

Food Composition Table

Food Item	Weight	Size	Shape	Color	Texture	Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	
Baby Food												
Baby Food, Applesauce	113.00	4.00	Circle	40.00	0.20	0.20	02.00	1.00	0.00	0.00	0.00	
Baby Food, Bananas w/ Tapioca	113.00	4.00	Circle	64.00	0.50	0.50	07.00	1.00	0.00	0.00	0.00	
Baby Food, Barley, Food w/ Whole Milk	28.25	1.00	Circle	31.47	1.30	0.04	4.42	0.00	40.21	0.00	0.01	
Baby Food, Beef	71.00	2.50	Circle	75.26	10.00	3.44	0.00	0.00	5.44	1.17	4.00	
Baby Food, Beef and Rice	170.00	6.00	Circle	139.40	6.50	4.00	14.00	0.00	18.70	1.17	13.00	
Baby Food, Beef Lasagna	170.00	6.00	Circle	130.00	7.14	0.07	17.00	0.00	00.00	1.40	18.70	
Baby Food, Beef Macaroni	170.00	6.00	Circle	90.00	4.25	0.20	10.00	1.07	10.00	0.70	11.00	
Baby Food, Beef Stew	170.00	6.00	Circle	90.70	6.07	0.04	9.00	1.07	10.00	1.00	18.70	
Baby Food, Beans	113.00	4.00	Circle	34.00	1.50	0.50	0.70	2.10	14.00	0.50	14.00	
Baby Food, Carrots	113.00	4.00	Circle	31.00	0.50	0.50	0.40	1.00	20.00	0.40	10.00	
Baby Food, Cornst & Egg Yolk	170.00	6.00	Circle	60.00	0.20	0.10	10.10	1.00	41.00	0.07	1.00	
Baby Food, Cornst, Egg Yolk, & Bacon	170.00	6.00	Circle	134.50	4.25	0.50	10.54	1.00	47.00	0.40	0.00	
Baby Food, Chicken	71.00	2.50	Circle	100.70	10.44	0.00	0.00	0.00	00.00	0.70	7.00	
Baby Food, Chicken Noodle	170.00	6.00	Circle	60.00	4.00	0.01	14.04	1.00	20.70	0.00	11.00	
Baby Food, Chicken Soup	113.00	4.00	Circle	07.00	1.00	1.00	0.10	1.00	42.00	0.01	0.00	
Baby Food, Chicken Strips	71.00	2.50	Circle	100.00	10.07	10.00	0.00	0.04	01.00	1.11	0.04	
Baby Food, Chicken, Applesauce	0.00	1.00	Each	0.00	0.70	0.00	0.00	0.00	0.00	0.10	1.00	
Baby Food, Corn, Creamed	113.00	4.00	Circle	100.00	1.00	0.00	10.00	0.40	00.00	0.00	0.00	
Baby Food, Fruit Dressing	170.00	6.00	Circle	107.10	0.01	0.00	20.24	1.00	10.00	0.00	0.00	
Baby Food, Green Beans	113.00	4.00	Circle	20.00	1.00	0.04	0.70	2.10	44.00	0.00	27.00	
Baby Food, Ham	71.00	2.50	Circle	60.70	10.70	4.70	0.00	0.00	0.00	0.70	7.00	
Baby Food, Juice, Apple	127.00	4.00	Fl Co	61.07	0.00	0.10	10.00	0.10	0.04	0.70	0.00	
Baby Food, Juice, Mixed Fruit	127.00	4.00	Fl Co	30.00	0.10	0.10	14.70	0.10	10.00	0.40	0.00	
Baby Food, Juice, Orange	127.00	4.00	Fl Co	00.00	0.70	0.00	10.00	0.10	10.04	0.00	11.40	
Baby Food, Macaroni and Cheese	170.00	6.00	Circle	100.70	4.42	0.40	10.04	0.01	06.70	0.01	11.00	
Baby Food, Macaroni and Tomato and Beef	170.00	6.00	Circle	100.00	4.20	1.07	10.00	1.07	20.00	0.01	11.00	
Baby Food, Meat Strips	71.00	2.50	Circle	100.04	0.01	10.07	0.70	0.14	04.14	0.00	7.00	
Baby Food, Mixed Vegetable	170.00	6.00	Circle	70.00	0.40	0.70	10.00	0.40	14.00	0.70	14.00	
Baby Food, Chicken Noodle	170.00	6.00	Circle	64.00	4.00	0.00	14.00	1.00	20.00	0.00	10.00	
Baby Food, Peach Dobbler	113.00	4.00	Circle	70.00	0.40	0.00	20.10	0.00	0.00	0.11	0.00	
Baby Food, Peaches	113.00	4.00	Circle	60.00	0.00	0.00	21.40	1.70	7.00	0.07	7.00	
Baby Food, Pears	113.00	4.00	Circle	60.00	0.00	0.00	10.00	4.10	0.00	0.07	0.00	
Baby Food, Peas	113.00	4.00	Circle	40.00	0.00	0.30	0.00	2.40	20.00	1.00	17.00	
Baby Food, Puffs w/ Tapioca	170.00	6.00	Circle	100.00	0.17	0.00	04.00	0.04	10.00	0.07	0.00	
Baby Food, Rice, Food w/ Whole Milk	28.25	1.00	Circle	30.00	1.11	1.00	4.70	0.00	07.70	0.40	10.70	
Baby Food, Rice, w/ Mixed Fruit	170.00	6.00	Circle	104.00	1.00	0.04	01.11	1.00	27.00	4.40	0.00	
Baby Food, Spaghetti and Tomato and Meat	170.00	6.00	Circle	110.00	4.07	0.00	10.41	1.07	20.00	0.00	10.70	
Baby Food, Spinach, Creamed	113.00	4.00	Circle	40.00	0.00	1.00	0.40	0.00	10.00	0.70	00.00	
Baby Food, Squash	113.00	4.00	Circle	27.00	0.00	0.00	0.00	0.40	27.00	0.04	14.00	
Baby Food, Sweet Potatoes	113.00	4.00	Circle	64.00	1.00	0.10	14.00	1.70	10.00	0.40	10.00	
Baby Food, Teaching Biscuits	71.00	1.00	Each	40.00	1.00	0.50	0.40	0.00	00.00	0.00	4.00	
Baby Food, Tropical Fruit	113.00	4.00	Circle	64.00	0.70	0.00	10.00	1.00	0.00	0.00	20.00	
Baby Food, Turkey	71.00	2.50	Circle	01.00	10.00	0.04	0.00	0.00	10.00	0.00	0.00	
Baby Food, Turkey and Rice	170.00	6.00	Circle	60.00	4.00	1.00	14.27	1.70	40.00	0.70	10.00	
Baby Food, Turkey Strips	71.00	2.50	Circle	100.00	0.70	10.00	0.00	0.00	01.10	0.00	11.00	
Baked Goods												
Bagels, Branched	100.00	1.00	Each	204.00	10.70	1.00	00.40	1.70	07.00	1.00	0.00	
Bagels, Cream Cheese Raisin	100.00	1.00	Each	200.00	10.00	1.00	00.00	2.40	00.00	0.00	20.00	
Bagels, Egg	100.00	1.00	Each	200.00	11.10	1.00	00.70	2.40	14.00	4.10	20.00	
Bagels, One Bran	100.00	1.00	Each	200.00	11.20	1.00	00.00	2.40	10.00	0.00	20.00	
Bagels, Plain	100.00	1.00	Each	200.00	11.00	1.00	00.10	2.40	10.00	0.70	20.00	

PLACE KEY: 00 = Baby Food; 01 = Baked Goods; 02 = Beverages; 03 = Bread/Cracks and Pasta; 04 = Breakfast Foods/Cereals; 05 = Dairy and Eggs; 06 = Deli and Sides; 07 = Frozen Desserts and Dessert Foods; 08 = Fats and Oils; 09 = Fruit and Vegetables; 10 = Grains and Beans; 11 = Nuts and Seeds; 12 = Restaurant Chain Fast Foods; 13 = Restaurant/Deli; 14 = Soups; 15 = Soups and Stews; 16 = Soups; 17 = Soups; 18 = Soups and Stews; 19 = Soups and Stews; 20 = Soups and Stews; 21 = Soups and Stews; 22 = Soups and Stews; 23 = Soups and Stews; 24 = Soups and Stews; 25 = Soups and Stews; 26 = Soups and Stews; 27 = Soups and Stews; 28 = Soups and Stews; 29 = Soups and Stews; 30 = Soups and Stews; 31 = Soups and Stews; 32 = Soups and Stews; 33 = Soups and Stews; 34 = Soups and Stews; 35 = Soups and Stews; 36 = Soups and Stews; 37 = Soups and Stews; 38 = Soups and Stews; 39 = Soups and Stews; 40 = Soups and Stews; 41 = Soups and Stews; 42 = Soups and Stews; 43 = Soups and Stews; 44 = Soups and Stews; 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Table Of Food Composition

J Elliott



Table Of Food Composition:

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Table Of Food Composition Introduction

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