BARS	780	377	64.93	1.1	0	63.83
CANDIES,MASTERFOODS USA,TWIX Pnut BUTTER COOKIE BARS	308	731	54.15	3.1	0	51.05
CANDIES,WHATCHAMACALLIT CANDY BAR	778	430	63.23	1.9	0	61.33
CHEWING GUM	230	778	66.08	2.4	0	63.68
CANDIES,SPL DK CHOC BAR	734	535	59.41	6.5	0	52.91
COCOA,DRY PDR,UNSWTND	478	630	54.3	33.2	0	21.1
COCOA,DRY PDR,UNSWTND,PROC W/ALKALI	389	71	54.8	29.8	0	25

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
DESSERTS,EGG CUSTARD,BKD,PREPARED-FROM-RECIPE	289	289	10.72	0	0	10.72
EGG CUSTARDS,DRY MIX	355	355	82.8	0	0	82.8
EGG CUSTARDS,DRY MIX,PREP W/ WHL MILK	861	861	17.29	0	0	17.29
COCOA,DRY PDR,UNSWTND,HERSHEY'S EUROPEAN STYLE COCOA	394	643	60	20	0	40
GELATIN DSSRT,DRY MIX	350	350	90.5	0	0	90.5
GELATIN DSSRT,DRY MIX,PREP W/ H2O	632	632	14.19	0	0	14.19
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT	344	344	80.21	0.1	0	80.11
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,PREP W/ H2O	929	929	4.22	0	0	4.22
GELATINS,DRY PDR,UNSWTND	3	3	0	0	0	0
CANDIES,E.J. BRACH'S,BRACH'S STAR BRITES PEPPERMINT MINTS	769	769	97.7		0	97.7
CANDIES,NESTLE,WILLY WONKA EVERLASTING GOBSTOPPERS JAWBRAKR	366	366	93		0	93
CANDIES,YORK BITES	486	374	81.64	2	0	79.64
DESSERTS,MOUSSE,CHOC,PREPARED-FROM-RECIPE	225	559	16.07	0.6	0	15.47
PUDDINGS,CHOC,RTE	762	321	23	1	0	22
PUDDINGS,CHOC,DRY MIX,INST	371	342	87.7	3.6	0	84.1
PUDDINGS,CHOC,DRY MIX,INST,PREP W/ WHL MILK	793	99	18.8	1	0	17.8
DESSERTS,APPL CRISP,PREPARED-FROM-RECIPE	81	84	30.84	1.4	0	29.44
FLAN,CARAMEL CUSTARD,DRY MIX	14	14	91.6	0	0	91.6
PUDDINGS,CHOC,DRY MIX,REG	532	338	89.3	4.5	0	84.8
PUDDINGS,CHOC,DRY MIX,REG,PREP W/ WHL MILK	794	761	19.4	0.8	0	18.6
PUDDINGS,CHOC,DRY MIX,REG,PREP W/ 2% MILK	849	892	19.55	0.3	0	19.25
PUDDINGS,COCNT CRM,DRY MIX,INST,PREP W/ 2% MILK	269	758	19.2	0.1	0	19.1
PUDDINGS,RICE,RTE	321	321	22	0.1	0	21.9
PUDDINGS,RICE,DRY MIX	14	350	91.2	0.7	0	90.5
PUDDINGS,RICE,DRY MIX,PREP W/ WHL MILK	522	808	20.68	0.1	0	20.58
DESSERTS,CPC,ALSA MOUSSE MIX,PDR,DK CHOC	430	430	61.33		0	61.33
PUDDINGS,TAPIOCA,DRY MIX	366	366	94.3	0.2	0	94.1
PUDDINGS,TAPIOCA,DRY MIX,PREP W/ WHL MILK	794	794	19.43	0	0	19.43
PUDDINGS,VANILLA,RTE	321	321	22	0	0	22
PUDDINGS,VANILLA,DRY MIX,INST	366	366	92.9	0	0	92.9

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PUDDINGS,VANILLA,DRY MIX,INST,PREP W/ WHL MILK	759	759	19.7	0	0	19.7
PUDDINGS,LEMON,DRY MIX,INST,PREP W/ 2% MILK	542	542	20.2	0	0	20.2
EGG CUSTARDS,DRY MIX,PREP W/ 2% MILK	331	331	17.42	0	0	17.42
PUDDINGS,VANILLA,DRY MIX,REG	366	366	93.5	0.6	0	92.9
PUDDINGS,VANILLA,DRY MIX,REG,PREP W/ WHL MILK	751	761	18.68	0.1	0	18.58
PUDDINGS,RICE,DRY MIX,PREP W/ 2% MILK	522	522	20.81	0.1	0	20.71
PUDDINGS,TAPIOCA,DRY MIX,PREP W/ 2% MILK	849	849	19.56	0	0	19.56
PUDDINGS,VANILLA,DRY MIX,REG,PREP W/ 2% MILK	761	761	18.53	0	0	18.53
RENNIN,CHOC,DRY MIX,PREP W/ 2% MILK	276	270	13.47	0.5	0	12.97
RENNIN,VANILLA,DRY MIX,PREP W/ 2% MILK	895	895	12.34	0	0	12.34
CANDIES,PRALINE,PREPARED-FROM-RECIPE	734	403	59.59	3.5	0	56.09
FROZEN NOVELTIES,ICE TYPE,FRUIT,NO SUGAR ADDED	41	41	6.2	0	0	6.2
PUDDINGS,TAPIOCA,RTE	794	794	19.4	0	0	19.4
PUDDINGS,COCNT CRM,DRY MIX,REG,PREP W/ 2% MILK	99	919	17.8	0.2	0	17.6
DESSERTS,RENNIN,CHOC,DRY MIX	14	351	91.5	5.1	0	86.4
RENNIN,CHOC,DRY MIX,PREP W/ WHL MILK	165	245	13.34	0.5	0	12.84
DESSERTS,RENNIN,VANILLA,DRY MIX	776	776	99	0	0	99
RENNIN,VANILLA,DRY MIX,PREP W/ WHL MILK	271	271	12.21	0	0	12.21
DESSERTS,RENNIN,TABLETS,U NSWTND	615	615	19.8	0	0	19.8
FROSTINGS,CHOC,CREAMY,RTE	778	412	63.2	0.9	0	62.3
FROSTINGS,COCONUT-NUT,RTE	475	69	52.7	2.5	0	50.2
FROSTINGS,CRM CHEESE-FLAVOR,RTE	395	395	67.32	0	0	67.32
FROSTINGS,VANILLA,CREAM Y,RTE	444	444	67.89	0	0	67.89
FLAN,CARAMEL CUSTARD,DRY MIX,PREP W/ 2% MILK	793	793	18.82	0	0	18.82
FLAN,CARAMEL CUSTARD,DRY MIX,PREP W/ WHL MILK	751	751	18.68	0	0	18.68
PUDDINGS,VANILLA,RTE,FAT FREE	70	70	22.68	0	0	22.68
PUDDINGS,TAPIOCA,RTE,FAT FREE	273	273	20.4	0	0	20.4
PUDDINGS,CHOC,RTE,FAT FREE	767	847	20.3	0.8	0	19.5
CANDIES,HERSHEY'S MILK CHOC W/ ALMOND BITES	731	447	51	3.6	0	47.4

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
CANDIES,KIT KAT BITES	377	412	64.55	2.2	0	62.35
CANDIES,REESE'S BITES	295	301	55.18	3.1	0	52.08
CANDIES,REESE'S NUTRAGEOUS CANDY BAR	535	314	52.8	3.9	0	48.9
FROSTINGS,CHOC,CREAMY,DRY MIX	366	532	92	2.4	0	89.6
FROSTINGS,CHOC,CREAMY,DRY MIX,PREP W/ BUTTER	380	402	70.85	1.8	0	69.05
CANDIES,HEATH BITES	778	430	63.39	2	0	61.39
FROSTINGS,VANILLA,CREAMY,DRY MIX	366	366	93.8	0.1	0	93.7
FROSTINGS,WHITE,FLUFFY,DRY MIX	954	954	94.9	0	0	94.9
FROSTINGS,WHITE,FLUFFY,DRY MIX,PREP W/H2O	412	412	62.6	0	0	62.6
CANDIES,ALMOND JOY BITES	469	535	57.48	4.3	0	53.18
CANDIES,REESESTICKS CRISPY WAFERS,PNT BUTTER,MILK CHOC	295	301	55.38	3.3	0	52.08
CANDIES,HERSHEY,KIT KAT BIG KAT BAR	778	267	63.64	1.9	0	61.74
SOKOL,SOLO POPPY SD FILLING	431	431	58.1		0	58.1
CANDIES,REESE'S,FAST BREAK,MILK CHOC PNT BTR & SFT NUGTS	267	732	61.6	2.9	0	58.7
CANDIES,MASTERFOODS USA,DOVE MILK CHOC	394	469	59.78	2.4	0	57.38
CANDIES,MASTERFOODS USA,DOVE DK CHOC	734	495	59.4	7.6	0	51.8
CANDIES,MASTERFOODS USA,MILKY WAY CARAMELS,MILK CHOC COVERED	749	444	68.49	0.7	0	67.79
POLANER ALL-FRUIT STRAWBERRY SPRD	306	306	57		0	57
CANDIES,MASTERFOODS USA,MILKY WAY CARAMELS. DK CHOC COVERED	395	780	67.56	2.8	0	64.76
ICE CREAMS,HEALTHY CHOIC PRALINE & CARAMEL	441	285	32.2	1	0	31.2
ICE CREAMS,VANILLA,LT,NO SUGAR ADDED	518	522	21.42	0.7	0	20.72
FROZEN NOVELTIES,FRUIT & JUC BARS	542	269	20.2	1	0	19.2
FRZN NOVELT,ESKIMO PIE BAR,VANILLA ICE CRM,W/ DK CHOC	487	487	24.5		0	24.5
ICE CREAMS,CHOC,LT,NO SUGAR ADDED	946	487	25.4	0.9	0	24.5
CANDIES,DK CHOC COATD COFFEE BNS	394	475	59.95	7.5	0	52.45
SNACKS,GENERAL MILLS,BETTY CROCKER FRT RL UPS,BRY FLV,W/WT C	338	338	85.2		0	85.2
ICE CREAMS,CHOC	280	969	28.2	1.2	0	27

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
ICE CREAMS,STRAWBERRY	945	625	27.6	0.9	0	26.7
SNACKS,FARLEY CANDY,FARLEY FRUIT SNACKS,W/VITAMINS A,C,&E	479	479	80.9		0	80.9
SNACKS,SUNKIST,SUNKIST FRUIT ROLL,STRAWBERRY,W/ VITMNS A,C,&E	355	319	82.7	7.7	0	75
KRAFT,JELLO FAT& SUGR FR INST RED CAL PUD&PIE FLNG CHOC,W/ A	370	406	74.6	7.9	0	66.7
KRAFT,JELLO FAT&SGR FR INST RED CAL PUD&PIE FLNG VAN,W/ A,PD	489	339	77.9	1.3	0	76.6
KRAFT,JELLO SGR FR CK&SRV RED CAL PUD&PIE FLNG CHOC,W/ A	370	463	74.5	9.3	0	65.2
KRAFT,JELLO SGR FR CK&SRV RED CAL PUDD&PIE FLNG VAN,W/A,PDR	355	486	82.3	0.9	0	81.4
CANDIES,MILK CHOC COATD COFFEE BNS	412	496	62.42	5.7	0	56.72
FROZEN NOVELTIES,ICE TYPE,LIME	441	441	32.6	0	0	32.6
FROZEN NOVELTIES,ICE TYPE,ITALIAN,REST-PREP	276	276	13.5	0	0	13.5
FROZEN NOVELTIES,ICE TYPE,POP	892	892	19.23	0	0	19.23
PUDDINGS,KRAFT,JELL-O BRAND INST PUDD & PIE FILLING CHOC,PDR	532	343	89.6	2.4	0	87.2
PUDDINGS,KRAFT,JELL-O BRAND INST PUDD & PIE FILLING VAN,PDR	366	366	93.5	0.1	0	93.4
KRAFT,JELLO FAT FR CK&SRV RD CAL PUDD&PIE FLNG CHC,RG,PDR	14	336	91	1.3	0	89.7
KRAFT,JELLO FAT FR CK&SRV RD CL PUDD&PIE FLNG VAN,RG,PDR	366	366	94.3	0.3	0	94
PUDDINGS,KRAFT,JELL-O BRAND FAT FREE PUDD SNACKS CHOC,RTE	272	892	20.1	0.8	0	19.3
PUDDINGS,KRAFT,JELL-O BRAND FAT FREE PUDD SNACKS VANILLA,RTE	525	273	20.5	0.1	0	20.4
KRAFT,JELLO SGR FR LO CAL GELATIN STRWBRY,W/ A,PDR	86	86	4.9	0	0	4.9
KRAFT,JELLO SGR FR LO CAL GELATIN SNACKS STRAWBERRY,W/ A	3	3	0	0	0	0
CANDIES,MASTERFOODS USA,M&M'S CRISPY CHOC CANDIES	515	363	72.4	2	0	70.4
FROZEN YOGURTS,VANILLA,SOFT-SERVE	79	79	24.2	0	0	24.2
FRUIT BUTTERS,APPLE	509	466	42.77	1.5	0	41.27
CANDIES,MASTERFOODS USA,SNICKERS MUNCH BAR	312	310	43.64	4.7	0	38.94

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
HONEY	355	355	82.4	0.2	0	82.2
JAMS AND PRESERVES	404	444	68.86	1.1	0	67.76
JELLIES	320	404	69.95	1	0	68.95
CANDIES,FUDGE,CHOC MARSHMLLW,W/ NUTS,PREPARED-BY-RECIPE	395	463	67.36	2.1	0	65.26
CANDIES,MASTERFOODS USA,SNICKERS ALMOND BAR	780	457	64.67	2.6	0	62.07
MARMALADE,ORANGE	406	207	66.3	0.7	0	65.6
MOLASSES	370	370	74.73	0	0	74.73
CANDIES,MASTERFOODS USA,POP'ABLES SNICKERS BRAND BITE SIZE	430	732	61.07	2.3	0	58.77
CANDIES,MASTERFOODS USA,POP'ABLES MILKY WAY BRAND BITE SIZE	499	320	71.22	1	0	70.22
CANDIES,MASTERFOODS USA,POP'ABLES 3 MUSKETEERS BITE SIZE	511	370	75.94	1.3	0	74.64
CANDIES,MASTERFOODS USA,STARBURST FRUIT CHEWS,FRUIT & CREME	355	355	82.43	0	0	82.43
PECTIN,UNSWTND,DRY MIX	350	356	90.4	8.6	0	81.8
PUDDINGS,BANANA,RTE	485	630	21.2	0.1	0	21.1
PIE FILLINGS,APPL,CND	642	908	26.2	1	0	25.2
CANDIES,MASTERFOODS USA,STARBURST FRUIT CHEWS,TROPICAL	355	355	82.76	0	0	82.76
PIE FILLINGS,CND,CHERRY	452	536	28	0.6	0	27.4
CANDIES,MASTERFOODS USA,STARBURST SOUR FRUIT CHEWS	374	374	79.73	0	0	79.73
PUDDINGS,BANANA,DRY MIX,INST	366	366	92.7	0	0	92.7
PUDDINGS,BANANA,DRY MIX,INST,PREP W/ WHL MILK	759	759	19.63	0	0	19.63
PUDDINGS,BANANA,DRY MIX,REG	366	366	92.9	0.3	0	92.6
PUDDINGS,BANANA,DRY MIX,REG,PREP W/ WHL MILK	647	647	18.31	0	0	18.31
PUDDINGS,COCNT CRM,DRY MIX,INST	338	479	85.02	4	0	81.02
PUDDINGS,COCNT CRM,DRY MIX,INST,PREP W/ WHL MILK	758	758	19.1	0.1	0	19
PUDDINGS,COCNT CRM,DRY MIX,REG	356	426	81.84	4.5	0	77.34
PUDDINGS,COCNT CRM,DRY MIX,REG,PREP W/ WHL MILK	646	331	17.7	0.2	0	17.5
CANDIES,MASTERFOODS USA,COCOAVIA CHOC BAR	295	910	55.07	8.7	0	46.37
CANDIES,MASTERFOODS USA,COCOAVIA BLUEBERRY & ALMOND CHOC BAR	295	4	55.3	9.1	0	46.2

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CANDIES,MASTERFOODS USA,COCOAVIA CRISPY CHOC BAR	295	539	55.08	7.8	0	47.28
PUDDINGS,LEMON,DRY MIX,INST	954	954	95.4	0	0	95.4
PUDDINGS,LEMON,DRY MIX,INST,PREP W/ WHL MILK	272	272	20.1	0	0	20.1
PUDDINGS,LEMON,DRY MIX,REG	14	14	91.8	0.1	0	91.7
PUDDINGS,LEMON,DRY MIX,REG,PREP W/ SUGAR,EGG YOLK & H2O	440	440	24.64	0	0	24.64
SUGARS,BROWN	769	769	97.33	0	0	97.33
SUGARS,GRANULATED	737	737	99.98	0	0	99.98
SUGARS,POWDERED	737	737	99.6	0	0	99.6
SWEETENERS,TABLETOP,ASPRT, EQ,PACKETS	532	532	89.08	0	0	89.08
SUGARS,MAPLE	14	14	90.9	0	0	90.9
SYRUPS,CHOC,HERSHEY'S GEN-UINE CHOC FLAV LITE SYRUP	171	171	34.01	0	0	34.01
SYRUPS,CHOC,FUDGE-TYPE	214	394	62.9	2.8	0	60.1
SYRUPS,CORN,DK	421	421	77.59	0	0	77.59
SYRUPS,CORN,LT	500	500	76.79	0	0	76.79
SYRUPS,CORN,HIGH-FRUCTOSE	511	511	76	0	0	76
SYRUPS,MALT	443	443	71.3	0	0	71.3
SYRUPS,MAPLE	395	395	67.09	0	0	67.09
SYRUPS,SORGHUM	319	319	74.9	0	0	74.9
CANDIES,MASTERFOODS USA,SNICKERS CRUNCHER	214	393	62.85	1.9	0	60.95
SYRUPS, TABLE BLENDS,PANCAKE,W/2% MAPLE	402	402	69.6	0	0	69.6
SYRUPS, TABLE BLENDS,CANE&15% MAPLE	402	402	69.52	0.1	0	69.42
SYRUPS, TABLE BLENDS,CORN,R EFINER,&SUGAR	342	342	83.9	0	0	83.9
CANDIES,MASTERFOODS USA,SKITTLES WILD BERRY BITE SIZE	14	14	90.9	0	0	90.9
TOPPINGS,BUTTERSCOTCH OR CARAMEL	230	780	65.9	0.9	0	65
TOPPINGS,MARSHMLLW CRM	282	15	79	0.1	0	78.9
TOPPINGS,PINEAPPLE	406	230	66.4	0.4	0	66
TOPPINGS,NUTS IN SYRUP	431	449	58.08	2.3	0	55.78
CANDIES,MASTERFOODS USA,SKITTLES TROPICAL BITE SIZE CANDIES	14	14	90.77	0	0	90.77
CANDIES,MASTERFOODS USA,SKITTLES SOURS ORIGINAL	343	343	86.94	0	0	86.94
CANDIES,MASTERFOODS USA,SKITTLES ORIGINAL BITE SIZE CANDIES	14	14	90.78	0	0	90.78
FROSTINGS,VANILLA,CREAMY,DRY MIX,PREP W/ MARGARINE	514	514	74.28	0.1	0	74.18

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
FROSTINGS,CHOC,CREAMY,DRY MIX,PREP W/ MARGARINE	373	402	71.02	1.9	0	69.12
FROSTINGS,GLAZE,PREPARED-FROM-RECIPE	486	486	81.71	0	0	81.71
CANDIES,FUDGE,CHOC MARSHMLLW,PREPARED-FROM-RECIPE	443	320	71.34	1.7	0	69.64
PUDDINGS,LEMON,RTE	71	71	25	0.1	0	24.9
CANDIES,TAFFY,PREPARED-FROM-RECIPE	14	14	91.56	0	0	91.56
CANDIES,TOFFEE,PREPARED-FROM-RECIPE	780	780	64.72	0	0	64.72
CANDIES,DIVINITY,PREPARED-FROM-RECIPE	498	498	89.05	0	0	89.05
FROZEN NOVELTIES,ICE TYPE,PINEAPPLE-COCONUT	631	640	23.9	0.7	0	23.2
FROZEN YOGURTS,CHOC,SOFT-SERVE	71	80	24.9	2.2	0	22.7
BANANA CHIPS	431	450	58.4	7.7	0	50.7
CORNNUTS,BARBECUE-FLAVOR	443	778	71.7	8.4	0	63.3
CORNNUTS,NACHO-FLAVOR	443	778	71.6	8	0	63.6
GRANOLA BARS,SOFT,UNCOATED,CHOC CHIP	320	406	70.2	3.8	0	66.4
GRANOLA BARS,SOFT,UNCOATED,CHOC CHIP,GRAHAM&MARSHMLLW	380	406	70.8	4	0	66.8
GRANOLA BARS,SOFT,UNCOATED,NUT&RAISIN	778	453	63.6	5.6	0	58
SNACKS,BF STKS,SMOKED	814	814	5.4		0	5.4
PORK SKINS,BARBECUE-FLAVOR	113	113	1.6		0	1.6
FROSTING,GLAZ,CHC,PREP-FRM-RCIP,W/ BUTR,NFSMI RECIPI NO. C-32	318	499	72.18	1.1	0	71.08
POTATO CHIPS,MADE FROM DRIED POTATOES,PLN	731	447	51	3.6	0	47.4
POTATO CHIPS,PLAIN,SALTED	69	439	49.74	4.4	0	45.34
POTATO CHIPS,MADE FROM DRIED POTATOES,CHEESE-FLAVOR	450	539	50.6	3.4	0	47.2
RICE CAKES,BROWN RICE,CORN	479	359	81.2	2.9	0	78.3
RICE CAKES,BROWN RICE,MULTIGRAIN	344	369	80.1	3	0	77.1
POTATO STICKS	302	69	53.3	3.4	0	49.9
RICE CAKES,BROWN RICE,RYE	344	511	79.9	4	0	75.9
SESAME STKS,WHEAT-BASED,SALTED	910	312	46.5	2.8	0	43.7
GRANOLA BARS,HARD,PNUIT BUTTER	412	734	62.3	2.9	0	59.4
POTATO CHIPS,CHEESE-FLAVOR	453	475	57.7	5.2	0	52.5
POTATO CHIPS,LIGHT	406	430	66.9	5.9	0	61
SNACKS,POTATO CHIPS,FAT-FREE,MADE W/OLESTRA	729	475	59.2	6.8	0	52.4

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SNACKS,TORTILLA CHIPS,NACHO-FLAVOR,RED FAT	443	406	71.6	4.8	0	66.8
TORTILLA CHIPS,LOFAT,BKD WO/FAT	344	370	80	5.3	0	74.7
CHEESE PUFFS&TWISTS,CORN BSD,LOFAT	512	267	72.35	10.7	0	61.65
SNACKS,GRANOLA BAR,FRUIT-FILLED,NONFAT	421	320	77.6	7.4	0	70.2
POPCORN,SUGAR SYRUP/ CARAMEL,FAT-FREE	336	371	90.06	2.5	0	87.56
POTATO CHIPS,FAT FREE,SALTED	342	510	83.76	7.5	0	76.26
SNACKS,KELLOGG,KELLOGG'S RICE KRISPIES TREATS SQUARES	479	344	80.5	0.6	0	79.9
SNACKS,KELLOGG'S LOFAT GRANOLA BAR,CRUNCHY ALMD/BRN SUGAR	513	443	78	6.2	0	71.8
SNACKS,M&M MARS,KUDOS WHL GRAIN BARS,CHOC CHIP	512	320	72.31	2.6	0	69.71
SNACKS,KELLOGG,KELLOGG'S NUTRI-GRAIN CRL BARS,FRUIT	456	380	72.9	2.1	0	70.8
SNACKS,TORTILLA CHIPS,LOFAT,MADE W/ OLESTRA,NACHO CHS	342	344	83.67	3.6	0	80.07
SNACKS,POTATO CHIPS,RESTRUCTURED,FAT-FREE,MADE W/OLESTRA	449	385	56	6.5	0	49.5
TARO CHIPS	405	393	68.1	7.2	0	60.9
CANDIES,SEMISWEET CHOC,MADE W/BUTTER	778	469	63.4	5.9	0	57.5
GELATIN DSSRT,DRY MIX,W/ ADDED VIT C,SODIUM-CITRATE & SALT	350	350	90.5	0	0	90.5
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,ADDED P,K,NA,VIT C	472	472	33.3	0	0	33.3
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,NO ADDED NA	472	472	33.3	0	0	33.3
PUDDINGS,BANANA,DRY MIX,INST,W/ ADDED OIL	498	498	89	0	0	89
PUDDINGS,BANANA,DRY MIX,REG,W/ ADDED OIL	498	371	88.4	0.3	0	88.1
PUDDINGS,LEMON,DRY MIX,REG,W/ ADDED OIL,K,NA	350	350	90.3	0.1	0	90.2
PUDDINGS,TAPIOCA,DRY MIX,W/ NO ADDED SALT	366	366	94.3	0.2	0	94.1
PUDDINGS,VANILLA,DRY MIX,REG,W/ ADDED OIL	366	366	92.4	0	0	92.4
JAMS&PRESERVES,APRICOT	377	377	64.4	0.3	0	64.1
SYRUPS, TABLE BLENDS,PANCAKE,W/2% MAPLE,W/ K	402	402	69.6	0	0	69.6
CORN CAKES,VERY LO NA	335	335	83.4		0	83.4

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
SNACKS,CORN-BASED,EXTRDD,PUFFS OR TWISTS,CHEESE-FLAVOR,UNENR	308	301	54.1	2.2	0	51.9
SNACKS,CORN-BASE,EXTRUD,C HIPS,BARBECUE-FLAVOR,W/ENR MASA FLR	403	403	56.2		0	56.2
POPCORN,AIR-POPPED,WHITE POPCORN	489	214	77.9	15.1	0	62.8
POPCORN,OIL-POPPED,WHITE POPCORN	306	539	57.2	10	0	47.2
POTATO CHIPS,PLN,MADE W/ PART HYDR SOYBN OIL,SALTED	535	298	52.9	4.8	0	48.1
POTATO CHIPS,PLN,MADE W/PART HYDR SOYBN OIL,UNSALTED	535	298	52.9	4.8	0	48.1
POTATO CHIPS,PLN,UNSALTED	535	298	52.9	4.8	0	48.1
PRETZELS,HARD,PLN,MADE W/UNENR FLR,SALTED	282	510	79.2	2.8	0	76.4
PRETZELS,HARD,PLN,MADE W/UNENR FLR,UNSALTED	282	510	79.2	2.8	0	76.4
SNACKS,PRETZELS,HARD,PLN,MADE W/ ENR FLR,UNSALTED	282	510	79.2	2.8	0	76.4
RICE CAKES,BROWN RICE,PLN,UNSALTED	486	426	81.5	4.2	0	77.3
RICE CAKES,BROWN RICE,BUCKWHEAT,UNSALTED	344	344	80.1		0	80.1
RICE CAKES,BROWN RICE,MULTIGRAIN,UNSALTED	344	344	80.1		0	80.1
RICE CAKES,BROWN RICE,SESAME SD,UNSALTED	486	486	81.5		0	81.5
SESAME STKS,WHEAT-BASED,UNSALTED	910	910	46.5		0	46.5
TRAIL MIX,REG,UNSALTED	297	297	44.9		0	44.9
TRAIL MIX,REG,W/CHOC CHIPS,UNSALTED NUTS&SEEDS	297	297	44.9		0	44.9
POTATO CHIPS,WO/SALT,RED FAT	444	267	67.8	6.1	0	61.7
TORTILLA CHIPS,LOFAT,UNSALTED	344	319	80.1	5.3	0	74.8
FROZEN NOVELTIES,JUC TYPE,POPSICLE SCRIBBLERS	759	759	19.68	0	0	19.68
SNACKS,TORTILLA CHIPS,NACHO-FLAVOR,MADE W/ENR MASA FLR	412	306	62.4	5.3	0	57.1
CANDIES,SUGAR-COATED ALMONDS	404	230	68.69	2.5	0	66.19
COCOA,DRY PDR,HI-FAT OR BRKFST,PLN	418	761	48.3	29.8	0	18.5
COCOA,DRY PDR,HI-FAT OR BRKFST,PROC W/ALKALI	439	617	45.4	33.9	0	11.5
CANDIES,SOFT FRUIT & NUT SQUARES	229	443	73.81	2.4	0	71.41
ICE CREAMS,VANILLA,FAT FREE	641	628	30.06	1	0	29.06
SWEETENERS,TABLETOP,SUCRALOSE,SPLENDA PACKETS	336	336	89.97	0	0	89.97

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
FROZEN NOVELTIES,NO SUGAR ADDED,FUDGESICLE POPS	626	522	22.28	1.6	0	20.68
FROZEN NOVELTIES,FAT FREE FUDGESICLE BARS	969	908	26.94	1.7	0	25.24
FROZ NOVELTIES,ICE TYPE,SUGAR FREE,ORNGE,CHRY,& GRP POPSICLE	813	813	5.14	0	0	5.14
FRZ NVL, KLONDIKE,SLIM-A-BEAR FUDG BR,98% FT FR,NO SGR ADDED	641	943	30.07	6	0	24.07
ICE CREAMS,BREYERS,ALL NAT LT VANILLA	908	71	25.3	0.2	0	25.1
ICE CREAMS,BREYERS,ALL NAT LT FRENCH VANILLA	284	288	26.03	0.2	0	25.83
ICE CREAMS,BREYERS,98% FAT FREE VANILLA	81	71	30.51	5.4	0	25.11
ICE CREAMS,BREYERS,ALL NAT LT VANILLA CHOC STRAWBERRY	284	524	26.06	0.4	0	25.66
ICE CREAMS,BREYERS,ALL NAT LT MINT CHOC CHIP	226	945	28.39	0.6	0	27.79
ICE CREAMS,BREYERS,NO SUGAR ADDED,BUTTER PECAN	212	273	21.3	0.9	0	20.4
ICE CREAMS,BREYERS,NO SUGAR ADDED,FRENCH VANILLA	522	542	20.75	0.5	0	20.25
ICE CREAMS,BREYERS,NO SUGAR ADDED,VANILLA	321	518	21.92	0.5	0	21.42
ICE CREAMS,BREYERS,NO SUGAR ADDED,VANILLA FUDGE TWIRL	524	845	25.63	0.8	0	24.83
ICE CREAMS,BREYERS,NO SUGAR ADDED,VANILLA CHOC STRAWBERRY	221	98	21.7	0.7	0	21
FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR VANILLA CONE	297	466	44.75	3.8	0	40.95
FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR CHOC CONE	439	466	45.32	4.3	0	41.02
FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR VANILLA SNDWCH	244	643	44.2	4.3	0	39.9
FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR CHOC SNDWCH	244	474	44.12	4.8	0	39.32
FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR MINT SNDWCH	244	643	44.16	4.3	0	39.86
FROZEN NOV, KLONDIKE,SLIM-A-BEAR,NO SGR ADDED,STICKLESS BAR	969	626	27.09	4.8	0	22.29
FROZEN NOVELTIES,NO SUGAR ADDED CREAMSICLE POPS	206	19	14.54	0.3	0	14.24
FROZEN NOVELTIES,SUGAR FREE,CREAMSICLE POPS	333	786	11.95	7.5	0	4.45
ICE CREAMS,BREYERS,ALL NAT LT FRENCH CHOC	84	78	29.68	1	0	28.68

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
ICE CREAMS,BREYERS,98% FAT FREE CHOC	641	455	30.18	5.8	0	24.38
ICE CREAMS,BREYERS,NO SUGAR ADDED,CHOC CARAMEL	908	79	25.17	1	0	24.17
CANDIES,REESE'S FAST BREAK,CANDY BAR	377	391	63.9	3.6	0	60.3
CANDIES,MASTERFOODS USA,COCOAVIA CHOC COVERED ALMONDS	312	472	43.82	10.4	0	33.42
AMARANTH	230	496	66.17	9.3	0	56.87
ARROWROOT FLOUR	371	338	88.15	3.4	0	84.75
BARLEY,HULLED	229	403	73.48	17.3	0	56.18
BARLEY,PEARLED,RAW	489	457	77.72	15.6	0	62.12
BARLEY,PEARLED,COOKED	280	657	28.22	3.8	0	24.42
BUCKWHEAT	443	267	71.5	10	0	61.5
BUCKWHEAT GROATS,RSTD,DRY	319	780	74.95	10.3	0	64.65
BUCKWHEAT GROATS,RSTD,CKD	154	861	19.94	2.7	0	17.24
BUCKWHEAT FLR,WHOLE-GROAT	363	782	70.59	10	0	60.59
BULGUR,DRY	511	469	75.87	18.3	0	57.57
BULGUR,COOKED	761	637	18.58	4.5	0	14.08
CORN,YELLOW	514	406	74.26	7.3	0	66.96
CORN BRAN,CRUDE	227	40	85.64	79	0	6.64
CORN FLR,WHOLE-GRAIN,YEL	500	402	76.85	7.3	0	69.55
CORN FLR,MASA,ENR,WHITE	510	406	76.27	9.6	0	66.67
CORN FLR,DEGERMED,UNENR,YEL	355	479	82.75	1.9	0	80.85
CORNMEAL,WHOLE-GRAIN,YEL	500	402	76.89	7.3	0	69.59
CORNMEAL,DEGERMED,ENR,YEL	282	319	79.15	4	0	75.15
CORNMEAL,SELF-RISING,BOLTE D,PLN,ENR,YEL	320	778	70.28	6.7	0	63.58
CORNMEAL,SELF-RISING,BOLTED,W/WHEAT FLR,ENR,YEL	229	395	73.43	6.3	0	67.13
CORNMEAL,SELF-RISING,DEGERMED,ENR,YEL	319	444	74.79	7.1	0	67.69
CORNSTARCH	14	350	91.27	0.9	0	90.37
COUSCOUS,DRY	423	515	77.43	5	0	72.43
COUSCOUS,COOKED	640	909	23.22	1.4	0	21.82
HOMINY,CANNED,WHITE	54	186	14.26	2.5	0	11.76
MILLET,RAW	456	377	72.85	8.5	0	64.35
MILLET,COOKED	217	658	23.67	1.3	0	22.37
OAT BRAN,RAW	230	450	66.22	15.4	0	50.82
OAT BRAN,COOKED	257	928	11.44	2.6	0	8.84
QUINOA	404	733	68.9	5.9	0	63
RICE,BROWN,LONG-GRAIN,RAW	426	229	77.24	3.5	0	73.74
RICE,BROWN,LONG-GRAIN,CKD	82	917	22.96	1.8	0	21.16
OATS	406	449	66.27	10.6	0	55.67

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
RICE,BROWN,MEDIUM-GRAIN,RAW	511	379	76.17	3.4	0	72.77
RICE,BROWN,MEDIUM-GRAIN,CKD	809	221	23.51	1.8	0	21.71
RICE,WHITE,LONG-GRAIN,REG,RAW,ENR	344	15	79.95	1.3	0	78.65
RICE,WHITE,LONG-GRAIN,REG,CKD	653	945	28.17	0.4	0	27.77
RICE,WHITE,LONG-GRAIN,PARBLD,ENR,DRY	344	359	80.43	2.2	0	78.23
RICE,WHITE,LONG-GRAIN,PARBLD,ENR,CKD	284	908	26.05	0.9	0	25.15
RICE,WHITE,LONG-GRAIN,PRECKD OR INST,ENR,DRY	355	344	82.32	1.9	0	80.42
RICE,WHITE,LONG-GRAIN,PRECKD OR INST,ENR,PREP	71	487	25.1	0.6	0	24.5
RICE,WHITE,MEDIUM-GRAIN,RAW,ENR	352	513	79.34	1.4	0	77.94
RICE,WHITE,MEDIUM-GRAIN,CKD	445	280	28.59	0.3	0	28.29
RICE,WHITE,SHORT-GRAIN,RAW	282	510	79.15	2.8	0	76.35
RICE,WHITE,SHORT-GRAIN,CKD	78	78	28.73		0	28.73
RICE,WHITE,GLUTINOUS,RAW	486	15	81.68	2.8	0	78.88
RICE,WHITE,GLUTINOUS,CKD	630	272	21.09	1	0	20.09
RICE,WHITE,WITH PASTA,DRY	319	319	75.32		0	75.32
RICE,WHITE,W/PASTA,CKD	518	102	21.43	2.5	0	18.93
RICE BRAN,CRUDE	69	78	49.69	21	0	28.69
RICE FLOUR,WHITE	344	489	80.13	2.4	0	77.73
RYE	320	295	69.76	14.6	0	55.16
RYE FLOUR,DARK	404	4	68.74	22.6	0	46.14
RYE FLOUR,MEDIUM	296	214	77.49	14.6	0	62.89
RYE FLOUR,LIGHT	344	207	80.23	14.6	0	65.63
SEMOLINA,ENRICHED	379	404	72.83	3.9	0	68.93
SORGHUM	370	749	74.63	6.3	0	68.33
TAPIOCA,PEARL,DRY	498	371	88.69	0.9	0	87.79
TRITICALE	318	318	72.13		0	72.13
TRITICALE FLR,WHOLE-GRAIN	456	431	73.14	14.6	0	58.54
WHEAT,HARD RED SPRING	405	449	68.03	12.2	0	55.83
WHEAT,HARD RED WINTER	499	732	71.18	12.2	0	58.98
WHEAT,SOFT RED WINTER	514	267	74.24	12.5	0	61.74
WHEAT,HARD WHITE	511	778	75.9	12.2	0	63.7
WHEAT,SOFT WHITE	322	412	75.36	12.7	0	62.66
WHEAT,DURUM	499	499	71.13		0	71.13
WHEAT BRAN,CRUDE	377	221	64.51	42.8	0	21.71
WHEAT GERM,CRUDE	495	228	51.8	13.2	0	38.6
WHEAT FLOUR,WHOLE-GRAIN	515	391	72.57	12.2	0	60.37

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED	510	229	76.31	2.7	0	73.61
WHEAT FLR,WHITE,ALL-PURPOSE,SELF-RISING,ENR	514	443	74.22	2.7	0	71.52
WHEAT FLR,WHITE,BREAD,ENR	515	320	72.53	2.4	0	70.13
WHEAT FLR,WHITE,CAKE,ENR	513	510	78.03	1.7	0	76.33
WHEAT FLR,WHITE,TORTILLA MIX,ENR	395	395	67.14		0	67.14
WHEAT,SPROUTED	388	388	42.53	1.1	0	41.43
WILD RICE,RAW	319	404	74.9	6.2	0	68.7
WILD RICE,COOKED	488	849	21.34	1.8	0	19.54
RICE FLOUR,BROWN	510	318	76.48	4.6	0	71.88
PASTA,CORN,DRY	282	749	79.26	11	0	68.26
PASTA,CORN,COOKED	452	762	27.91	4.8	0	23.11
PASTA,FRESH-REFRIGERATED,PLN,AS PURCHASED	389	389	54.73		0	54.73
PASTA,FRESH-REFRIGERATED,PLN,CKD	71	71	24.93		0	24.93
PASTA,FRESH-REFRIGERATED,SPINACH,AS PURCHASED	449	449	55.72		0	55.72
PASTA,FRESH-REFRIGERATED,SPINACH,CKD	71	71	25.04		0	25.04
PASTA,HOMEMADE,MADE W/EGG,CKD	809	809	23.54		0	23.54
PASTA,HOMEMADE,MADE WO/EGG,CKD	908	908	25.12		0	25.12
MACARONI,DRY,ENR	370	443	74.67	3.2	0	71.47
MACARONI,COOKED,ENRICHED	81	628	30.86	1.8	0	29.06
MACARONI,PROTEIN-FORTIFIED,DRY,ENR,(N X 5.70)	395	463	67.56	2.4	0	65.16
MACARONI,PROTEIN-FORTIFIED,CKD,ENR,(N X 5.70)	277	277	31.66		0	31.66
MACARONI,VEG,DRY,ENR	319	363	74.88	4.3	0	70.58
MACARONI,VEG,CKD,ENR	625	658	26.61	4.3	0	22.31
MACARONI,WHOLE-WHEAT,DRY	319	406	75.03	8.3	0	66.73
MACARONI,WHOLE-WHEAT,CKD	476	217	26.54	2.8	0	23.74
NOODLES,EGG,DRY,ENRICHED	499	405	71.27	3.3	0	67.97
NOODLES,EGG,CKD,ENR	908	943	25.16	1.2	0	23.96
NOODLES,EGG,SPINACH,DRY,ENR	363	778	70.32	6.8	0	63.52
NOODLES,EGG,SPINACH,CKD,ENR	79	321	24.25	2.3	0	21.95
NOODLES,CHINESE,CHOW MEIN	469	730	57.54	3.9	0	53.64
NOODLES,JAPANESE,SOBA,DRY	370	370	74.62		0	74.62
NOODLES,JAPANESE,SOBA,CKD	518	518	21.44		0	21.44
NOODLES,JAPANESE,SOMEN,DRY	229	320	74.1	4.3	0	69.8

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
NOODLES,JAPANESE,SOMEN ,CKD	470	470	27.54		0	27.54
SPAGHETTI,DRY,ENRICHED	370	443	74.67	3.2	0	71.47
SPAGHETTI,CKD,ENR,WO/ SALT	81	628	30.86	1.8	0	29.06
SPAGHETTI,PROTEIN-FORTIFIED,DRY,ENR (N X 5.70)	395	395	67.56		0	67.56
SPAGHETTI,PROTEIN-FORTIFIED,CKD,ENR (N X 5.70)	277	84	31.66	1.7	0	29.96
SPAGHETTI,WHOLE-WHEAT,DRY	319	319	75.03		0	75.03
SPAGHETTI,WHOLE-WHEAT,CKD	476	321	26.54	4.5	0	22.04
SPAGHETTI,SPINACH,DRY	319	377	74.81	10.6	0	64.21
SPAGHETTI,SPINACH,COOKED	642	642	26.15		0	26.15
WHEAT FLOURS,BREAD,UNENR	515	320	72.53	2.4	0	70.13
BARLEY FLOUR OR MEAL	370	377	74.52	10.1	0	64.42
BARLEY MALT FLR	359	499	78.3	7.1	0	71.2
OAT FLR,PART DEBRANNED	207	729	65.7	6.5	0	59.2
RICE NOODLES,DRY	335	486	83.24	1.6	0	81.64
RICE NOODLES,COOKED	71	631	24.9	1	0	23.9
MACARONI,PROTEIN-FORTIFIED,DRY,ENR,(N X 6.25)	207	778	65.65	2.4	0	63.25
MACARONI,PROTEIN-FORTIFIED,CKD,ENR,(N X 6.25)	81	84	30.88	1.5	0	29.38
NOODLES,EGG,CKD,ENR,W/ SALT	908	943	25.16	1.2	0	23.96
CORN,WHITE	514	514	74.26		0	74.26
CORN FLR,WHOLE-GRAIN,WHITE	500	402	76.85	7.3	0	69.55
CORN FLR,MASA,ENR,YEL	510	510	76.27		0	76.27
CORNMEAL,WHOLE-GRAIN,WHITE	500	402	76.89	7.3	0	69.59
SPAGHETTI,CKD,ENR,W/ SALT	81	78	30.59	1.8	0	28.79
CORNMEAL,DEGERMED,ENR, WHITE	282	319	79.15	4	0	75.15
CORNMEAL,SELF-RISING,BOLTED,PLN,ENR,WHITE	320	778	70.28	6.7	0	63.58
CORNMEAL,SELF-RISING,BOLTED,W/WHEAT FLR,ENR,WHITE	229	395	73.43	6.3	0	67.13
CORNMEAL,SELF-RISING,DEGERMED,ENR,WHITE	319	444	74.79	7.1	0	67.69
HOMINY,CANNED,YELLOW	54	186	14.26	2.5	0	11.76
RICE,WHITE,LONG-GRAIN,REG,CKD,ENR,W/SALT	653	945	28.17	0.4	0	27.77
WHEAT FLR,WHITE,ALL-PURPOSE,ENR,CALCIUM-FORTIFIED	510	229	76.31	2.7	0	73.61
MACARONI,CKD,UNENR	81	628	30.86	1.8	0	29.06
NOODLES,EGG,DRY,UNENR	499	405	71.27	3.3	0	67.97
NOODLES,EGG,CKD,UNENR,WO/ SALT	908	943	25.16	1.2	0	23.96
SPAGHETTI,DRY,UNENRICHED	370	443	74.67	3.2	0	71.47

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
SPAGHETTI,CKD,UNENR,WO/SALT	81	628	30.86	1.8	0	29.06
CORNMEAL,DEGERMED,UNENR,YEL	282	319	79.15	4	0	75.15
RICE,WHITE,LONG-GRAIN,REG,RAW,UNENR	344	15	79.95	1.3	0	78.65
RICE,WHITE,LONG-GRAIN,REG,CKD,UNENR,WO/SALT	653	945	28.17	0.4	0	27.77
RICE,WHITE,LONG-GRAIN,PARBLD,UNENR,DRY	344	359	80.43	2.2	0	78.23
RICE,WHITE,LONG-GRAIN,PARBLD,UNENR,CKD	284	908	26.05	0.9	0	25.15
RICE,WHITE,MEDIUM-GRAIN,RAW,UNENR	352	352	79.34		0	79.34
RICE,WHITE,MEDIUM-GRAIN,CKD,UNENR	445	445	28.59		0	28.59
RICE,WHITE,SHORT-GRAIN,RAW,UNENR	282	282	79.15		0	79.15
RICE,WHITE,SHORT-GRAIN,CKD,UNENR	78	78	28.73		0	28.73
SEMOLINA,UNENRICHED	379	404	72.83	3.9	0	68.93
WHEAT FLR,WHITE,ALL-PURPOSE,UNENR	510	229	76.31	2.7	0	73.61
MACARONI,DRY,UNENRICHED	370	443	74.67	3.2	0	71.47
NOODLES,EGG,CKD,UNENR,W/SALT	908	943	25.16	1.2	0	23.96
SPAGHETTI,CKD,UNENR,W/SALT	81	78	30.59	1.8	0	28.79
CORNMEAL,DEGERMED,UNENR,WHITE	282	319	79.15	4	0	75.15
SPAGHETTI,PROTEIN-FORTIFIED,CKD,ENR (N X 6.25)	81	460	30.88	2	0	28.88
RICE,WHITE,LONG-GRAIN,REG,CKD,UNENR,W/SALT	653	945	28.17	0.4	0	27.77
WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBLEACHED	510	229	76.31	2.7	0	73.61
SPAGHETTI,PROTEIN-FORTIFIED,DRY,ENR (N X 6.25)	207	778	65.65	2.4	0	63.25
WHEAT FLR,WHITE (INDUSTRIAL),9% PROT,BLEACHED,ENR	426	426	77.32		0	77.32
WHEAT FLR,WHITE (INDUSTRIAL),9% PROT,BLEACHED,UNENR	426	426	77.32		0	77.32
WHEAT FLR,WHITE (INDUSTRIAL),10% PROT,BLEACHED,ENR	511	511	76.22		0	76.22
WHEAT FLR,WHITE (INDUSTRIAL),10% PROT,BLEACHED,UNENR	511	511	76.22		0	76.22
WHEAT FLR,WHITE (INDUSTRIAL),10% PROT,UNBLEACHED,ENR	511	511	76.22		0	76.22
WHEAT FLR,WHITE (INDUSTRIAL),11.5% PROT,BLEACHED,ENR	229	229	73.81		0	73.81
WHEAT FLR,WHITE (INDUSTRIAL),11.5% PROT,BLEACHED,UNENR	229	229	73.81		0	73.81

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (-fiber)
WHEAT FLR,WHITE (INDUSTRIAL),11.5% PROT,UNBLEACHED,ENR	229	229	73.81		0	73.81
WHEAT FLR,WHITE (INDUSTRIAL),13% PROT,BLEACHED,ENR	318	318	72.2		0	72.2
WHEAT FLR,WHITE (INDUSTRIAL),13% PROT,BLEACHED,UNENR	318	318	72.2		0	72.2
WHEAT FLR,WHITE (INDUSTRIAL),15% PROT,BLEACHED,ENR	320	320	69.88		0	69.88
WHEAT FLR,WHITE (INDUSTRIAL),15% PROT,BLEACHED,UNENR	320	320	69.88		0	69.88
FAST FOODS BISCUIT W/ EGG	809	622	23.46	0.6	0	22.86
FAST FOODS,BISCUIT,W/ EGG&BACON	758	761	19.06	0.5	0	18.56
FAST FOODS,BISCUIT,W/ EGG&HAM	647	99	18.31	0.4	0	17.91
BREAKFAST ITEMS,BISCUIT W/EGG&SAUSAGE	622	658	22.86	0.5	0	22.36
FAST FOODS,BISCUIT W/ EGG & STEAK	896	896	14.37		0	14.37
FAST FOODS,BISCUIT,W/ EGG,CHS,&BACON	82	626	22.97	0.7	0	22.27
FAST FOODS,BISCUIT,W/HAM	228	261	38.75	0.7	0	38.05
FAST FOODS,BISCUIT,W/SAUSAGE	441	285	32.29	1.1	0	31.19
FAST FOODS,CROISSANT,W/ EGG&CHS	269	269	19.14		0	19.14
FAST FOODS,CROISSANT,W/ EGG,CHS,&BACON	647	647	18.33		0	18.33
FAST FOODS,CROISSANT,W/ EGG,CHS,&HAM	661	661	15.92		0	15.92
FAST FOODS,CROISSANT,W/ EGG,CHS,&SAUSAGE	559	559	15.45		0	15.45
FAST FOODS,DANISH PASTRY,CHS	634	634	31.53		0	31.53
FAST FOODS,DANISH PASTRY,CINN	302	302	53.24		0	53.24
FAST FOODS,DANISH PASTRY,FRUIT	436	436	47.94		0	47.94
FAST FOODS,EGG,SCRAMBLED	678	678	2.08	0	0	2.08
FAST FOODS,ENG MUFFIN,W/ BUTTER	298	298	48.19		0	48.19
FAST FOODS,ENG MUFFIN,W/ CHS&SAUSAGE	908	943	25.36	1.3	0	24.06
FAST FOODS,ENG MUFFIN,W/ EGG,CHS,&CANADIAN BACON	849	647	19.52	1.1	0	18.42
FAST FOODS,ENG MUFFIN,W/ EGG,CHS,&SAUSAGE	549	549	18.77		0	18.77
FAST FOODS,FRENCH TOAST W/ BUTTER	625	625	26.7		0	26.7
FAST FOODS,FRENCH TOAST STKS	466	310	41.03	1.9	0	39.13
FAST FOODS,PANCAKES W/ BUTTER&SYRUP	627	627	39.18		0	39.18

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
FAST FOODS,POTATOES,HASHED BROWN	533	84	32.12	2.7	0	29.42
FAST FOODS,BROWNIE	780	780	64.95		0	64.95
FAST FOODS,ICE MILK,VANILLA,SOFT-SERVE,W/ CONE	218	640	23.41	0.1	0	23.31
FAST FOODS,COOKIES,ANIMAL CRACKERS	319	319	75.33		0	75.33
FAST FOODS,COOKIES,CHOC CHIP	230	230	65.86		0	65.86
FAST FOODS,SUNDAE,CARAMEL	277	277	31.81	0	0	31.81
FAST FOODS,SUNDAE,HOT FUDGE	641	641	30.17	0	0	30.17
FAST FOODS,SUNDAE,STRAWBERRY	628	628	29.18	0	0	29.18
FAST FOODS,CHICK,BREADED& FRIED,DK MEAT (DRUMSTK OR THIGH)	924	924	10.61		23	10.61
FAST FOODS,CHICK,BREADED &FRIED,LT MEAT (BREAST OR WING)	333	333	12.01		21	12.01
FAST FOODS,CHILI CON CARNE	254	254	8.67		0	8.67
FAST FOODS,CLAMS,BREADED &FRIED	467	467	33.75		0	33.75
ENTREES,CRAB CAKE	248	926	8.52	0.4	0	8.12
ENTREES,FISH FILLET,BATTERED OR BREADED,&FRIED	253	177	16.97	0.5	0	16.47
FAST FOODS,OYSTERS,BATTERED OR BREADED,&FRIED	78	78	28.69		0	28.69
FAST FOODS,SALAD,VEG,TOSSE D,WO/DRSNG	938	938	3.22		0	3.22
FAST FOODS,SALAD,VEG,TOSSE D,WO/DRSNG,W/CHS&EGG	620	620	2.19		0	2.19
FAST FOODS,SALAD,VEG,TOSSE D,WO/DRSNG,W/CHICK	108	108	1.71		0	1.71
FAST FOODS,SALAD,VEG ,TOSSED,WO/DRSNG,W/ PASTA&SEAFOOD	222	222	7.67		0	7.67
FAST FOODS,SALAD,VEG,TOSSE D,WO/DRSNG,W/SHRIMP	791	791	2.8		0	2.8
FAST FOODS,SALAD,VEG TOSSED,WO/DRSNG,W/ TURKEY,HAM&CHS	2	2	1.45		0	1.45
FAST FOODS,SCALLOPS,BREAD ED&FRIED	625	625	26.73		0	26.73
FAST FOODS,SHRIMP,BREADE D&FRIED	657	657	24.39		0	24.39
FAST FOODS,BURRITO,W/BNS	472	472	32.92		0	32.92
FAST FOODS,BURRITO,W/ BNS&CHS	84	84	29.55		0	29.55
FAST FOODS,BURRITO,W/ BNS&CHILI PEPPERS	534	534	28.47		0	28.47
FAST FOODS,BURRITO,W/ BNS&MEAT	445	445	28.58		0	28.58

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
FAST FOODS,BURRITO,W/ BNS,CHS,&BF	849	849	19.55		0	19.55
FAST FOODS,BURRITO,W/ BNS,CHS,&CHILI PEPPERS	908	908	25.35		0	25.35
FAST FOODS,BURRITO,W/BF	625	625	26.6		0	26.6
FAST FOODS,BURRITO,W/ BF&CHILI PEPPERS	440	440	24.6		0	24.6
FAST FOODS,BURRITO,W/ BF,CHS,&CHILI PEPPERS	529	529	20.96		0	20.96
FAST FOODS,BURRITO,W/FRUIT (APPL OR CHERRY)	539	539	47.27		0	47.27
FAST FOODS,CHIMICHANGA,W/ BF	440	440	24.6		0	24.6
FAST FOODS,CHIMICHANGA,W/ BF&CHS	660	660	21.49		0	21.49
FAST FOODS,CHIMICHANGA,W/ BF&RED CHILI PEPPERS	943	943	24.09		0	24.09
FAST FOODS,CHIMICHANGA,W/ BF,CHS,&RED CHILI PEPPERS	547	547	21.26		0	21.26
FAST FOODS,ENCHILADA,W/CHS	281	281	17.51		0	17.51
FAST FOODS,ENCHILADA,W/ CHS&BF	661	661	15.87		0	15.87
FAST FOODS,ENCHIRITO,W/ CHS,BF,&BNS	281	281	17.51		0	17.51
FAST FOODS,FRIJOLES W/CHS	861	861	17.19		0	17.19
FAST FOODS,NACHOS,W/CHS	533	533	32.15		0	32.15
FAST FOODS,NACHOS,W/ CHS&JALAPENO PEPPERS	84	84	29.45		0	29.45
FAST FOODS,NACHOS,W/ CHS,BNS,GROUND BF,&PEPPERS	909	909	21.89		0	21.89
FAST FOODS,NACHOS,W/ CINN&SUGAR	431	431	58.16		0	58.16
FAST FOODS,TACO	526	526	15.63		0	15.63
FAST FOODS,TACO SALAD	333	333	11.91		0	11.91
FAST FOODS,TACO SALAD W/CHILI CON CARNE	330	330	10.18		0	10.18
FAST FOODS,TOSTADA,W/ BNS&CHS	647	647	18.42		0	18.42
FAST FOODS,TOSTADA,W/ BNS,BF,&CHS	962	962	13.18		0	13.18
FAST FOODS,TOSTADA,W/ BF&CHS	554	554	13.97		0	13.97
TOSTADA WITH GUACAMOLE	271	271	12.27		0	12.27
FAST FOODS,CHEESEBURGER; SINGLE,REG PATTY; PLN	84	460	29.89	1	0	28.89
FAST FOODS,CHEESEBURGER; SINGLE,REG PATTY,W/ CONDMNT	946	77	25.46	1.9	0	23.56
FAST FOODS,CHEESEBURGER; SINGLE,REG PATTY,W/ CONDMNT & VEG	647	647	18.27		0	18.27
FAST FOODS,CHEESEBURGER; DOUBLE,REG PATTY; PLN	522	272	20.8	0.7	0	20.1

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
FAST FOODS,CHEESEBURGER; DOUBLE,REG PATTY,W/ COND-MNT & VEG	485	485	21.2		0	21.2
FST FOODS, CHSBRGR, REG, DOUBLE PATTY BUN, PLAIN	84	460	29.89	1	0	28.89
FAST FOODS,CHSEBURGER; DBLE,REG,PATTY & BN; W/ CONDMNT & VEG	640	640	23.3		0	23.3
FAST FOODS,CHEESEBURGER; SINGLE,LRG PATTY; PLN	522	794	20.8	1.4	0	19.4
FAST FOODS,CHESEBURGER; SINGLE,LRG PATTY; W/ COND-MNT & BACON	102	281	18.89	1.3	0	17.59
FAST FOODS,CHEESEBURGER; SINGLE,LRG PATTY; W/ COND-MNT & VEG	281	281	17.53		0	17.53
FAST FOODS,CHSBURGER; SINGLE,LRG PATTY; W/ CONDMNT,VEG & HAM	270	270	13.01		0	13.01
FAST FOODS,CHEESEBURGER; DOUBLE,LRG PATTY,W/ COND-MNT & VEG	235	235	15.37		0	15.37
FAST FOODS,CHEESEBURGER; TRIPLE,REG PATTY; PLN	225	274	16.16	0.5	0	15.66
FAST FOODS,CHICK FILLET SNDWCH,PLN	547	547	21.26		0	21.26
FAST FOODS,CHICK FILLET SNDWCH,W/CHS	647	647	18.24		0	18.24
FAST FOODS,EGG&CHS SNDWCH	646	646	17.76		0	17.76
FAST FOODS,FISH SNDWCH,W/ TARTAR SAU	284	284	25.96		0	25.96
FAST FOODS,FISH SNDWCH,W/ TARTAR SAU&CHS	284	284	26.03		0	26.03
FAST FOODS,HAMBURGER; SINGLE,REG PATTY; PLN	467	441	33.71	1.2	0	32.51
FAST FOODS,HAMBURGER; SINGLE,REG PATTY; W/ COND-MNT	78	969	28.79	1.8	0	26.99
FAST FOODS,HAMBURGER; SINGLE,REG PATTY; W/ COND-MNT & VEG	845	845	24.81		0	24.81
FAST FOODS,HAMBURGER; DOUBLE,REG,PATTY; PLN	943	640	24.1	0.9	0	23.2
FAST FOODS,HAMBURGER; DOUBLE,REG PATTY; W/ COND-MNT	656	656	18.02		0	18.02
FAST FOODS,HAMBURGER; SINGLE,LRG PATTY; PLN	640	640	23.16		0	23.16
FAST FOODS,HAMBURGER; SINGLE,LRG PATTY,W/ CONDMNT & VEG	647	647	18.35		0	18.35
FAST FOODS,HAMBURGER; DOUBLE,LRG PATTY; W/ COND-MNT & VEG	99	99	17.82		0	17.82
FAST FOODS,HAMBURGER,LRG, TRIPLE PATTY,W/CONDMNT	933	933	11.04		0	11.04

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FAST FOODS,HAM&CHS SNDWCH	622	622	22.84		0	22.84
FAST FOODS,HAM,EGG,&CHS SNDWCH	221	221	21.64		0	21.64
FAST FOODS,HOTDOG,PLAIN	647	647	18.4		0	18.4
FAST FOODS,HOTDOG,W/CHILI	536	536	27.45		0	27.45
FAST FOODS,HOTDOG,W/CORN FLR COATING (CORNDG)	623	623	31.88		0	31.88
FAST FOODS,RST BF SNDWCH,PLN	943	943	24.06		0	24.06
SANDWICHES&BURGERS,RST BF SNDWCH W/CHS	524	524	25.78		0	25.78
SANDWICHES&BURGERS,STEAK SNDWCH	946	946	25.47		0	25.47
FAST FOODS,SUBMARINE SNDWCH,W/COLD CUTS	658	658	22.39		0	22.39
FAST FOODS,SUBMARINE SNDWCH,W/RST BF	525	525	20.51		0	20.51
FAST FOODS,SUBMARINE SNDWCH,W/TUNA SALAD	221	221	21.63		0	21.63
FAST FOODS,COLESLAW	270	270	12.88		0	12.88
FAST FOODS,CORN ON THE COB W/BUTTER	909	909	21.88		0	21.88
FAST FOODS,HUSH PUPPIES	297	297	44.74		0	44.74
FAST FOODS,ONION RINGS,BREADED&FRIED	261	261	37.74		0	37.74
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU	74	74	15.71		0	15.71
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU&BACON	275	275	14.86		0	14.86
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU&BROCCOLI	530	530	13.74		0	13.74
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU&CHILI	637	637	14.14		0	14.14
FAST FOODS,POTATO,BKD&TOPPED W/SOUR CRM&CHIVES	540	540	16.56		0	16.56
FST FOODS, POTATO, FRNCH FRIED IN VEG OIL	471	171	37.51	3.5	0	34.01
FAST FOODS,POTATO,MASHED	225	225	16.12		0	16.12
SIDE DISHES,POTATO SALAD	276	276	13.53		0	13.53
BURGER KING,VANILLA SHAKE	758	758	19.03	0	0	19.03
FAST FOODS,HAMBURGER,LRG, SINGLE PATTY,W/CONDMNT	520	759	20.83	1.2	0	19.63
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	628	625	29.02	2.2	0	26.82
PIZZA,CHS TOPPING,RISING CRUST,FRZ,CKD	472	641	32.91	2.5	0	30.41
PIZZA,MEAT & VEG TOPPING,REG CRUST,FRZ,CKD	908	82	25.14	2.2	0	22.94

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PIZZA,MEAT & VEG TOPPING,RISING CRUST,FRZ,CKD	78	476	28.78	2.3	0	26.48
McDONALD'S, Hamburger	81	84	30.69	1.3	0	29.39
FAST FOODS,CHICK,BREADED & FRIED,BNLESS PIECES,PLN	290	559	16.32	0.9	0	15.42
MCDONALD'S, FLT-O-FSH	445	945	28.61	0.9	0	27.71
MCDONALD'S, CHEESEBURGER	452	625	27.81	1.1	0	26.71
MCDONALD'S,QUARTER POUNDER	626	808	22.17	1.6	0	20.57
MCDONALD'S,QUARTER POUNDER W/ CHS	154	761	19.95	1.4	0	18.55
MCDONALD'S,BIG MAC	272	761	20.08	1.6	0	18.48
MCDONALD'S,FRENCH FR	466	459	41.1	4.1	0	37
WENDY'S,CLASSIC SINGLE HAMBURGER,NO CHS	253	559	16.82	1.3	0	15.52
WENDY'S,CLASSIC SINGLE HAMBURGER,W/ CHS	632	245	14.2	1.4	0	12.8
WENDY'S,JR. HAMBURGER,WO/ CHS	629	625	28.45	1.7	0	26.75
WENDY'S,JR. HAMBURGER,W/ CHS	71	77	24.97	1.4	0	23.57
WENDY'S,CLASSIC DOUBLE,W/ CHS	208	924	11.71	1.1	0	10.61
WENDY'S,HOMESTYLE CHICK FILLET SNDWCH	660	542	21.55	1.3	0	20.25
WENDY'S,ULTIMATE CHICK GRILL SNDWCH	793	646	18.88	1.1	0	17.78
WENDY'S,CHICK NUGGETS	235	896	15.35	1	0	14.35
WENDY'S,FRENCH FR	508	973	39.44	3.7	0	35.74
WENDY'S,FROSTY DAIRY DSSRT	77	767	23.62	3.3	0	20.32
BURGER KING, French Fries	643	651	40.08	2.9	0	37.18
BURGER KING, Hamburger	969	71	27.11	2	0	25.11
BURGER KING, CHSBRGR	217	553	23.71	2.8	0	20.91
BURGER KING, WHOPPER, no cheese	761	707	18.55	1.8	0	16.75
BURGER KING, WHOPPER, with cheese	707	74	16.7	1	0	15.7
Burger king, double whopper no cheese	530	895	13.74	1.4	0	12.34
BURGER KING, DOUBLE WHOPPPER, with cheese	276	333	13.52	1.6	0	11.92
BURGER KING, Chicken Tenders	331	268	17.41	2.3	0	15.11
BURGER KING,CHICK WHOPPER SNDWCH	751	861	18.67	1.5	0	17.17
BURGER KING,ORIGINAL CHICK SNDWCH	944	321	24.35	2.4	0	21.95
TACO BELL,ORIGINAL TACO W/ BF	848	896	17.95	3.6	0	14.35
TACO BELL,SOFT TACO W/ BF	759	861	19.74	2.6	0	17.14
TACO BELL,SOFT TACO W/ CHICK	849	646	19.58	1.8	0	17.78

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TACO BELL,SOFT TACO W/ STEAK	861	526	17.22	1.6	0	15.62
TACO BELL,BEAN BURRITO	945	631	27.77	3.9	0	23.87
TACO BELL,BURRITO SUPREME W/ BF	630	99	21.07	3.2	0	17.87
TACO BELL,BURRITO SUPREME W/ CHICK	525	644	20.51	2.4	0	18.11
TACO BELL,BURRITO SUPREME W/ STEAK	767	99	20.32	2.4	0	17.92
TACO BELL,NACHOS	435	441	36.38	3.8	0	32.58
TACO BELL,NACHOS SUPREME	762	231	23.09	4.1	0	18.99
TACO BELL,TACO SALAD	268	20	15.1	3	0	12.1
PIZZA HUT 12" CHS PIZZA,REG CRUST	285	84	31.22	1.8	0	29.42
PIZZA HUT 12" CHS PIZZA,THICK CRUST	84	280	29.93	1.7	0	28.23
PIZZA HUT 12" CHS PIZZA,THIN 'N CRISPY CRUST	445	969	28.64	1.6	0	27.04
PIZZA HUT 12" PEPPERONI PIZZA,REG CRUST	634	84	31.55	1.7	0	29.85
PIZZA HUT 12" PEPPERONI PIZZA,THICK CRUST	81	78	30.49	1.8	0	28.69
PIZZA HUT 12" SUPER SUPREME PIZZA,REG CRUST	946	77	25.62	2	0	23.62
DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	464	472	34.45	1.4	0	33.05
DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	171	277	33.93	2.3	0	31.63
DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	452	288	28.01	2.1	0	25.91
DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	441	81	32.29	1.5	0	30.79
DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	441	641	32.3	2.1	0	30.2
DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza	524	217	25.72	2	0	23.72
PAPA JOHN'S 14" CHS PIZZA,ORIGINAL CRUST	441	81	32.74	1.9	0	30.84
PAPA JOHN'S 14" PEPPERONI PIZZA,ORIGINAL CRUST	84	78	30.04	1.2	0	28.84
PAPA JOHN'S 14" THE WORKS PIZZA,ORIGINAL CRUST	625	79	26.69	2.5	0	24.19
PAPA JOHN'S 14" CHS PIZZA,THIN CRUST	642	943	26.26	2.3	0	23.96
LITTLE CAESARS 14" ORIGINAL RND CHS PIZZA,REG CRUST	634	84	31.5	1.7	0	29.8
LITTLE CAESARS 14" ORIGINAL RND PEPPERONI PIZZA,REG CRUST	285	628	31.01	1.7	0	29.31
LITTLE CAESARS 14" ORIGINAL RND MEAT & VEG PIZZA,REG CRUST	762	98	23.1	2.1	0	21
LITTLE CAESARS 14" CHS PIZZA,LRG DEEP DISH CRUST	641	78	30.1	1.3	0	28.8

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
LITTLE CAESARS 14" PEPPERONI PIZZA,LRG DEEP DISH CRUST	628	470	29.03	1.5	0	27.53
LITTLE CAESARS 14" CHS PIZZA,THIN CRUST	622	547	22.85	1.6	0	21.25
PIZZA HUT 14" CHS PIZZA,REG CRUST	277	81	31.63	1.1	0	30.53
PIZZA HUT 14" CHS PIZZA,THICK CRUST	84	628	29.96	0.9	0	29.06
PIZZA HUT 14" CHS PIZZA,THIN 'N CRISPY CRUST	628	452	29.03	1.1	0	27.93
PIZZA HUT 14" PEPPERONI PIZZA,REG CRUST	441	84	32.48	2.6	0	29.88
PIZZA HUT 14" PEPPERONI PIZZA,THICK CRUST	84	226	29.87	1.5	0	28.37
PIZZA HUT 14" SUPER SUPREME PIZZA,REG CRUST	284	217	26.01	2.3	0	23.71
FST FD, PZZA CHN, 14" PZZA, CHS TPPING, REG CRUST	441	81	32.58	1.7	0	30.88
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,THICK CRUST	634	84	31.33	1.8	0	29.53
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,THIN CRUST	476	487	26.54	2	0	24.54
FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,REG CRUST	634	84	31.46	1.5	0	29.96
FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,THICK CRUST	641	445	30.4	1.8	0	28.6
FAST FD,PIZZA CHAIN,14" PIZZA,MEAT & VEG TOPPING,REG CRUST	946	640	25.38	2.2	0	23.18
Egg, Cheese and Sausage Griddle Cake Sandwich	83	518	22.05	0.6	0	21.45
Sausage Griddle Cake Sandwich	285	641	31.25	1	0	30.25
Egg, Cheese and Bacon Griddle Cake Sandwich	642	946	26.2	0.8	0	25.4
MCDONALD'S,CHICK SELECTS PREMIUM BREST STRIPS	892	892	19.32	0	0	19.32
MCDONALD'S,CHICK MCNUGGETS	225	225	16	0	0	16
MCDONALD'S,BARBEQUE SAU	459	973	36.93	1.3	0	35.63
MCDONALD'S,CREAMY RANCH SAU	601	601	3.49	0	0	3.49
MCDONALD'S,HONEY	340	340	86.44		0	86.44
MCDONALD'S,HOT MUSTARD SAU	628	943	29.08	5	0	24.08
MCDONALD'S,SPICY BUFFALO SAU	870	700	1.81	1.5	0	0.31
MCDONALD'S,SWT 'N SOUR SAU	508	508	39.38	0	0	39.38
MCDONALD'S,TANGY HONEY MUSTARD SAU	78	284	28.81	2.7	0	26.11
MCDONALD'S,BISCUIT	244	419	44.6	1.5	0	43.1

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
MCDONALD'S,DELUXE WARM CINN ROLL	495	385	51.8	2.5	0	49.3
MCDONALD'S,HASH BROWNS	946	626	25.41	3.2	0	22.21
MCDONALD'S,SCRMBLD EGGS	654	654	1.85		0	1.85
MCDONALD'S,HOTCAKES (PLAIN)	473	459	38.27	1.4	0	36.87
MCDONALD'S,WARM CINN ROLL	535	492	53.02	1.9	0	51.12
MCDONALD'S,SAUSAGE PATTY	2	2	1.4		0	1.4
MCDONALD'S,BKD APPL PIE	312	388	43.62	2	0	41.62
MCDONALD'S,MCDONALDLAND CHOC CHIP COOKIES	406	377	66.24	2	0	64.24
MCDONALD'S,MCDONALDLAND COOKIES	379	499	72.75	1.6	0	71.15
MCDONALD'S,BACON,EGG & CHS MCGRIDDLES	642	946	26.19	0.8	0	25.39
MCDONALD'S,SAUSAGE MC-GRIDDLES	285	641	31.25	1	0	30.25
MCDONALD'S,SAUSAGE,EGG & CHS MCGRIDDLES	321	518	22.04	0.6	0	21.44
MCDONALD'S,VANILLA TRIPLE THICK SHAKE	625	625	26.61	0	0	26.61
MCDONALD'S,CHOC TRIPLE THICK SHAKE	452	945	27.87	0.2	0	27.67
MCDONALD'S,STRAWBERRY TRIPLE THICK SHAKE	625	625	26.79	0	0	26.79
MCDONALD'S,VANILLA RED FAT ICE CRM CONE	523	642	26.36	0.1	0	26.26
MCDONALD'S,STRAWBERRY SUNDAE	653	653	28.09	0	0	28.09
MCDONALD'S,HOT CARAMEL SUNDAE	472	472	33.36	0	0	33.36
MCDONALD'S,HOT FUDGE SUNDAE	641	84	30.05	0.4	0	29.65
MCDONALD'S,PNUTS (FOR SUNDAES)	72	3	16.23	18.8	0	-2.57
MCDONALD'S,MCFLURRY W/ M&M'S CANDIES	625	625	26.82	0.2	0	26.62
MCDONALD'S,MCFLURRY W/ OREO COOKIES	946	946	25.55	0.1	0	25.45
MCDONALD'S,SAUSAGE BUR-RITO	518	767	21.39	1.1	0	20.29
MCDONALD'S,BIG BRKFST	331	177	17.43	1	0	16.43
MCDONALD'S,APPL DIPPERS	20	20	12.1		0	12.1
MCDONALD'S,LOFAT CARAMEL SAU	443	443	71.53		0	71.53
MCDONALD'S,DOUBLE CHEESE-BURGER	265	758	19.83	0.8	0	19.03
MCDONALD'S,DOUBLE QUARTER POUNDER W/ CHS	246	165	14.43	1	0	13.43
MCDONALD'S,NEWMAN'S OWN COBB DRSG	559	619	15.49	0.3	0	15.19
MCDONALD'S,NEWMAN'S OWN CREAMY CAESAR DRSG	681	902	6.85	0.1	0	6.75

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
MCDONALD'S,NEWMAN'S OWN LOFAT BALSAMIC VINAIGRETTE	845	79	24.65	0.4	0	24.25
MCDONALD'S,NEWMAN'S OWN RANCH DRSNG	707	177	16.75	0.3	0	16.45
MCDONALD'S,BIG MAC (WITHOUT BIG MAC SAUCE)	98	892	21.01	1.7	0	19.31
MCDONALD'S,BIG 'N TASTY	707	205	16.6	1.4	0	15.2
MCDONALD'S,BIG 'N TASTY (WITHOUT MAYONNAISE)	331	661	17.44	1.5	0	15.94
MCDONALD'S,BIG 'N TASTY W/ CHS	225	328	16.06	1.3	0	14.76
MCDONALD'S,BIG 'N TASTY W/ CHS (WITHOUT MAYONNAISE)	253	235	16.81	1.4	0	15.41
MCDONALD'S,MCCHICKEN SNDWCH	625	284	26.86	0.8	0	26.06
MCDONALD'S,MCCHICKEN SNDWCH (WITHOUT MAYONNAISE)	628	629	29.31	0.9	0	28.41
MCDONALD'S,EGG MCMUFFIN	808	794	20.54	1.1	0	19.44
MCDONALD'S,SAUSAGE MCMUFFIN	487	762	24.52	1.4	0	23.12
MCDONALD'S,SAUSAGE MCMUFFIN W/ EGG	861	177	17.28	0.9	0	16.38
MCDONALD'S BACON EGG & CHS BISCUIT	622	763	22.81	0.7	0	22.11
MCDONALD'S,SAUSAGE BISCUIT	452	969	27.9	0.9	0	27
MCDONALD'S,SAUSAGE BISCUIT W/ EGG	615	269	19.77	0.6	0	19.17
MCDONALD'S,DELUXE BRKFST	84	445	29.52	0.9	0	28.62
MCDONALD'S,HOTCAKES & SAUSAGE	228	261	38.79	0.8	0	37.99
MCDONALD'S,HOTCAKES (WITH 2 PATS MARGARINE & SYRUP)	390	297	46.08	0.9	0	45.18
MCDONALD'S,APPL DIPPERS W/ LOFAT CARAMEL SAU	642	642	26.12		0	26.12
MCDONALD'S,FRUIT & WALNUT SALAD	707	707	16.6		0	16.6
MCDONALD'S,CAESAR SALAD W/ GRILLED CHICK	1	821	3.67	1.1	0	2.57
MCDONALD'S,CAESAR SALAD W/ CRISPY CHICK	40	286	6.66	1.1	0	5.56
MCDONALD'S,CAESAR SALAD WO/ CHICK	929	37	4.28	1.6	0	2.68
MCDONALD'S,CALIFORNIA COBB SALAD W/ GRILLED CHICK	601	867	3.45	1	0	2.45
MCDONALD'S,CALIFORNIA COBB SALAD W/ CRISPY CHICK	41	813	6.19	1.1	0	5.09
MCDONALD'S,CALIFORNIA COBB SALAD WO/ CHICK	602	170	3.85	1.5	0	2.35
MCDONALD'S,BACON RANCH SALAD W/ GRILLED CHICK	1	37	3.64	1	0	2.64
MCDONALD'S,BACON RANCH SALAD W/ CRISPY CHICK	249	286	6.53	1	0	5.53
MCDONALD'S,BACON RANCH SALAD WO/ CHICK	929	37	4.2	1.5	0	2.7

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
MCDONALD'S,SIDE SALAD	65	37	4.3	1.6	0	2.7
MCDONALD'S,FRUIT 'N YOGURT PARFAIT	522	759	20.72	1	0	19.72
MCDONALD'S,FRUIT 'N YOGURT PARFAIT (WITHOUT GRANOLA)	646	707	17.67	0.9	0	16.77
MCDONALD'S,FILET-O-FISH (WITHOUT TARTAR SAUCE)	441	277	32.46	0.8	0	31.66
BURGER KING,CROISSAN'WICH W/ SAUSAGE,EGG & CHS	721	253	17.65	0.7	0	16.95
BURGER KING,CROISSAN'WICH W/ SAUSAGE & CHS	762	658	23	0.7	0	22.3
BURGER KING,CROISSAN'WICH W/ EGG & CHS	845	943	24.79	0.7	0	24.09
BURGER KING,FRENCH TOAST STKS	466	643	41.21	1.4	0	39.81
BURGER KING,HASH BROWN ROUNDS	240	277	34.55	2.9	0	31.65
FAST FOODS,MINIATURE CINN ROLLS	302	492	53.38	2.2	0	51.18
FAST FOODS,HAMBURGER; DOUBLE,LRG PATTY; W/ CONDMNT,VEG & MAYO	530	895	13.74	1.4	0	12.34
FT FDS, HAMBURGER; SIN, LRG PATTY; W/ CONDMNTS, VEG, MAYO	861	661	17.33	1.5	0	15.83
FAST FOODS,HAMBURGER; SINGLE,LRG PATTY; W/ COND-MNT	763	98	22.14	1.1	0	21.04
FAST FOODS,HAMBURGER; SINGLE,LRG PATTY; W/ COND-MNT & VEG	331	661	17.44	1.5	0	15.94
FAST FOODS,HAMBURGER; SINGLE,REG PATTY; W/ COND-MNT & SPL SAU	80	212	22.69	1.4	0	21.29
FAST FOODS,CHEESEBURGER; SINGLE,LRG PATTY; W/ COND-MNT & VEG	253	235	16.81	1.4	0	15.41
FAST FOODS,CHEESEBURGER; DOUBLE,REG PATTY; W/ COND-MNT	265	758	19.83	0.8	0	19.03
FAST FOODS,CHEESEBURGER; DOUBLE,LRG PATTY; W/ COND-MNT	246	165	14.43	1	0	13.43
FAST FDS,CHSEBURGER;SINGLE,LRG PATTY; W/ CONDMNT,VEG & MAYO	559	19	15.45	1.2	0	14.25
FAST FOODS,CHEESEBURGER; SINGLE,LRG PATTY; W/ COND-MNT	759	761	19.72	1.2	0	18.52
FAST FDS,CHSEBURGER; DOUBLE,LRG PATTY; W/ CONDMNT,VEG & MAYO	913	92	12.62	1.3	0	11.32
FAST FDS,CHSEBURGER; DOUBLE,REG PATTY; W/ COND-MNT & SPL SAU	660	272	21.53	1.4	0	20.13
FAST FOODS,CHICK TENDERS	646	661	17.79	1.9	0	15.89

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MCDONALD'S,PREMIUM GRILLED CHICK CLASSIC SNDWCH	626	520	22.28	1.4	0	20.88
MCDONALD'S,PREMIUM CRISPY CHICK CLASSIC SNDWCH	284	845	26.08	1.4	0	24.68
MCDONALD'S,PREMIUM GRILLED CHICK CLUB SNDWCH	911	751	19.87	1.2	0	18.67
MCDONALD'S,PREMIUM CRISPY CHICK CLUB SNDWCH	762	321	23.14	1.2	0	21.94
MCDONALD'S,PREMIUM GRILLED CHICK RANCH BLT SNDWCH	321	525	21.91	1.4	0	20.51
MCDONALD'S,PREMIUM CRISPY CHICK RANCH BLT SNDWCH	946	79	25.51	1.3	0	24.21
MCDONALD'S,ENG MUFFIN	244	388	44.36	2.6	0	41.76
FAST FOODS,BAGEL,W/ HAM,EGG,& CHS	536	649	27.43	0.2	0	27.23
FAST FOODS,BAGEL,W/ EGG,SAUSAGE PATTY,CHS,& CONDMNT	70	537	22.64	0.2	0	22.44
FAST FOODS,BAGEL,W/ BRKFST STEAK,EGG,CHS,& CONDMNT	762	622	22.99	0.2	0	22.79
KRAFT MACARONI & CHEESE DINNER ORIGINAL FLAVOR,UNPREP	444	230	67.9	2.1	0	65.8
WORTHINGTON FOODS,MORNINGSTAR FARMS GARDEN VEGE PATTIES,FRZ	54	561	14.29	4.4	0	9.89
WORTHINGTON FOOD,MORGSTAR FARM AMERICA'S ORIGINAL VEGGIE DOG	933	222	11.07	3.4	0	7.67
WORTHINGTON FOODS,MORNINGSTAR FARMS "BURGER"CRUMBLES	248	65	8.51	4.2	0	4.31
WORTHINGTON FOODS,MORNINGSTAR FARMS GRILERS VEGAN BURGER,FRZ	812	701	9.1	5.3	0	3.8
WORTHINGTON FOODS,MORNINGSTAR FARMS BRKFST PATTIES	928	172	8.81	4.1	0	4.71
WORTHINGTON FOODS,MORNINGSTAR FARMS,SPICY BLACK BEAN BURGER	231	206	18.96	4.4	0	14.56
GREEN GIANT,HARVEST BURGER,ORIG FLAV,ALL VEG PROT PATTY,FRZ	251	2	7.8	6.3	0	1.5
WORTHINGTON FOODS,LOMA LINDA,BIG FRANKS,MEATLESS FRANKS,CND	62	3	2.97	3	0	-0.03
WORTHINGTON FOODS,MORNSTAR FARMS VEGAN BRGR FM ORGANIC SOY	215	58	10.66	6.9	0	3.76
NESTLE,CHEF-MATE CHILI W/BNS,CND	276	22	13.5	3	0	10.5
NESTLE,CHEF-MATE CHILI WO/BNS,CND	795	252	8	1.5	0	6.5
NESTLE,CHEF-MATE CORNED BF HASH,CND	23	561	11	1.1	0	9.9

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
Macaroni and Cheese, canned entree	617	933	11.52	0.5	0	11.02
JIMMY DEAN,SAUSAGE BISCUITS,BRKfst SNDWCH,FRZ	943	521	24.1	1.5	0	22.6
SPAGHETTI W/MEAT SAU, FRZ ENTREE	918	165	15.24	1.8	0	13.44
BEEF MACARONI,FRZ ENTREE	554	20	13.94	1.9	0	12.04
NALLEY CHILI CON CARNE W/BNS,CND ENTREE	988	3	4.6	5	0	-0.4
OLD EL PASO CHILI W/BNS,CND ENTREE	182	838	9.5	4.3	0	5.2
CHEF BOYARDEE BF RAVIOLI IN TOMATO & MEAT SAU,CND ENTREE	276	639	13.58	0.5	0	13.08
CHEF BOYARDEE BEEFARONI,MACARONI W/BEEF IN TOMATO SAU,CND	276	639	13.58	0.5	0	13.08
CHEF BOYARDEE MINI RAVIOLI,BF RAVIOLI TOMATO, MEAT SAU,CND	12	283	12.36	1	0	11.36
CHEF BOYARDEE SPAGHETTI & MEATBALLS IN TOMATO SAU,CND ENTREE	333	22	11.9	1.4	0	10.5
Pasta with Sliced Franks in Tomato Sauce, canned entree	333	23	11.9	0.9	0	11
BANQUET CHICK POT PIE,FRZ ENTREE'	656	290	18.02	1.7	0	16.32
MARIE CALLENDER'S CHICK POT PIE,FRZ ENTREE	269	644	19.18	1	0	18.18
STOUFFER'S CHICK PIE,FRZ ENTREE	521	485	22.59	1.4	0	21.19
TURKEY POT PIE,FRZ ENTREE	646	707	17.7	1.1	0	16.6
BEEF POT PIE,FRZ ENTREE	658	485	22.3	1.1	0	21.2
HOT POCKETS,BF&CHEDDAR STUFFED SNDWCH,FRZ	945	945	27.6		0	27.6
HOT POCKETS,CROISSANT POKCTS CHIK,BROC&CHDR STUFD SNDWCH,FRZ	641	628	30.4	1.1	0	29.3
HOT POCKETS HAM 'N CHS STUFFED SNDWCH,FRZ	84	84	30		0	30
RED BARON PREMIUM POCKETS,ORIGINAL HAM&CHS,FRZ	649	649	27.2		0	27.2
STOUFFER'S STUFFED PEPPERS W/ BF IN TOMATO SAU,FRZ ENTREE	9	881	8.73	1.2	0	7.53
STOUFFER'S LASAGNA W/ MEAT & SAU,FRZ ENTREE	68	210	12.57	1.1	0	11.47
BANQUET ORIG FRIED CHK THIGH,W/MASH POT & CORN IN SEASON SAU	165	617	13.35	1.8	0	11.55
STOUFFER'S LN CUISINE SPAGHETTI W/ MEATBALLS & SAU,FRZ ENTRE	271	693	12.27	1.5	0	10.77

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STOUFFER'S LN CUISINE SWEDISH MEATBALLS W/ PASTE,FRZ ENTREE	963	326	12.14	1	0	11.14
STOUFFER'S LN CUISINE MACARONI & BF IN TOMATO SAU,FRZ ENTREE	962	617	13.23	1.7	0	11.53
STOUFFER'S LN CUISINE CHICK & VEG W/ VERMICELLI,FRZ ENTREE	238	222	8.91	1.3	0	7.61
STOUFFER'S LN CUISINE HS BF POT RST W/ WHIPPED POTATOES,FRZ	705	697	8.29	1.2	0	7.09
STOUFFER'S CRMD CHIPPED BF,FRZ ENTREE	857	40	7.07	0.4	0	6.67
STOUFFER'S LN CUISINE SPAGHETTI W/ MEAT SAU,FRZ ENTREE	275	276	14.91	1.4	0	13.51
STOUFFER'S LN CUISINE ORIENTAL BF W/ VEG & RICE,FRZ ENTREE	933	182	11.05	1.6	0	9.45
STOUFFER'S HOMESTYLE SALISBURY STEAK IN GRAVY & MAC& CHS,FRZ	103	882	7.47	1.5	0	5.97
PATIO BF & BEAN BURRITO,MILD,FRZ	641	625	30.15	3.5	0	26.65
STOUFFER'S LN CUISINE HS STUFF CAB W/ MEAT SAU&WHPED POT,FRZ	812	881	9.07	1.5	0	7.57
HEALTHY CHOIC CHICK TERIYAKI W/RICE MEDLEY BROCCOLI,FRZ MEAL	211	719	11.43	3	0	8.43
HC CHK ENCHI SUPMA IN GRN CHILI SAU,MEXI RICE,CORN MELY,FRZ	644	707	18.2	1.5	0	16.7
CINNAMON SWIRL FRENCH TOAST W/SAUSAGE,FRZ BRKFST	487	762	24.5	1.5	0	23
SCRAMBLED EGGS&SAUSAGE W/HASHED BROWN POTATOES,FRZ BRKFST	241	238	9.7	0.8	0	8.9
GREEN GIANT,BROCCOLI IN CHS FLAV SAU,FRZ	238	238	8.9		0	8.9
THE BUDGET GOURMET,SPINACH AU GRATIN,FRZ	223	948	7.4	1.5	0	5.9
BANQUET TKY & GRY W/DRESS ,MSHD POT & PEA IN SEASON SAU,FRZ	262	222	10.87	3.1	0	7.77
STOUFF LN CUISIN CHK ENCH SUIZA W/CRM SAU & MEXI-STYL RICE	647	253	18.38	1.3	0	17.08
STOUFFER'S CHK ENCHILA MEXIC-STY RICE W/ MONREY JACK CHS SAU	660	542	21.54	1.3	0	20.24
SMART ONES,CHICK ENCHILADAS SUIZA,SOUR CRM W/CHEESE,FRZ	646	177	17.7	1.3	0	16.4
SMART ONES,RST TKY MEDALLIONS.MSHRM IN SAU W/RICE & VEG,FRZ	275	554	14.9	1	0	13.9

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MARIE CALLENDER'S BF STROGANOFF & NOODLES, CARROTS, PEAS,FRZ	289	422	10.75	2	0	8.75
BREAKFAST BURRITO,HAM&CHS FLAVOR,FRZ ENTREE	653	625	28.1	1.4	0	26.7
TYSON CHICK FAJITA KIT,FRZ,PROD CD #2266-910	72	206	16.22	1.7	0	14.52
BANQUET HEARTY ONE STK DIN,GRY,MSHD POT, CORN SEASON SAU,FRZ	91	251	9.92	2.1	0	7.82
KID CUISINE CHK NUG, PSTA IN CHS SAU,CRN,CHOC PUDD W/SPRINK	615	253	19.77	2.9	0	16.87
BANQUET SLCED BF W/GRY, MASH POT, PEAS SEASON SAUC, FROZEN	811	949	6.46	1.6	0	4.86
HORMEL,DINTY MOORE BF STEW,CND ENTREE	681	818	6.81	1.1	0	5.71
HORMEL CORNED BF HASH,CND ENTREE	204	926	9.27	1.1	0	8.17
BETTY CROCKER,HAMBURGER HELPER,CHEESEBURGER MACARONI,DRY MIX	377	377	64.3		0	64.3
HODGSON MILL,WHL WHEAT MACARONI&CHS DINNER,DRY MIX	402	267	69.2	7.6	0	61.6
LIPTON,ALFREDO EGG NOODLES IN A CREAMY SAU,DRY MIX	412	412	62.4		0	62.4
HORMEL CHILI,NO BNS,CND ENTREE	881	41	7.59	1.3	0	6.29
HORMEL TURKEY CHILI W/ BNS,CND ENTREE	11	222	10.35	2.6	0	7.75
FREEZER QUEEN GRAVY&SLICED BF MEAL,MSHD POT&CARROTS,FRZ MEAL	263	247	10	1.4	0	8.6
BANQUET GRY & SALURY STK W/ MSHD POT & CORN IN SEASONSAU,FRZ	561	817	9.88	1.5	0	8.38
HEALTHY CHOIC MESQ CHK BBQ,RSTD RED POT,MXD VEG IN SAU,FRZ	637	333	14.16	2.2	0	11.96
STAGG DYNAMITE CHILI W/ BNS,CND ENTREE	68	812	12.44	3.3	0	9.14
STAGG RANCHHOUSE CHILI W/BNS,CND ENTREE	245	662	12.78	3.5	0	9.28
STAGG CLASSIC CHILI W/ BNS,CND ENTREE	232	928	11.83	3	0	8.83
STAGG COUNTRY CHILI W/ BNS,CND ENTREE	186	824	11.74	2.4	0	9.34
STAGG SILVERADO CHILI W/ BNS,CND ENTREE	165	259	13.39	3.3	0	10.09
HORMEL CHILI W/BNS,CND ENTREE	278	828	13.63	3.4	0	10.23
HORMEL VEGETARIAN CHILI W/BNS,CND ENTREE	235	283	15.39	4	0	11.39
HORMEL RST BF HASH,CND ENTREE	241	829	9.71	1.5	0	8.21

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TORTELLINI,PASTA W/CHS FILLING	621	297	47	1.9	0	45.1
PIZZA,PEPPERONI TOPPING,REG CRUST,FRZ,CKD	484	523	28.51	2.2	0	26.31
CHILI CON CARNE W/BNS,CND ENTREE	211	881	11.43	3.9	0	7.53
BEEF STEW,CANNED ENTREE	902	838	6.77	1.5	0	5.27
CHICKEN POT PIE,FRZ ENTREE	759	793	19.68	0.8	0	18.88
PASTA W/MEATBALLS IN TOMATO SAU,CND ENTREE	213	194	12.29	2.7	0	9.59
BEEF,CORNED BF HASH,W/ POTATO,CND	204	926	9.27	1.1	0	8.17
LASAGNA,CHS,FRZ,PREP	554	963	13.84	1.7	0	12.14
CHILI,NO BNS,CND ENTREE	860	860	6.1		0	6.1
SPAGHETTI,W/ MEATBALLS,CND	933	933	11.11		0	11.11
SPAGHETTI,NO MEAT,CND	206	206	14.56		0	14.56
LASAGNA W/ MEAT & SAU,LOW-FAT,FRZ ENTREE	276	271	13.5	1.3	0	12.2
LASAGNA W/ MEAT & SAU,FRZ ENTREE	270	64	12.87	1.2	0	11.67
BURRITO,BEAN & BEAN,FRZ	261	81	38.13	7.6	0	30.53
BURRITO BN & CHEESE, FRZ	310	445	39.05	10.5	0	28.55
HC TRADITION MT LF W/BRN SAU,MSHD POTS,GRN BNS & APL CRP,FRZ	693	238	10.8	1.9	0	8.9
HC SALBRY STK W/MSHRM GRVY,RST RED POT,GRN BNS,CRN,CART MEDY	543	329	12.69	2	0	10.69
HC CONTRY RSTD TKY W/CRAN-BERRY APPL SAU,GRN BNS & CARROT BLD	933	254	11.09	2.4	0	8.69
HC MESQ BF W/BQ SAU,RSTD RED POT & CORN,CAROT PEA MELEY,FRZ	246	68	14.44	1.9	0	12.54
MARIE CALLENDER TKY W/GRY & DRNG W/ MSHD POT,GRN BNS & CRAN	92	11	11.35	1	0	10.35
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	21	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	3	3	0	0	21	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,SEL,RAW	3	3	0	0	21	0
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,SEL,CKD,BRLD	3	3	0	0	21	0
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8"FAT,ALL GRDS,RAW	3	3	0	0	22	0
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	3	3	0	0	22	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8" FAT,SEL,RAW	3	3	0	0	22	0
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8" FAT,SEL,CKD,BRLD	3	3	0	0	2	0
BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN,0" FAT,SEL,RAW	3	3	0	0	0	0
BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN,0" FAT,SEL,CKD,GRILLED	3	3	0	0	0	0
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN,0" FAT,CHOIC,CKD,GRILLED	3	3	0	0	0	0
BEEF,RND,KNUCKLE,TIP SIDE,LN,STEAK,0" FAT,SEL,RAW	3	3	0	0	0	0
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN,0" FAT,SEL,CKD,GRILLED	3	3	0	0	0	0
BEEF,RND,OUTSIDE RND,BTTM RND,STEAK,LN,0" FAT,CHOIC,RAW	3	3	0	0	0	0
BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN,0" FAT,CH,CKD,GRILLED	3	3	0	0	0	0
BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN,0" FAT,SEL,CKD,GRILLED	3	3	0	0	0	0
BEEF,RND,OUTSIDE RND,BTTM RND,STEAK,LN,0" FAT,SEL,RAW	3	3	0	0	0	0
BF,CHK,CLOD,SHLDR TENDER,MEDALLION,LN,0" FAT,ALL GRDS,RAW	3	3	0	0	0	0
BF,CHK,CLOD,SHDR TNR,MED,LN,0" FAT,ALL GRDS,CKD,GRILLED	3	3	0	0	0	0
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN,0" FAT,ALL GRDS,RAW	3	3	0	0	0	0
BF,RND,KNUCKLE,TIP SIDE,STEAK,LN,0" FAT,ALL GRDS,CKD,GRILLED	3	3	0	0	0	0
BF,CHUCK,SHLDR CLOD,TOP & CNTR,STEAK,LN,0" FAT,ALL GRDS,RAW	3	3	0	0	0	0
BF,CHUCK,CLOD,TOP & CNTR,STK,LN,0" FAT,ALL GRDS,CKD,GRLD	3	3	0	0	0	0
BEEF,CHUCK,SHLDR CLOD,TOP BLADE,STEAK,LN,0" FAT,ALL GRDS,RAW	3	3	0	0	0	0
BF,CHK,CLOD,TOP BLADE,STEAK,LN,0" FAT,ALL GRDS,CKD,GRILLED	3	3	0	0	0	0
BF,RND,KNUCKLE,TIP CNTR,STEAK,LN,0" FAT,ALL GRDS,CKD,GRILLED	3	3	0	0	0	0
BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN,0" FAT,ALL GRDS,STK,RAW	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BF,RND,OUT RND,BTTM RND,STEAK,LN,0" FAT,ALL GRDS,CKD,GRILLED	3	3	0	0	0	0
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,CHOIC,RAW	3	3	0	0	0	0
BF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,CH,CKD,GRILLED	3	3	0	0	0	0
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT 0" FAT,SEL,RAW	3	3	0	0	0	0
BF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,SE,CKD,GRILLED	3	3	0	0	0	0
BF,CHK,CLOD,SHLDR TENDER,MEDALLION,LN & FAT,0" FAT,CHOIC,RAW	3	3	0	0	0	0
BF,CHK,CLOD,SHDR TNR,MED,LN & FAT,0" FAT,CH,CKD,GRILLED	3	3	0	0	0	0
BF,CHK,CLOD,SHLDR TENDER,MEDALLION,LN & FAT,0" FAT,SEL,RAW	3	3	0	0	0	0
BEEF,CHUCK,SHLDR CLOD, TOP & CNTR ,STK,LN & FAT,0" FAT,CH,RAW	3	3	0	0	0	0
BF,CHK,SHLDR CLOD, TOP & CNTR,STK,LN & FAT,0" FAT,CH,CKD,GRLD	3	3	0	0	0	0
BF,CHUCK,SHLDR CLOD, TOP & CNTR,STK,LN & FAT,0" FAT,SEL,RAW	3	3	0	0	0	0
BF,CHK, CLOD, TOP & CNTR,STK,LN & FAT,0" FAT,SEL,CKD,GRLD	3	3	0	0	0	0
BF,CHK,SHLDR CLOD, TOP BLADE,STEAK,LN & FAT,0" FAT,CHOIC,RAW	3	3	0	0	0	0
BF,CHK,CLOD, TOP BLADE,STEAK,LN & FAT,0" FAT,CH,CKD,GRILLED	3	3	0	0	0	0
BF,CHUCK,SHLDR CLOD, TOP BLADE,STEAK,LN & FAT,0" FAT,SEL,RAW	3	3	0	0	0	0
BF,CHK,CLOD, TOP BLADE,STEAK,LN & FAT,0" FAT,SEL,CKD,GRILLED	3	3	0	0	0	0
BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,CHOIC,RAW	3	3	0	0	0	0
BF,RND,KNUCKLE,TIP CNTR,STK,LN & FAT,0" FAT,CHOIC,CKD,GRLD	3	3	0	0	0	0
BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,SEL,RAW	3	3	0	0	0	0
BF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,SE,CKD,GRILLED	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,CHOIC,RAW	3	3	0	0	0	0
BF,RND,OUT RND,BTTM RND,STK,LN & FAT,0" FAT,CH,CKD,GRILLED	3	3	0	0	0	0
BEEF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,SEL,RAW	3	3	0	0	0	0
BF,RND,OUT RND,BTTM RND,STEAK,LN & FAT,0" FAT,SE,CKD,GRILLED	3	3	0	0	0	0
BF,CHK,CLD,SHLDR TNDR,MEDALLION,LN & FAT,0" FAT,ALL GRDS,RAW	3	3	0	0	0	0
BF,CHK,CLD,SHDR TNDR,MED,LN & FAT,0" FAT,ALL GRDS,CK,GRLD	3	3	0	0	0	0
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	3	3	0	0	0	0
BF,RND,KNUCK,TIP SIDE,STK,LN & FAT,0" FAT,ALL GRDS,CKD,GRLD	3	3	0	0	0	0
BF,CHUCK,CLOD,TOP & CNTR,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	3	3	0	0	0	0
BF,CHK,CLD,TOP & CNTR ,STK,LN & FAT,0" FAT,ALL GRDS,CK,GRLD	3	3	0	0	0	0
BEEF,CHUCK,CLOD,TOP BLADE,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	3	3	0	0	0	0
BF,CHUCK,CLOD,TOP BLADE,STK,LN & FAT,0" FAT,ALL,CKD,GRLD	3	3	0	0	0	0
BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	3	3	0	0	0	0
BF,RND,KNUCKLE,TIP CNTR,STK,LN & FAT,0" FAT,ALL,CKD,GRLD	3	3	0	0	0	0
BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,ALL,RAW	3	3	0	0	0	0
BF,RND,OUT RND,BTTM RND,STK,LN & FAT,0" FAT,ALL GRDS,CK,GRLD	3	3	0	0	0	0
BF,CHK, CLOD,SHLDR TENDER,MED,LN & FAT,0" FAT,SE,CKD,GRILLED	3	3	0	0	0	0
USDA COMMODITY,BF PATTIES W/VPP,FRZ,CKD	251	252	7.89	1.4	0	6.49
USDA COMMODITY,BF,GROUND BULK/COARSE GROUND,FRZ,CKD	3	3	0	0	0	0
USDA COMMODITY,BF,PATTIES (100%),FRZ,CKD	33	33	0.91	0	0	0.91
USDA COMMODITY,BF PATTIES W/VPP,FRZ,RAW	602	821	3.84	1.3	0	2.54

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
USDA COMMODITY,BF,PATTIES (100%),FRZ,RAW	3	3	0	0	0	0
USDA COMMODITY,BF,GROUND,BULK/ COARSE GROUND,FRZ,RAW	3	3	0	0	0	0
BEEF,CHUCK,MOCK TENDER STK,LN,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	4	0
BEEF,CHUCK,MOCK TENDER STK,LN,1/4" FAT,ALL GRDS,RAW	3	3	0	0	5	0
BEEF,CHUCK,TOP BLADE,LN ONLY,TO 0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	17	0
BEEF,CHUCK,TOP BLADE,LN,1/4" FAT,ALL GRDS,RAW	3	3	0	0	17	0
BEEF,CHUCK,CLOD RST,LN,1/4" FAT,ALL GRDS,RAW	3	3	0	0	9	0
BEEF,CHUCK,CLOD RST,LN,0" FAT,ALL GRDS,CKD,RSTD	3	3	0	0	10	0
BEEF,CHUCK,CLOD RST,LN ONLY,TO 1/4" FAT,ALL GRDS,CKD,RSTD	3	3	0	0	19	0
BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 0" FAT,ALL GRDS,CKD,BRSD	3	3	0	0	10	0
BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,ALL GRDS,CKD,BRSD	3	3	0	0	21	0
BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,ALL GRDS,RAW	3	3	0	0	11	0
BEEF,CHCK,MCK TENDER STK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	3	3	0	0	5	0
BEEF,CHUCK,MOCK TENDER STK,LN & FAT,1/4" FAT,USDA CHOIC,RAW	3	3	0	0	5	0
BEEF,CHUCK,MOCK TENDER STK,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	3	3	0	0	3	0
BEEF,CHUCK,MOCK TENDER STK,LN & FAT,1/4" FAT,USDA SEL,RAW	3	3	0	0	5	0
BEEF,CHUCK,TOP BLADE,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	3	3	0	0	13	0
BEEF,CHUCK,TOP BLADE,LN & FAT,1/4" FAT,USDA CHOIC,RAW	3	3	0	0	16	0
BEEF,CHUCK,TOP BLADE,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	3	3	0	0	16	0
BEEF,CHUCK,TOP BLADE,LN & FAT,1/4" FAT,USDA SEL,RAW	3	3	0	0	16	0
BEEF,CHUCK,CLOD RST,LN & FAT,1/4" FAT,USDA CHOIC,RAW	3	3	0	0	3	0
BEEF,CHUCK,CLOD RST,LN & FAT,0" FAT,USDA CHOIC,CKD,RSTD	3	3	0	0	4	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,CHUCK,CLOD RST,LN & FAT,1/4" FAT,USDA CHOIC,CKD,RSTD	3	3	0	0	8	0
BEEF,CHUCK,CLOD RST,LN & FAT,1/4" FAT,USDA SEL,RAW	3	3	0	0	5	0
BEEF,CHUCK,CLOD RST,LN & FAT,0" FAT,USDA SEL,CKD,RSTD	3	3	0	0	5	0
BEEF,CHUCK,CLOD RST,LN & FAT,1/4" FAT,USDA SEL,CKD,RSTD	3	3	0	0	7	0
BEEF,CHUCK,CLOD STEAK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRSD	3	3	0	0	6	0
BEEF,CHUCK,CLOD STEAK,LN & FAT,1/4" FAT,USDA CHOIC,CKD,BRSD	3	3	0	0	8	0
BEEF,CHUCK,CLOD STEAK,LN & FAT,1/4" FAT,USDA CHOIC,RAW	3	3	0	0	7	0
BEEF,CHUCK,CLOD STEAK,LN & FAT,0" FAT,USDA SEL,CKD,BRSD	3	3	0	0	4	0
BEEF,CHUCK,CLOD STEAK,LN & FAT,1/4" FAT,USDA SEL,CKD,BRSD	3	3	0	0	8	0
BEEF,CHUCK,CLOD STEAK,LN & FAT,1/4" FAT,USDA SEL,RAW	3	3	0	0	6	0
BEEF,PLATE,INSIDE SKIRT STEAK,LN & FAT,1/4" FAT,ALL GRDS,RAW	3	3	0	0	3	0
BEEF,PLATE,SKIRT STEAK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	0	0
BEEF,PLATE,OUTSIDE SKIRT,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	0	0
BEEF,PLATE,OUTSIDE SKIRT,LN & FAT,1/4" FAT,ALL GRDS,RAW	3	3	0	0	4	0
BEEF,SIRLOIN,TRI-TIP STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	0	0
BEEF,CHUCK,MOCK TENDER STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	4	0
BEEF,CHUCK,MOCK TENDER STK,LN & FAT,1/4" FAT,ALL GRDS,RAW	3	3	0	0	5	0
BEEF,CHUCK,TOP BLADE,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	15	0
BEEF,CHUCK,TOP BLADE,LN & FAT,1/4" FAT,ALL GRDS,RAW	3	3	0	0	16	0
BEEF,CHUCK,CLOD RST,LN & FAT,1/4" FAT,ALL GRDS,RAW	3	3	0	0	4	0
BEEF,CHUCK,CLOD RST,LN & FAT,0" FAT,ALL GRDS,CKD,RSTD	3	3	0	0	4	0
BEEF,CHUCK,CLOD RST,LN & FAT,1/4" FAT,ALL GRDS,CKD,RSTD	3	3	0	0	8	0
BEEF,CHUCK,CLOD STEAK,LN & FAT,0" FAT,ALL GRDS,CKD,BRSD	3	3	0	0	5	0
BEEF,CHUCK,CLOD STEAK,LN & FAT,1/4" FAT,ALL GRDS,CKD,BRSD	3	3	0	0	8	0
BEEF,CHUCK,CLOD STEAK,LN & FAT,1/4" FAT,ALL GRDS,RAW	3	3	0	0	6	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,GROUND,95% LN MEAT / 5% FAT,RAW	3	3	0	0	0	0
BEEF,GROUND,95% LN MEAT / 5% FAT,PATTY,CKD,BRLD	3	3	0	0	0	0
BEEF,GROUND,95% LN MEAT / 5% FAT,PATTY,CKD,PAN-BROILED	3	3	0	0	0	0
BEEF,GROUND,95% LN MEAT / 5% FAT,CRUMBLES,CKD,PAN-BROWNED	3	3	0	0	0	0
BEEF,GROUND,95% LN MEAT / 5% FAT,LOAF,CKD,BKD	3	3	0	0	0	0
BEEF,GROUND,90% LN MEAT / 10% FAT,RAW	3	3	0	0	0	0
BEEF,GROUND,90% LN MEAT / 10% FAT,PATTY,CKD,BRLD	3	3	0	0	0	0
BEEF,GROUND,90% LN MEAT / 10% FAT,PATTY,CKD,PAN-BROILED	3	3	0	0	0	0
BEEF,GROUND,90% LN MEAT / 10% FAT,CRUMBLES,CKD,PAN-BROWNED	3	3	0	0	0	0
BEEF,GROUND,90% LN MEAT / 10% FAT,LOAF,CKD,BKD	3	3	0	0	0	0
BEEF,GROUND,85% LN MEAT / 15% FAT,RAW	3	3	0	0	0	0
BEEF,GROUND,85% LN MEAT / 15% FAT,PATTY,CKD,BRLD	3	3	0	0	0	0
BEEF,GROUND,85% LN MEAT / 15% FAT,PATTY,CKD,PAN-BROILED	3	3	0	0	0	0
BEEF,GROUND,85% LN MEAT / 15% FAT,CRUMBLES,CKD,PAN-BROWNED	3	3	0	0	0	0
BEEF,GROUND,85% LN MEAT / 15% FAT,LOAF,CKD,BKD	3	3	0	0	0	0
BEEF,GROUND,80% LN MEAT / 20% FAT,RAW	3	3	0	0	0	0
BEEF,GROUND,80% LN MEAT / 20% FAT,PATTY,CKD,BRLD	3	3	0	0	0	0
BEEF,GROUND,80% LN MEAT / 20% FAT,PATTY,CKD,PAN-BROILED	3	3	0	0	0	0
BEEF,GROUND,80% LN MEAT / 20% FAT,CRUMBLES,CKD,PAN-BROWNED	3	3	0	0	0	0
BEEF,GROUND,80% LN MEAT / 20% FAT,LOAF,CKD,BKD	3	3	0	0	0	0
BEEF,GROUND,75% LN MEAT / 25% FAT,RAW	3	3	0	0	0	0
BEEF,GROUND,75% LN MEAT / 25% FAT,PATTY,CKD,BRLD	3	3	0	0	0	0
BEEF,GROUND,75% LN MEAT / 25% FAT,PATTY,CKD,PAN-BROILED	3	3	0	0	0	0
BEEF,GROUND,75% LN MEAT / 25% FAT,CRUMBLES,CKD,PAN-BROWNED	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BEEF,GROUND,75% LN MEAT / 25% FAT,LOAF,CKD,BKD	3	3	0	0	0	0
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,SEL,RAW	3	3	0	0	24	0
BEEF,TENDERLOIN,LN,1/8" FAT,SEL,RAW	3	3	0	0	21	0
BEEF,TOP SIRLOIN,LN,1/8" FAT,SEL,RAW	3	3	0	0	14	0
BEEF,SHRT LOIN,TOP LOIN,LN,1/8" FAT,SEL,RAW	3	3	0	0	24	0
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,SEL,CKD,BRLD	3	3	0	0	24	0
BEEF,TENDERLOIN,LN,1/8" FAT,SEL,CKD,BRLD	3	3	0	0	17	0
BEEF,TOP SIRLOIN,LN,1/8" FAT,SEL,CKD,BRLD	3	3	0	0	16	0
BEEF,SHRT LOIN,TOP LOIN,LN,1/8" FAT,SEL,CKD,BRLD	3	3	0	0	25	0
BEEF,RND,BTTM RND LN,1/8" FAT,SEL,CKD,RSTD	3	3	0	0	12	0
BEEF,RND,EYE OF RND RST,LN,1/8" FAT,SEL,CKD,RSTD	3	3	0	0	9	0
BEEF,RND,TOP RND,LN,1/8" FAT,SEL,CKD,BRLD	3	3	0	0	6	0
BEEF,RND,BTTM RND,LN,1/8" FAT,SEL,CKD,BRSD	3	3	0	0	12	0
BEEF,RND,BTTM RND,LN,1/8" FAT,ALL GRDS,RAW	3	3	0	0	13	0
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,ALL GRDS,CKD,BRSD	3	3	0	0	20	0
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,ALL GRDS,RAW	3	3	0	0	28	0
BEEF,RND,EYE OF RND,LN,1/8" FAT,ALL GRDS,RAW	3	3	0	0	10	0
BEEF,RND,EYE OF RND,LN,1/8" FAT,ALL GRDS,CKD,RSTD	3	3	0	0	9	0
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,ALL GRDS,RAW	3	3	0	0	25	0
BEEF,TENDERLOIN,LN,1/8" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	18	0
BEEF,TENDERLOIN,LN,1/8" FAT,ALL GRDS,RAW	3	3	0	0	20	0
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,ALL GRDS,CKD,BRSD	3	3	0	0	41	0
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,ALL GRDS,RAW	3	3	0	0	37	0
BEEF,RND,BTTM RND,LN,1/8" FAT,ALL GRDS,CKD	3	3	0	0	11	0
BEEF,RND,BTTM RND,LN,1/8" FAT,ALL GRDS,CKD,BRSD	3	3	0	0	11	0
BEEF,SHRT LOIN,TOP LOIN LN,1/8" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	25	0
BEEF,SHRT LOIN,TOP LOIN,LN,1/8" FAT,ALL GRDS,RAW	3	3	0	0	24	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BEEF,RND, TOP RND, LN, 1/8" FAT, ALL GRDS, CKD, BRLD	3	3	0	0	6	0
BEEF,RND, TOP RND, LN, 1/8" FAT, ALL GRDS, RAW	3	3	0	0	6	0
BEEF, TOP SIRLOIN, LN, 1/8" FAT, ALL GRDS, CKD, BRLD	3	3	0	0	17	0
BEEF, TOP SIRLOIN, LN, 1/8" FAT, ALL GRDS, RAW	3	3	0	0	16	0
BEEF, CHUCK, ARM POT RST, LN, 1/8" FAT, CHOIC, RAW	3	3	0	0	37	0
BEEF, BRISKET, FLAT HALF, LN, 1/8" FAT, CHOIC, RAW	3	3	0	0	28	0
BEEF, CHUCK, ARM POT RST, LN, 1/8" FAT, CHOIC, CKD, BRSD	3	3	0	0	42	0
BEEF, BRISKET, FLAT HALF, LN, 1/8" FAT, CHOIC, CKD, BRSD	3	3	0	0	20	0
BEEF, RND, EYE OF RND, LN, 1/8" FAT, CHOIC, RAW	3	3	0	0	10	0
BEEF, RND, TOP RND LN, 1/8" FAT, CHOIC, RAW	3	3	0	0	6	0
BEEF, RND, BTM RND, LN, 1/8" FAT, CHOIC, RAW	3	3	0	0	13	0
BEEF, RND, BTM RND, LN, 1/8" FAT, CHOIC, CKD, RSTD	3	3	0	0	10	0
BEEF, RND, EYE OF RND LN, 1/8" FAT, CHOIC, CKD, RSTD	3	3	0	0	9	0
BEEF, RND, TOP RND, LN, 1/8" FAT, CHOIC, CKD, BRLD	3	3	0	0	7	0
BEEF, RND, BTM RND, LN, 1/8" FAT, CHOIC, CKD, BRSD	3	3	0	0	11	0
BEEF, RIB, SML END (RIBS 10-12), LN, 1/8" FAT, CHOIC, RAW	3	3	0	0	26	0
BEEF, TENDERLOIN, LN, 1/8" FAT, CHOIC, RAW	3	3	0	0	19	0
BEEF, TOP SIRLOIN, LN, 1/8" FAT, CHOIC, RAW	3	3	0	0	17	0
BEEF, RIB, SML END (RIBS 10-12), LN, 1/8" FAT, CHOIC, CKD, BRLD	3	3	0	0	27	0
BEEF, SHRT LOIN, TOP LOIN LN, 1/8" FAT, CHOIC, RAW	3	3	0	0	23	0
BEEF, TENDERLOIN, LN, 1/8" FAT, CHOIC, CKD, BRLD	3	3	0	0	18	0
BEEF, TOP SIRLOIN, LN, 1/8" FAT, CHOIC, CKD, BRLD	3	3	0	0	17	0
BEEF, SHRT LOIN, TOP LOIN LN, 1/8" FAT, CHOIC, CKD, BRLD	3	3	0	0	26	0
BEEF, CHUCK, ARM POT RST, LN, 1/8" FAT, SEL, RAW	3	3	0	0	37	0
BEEF, BRISKET, FLAT HALF, LN, 1/8" FAT, SEL, RAW	3	3	0	0	28	0
BEEF, CHUCK, ARM POT RST, LN, 1/8" FAT, SEL, CKD, BRSD	3	3	0	0	40	0
BEEF, BRISKET, FLAT HALF, LN, 1/8" FAT, SEL, CKD, BRSD	3	3	0	0	19	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
BEEF,RND,EYE OF RND,LN,1/8" FAT,SEL,RAW	3	3	0	0	10	0
BEEF,RND, TOP RND, LN, 1/8" FAT,SEL,RAW	3	3	0	0	7	0
BEEF,RND,BTTM RND,LN,1/8" FAT,SEL,RAW	3	3	0	0	12	0
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	25	0
BEEF,VAR MEATS & BY-PRODUCT S, TRIPE,CKD,SIMMRD	107	107	1.99	0	0	1.99
BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,ALL GRDS,RAW	3	3	0	0	6	0
BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,CHOIC,CKD,RSTD	3	3	0	0	6	0
BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,CHOIC,RAW	3	3	0	0	6	0
BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,SEL,CKD,RSTD	3	3	0	0	6	0
BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,SEL,RAW	3	3	0	0	6	0
BEEF,RND,TIP RND,LN,0" FAT,ALL GRDS,RAW	3	3	0	0	8	0
BEEF,RND,TIP RND,LN,0" FAT,CHOIC,RAW	3	3	0	0	9	0
BEEF,RND,TIP RND,LN,0" FAT,SEL,RAW	3	3	0	0	7	0
BEEF,FLANK,LN,0" FAT,ALL GRDS,CKD,BRLD	3	3	0	0	1	0
BEEF,FLANK,LN,0" FAT,SEL,CKD,BRLD	3	3	0	0	1	0
BEEF,FLANK,LN,0" FAT,ALL GRDS,RAW	3	3	0	0	3	0
BEEF,FLANK,LN,0" FAT,SEL,RAW	3	3	0	0	2	0
BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,CHOIC,RAW	3	3	0.12	0	1	0.12
BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,SEL,RAW	3	3	0	0	0	0
BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,CHOIC,CKD,BRSD	3	3	0	0	1	0
SNACKS,POPCORN,MICROWAVE, 94% FAT FREE	322	430	75.41	14.2	0	61.21
Snacks, popcorn, unpopped kernels	456	391	73.12	12.7	0	60.42
FORM BAR,MASTERFOODS USA,SNICKERS MARATHON CHEWY CHOC PNUT	539	297	47.24	2.5	0	44.74
FORM BAR,MASTERFOODS USA,SNICKERS MARATHON MULTI GRAIN	295	475	55.12	2.8	0	52.32
FORM,MASTERFOODS USA,SNICKERS MARATHON DOUBLE CHOC NUT BAR	475	388	52.47	10.5	0	41.97
SNACKS,M&M MARS,KUDOS WHL GRAIN BARS,PNUT BUTTER	780	457	64.69	2.6	0	62.09

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
FORM BAR,MASTERFOODS USA,SNICKERS MARATHON HONEY NUT OAT BAR	478	312	54.3	11	0	43.3
SNACKS,M&M MARS,KUDOS WHL GRAIN BAR,M&M'S MILK CHOC	456	363	73.01	2.4	0	70.61
FORM BAR,MASTERFOODS USA,COCOAVIA,CHOC ALMOND SNACK BAR	495	910	51.68	5.2	0	46.48
Snacks, sweet potato chips	780	430	64.83	3.5	0	61.33
SNACKS,FRITOLAY,SUNCHIPS, MULTIGRAIN SNACK,ORIGINAL FLAVOR	395	431	67.26	8.7	0	58.56
Form Bar, MASTERFOODS, SNCKRS MARATH Prot Perf Bar, Crml Nut	535	419	53	10	0	43
Form Bar, MASTERFOODS, SNICKERS Marathon Energy Bar, all	69	312	50.3	6.7	0	43.6
Formulated bar, POWER BAR, chocolate	320	377	69.63	5.7	0	63.93
FORM BAR,MASTERFOODS USA,COCOAVIA,CHOC BLUE-BERRY SNACK BAR	453	302	57.87	4.6	0	53.27
AGUTUK,FISH/BERRY W/ SEAL OIL (ICE CREAM) (ALASKA NATIVE)	165	270	13.4	0.5	0	12.9
AGUTUK,FISH W/ SHORTENING (ALASKA NATIVE)	22	22	10.5		0	10.5
AGUTUK,MEAT-CARIBOU (ALASKAN ICE CREAM) (ALASKA NATIVE)	33	33	0.9		0	0.9
ASCIDIANS (TUNUGHNAK) (ALASKA NATIVE)	620	620	2.2		0	2.2
BEAR,POLAR,MEAT,RAW (ALASKA NATIVE)	3	3	0		0	0
WHALE,BELUGA,MEAT,DRIED (ALASKA NATIVE)	3	3	0	0	0	0
WHALE,BELUGA,EYES (ALASKA NATIVE)	673	673	0.7	0	0	0.7
Whale, beluga, meat, raw (Alaska Native)	3	3	0	0	0	0
WHALE,BELUGA,FLIPPER,RAW (ALASKA NATIVE)	3	3	0	0	0	0
WHALE,BELUGA,LIVER,RAW (ALASKA NATIVE)	107	107	2		0	2
OIL,BELUGA,WHALE (ALASKA NATIVE)	3	3	0	0	0	0
BLACKBERRIES,WILD,RAW (ALASKA NATIVE)	561	40	9.84	3.2	0	6.64
FISH,BLACKFISH,WHL (ALASKA NATIVE)	131	131	1		0	1
BLUEBERRIES,WILD,FRZ (ALASKA NATIVE)	94	94	10.4		0	10.4
CARIBOU,BONE MARROW,RAW (ALASKA NATIVE)	3	3	0		0	0

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CARIBOU,EYE,RAW (ALASKA NATIVE)	3	3	0.1		0	0.1
CARIBOU,LIVER,RAW (ALASKA NATIVE)	681	681	6.8		0	6.8
STEW/SOUP,CARIBOU (ALASKA NATIVE)	279	172	4.8	0.1	0	4.7
CARIBOU,TONGUE,RAW (ALASKA NATIVE)	3	3	0		0	0
CHITON,LEATHERY,GUMBOOTS (ALASKA NATIVE)	3	3	0		0	0
CLOUDBERRIES,RAW (ALASKA NATIVE)	247	247	8.6		0	8.6
COCKLES (ALASKA NATIVE)	172	172	4.7		0	4.7
CRANBERRIES,WILD,BUSH,RAW (ALASKA NATIVE)	213	286	12.3	6.7	0	5.6
CRANBERRY,LO BUSH OR LINGENBERRY,RAW (ALASKA NATIVE)	271	271	12.2		0	12.2
FISH,DEVILFISH,MEAT (ALASKA NATIVE)	673	673	0.7		0	0.7
FIREWEED,YOUNG LEAVES,RAW (ALASKA NATIVE)	715	700	6.3	6	0	0.3
FISH,HERRING EGGS ON GIANT KELP,PACIFIC (ALASKA NATIVE)	37	37	2.6		0	2.6
FISH,HERRING EGGS,PACIFIC,DRY (ALASKA NATIVE)	791	791	2.8		0	2.8
FISH,HERRING EGGS,PACIFIC,PLN (ALASKA NATIVE)	786	786	4.47		0	4.47
FISH,HERRING,PACIFIC,FLSH,AIR-DRIED,PACK OIL (ALASKA NATIVE)	3	3	0		0	0
HUCKLEBERRIES,RAW (ALASKA NATIVE)	254	254	8.7		0	8.7
FISH,LINGCOD,MEAT,RAW (ALASKA NATIVE)	3	3	0		0	0
FISH,LINGCOD,LIVER (ALASKA NATIVE)	882	882	6		0	6
STEW,MOOSE (ALASKA NATIVE)	882	830	6	0.5	0	5.5
MOOSE,MEAT,RAW (ALASKA NATIVE)	3	3	0	0	0	0
MASHU ROOTS,RAW (ALASKA NATIVE)	521	521	22.6		0	22.6
MOOSE,LIVER,BRSD (ALASKA NATIVE)	601	601	3.43		0	3.43
OCTOPUS (ALASKA NATIVE)	2	2	1.4		0	1.4
Seal, bearded (Oogrük), meat, dried (Alaska Native)	3	3	0	0	0	0
SEAL,BEARDED (OOGRUK),MEAT,RAW (ALASKA NATIVE)	3	3	0		0	0
OIL,BEARDED SEAL (OOGRUK) (ALASKA NATIVE)	3	3	0		0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
OOPAH,WHL ANIMAL (ALASKA NATIVE)	792	792	3.1		0	3.1
OWL,HORNED,MEAT (ALASKA NATIVE)	3	3	0		0	0
FISH,PIKE,NORTHERN,LIVER (ALASKA NATIVE)	65	65	4.3		0	4.3
RHUBARB,WILD,LEAVES (ALASKA NATIVE)	561	561	9.9		0	9.9
FISH,SALMON,TIPNUK,FERMENTED (ALASKA NATIVE)	37	37	2.7		0	2.7
FISH,SALMON,KING,CHINOOK,KIPPARED,CND (ALASKA NATIVE)	3	3	0		0	0
FISH,SALMON,KING,CHINOOK,SMOKED & CND (ALASKA NATIVE)	131	131	1		0	1
FISH,SALMON,KING,CHINOOK,SMOKED,BRINED (ALASKA NATIVE)	688	33	2.9	2	0	0.9
FISH,SALMON,KING,CHINOOK,LIVER (ALASKA NATIVE)	65	65	4.3		0	4.3
SEA CUCUMBER,YANE (ALASKA NATIVE)	792	792	3.1		0	3.1
SEAL,RINGED,MEAT (ALASKA NATIVE)	3	3	0		0	0
SEAL,RINGED,(ALASKA NATIVE)	688	688	2.9		0	2.9
SOUP,FISH,HOMEMADE (ALASKA NATIVE)	286	286	5.6		0	5.6
SOURDOCK,YOUNG LEAVES (ALASKA NATIVE)	252	252	6.5		0	6.5
SQUIRREL,GROUND,MEAT (ALASKA NATIVE)	3	3	0		0	0
TEA,TUNDRA,HERB & LABORATORY COMBINATION (ALASKA NATIVE)	3	3	0.2		0	0.2
WALRUS,MEAT,DRIED (ALASKA NATIVE)	3	3	0		0	0
DEER (VENISON),SITKA,RAW (ALASKA NATIVE)	3	3	0.2		0	0.2
WALRUS,MEAT,RAW (ALASKA NATIVE)	3	3	0		0	0
WALRUS,MEAT & SUBCUTANEOUS FAT RAW (ALASKA NATIVE)	3	3	0		0	0
WALRUS,LIVER,RAW (ALASKA NATIVE)	601	601	3.5		0	3.5
OIL,WALRUS (ALASKA NATIVE)	3	3	0		0	0
WHALE,BOWHEAD,SUBCUTANEOUS FAT (BLUBBER) (ALASKA NATIVE)	3	3	0		0	0
WHALE,BOWHEAD,SKN & SUBCUTANEOUS FATMUKTUK(ALASKA NATIVE)	183	183	1.2		0	1.2
OIL,WHALE,BOWHEAD (ALASKA NATIVE)	3	3	0		0	0
FISH,WHITEFISH,BROAD,LIVER (ALASKA NATIVE)	813	813	5.1		0	5.1
FISH,WHITEFISH,MXD SP,RAW (ALASKA NATIVE)	3	3	0		0	0

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
FISH,WHITEFISH,HEAD,EYES,C HEEKS & SOFT BONES (ALASKA NATIVE)	3	3	0		0	0
WILLOW,LEAVES IN OIL (ALASKA NATIVE)	926	926	8.1		0	8.1
WILLOW,YOUNG LEAVES,CHOPD (ALASKA NATIVE)	522	522	20.7		0	20.7
MUSH,BLUE CORN W/ ASH (NAVAJO)	186	887	11.74	1.1	0	10.64
CORNMEAL,BLUE (NAVAJO)	500	749	76.93	8.7	0	68.23
MELON,BANANA (NAVAJO)	185	58	4.06	0.3	0	3.76
CHILCHEN (RED BERRY BEVERAGE) (NAVAJO)	254	254	8.68		0	8.68
CORN,DRIED (NAVAJO)	319	319	74.93		0	74.93
CORN,WHITE,STMD (NAVAJO)	319	431	75.2	16.6	0	58.6
CORNMEAL,WHITE (NAVAJO)	369	406	77.14	10.4	0	66.74
CORNMEAL,YEL (NAVAJO)	456	778	72.9	9.4	0	63.5
SQUASH,INDIAN,RAW (NAVAJO)	810	810	5.64		0	5.64
SQUASH,INDIAN,CKD,BLD (NAVAJO)	938	108	3.22	1.5	0	1.72
BREAD,KNEEL DOWN (NAVAJO)	508	508	39.47		0	39.47
Mutton, cooked, roasted (Navajo)	3	3	0.08		0	0.08
FRYBREAD,MADE W/ LARD (NAVAJO)	418	418	48.26		0	48.26
TORTILLA,INCL PLN & FROM MUTTON SNDWCH (NAVAJO)	69	300	49.94	2.4	0	47.54
STEW,DUMPLING W/ MUTTON (NAVAJO)	795	795	8.03		0	8.03
STEW,HOMINY W/ MUTTON (NAVAJO)	255	223	9.38	2	0	7.38
STEW,MUTTON,CORN,SQUASH (NAVAJO)	233	286	7.27	1.7	0	5.57
TAMALES (NAVAJO)	644	243	18.12	3.1	0	15.02
STEW,STMD CORN (NAVAJO)	693	28	10.8	2.3	0	8.5
FISH,HALIBUT,RAW,W/ SKN (ALASKA NATIVE)	3	3	0	0	0	0
FISH,SALMON,COHO (SILVER),RAW (ALASKA NATIVE)	183	183	1.25	0	0	1.25
FISH,SALMON,CHUM,RAW (ALASKA NATIVE)	3	3	0	0	0	0
FISH,SALMON,KING (CHINOOK),RAW (ALASKA NATIVE)	685	685	0.81	0	0	0.81
SALMONBERRIES,RAW (ALASKA NATIVE)	259	926	10.05	1.9	0	8.15
BLUEBERRIES,WILD,RAW (ALASKA NATIVE)	213	241	12.31	2.6	0	9.71
OIL,SPOTTED SEAL (ALASKA NATIVE)	29	29	0.43	0	0	0.43
Fish, salmon, red, canned, bones removed (Alaska Native)	3	3	0	0	0	0
Fish, whitefish, eggs (Alaska Native)	88	88	4.89	0	0	4.89

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
FISH,SALMON,RED,CND (ALASKA NATIVE) - DUPLICATE,DO NOT USE	3	3	0		0	0
CARIBOU,RUMP MEAT,PART DRIED (ALASKA NATIVE)	3	3	0	0	0	0
CARIBOU,SHLDR MEAT,DRIED (ALASKA NATIVE)	3	3	0	0	0	0
CARIBOU,HIND QUARTER MEAT,RAW (ALASKA NATIVE)	3	3	0	0	0	0
SEAL,BEARDED (OOGRUK),MEAT,PART DRIED (ALASKA NATIVE)	3	3	0		0	0
SEAL,BEARDED (OOGRUK),MEAT,DRIED,IN OIL (ALASKA NATIVE)	37	37	2.71	0	0	2.71
Fish, whitefish, dried (Alaska Native)	3	3	0	0	0	0
FISH,SALMON,RED,(SOCKEYE),CND,SMOKED (ALASKA NATIVE)	3	3	0	0	0	0
FISH,SALMON,RED,(SOCKEYE),KIPPERED (ALASKA NATIVE)	3	3	0	0	0	0
FISH,SALMON,KING,W/ SKN,KIPPERED,(ALASKA NATIVE) - CY040CJ	3	3	0	0	0	0
Fish, sheefish, dried (Alaska Native)	3	3	0	0	0	0
SEAL,BEARDED (OOGRUK),MEAT,LO QUADRANT,RAW (ALASKA NATIVE)	678	678	2.06	0	0	2.06
FISH,SALMON,CHUM,DRIED (ALASKA NATIVE)	3	3	0	0	0	0
Elk, free range, ground, cooked patties (Shoshone Bannock)	3	3	0		0	0
ELK,FREE RANGE,GROUND,RAW (SHOSHONE BANNOCK)	113	113	1.63	0	0	1.63
Buffalo, free range, top round steak, raw (Shoshone Bannock)	700	700	0.36		0	0.36
BUFFALO,FREE RANGE,TOP RND STEAK,CKD (SHOSHONE BANNOCK)	3	3	0		0	0
Elk, free range, roast, eye of round, raw (Shoshone Bannock)	673	673	0.67	0	0	0.67
Elk, free range, roast, eye of round, ckd (Shoshone Bannock)	673	673	0.7	0	0	0.7
CHOKECHERRIES,RAW,PITTED (SHOSHONE BANNOCK)	171	253	33.88	17	0	16.88
STEELHEAD TROUT,DRIED,FLESH (SHOSHONE BANNOCK)	3	3	0	0	0	0
STEELHEAD TROUT,BLD,CND (ALASKA NATIVE)	3	3	0	0	0	0
ACORN STEW (APACHE)	961	248	9.22	0.7	0	8.52
CORN,DRIED,YEL,YANKTON SIOUX RESERVAT,SD - CY013ER (PLAINS)	406	439	66.27	20.5	0	45.77
SMELT,DRIED (ALASKA NATIVE)	673	673	0.74	0	0	0.74

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
FRYBREAD,MADE W/ LARD (APACHE)	390	244	46.01	1.7	0	44.31
CORNED BF & POTATOES IN TORTILLA (APACHE)	628	452	29.35	1.5	0	27.85
TENNIS BREAD,PLN (APACHE)	302	450	53.26	2.6	0	50.66
FISH,HALIBUT,CKD,W/ SKN (ALASKA NATIVE)	3	3	0	0	0	0
FISH,SALMON,RED (SOCKEY),SMOKED (ALASKA NATIVE)	3	3	0.06	0	0	0.06
AGAVE,RAW (SOUTHWEST)	72	194	16.23	6.6	0	9.63
AGAVE,CKD (SOUTHWEST)	915	518	32	10.6	0	21.4
AGAVE,DRIED (SOUTHWEST)	356	406	81.98	15.6	0	66.38
SYRUPS,GRENADINE	406	406	66.91	0	0	66.91
FRUIT-FLAVORED DRK,DRY PDR MIX,LO CAL,W/ ASPRT	340	340	86.85	0.1	0	86.75
PECTIN,LIQUID	593	3	2.1	2.1	0	0
FROZ NOVLT,ICE CRM,VAN ICE CRM,LT,NO SUGAR ADDED,CHOC COATD	633	625	27.49	0.8	0	26.69
CEREALS RTE,OATS,CORN PUFFED,PRESWEETENED,W/ MARSHMALLOW	340	338	86.7	1.7	0	85
CREAMY DRPNG,MADE W/SOUR CRM AND/OR BTTRMLK&OIL,RED CAL	889	889	7	0	0	7
IMITATION CHS,AMERICAN OR CHEDDAR,LO CHOL	131	131	1	0	0	1
BABYFOOD,BANANA JUC W/LO-FAT YOGURT	281	861	17.54	0.4	0	17.14
BABYFOOD,MXD FRUIT JUC W/LOFAT YOGURT	328	54	14.68	0.4	0	14.28
TURKEY HAM,SLICED,EX LN,PREPACKAGED OR DELI-SLICED	2	2	1.5	0	0	1.5
BOLOGNA,BF&PORK,LOFAT	37	37	2.6	0	0	2.6
TURKEY BACON,COOKED	792	792	3.1	0	0	3.1
MILK DSSRT,FRZ,MILK-FAT FREE,CHOC	471	471	37.7	0	0	37.7
WHIPPED TOPPING,FRZ,LOFAT	77	77	23.6	0	0	23.6
CREAM SUB,PDR,LT	229	229	73.4	0	0	73.4
SALAD DRPNG,PEPPERCORN DRPNG,COMM,REG	601	601	3.5	0	0	3.5
MAYONNAISE,RED-CAL OR DIET,CHOL-FREE	900	900	6.7	0	0	6.7
GRANOLA BAR,SOFT,MILK CHOC COATD,PNUY BUTTER	308	69	54.1	3.8	0	50.3
SALAD DRPNG,ITALIAN DRPNG,RED CAL	900	252	6.7	0.2	0	6.5
CREAM SUB,LIQ,LT	812	812	9.1	0	0	9.1
CANDIES,MASTERFOODS USA,M&M'S PNUY BUTTER CHOC CANDIES	496	535	56.89	4	0	52.89

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
ORANGE-STRAWBERRY-BANANA JUC	68	213	12.47	0.2	0	12.27
BABYFOOD,APPL YOGURT DSSRT,STR	847	758	19.5	0.5	0	19
VEGETABLE OIL-BUTTER SPRD,RED CAL	3	3	0	0	0	0
SALAD DRSNG,BLUE OR ROQUEFORT CHS DRSNG,RED CAL	962	962	13.2	0	0	13.2
CHEESE,MONTEREY,LOW FAT	673	673	0.7	0	0	0.7
CRMY DRSG,MDE W/ SOUR CRM AND/OR BTRMLK & OIL,RED CAL,FTFREE	154	154	20	0	0	20
CREAMY DRSNG,W/SOUR CRM AND/OR BTTRMLK&OIL,RED CAL,CHOL-FREE	225	225	16	0	0	16
BOLOGNA,BEEF,LOW FAT	838	838	5.2	0	0	5.2
SALAD DRSNG,FRENCH DRSNG,RED CAL	969	969	27	0	0	27
TURKEY&PORK SAUSAGE,FRSH,BULK,PATTY OR LINK,CKD	673	673	0.7	0	0	0.7
MAYONNAISE,MADE WITH TOFU	58	37	3.75	1.1	0	2.65
FRANKFURTER,BF,LO FAT	113	113	1.6	0	0	1.6
CORN BEVERAGE	254	254	8.7	0	0	8.7
BEAN BEVERAGE	801	801	5.8	0	0	5.8
CEREALS RTE,MUESLI,DRIED FRUIT & NUTS	489	363	77.8	7.3	0	70.5
FROZEN YOGURTS,CHOC,NONFAT MILK,SWTND WO/ SUGAR	759	549	19.7	1	0	18.7
FROZEN YOGURTS,CHOC	660	767	21.6	1.3	0	20.3
FROZEN YOGURTS,FLAVORS OTHER THAN CHOC	660	660	21.6	0	0	21.6
FRANKFURTER,BF & PORK,LO FAT	786	786	4.4	0	0	4.4
MILK,BTTRMLK,FLUID,CULTURE D,RED FAT	51	51	5.3	0	0	5.3
PORK SAUSAGE RICE LINKS,BROWN&SERVE,CKD	170	170	2.36	0	0	2.36
SALAD DRSNG,BLUE OR ROQUEFORT CHS DRSNG,FAT-FREE	946	626	25.6	3.4	0	22.2
SALAD DRSNG,MAYONNAISE-LIKE,FAT-FREE	559	276	15.5	1.9	0	13.6
CANDIES,MASTERFOODS USA,MILKY WAY MIDNIGHT BAR	499	749	71.22	2.9	0	68.32
PAPAD	394	466	59.87	18.6	0	41.27
RICE CAKE,CRACKER (INCL HAIN MINI RICE CAKES)	479	500	81.1	4.2	0	76.9
CHEESE,PAST PROCESS,CHEDDAR OR AMERICAN,FAT-FREE	165	165	13.4	0	0	13.4
CANDIES,MASTERFOODS USA,M&M'S ALMOND CHOC CANDIES	394	478	59.91	5.6	0	54.31

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
SALAD DRNG,COLESLAW DRNG,RED FAT	643	508	40	0.4	0	39.6
FLAXSEED OIL	3	3	0	0	0	0
CHEESE,COTTAGE,LOWFAT,1% MILKFAT,LACTOSE RED	938	37	3.2	0.6	0	2.6
CEREALS RTE,FRSTD OAT CRL W/MARSHMALLOWS	342	344	84.1	4.3	0	79.8
CEREALS RTE,WEETABIX WHL WHEAT CRL	426	230	77.4	11.4	0	66
CEREALS RTE,CORN,WHL WHEAT,ROLLED OATS,PRESWEETENED,W/AL-MOND	513	229	78	4.5	0	73.5
TURKEY,PORK,&BF SAUSAGE,RED FAT,SMOKED	37	37	2.6	0	0	2.6
MARGARINE-LIKE SPRD,STK OR TUB,SWTND	707	707	16.7	0	0	16.7
CHEESE PRODUCT,PAST PROCESS,CHEDDAR OR AMERICAN,RED FAT	924	924	10.6	0	0	10.6
POPCORN,OIL-POPPED,UNSALTED	431	298	58.1	10	0	48.1
CEREALS RTE,WHL WHEAT,ROLLED OATS,PRESWEETENED,W/PECANS	443	377	71.4	7	0	64.4
SAUSAGE,CHICK&BF,SMOKED	3	3	0	0	0	0
CEREALS RTE,WHL WHEAT,ROLLED OATS,PRESWEETENED,W/NUTS&FRUIT	456	230	73.2	7.4	0	65.8
BABYFOOD,JUC,APPLE-SWEET POTATO	283	23	11.4	0.5	0	10.9
BABYFOOD,JUC,ORANGE-CARROT	561	182	9.9	0.4	0	9.5
ORANGE JUICE DRINK	165	962	13.41	0.2	0	13.21
GRANOLA BAR,W/COCNT,CHOC COATD	295	314	55.2	6.2	0	49
BABYFOOD,VEG&BROWN RICE,STR	20	23	12.1	1.1	0	11
BABYFOOD,PEAS&BROWN RICE	617	224	11.49	2.5	0	8.99
FRANKFURTER,MEAT & POULTRY,LO FAT	719	705	8.4	0.1	0	8.3
POTATO CHIPS,WHITE,RESTRUC TURED,BKD	443	406	71.4	4.8	0	66.6
BABYFOOD,BKD PRODUCT,FINGER SNACKS CRL	339	514	76.68	2.3	0	74.38
BABYFOOD,CRL,BROWN RICE,DRY,INST	227	282	85.65	6.5	0	79.15
OIL,CORN AND CANOLA	3	3	0	0	0	0
MILK,FLUID,NONFAT,CA FORT (FAT FREE OR SKIM)	104	104	4.85	0	0	4.85
PEANUT BUTTER,RED NA	321	235	21.95	6.6	0	15.35

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CEREALS RTE,WHL WHEAT ,OATS,PRESWEETENED,W/ WALNUTS&FRUIT	229	395	74	6.8	0	67.2
OIL,CANOLA AND SOYBEAN	3	3	0	0	0	0
CHEESE,MUENSTER,LOW FAT	601	601	3.5	0	0	3.5
CHEESE,MOZZARELLA,NON-FAT	601	108	3.5	1.8	0	1.7
BUTTER-MARGARINE BLEND,STK,UNSALTED	24	24	0.6	0	0	0.6
VEGETABLE OIL-BUTTER SPRD,RED CAL,TUB,SALTED	131	131	1	0	0	1
MARGARINE-LIKE SPRD,RED CAL,40% FAT,STK,W/SALT	3	3	0	0	0	0
MARGARINE-LIKE SPRD,70% FAT,LIQ,W/SALT	3	3	0	0	0	0
BABYFOOD,CARROTS,TODDLER	838	62	5.23	2.3	0	2.93
BABYFOOD,DSSRT,BANANA PUDD,STR	637	165	14.14	0.8	0	13.34
BABYFOOD,FRUIT,TUTTI FRUTTI,STR	559	275	15.48	0.6	0	14.88
BABYFOOD,FRUIT,TUTTI FRUTTI,JR	225	526	16	0.4	0	15.6
BABYFOOD,DINNER,CHICK&RICE	961	926	9.2	1.1	0	8.1
SALAD DRNG,CAESAR DRNG,REG	792	792	3.1	0.1	0	3
SALAD DRESSING,COLESLAW	519	217	23.8	0.1	0	23.7
SALAD DRNG,GRN GODDESS,REG	291	233	7.36	0.1	0	7.26
SALAD DRNG,SWT&SOUR	834	834	3.7	0	0	3.7
SALAD DRNG,BLUE OR ROQUEFORT CHS,LO CAL	688	688	2.9	0	0	2.9
SALAD DRNG,CAESAR,LO CAL	761	761	18.6	0.1	0	18.5
SYRUPS,DIETETIC	462	4	49.2	3	0	46.2
JAMS & PRESERVES,DIETETIC (WITH NA SACCHARIN),ANY FLAVOR	382	492	53.6	2.5	0	51.1
CANDIES,CHOC COVERED,CARAMEL W/NUTS	782	403	60.67	4.3	0	56.37
CANDIES,NOUGAT,W/ ALMONDS	366	532	92.39	3.3	0	89.09
CANDIES,GUM DROPS,DIETETIC OR LO CAL (SORBITOL)	371	320	88	18	0	70
CANDIES HARD,DIETETIC OR LO CAL (SORBITOL)	366	366	93.4	0	0	93.4
CANDIES,CHOC COVERED,DIETETIC OR LO CAL	388	310	42.5	3.6	0	38.9
CHEWING GUM,SUGARLESS	954	366	94.8	2.4	0	92.4
FLUID REPLCMNT,ELECTROLYTE SOLN (INCLUDE PEDIALYTE)	867	867	2.45	0	0	2.45
BEVERAGE,MILKSHAKE MIX,DRY,NOT CHOC	535	492	52.9	1.6	0	51.3
PIE FILLINGS,CHERRY,LO CAL	11	812	10.33	1.2	0	9.13

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_ TD	Refuse_ Pct	Modified Carbs (- fiber)
BREAKFAST BARS,OATS,SUGAR, RAISINS,COCNT (INCL GRANOLA BAR)	406	778	66.7	3.1	0	63.6
PRETZELS,SOFT	402	444	69.39	1.7	0	67.69
BEANS,CHILI,BARBECUE,RANCH STYLE,CKD	253	245	16.95	4.2	0	12.75
VERMICELLI,MADE FROM SOY	356	359	82.06	3.9	0	78.16
BEANS,LIQ FROM STWD KIDNEY BNS	791	37	2.8	0.1	0	2.7
CHICKEN,MEATLESS	1	3	3.64	3.6	0	0.04
FISH STICKS,MEATLESS	224	688	9	6.1	0	2.9
FRANKFURTER,MEATLESS	222	701	7.7	3.9	0	3.8
LUNCHEON SLICES,MEATLESS	786	786	4.44	0	0	4.44
MEATBALLS,MEATLESS	795	712	8	4.6	0	3.4
SOYBURGER	233	37	7.28	4.6	0	2.68
VEGETARIAN FILLETS	224	688	9	6.1	0	2.9
SANDWICH SPREAD,MEATLESS	224	818	9	3.3	0	5.7
VEGETARIAN STEW	889	948	7	1.1	0	5.9
VEGETARIAN MEATLOAF OR PATTIES	795	712	8	4.6	0	3.4
RADISHES,HAWAIIAN STYLE,PICKLED	838	792	5.2	2.2	0	3
CABBAGE,JAPANESE STYLE,FRSH,PICKLED	810	821	5.67	3.1	0	2.57
CABBAGE,MUSTARD,SALTED	810	821	5.63	3.1	0	2.53
EGGPLANT,PICKLED	825	233	9.77	2.5	0	7.27
ALCOHOLIC BEV,WINE,COOKING	715	715	6.3	0	0	6.3
ALCOHOLIC BEV,WINE,LT	197	197	1.17	0	0	1.17
SWEETENERS, TABLETOP,SAC CHARIN	532	532	89.11	0	0	89.11
BEVERAGE,INST BRKFST PDR,CHOC,NOT RECON	230	230	66.2	0.4	0	65.8
BACON BITS,MEATLESS	445	647	28.6	10.2	0	18.4
BUTTER REPLCMNT,WO/FAT,PDR	498	498	89	0	0	89
SALAD DRSNG,BTTRMLK,LITE	225	325	16.2	0.9	0	15.3
SWEETENERS, TABLETOP,FRUCT OSE, DRY,PDR	737	737	100	0	0	100
TOMATO SAU,NO SALT	223	948	7.41	1.5	0	5.91
CEREALS,RTE,ALPEN	322	406	75.7	9.1	0	66.6
CEREALS RTE,FAMILIA	229	463	73.8	8.5	0	65.3
CEREALS RTE,WHEAT&BRAN,PR ESWEETENED W/NUTS&FRUITS	511	406	76.2	9.7	0	66.5
BEVERAGE,INST BRKFST PDR,CHOC,SUGAR-FREE,NOT RECON	466	310	41	2	0	39
YOGURT,FRUIT VAR,NON-FAT	758	758	19	0	0	19
WHIPPED CRM SUB,DIETETIC,MADE FROM PDR MIX	924	924	10.6	0	0	10.6

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
FROZEN NOVELTIES,ICE CRM TYPE,SUNDAE,PREPACKAGED	84	628	29.4	0.3	0	29.1
CHEESE,COTTAGE,W/VEG	792	688	3	0.1	0	2.9
CHEESE,CREAM,LOW FAT	889	889	7	0	0	7
CHEESE,PAST PROCESS,AMERICAN,LOFAT	601	601	3.5	0	0	3.5
CHEESE SPRD,CRM CHS BASE	601	601	3.5	0	0	3.5
CHEESE,AMERICAN CHEDDAR,IMITN	21	21	11.6	0	0	11.6
QUAIL,COOKED,TOTAL EDIBLE	3	3	0	0		0
PHEASANT,CKD,TOTAL EDIBLE	3	3	0	0	0	0
EGGS,SCRGBLD,FRZ MIXTURE	881	881	7.5	0	0	7.5
DOVE,CKD (INCL SQUAB)	3	3	0	0	0	0
PORK,ORIENTAL STYLE,DEHYD	2	2	1.4	0	0	1.4
SOYBEAN,CURD CHEESE	614	614	6.9	0	0	6.9
CEREALS,NESTUM,PREP W/H2O	72	661	16.22	0.4	0	15.82
POTATOES,CND,DRND SOL,NO SALT	276	239	13.6	2.4	0	11.2
VEGETABLES,MXD (CORN,LIMA BNS,PEAS,GRN BNS,CRRT) CND,NO SALT	233	929	7.31	3.1	0	4.21
PORK,CURED,HAM,BNLESS,LO NA,EX LN & REG,RSTD	18	18	0.5	0	0	0.5
PORK,CURED,HAM,LO NA,LN & FAT,CKD	700	700	0.3	0	0	0.3
PORK,CURED,HAM,BNLESS,LO NA,EX LN (APPROXIMATELY 5% FAT),RSTD	2	2	1.5	0	0	1.5
SALAD DRSNG,MAYO & MAYONNAISE-TYPE,LO CAL	631	631	23.9	0	0	23.9
SALAD DRSNG,BACON&TOMATO	107	870	2	0.2	0	1.8
CHEESE,PARMESAN,LO NA	834	834	3.7	0	0	3.7
COFFEE&COCOA (MOCHA) PDR,W/WHTNR&LO CAL SWTNR	443	406	71.4	4.8	0	66.6
FRUIT-FLAVORED DRK,PDR,W/HI VIT C,LO CAL - SEE14404	14	498	91	2.2	0	88.8
FROZEN NOVELTIES,JUC TYPE,ORANGE	640	762	23.17	0.1	0	23.07
SAUERKRAUT,CND,LO NA	65	654	4.35	2.5	0	1.85
CHEESE,COTTAGE,LOWFAT,1% MILKFAT,NO NA	37	37	2.7	0	0	2.7
MAYONNAISE,LO NA,LO CAL OR DIET	225	225	16	0	0	16
SNACKS,TORTILLA CHIPS,UNSALTED,WHITE CORN	463	394	65.32	5.3	0	60.02
TOMATO&VEG JUC,LO NA	988	701	4.59	0.8	0	3.79
TURKEY,WING,SMOKED,CKD,W/ SKN,BONE REMOVED	3	3	0	0	0	0
TURKEY,DRUMSTK,SMOKED,CKD ,W/SKN,BONE REMOVED	3	3	0	0	0	0

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CHOCOLATE-FLAVORED DRK,WHEY&MILK BSD	329	259	10.68	0.6	0	10.08
APPLE CIDER-FLAVORED DRK,PDR,VIT C&SUGAR	776	776	98.8	0.1	0	98.7
BABYFOOD,DINNER,CHICK&NOO DLE W/VEG,TODD	897	705	8.89	0.6	0	8.29
PORK,CURED,BACON,CKD,BRLD, PAN-FRIED OR RSTD,RED NA	2	2	1.43	0	0	1.43
CHEESE,PAST PROCESS,SWISS,LOFAT	65	65	4.3	0	0	4.3
CRANBERRY JUC,UNSWTND	271	20	12.2	0.1	0	12.1
BEEF,BOLOGNA,RED NA	107	107	2	0	0	2
TURNIP GRNS,CND,NO SALT	50	2	2.81	1.3	0	1.51
APPLE CIDER-FLAVORED DRK,PDR,LO CAL,W/ VIT C,PREP	700	700	0.3	0	0	0.3
TURKEY,LT OR DK MEAT,SMOKED,CKD,W/SKN,BONE REMOVED	3	3	0	0	0	0
TURKEY,LT OR DK MEAT,SMOKED,CKD,SKN & BONE REMOVED	3	3	0	0	0	0
PALM HEARTS,RAW	946	79	25.61	1.5		24.11
CEREALS RTE,WHEAT,BRAN,SHR EDDDED,PLN,SALT&SUGAR FREE	344	406	79.9	13.4	0	66.5
CHEESE,COTTAGE,LOWFAT,1% MILKFAT,W/VEG	792	792	3	0	0	3
CHEESE,PAST PROCESS,CHEDDAR OR AMERICAN,LO NA	113	113	1.6	0	0	1.6
COFFEE,DRY,PDR,W/ WHTNR,RED CAL	394	734	59.94	0.5	0	59.44
CRANBERRY-APPLE JUC DRK,LO CAL,W/VIT C	172	988	4.7	0.1	0	4.6
CHEESE,SWISS,LOW SODIUM	712	712	3.4	0	0	3.4
YEAST EXTRACT SPREAD	232	928	11.8	3	0	8.8
BABYFOOD,JUICE,PEAR	232	186	11.86	0.1	0	11.76
CHICKEN,MEATLESS,BREADED,FRIED	248	929	8.51	4.3	0	4.21
BABYFOOD,MEAT,BF W/ VEG,TODD	9	829	8.72	0.5	0	8.22
BABYFOOD,DINNER,MACARONI, BF&TOMATO SAU,TODD	617	94	11.53	1.1	0	10.43
ROLLS,PUMPERNICKEL	535	447	52.8	5.4	0	47.4
SNACKS,CORN-BASED,EXTRUDED,CHIPS,UNSALTED	469	535	57.4	4.4	0	53
BAKED BNS,CND,NO SALT	808	268	20.61	5.5	0	15.11
FROZEN NOVELITES,JUC TYPE,JUC W/ CRM	79	943	24.11	0.1	0	24.01
TOFU YOGURT	661	661	15.96	0.2	0	15.76
ALCOHOLIC BEV,RICE (SAKE)	303	303	5	0	0	5
MILLET,PUFFED	344	426	80	2.7	0	77.3

	Code to use	Code (Fiber Method)	Carbohydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
CEREALS RTE,OAT BRAN FLAKES,HEALTH VALLEY	15	207	78.6	13	0	65.6
JELLYFISH,DRIED,SALTED	3	3	0	0	0	0
FROZEN NOVELT,ICE CRM,CHOC OR CARAMEL COVERED,W/ NUTS	81	641	30.9	0.6	0	30.3
FRANKFURTER,LO NA	870	870	1.8	0	0	1.8
CEREAL RTE,CRISPY BROWN RICE	351	15	86	7.3	0	78.7
FROZEN NOVELTIES,ICE TYPE,POP,W/ LO CAL SWTNR	948	948	5.92	0	0	5.92
BABYFOOD,MXD FRUIT YOGURT,STR	72	661	16.23	0.4	0	15.83
ENSURE PLUS,LIQ NUTR	911	911	19.88	0	0	19.88
BABYFOOD,RICE&APPLS,DRY	343	342	86.89	3	0	83.89
BABYFOOD,JUC,APPL - CHERRY	239	23	11.2	0.3	0	10.9
BABYFOOD,DSSRT,PEACH YOGURT	919	861	17.6	0.4	0	17.2
BABYFOOD,DSSRT,BLUEBERRY YOGURT,STR	253	707	17.05	0.4	0	16.65
BABYFOOD,DSSRT,BANANA YOGURT,STR	331	253	17.4	0.5	0	16.9
ICE CREAMS,CHOC,RICH	522	911	20.75	0.9	0	19.85
MILK,IMITATION,NON-SOY	51	51	5.3	0	0	5.3
BABYFOOD,BANANA NO TAPIOCA,STR	488	759	21.34	1.6	0	19.74
BABYFOOD,BANANA APPL DSSRT,STR	290	325	16.3	1	0	15.3
SNACKS,TORTILLA CHIPS,LT (BAKED W/ LESS OIL)	229	444	73.4	5.7	0	67.7
CEREALS RTE,CORN,WHL WHEAT,ROLLED OATS,PRESWEETENED	356	369	81.9	4.9	0	77
POPCORN,MICROWAVE,LOFA T&NA	229	729	73.39	14.2	0	59.19
AMARANTH FLAKES	499	267	71.15	9.5	0	61.65
BABYFOOD,FRUIT SUPREME DSSRT	861	619	17.18	2	0	15.18
CHEESE,SWISS,LOW FAT	712	712	3.4	0	0	3.4
BREAKFAST BAR,CORN FLAKE CRUST W/FRUIT	456	380	72.9	2.1	0	70.8
CHEESE,MOZZARELLA,LO NA	792	792	3.1	0	0	3.1
MAYONNAISE DRSNG,NO CHOL	700	700	0.3	0	0	0.3
SALAD DRSNG,MAYO DRSNG,DIET,NO CHOL	631	631	23.9	0	0	23.9
OIL,CORN,PEANUT,AND OLIVE	3	3	0	0	0	0
SWEETENERS,TABLETOP,FRUC TOSE,LIQ	511	511	76.1	0.1	0	76
CHEESE FOOD,IMITATION	928	928	8.8	0	0	8.8
CELERY FLAKES,DRIED	778	973	63.7	27.8	0	35.9

	Code to use	Code (Fiber Method)	Carbo-hydrt	Fiber_TD	Refuse_Pct	Modified Carbs (- fiber)
PUDDINGS,CHOC FLAVOR,LO CAL,INST,DRY MIX	359	318	78.2	6.1	0	72.1
JELLIES,RED SUGAR,HOME PRESERVED	4	297	46.1	0.8	0	45.3
PIE FILLINGS,BLUEBERRY,CND	244	388	44.38	2.6	0	41.78
COCKTAIL MIX,NON-ALCOHOLIC,CONCD,FRZ	443	443	71.6	0	0	71.6
PUDDINGS,CHOC FLAVOR,LO CAL,REG,DRY MIX	514	377	74.42	10.1	0	64.32
PUDDINGS,ALL FLAVORS XCPT CHOC,LO CAL,REG,DRY MIX	351	338	86.04	0.9	0	85.14
PUDDINGS,ALL FLAVORS XCPT CHOC,LO CAL,INST,DRY MIX	338	342	84.66	0.8	0	83.86
FRUIT-FLAVORED DRK MIX,PDR,UNSWTND	14	14	91.3	0	0	91.3
VITAL WHEAT GLUTEN	220	962	13.79	0.6	0	13.19
FROG LEGS,RAW	3	3	0	0		0
MACKEREL,SALTED	3	3	0	0	0	0
SCALLOP,(BAY&SEA),CKD,STMD	3	3	0	0	0	0
SNAIL,RAW	107	107	2	0	0	2
TURTLE,GREEN,RAW	3	3	0	0	0	0