

U. S. DEPARTMENT OF AGRICULTURE.
OFFICE OF EXPERIMENT STATIONS.

THE CHEMICAL COMPOSITION

OF

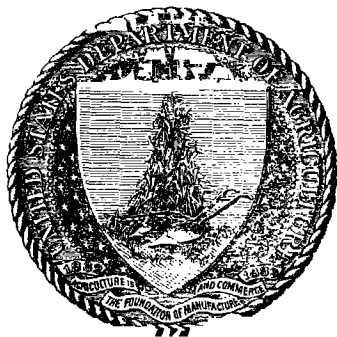
AMERICAN FOOD MATERIALS.

BY

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AND

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LETTER OF TRANSMITTAL

U. S. DEPARTMENT OF AGRICULTURE,
OFFICE OF EXPERIMENT STATIONS,
Washington, D. C., January 27, 1896.

SIR: I have the honor to transmit herewith a tabular summary of analyses made in the United States of materials used for the food of man, prepared by W. O. Atwater, Ph. D., and Chas. D. Woods, B. S., under instructions from this Office.

Interest in problems relating to the food and nutrition of man is already widespread and sincere. Investigations are now being made on this subject under the auspices of the United States Department of Agriculture, the State of Connecticut, and several experiment stations. Agricultural colleges and other institutions of learning, as well as benevolent organizations and private individuals, are also taking up the work.

The time is not far distant when it will be generally recognized that man should pay at least as much attention to problems relating to his own food as to the study of the food of domestic animals. In connection with studies of the food of man in this country a standard table of analyses of American food products is very much needed. An instance of its value may not be inappropriate. Much work is at present being done to learn the dietary conditions of people in various circumstances in different regions of the country. Often it is possible to gather the needed statistics of food consumed, but for lack of laboratory conveniences it is not possible to analyze each article of food even if adequate samples for analysis could be secured. The nutritive value of dietaries might, however, in such cases be estimated with sufficient accuracy for most purposes from such a table as is contained in this bulletin.

For many years one of the chief authorities on this subject has been König's "Chemie der menschlichen Nahrungs- und Genussmittel." This includes many analyses of American food products, but they are not grouped by themselves nor are they readily available for distinctively American work.

Several American compilations have been made which cover the ground in part. Bulletin No. 11 of this Office, which contains Jenkins and Winton's "Compilation of Analyses of American Feeding Stuff," includes many analyses of corn, flour, and similar products. The first

extended series of investigations of American food products was made in the years 1878-1881 by Professor Atwater under the auspices of the United States Fish Commission. This included a large number of analyses of food fishes and invertebrates. In connection with this work, analyses of meats and other food materials were made under the auspices of the Smithsonian Institution. The first accurate investigations of the chemical and economical statistics of food consumption in the United States were undertaken in the year 1886 by Carroll D. Wright, chief of the Massachusetts Bureau of Labor and Statistics, now United States Commissioner of Labor, in cooperation with Professor Atwater. Many analyses have also been made as part of the chemical work of the Storrs Agricultural Experiment Station in Connecticut, which has cooperated with the United States Department of Labor in dietary studies. The result of all this work was embodied in a table published in Bulletin 21 of this Office and reprinted in the Yearbook of this Department for 1894.

A large number of specimens of food have since been analyzed, in connection with studies of dietaries and otherwise, in New England, New York, New Jersey, Pennsylvania, Indiana, Missouri, Tennessee, Alabama, and Illinois (Chicago). The Division of Chemistry of this Department has analyzed a considerable number and others have accumulated in various ways. The most extended investigation in this line was performed at the instance of the World's Columbian Commission under the direction of Professor Atwater. Some five hundred specimens of food products collected at the World's Fair were analyzed at Chicago or at Middletown, Conn. The details still await publication, but the final results have been included with others in the present compilation.

In the present publication it is the intention to give the maximum, minimum, and average of all the analyses which have been made of American food products up to date, excepting butter and other dairy products. The ground has been thoroughly gone over and upward of 2,600 analyses have been compiled. As a necessary basis for this table the individual analyses have been collated in detail and will be available for publication hereafter. The number of analyses of butter and other dairy products is so great, and the literature of the subject is so large, that a compilation of the results may be appropriately taken up in a special publication.

In the present form the standard table of food analyses is more complete and satisfactory than any similar table which has preceded it, and I respectfully recommend its publication as Bulletin No. 28 of this Office.

A. C. TRUE,
Director.

Hon. J. STERLING MORTON,
Secretary of Agriculture.

THE CHEMICAL COMPOSITION OF AMERICAN FOOD MATERIALS.

INTRODUCTION.

Until about the year 1880 those who wished to know about the chemical composition and nutritive values of food materials were compelled to depend upon analyses of European products, and most of those analyses had been made in German laboratories. Of late, American investigations have accumulated and the results have been collated from time to time. The tables of composition of American food products, embraced in this publication, embody such analyses as the compilers have been able to find on record up to July 1, 1895. The individual analyses in most cases have not been given, but only the maximum, minimum, and average figures. This table is intended to replace previous ones and to serve as a standard for reference until it shall, in its turn, be replaced by larger and more complete compilations.

BRIEF HISTORY OF FOOD ANALYSIS.

The first effective impulse to the systematic investigation of the chemistry of food was given by Liebig some fifty years ago. Nearly all of our definite knowledge of the chemical composition of food materials and their nutritive value, however, has accumulated within comparatively a few years past. The earliest European analyses made in such ways as to render them comparable with those of to-day are perhaps those of milk by Boussingault and Le Bel, reported in 1831. The methods of analysis at that time were naturally imperfect. Then, and for some years afterwards, the chief stress was laid upon the proportions of carbon and nitrogen. Liebig and his followers, Playfair, Boeckman, and others, in the forties and later, analyzed a considerable number of foods and feeding stuffs by methods more or less analogous to those now followed. It was not until the so-called Weende method, as proposed by Henneberg, came into general use about 1864 that any considerable number of chemists undertook a systematic study of food materials from the standpoint of their nutritive values. The Weende method has been used for some thirty years in Europe, America, and Asia. Individual investigators and associations of chemists have studied its details and devised ways by which it might be improved. Minor alterations have been adopted, and in several countries details have been agreed on officially by organizations representing experiment stations and Gov-

ernment officers charged with the responsibility of making analyses in the interests of the public. The methods followed in different countries agree so closely that for the last twenty years it has been possible to accept analyses by chemists in different parts of the world and compare them one with another without hesitation. The first analyses made by modern methods in the United States were a series of analyses of Indian corn in 1869.¹ Excepting the investigations of Professor Storer, at the Bussey Institute, little work in this line was done until the establishment of the experiment stations. Since that time a large number of analyses have been made. Jenkins and Winton's "Compilation of Analyses of American Feeding Stuff's" includes analyses of grain and vegetables and is complete up to 1891. A very large number of analyses of food fishes, oysters, etc., have been published. Many analyses of meat, flour, etc., have been made in connection with dietary studies. In the present compilation the results of all these have been included, as well as the analyses of some 500 specimens of food made at the instance of the World's Columbian Commission and not yet published in detail.

Up to the present time no standard work has existed in English giving the results of American analyses of American materials used as the food of man. König's classic compilation² includes many of them, but they do not form a chapter by themselves. They are included in the average of results from many other sources, but are not readily available for American work.

CONTENTS OF THE TABLE OF ANALYSES.

The following tabular statement shows the number of specimens of each of the several classes of foods included in this compilation. The vegetable food materials include all those used for the food of man, of which analyses are given in Jenkins and Winton's compilation, and all the others that we have been able to find since that compilation was made. The "preserved" specimens were salted, pickled, canned, and other preserved meats, fish, milk, vegetables, and the like. The analyses of meats include analyses of whole sides, which were divided into "cuts," each "cut" being analyzed separately. The number of sides thus analyzed were: Beef, 12; veal, 6; lamb, 3; mutton, 32; pork, 3; total, 56.

In collating the material for the present compilation we have used the results of over 1,000 unpublished analyses by ourselves and associates.

No attempt has been made to collect here all of the published analyses of milk and butter. Such a task would be difficult because of the large number of analyses made for inspection and otherwise, and the

¹On the proximate Composition of Several Varieties of American Maize, by W. O. Atwater, American Journal of Science and Arts, XLVII, Nov., 1869.

²Chemie der menschlichen Nahrungs- und Genussmittel.

number and diversity of the publications in which they are scattered. The figures in the table are estimates based on the data conveniently at hand, and suffice to show the range of variation and the average composition.

Number of analyses of specimens of American foods included in the compilation from which the figures in the table of composition of foods were obtained.

Food materials.	Fresh specimens.	Preserved specimens.	Total.
ANIMAL FOODS.			
Beef.....	336	78	414
Veal.....	88		88
Lamb.....	13	1	14
Mutton.....	77	2	79
Pork.....	61	71	132
Sausage.....			41
Fish.....	109	31	140
Shellfish, etc.....	61	10	71
Powl.....	20	4	24
Eggs.....			39
Cheese.....			87
Condensed milk.....			7
Soups.....		26	26
Miscellaneous.....			14
Total animal food materials.....			1,176
VEGETABLE FOODS.			
<i>Cereals, sugar, etc.</i>			
Barley meal.....	7		7
Buckwheat flour, etc.....	15		15
Corn meal, etc.....	25		25
Oat meal, etc.....	24		24
Rice.....	20		20
Rye flour and meal.....	7		7
Wheat flour.....	191		191
Other wheat preparations.....	95		95
Bread, crackers, cake, etc.....	184		184
Sugars, starches, etc.....	113		113
Total cereals, sugar, etc.....	621		621
<i>Vegetables.</i>			
Beets, turnips, and other roots.....	72	3	75
Beans and peas.....	33	159	192
Potatoes.....	75		75
Sweet potatoes.....	88	2	90
Other vegetables.....	65	114	179
Total vegetables.....	333	278	611
<i>Fruits, etc.</i>			
Fruits, nuts, etc.....	47	36	83
Fruits incompletely analyzed.....	76	5	81
Total fruits, nuts, etc.....	123	41	164
Total vegetable food materials.....			1,396
Total food materials.....			2,572

It thus appears that not far from 2,600 analyses of American food products, exclusive of butter and milk, are now available. These give a tolerably fair idea of the range of variation and the average composition of the more important food materials used for the food of man in the United States. More analyses are of course desirable, but they will naturally accumulate in connection with food investigations and dietary studies now being carried on. It is perhaps hardly worth while at present to make more analyses of the more common materials—as meat, flour, and the like—except in so far as they will have use in

connection with such studies. There are, however, some classes of materials—as canned foods and fish—of which further analyses might be made with advantage simply to learn more of their nutritive value.

EXPLANATIONS OF TERMS.

COMPOSITION OF FOOD MATERIALS.

Ordinary food materials, such as meat, fish, eggs, potatoes, wheat, etc., consist of—

Refuse.—As the bones of meat and fish, shells of shellfish, skin of potatoes, bran of wheat, etc.

Edible portion.—As the flesh of meat and fish, the white and yolk of eggs, wheat flour, etc. The edible portion consists of *water* and *nutritive ingredients* or *nutrients*.

The principal kinds of nutritive ingredients are *protein*, *fats*, *carbohydrates*, and *ash* or *mineral matters*.

The water and refuse of various foods and the salt of salted meat and fish are called nonnutrients. In comparing the values of different food materials for nourishment they are left out of account.

Protein.—Protein is commonly obtained by multiplying the total nitrogen by 6.25.¹ It includes three principal classes of substances:

(1) Proteids, including (a) albuminoids: e. g., albumen of eggs; myosin, the basis of muscle (lean meat); the albuminoids which make up the gluten of wheat, etc., and (b) gelatinoids, constituents of connective tissue which yield gelatin and allied substances, e. g., collagen of tendon, ossein of bone.

(2) "Nitrogenous extractives" or meat basis of flesh, i. e., of meats and fish. These include creatin and allied compounds, and are the chief ingredients of beef tea and most meat extracts.

(3) Amids. This term is frequently applied to the nitrogenous non-albuminoid compounds of vegetable foods and feeding stuffs, among which are amido-acids, such as aspartic acid and asparagin. Some of them are more or less allied in chemical constitution to the nitrogenous extractives of muscle.

Fats.—Under fats is included the total ether extract. Familiar examples of fat are fat of meat, fat of milk, oil of corn, wheat, etc. The ingredients of the "ether extract" of animal and vegetable foods and feeding stuffs, which it is customary to group together roughly as fats, include with the true fats various other substances, as lecithins and chlorophylls.

Carbohydrates.—Carbohydrates are usually determined by difference, and include sugars, starches, cellulose, gums, woody fiber, etc.

Ash or *mineral matters* include potassium, sodium, calcium, and magnesium chlorids, sulphates, and superphosphates.

¹ In the flesh of meats and fish, which contain practically no carbohydrates, the figures given in the table for protein were obtained by difference, that is, by adding the percentages of water, fat, and ash, and subtracting from 100.

Fuel value.—Fuel value represents the number of calories of heat which one pound of a given material would yield upon combustion, allowance being made for the nitrogenous products of metabolism of protein compounds which are not consumed in the body.

CUTS OF MEATS.

The methods of cutting sides of beef, mutton, and veal and pork into parts and the terms used for the "cuts," as these parts are commonly called, vary in different localities. The terms here used will be made more clear by the following diagrams:¹

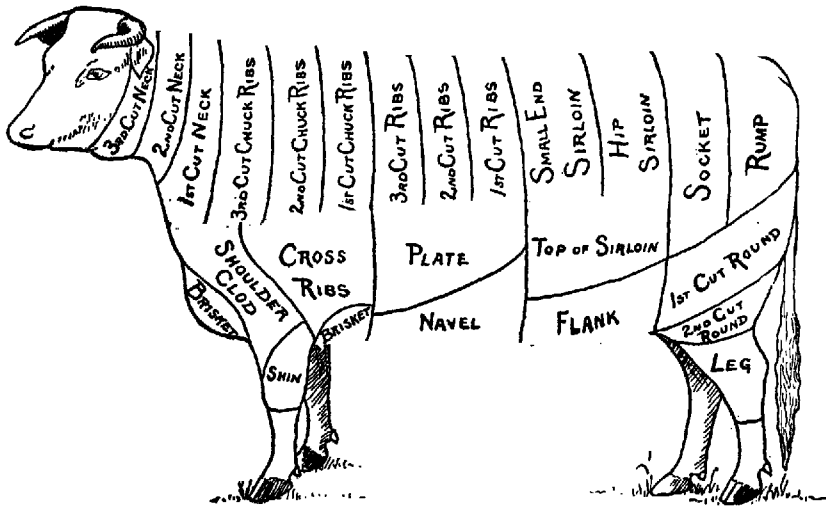


FIG. 1.—Diagram of cuts of beef.

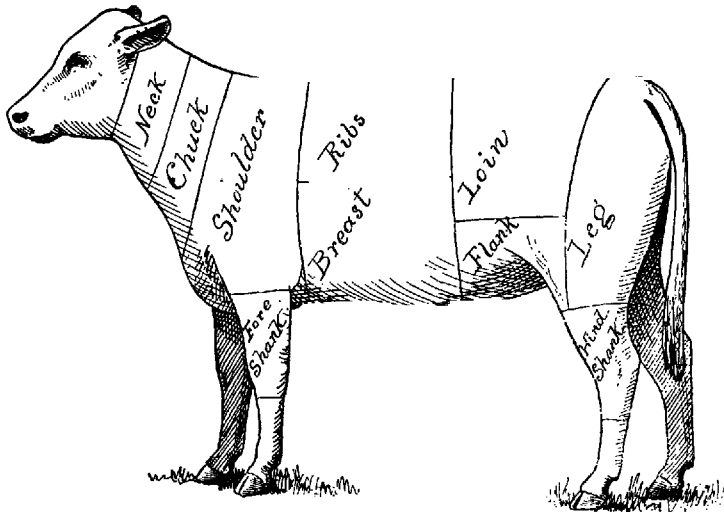


FIG. 2.—Diagram of cuts of veal.

¹From Farmers' Bulletin No. 34.

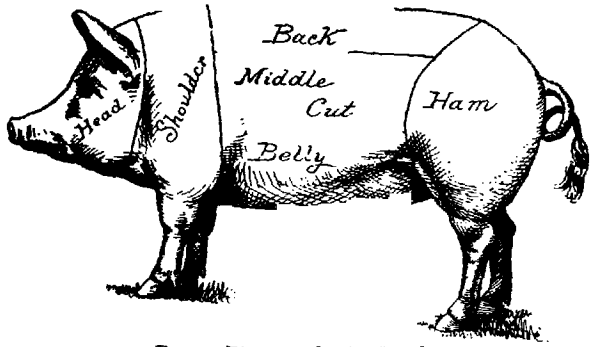


FIG. 3.—Diagram of cuts of pork.

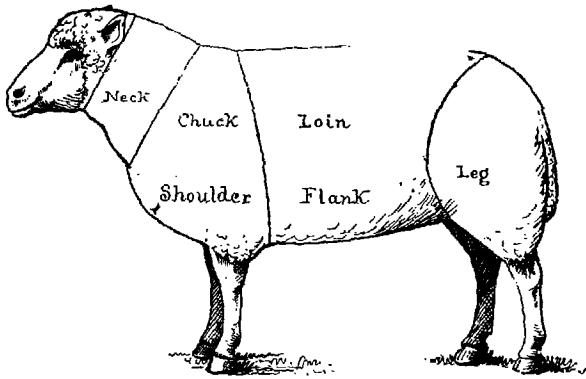


FIG. 4.—Diagram of cuts of mutton.

COMPOSITION OF AMERICAN FOOD PRODUCTS.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
		Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
ANIMAL FOOD.								
<i>Beef, fresh.</i>								
risket:								
Medium fat	{	1	47.4	14.6	37.2		0.8	1,840
	{	1	14.3	40.6	12.5	31.9	.7	1,580
huck, including shoulder:								
Very lean...	{	2	71.7	19.6	3.9		1.0	560
	{	2	73.8	21.3	7.7		1.0	690
	{	2	72.8	20.4	5.8		1.0	625
	{	2	17.4	59.2	16.2	3.2	.8	460
	{	2	18.4	60.2	17.4	6.4	.8	570
Lean.....	{	2	17.9	59.7	16.8	4.8	.8	515
	{	9	69.8	19.4	5.8		.9	615
	{	9	73.4	20.5	9.0		1.1	755
	{	9	71.2	19.9	7.8		1.1	700
	{	9	18.1	47.6	14.3	4.5	.7	475
Medium fat.	{	9	33.1	58.3	16.8	7.6	.9	635
	{	9	23.7	54.3	15.2	6.0	.8	535
	{	7	64.3	18.0	9.5		.9	770
	{	7	69.7	19.8	15.2		1.0	1,005
	{	7	67.8	19.0	12.3		.9	870
Fat.....	{	7	10.5	46.3	14.0	7.7	.9	625
	{	7	28.1	60.3	16.8	12.4	.8	815
	{	7	17.0	56.3	15.7	10.2	.8	720
	{	4	59.9	17.7	17.1		.8	1,050
	{	4	64.2	18.2	21.1		1.0	1,230
Very fat....	{	4	62.3	18.0	18.8		.9	1,125
	{	3	12.0	48.4	14.7	14.8	.6	915
	{	3	19.2	55.9	18.0	17.1	.8	995
	{	3	14.7	53.3	15.4	15.9	.7	955
	{	2	50.7	18.6	26.1		.8	1,425
All analyses	{	2	55.7	17.3	31.9		.9	1,655
	{	2	53.2	16.9	29.0		.9	1,540
	{	2	11.2	36.5	11.3	17.1	.6	930
	{	2	34.5	45.0	14.8	23.3	.7	1,470
	{	2	22.8	40.8	13.0	22.7	.7	1,200
huck ribs:	{	24	50.7	16.6	3.9		.8	560
	{	24	73.8	21.3	31.9		1.0	1,615
	{	24	67.3	19.1	12.6		1.0	885
	{	23	10.5	38.5	11.3	3.2	.6	460
	{	23	34.5	60.3	17.4	23.3	.8	1,470
Lean.....	{	23	19.9	54.1	15.3	9.9	.8	705
	{	1	66.2	18.0	14.8		1.0	960
	{	1	9.8	59.7	16.3	13.3	.9	865
	{	4	52.8	16.1	20.1		.8	1,175
	{	4	61.4	19.0	30.3		1.1	1,580
Medium fat.	{	4	57.3	17.4	24.4		.9	1,355
	{	4	5.4	45.7	13.5	17.7	.7	1,035
	{	4	19.7	54.4	15.6	23.6	.9	1,490
	{	4	13.8	49.3	15.0	21.1	.8	1,170
	{	1	51.3	16.0	32.0		.7	1,650
Fat.....	{	1	15.0	43.6	13.6	27.2	.6	1,400
	{	6	51.3	16.0	14.8		.7	960
	{	6	66.2	19.0	32.0		1.0	1,650
	{	6	57.8	17.3	24.0		.9	1,335
	{	6	5.4	43.6	13.5	13.3	.6	865
All analyses	{	6	19.7	59.7	16.3	27.2	.9	1,400
	{	6	13.3	50.1	15.0	20.8	.3	1,155
	{	1	69.6	21.2	8.3		.9	745
	{	1	69.2	21.0	8.2		.9	735
	{	2	66.0	19.4	12.4		.9	895
Lean.....	{	2	67.0	20.0	13.7		1.0	940
	{	2	68.3	19.7	13.0		1.0	915
	{	2	2.0	64.6	19.0	12.1	1.0	875
	{	2	2.3	65.3	19.6	13.2	1.0	910
	{	2	2.1	64.9	19.3	12.7	1.0	895

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
			Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
ANIMAL FOOD—continued.										
<i>Beef, fresh—Continued.</i>										
Flank—Continued.										
Medium fat.	Edible portion	Min	4	57.4	17.4	18.7		.7	1,130	
		Max	4	62.2	18.2	24.3		.9	1,350	
		Avg	4	59.8	17.9	21.5		.8	1,240	
		As purchased	4	1.1	52.3	15.7	18.5		.8	1,115
Fat	Edible portion	Min	4	11.8	61.4	18.0	24.0		.9	1,330
		Max	4	3.8	57.5	17.2	20.7		.8	1,195
		Avg	4		53.5	15.4	27.2		.8	1,465
		As purchased	3		54.9	17.4	30.3		.8	1,565
Very fat	Edible portion	Min	3	51.2	16.6	28.4		.8	1,505	
		Max	2	1.7	49.1	14.2	26.7		.7	1,435
		Avg	2	8.3	53.9	16.9	27.7		.8	1,435
		As purchased	2	5.0	51.5	15.6	27.2		.7	1,435
All analyses	Edible portion	Min	2	27.4	12.0	43.8		.7	2,100	
		Max	2	41.9	13.6	59.9		.7	2,750	
		Avg	12	34.7	12.8	51.8		.7	2,425	
		As purchased	12	.4	24.3	10.6	43.6		.6	2,090
Loin:	Edible portion	Min	2	11.5	41.8	13.5	53.0		.7	2,435
		Max	2	6.0	33.0	12.0	48.3		.7	2,260
		Avg	2		27.4	12.0	8.3		.7	745
		As purchased	12		69.6	21.2	59.9		1.0	2,750
Very lean	Edible portion	Min	12	56.1	17.3	25.8		.8	1,410	
		Max	11	.4	24.3	10.6	8.2		.6	735
		Avg	11	17.8	69.2	21.0	53.0		1.0	2,435
		As purchased	11	3.8	54.4	16.7	24.3		.8	1,335
Lean	Edible portion	Min	1	71.3	18.7	9.0		1.0	730	
		Max	1	20.4	56.8	14.9	7.2		.7	580
		Avg	12		63.1	13.1	11.5		.7	730
		As purchased	12		74.7	23.1	15.0		1.2	990
Medium fat	Edible portion	Min	12	67.0	19.3	12.7		1.0	895	
		Max	11	6.7	52.1	15.4	10.0		.6	645
		Avg	11	21.0	66.2	19.8	13.0		1.0	860
		As purchased	11	13.1	58.2	16.7	11.1		.9	780
Fat	Edible portion	Min	28	56.5	10.6	16.1		.5	1,030	
		Max	28	68.3	20.2	23.7		2.2	1,350	
		Avg	28	60.5	18.3	20.2		1.0	1,190	
		As purchased	28	4.1	44.4	8.5	13.7		.4	861
Very fat	Edible portion	Min	28	58.1	19.0	22.7		1.9	1,290	
		Max	28	22.1	58.1	19.0	22.7		1.9	1,290
		Avg	28	13.0	52.6	15.9	17.6		.9	1,040
		As purchased	6		52.1	15.8	25.1		.8	1,375
All analyses	Edible portion	Min	6	56.9	17.8	26.6		.9	1,560	
		Max	6	5.9	44.3	13.8	23.6		.7	1,280
		Avg	6	15.0	53.6	16.1	25.9		.9	1,380
		As purchased	6	10.2	49.2	15.8	24.0		.8	1,305
Fat	Edible portion	Min	2	51.1	16.3	31.5		.8	1,635	
		Max	2	51.3	16.5	31.6		.9	1,635	
		Avg	2	51.2	16.4	31.5		.9	1,635	
		As purchased	2	3.6	45.2	14.4	27.8		.7	1,440
Very fat	Edible portion	Min	2	49.2	15.9	30.4		.9	1,580	
		Max	2	7.8	47.2	15.1	29.1		.8	1,510
		Avg	2		51.1	10.6	9.0		.5	730
		As purchased	49		74.7	23.1	31.6		2.2	1,635
All analyses	Edible portion	Min	49	61.2	18.3	19.5		1.0	1,160	
		Max	43	3.6	44.3	8.5	7.2		.4	580
		Avg	48	22.1	66.2	19.8	30.4		1.9	1,580
		As purchased	48	12.6	53.3	15.9	17.3		.9	1,025
Loin, boneless strip:										
Very lean, as purchased	Edible portion	Min	1	77.2	18.0	4.0		.8	500	
		Max	1	66.3	20.5	12.2		1.0	895	
Lean, as purchased	Edible portion	Min	2	55.0	19.3	19.2		1.0	1,170	
		Max	2	60.5	22.7	20.5		1.2	1,285	
Medium fat, as purchased	Edible portion	Min	2	58.1	21.0	19.8		1.1	1,230	
		Max	2	53.6	16.8	28.8		.8	1,530	
Fat, as purchased	Edible portion	Min	1	50.9	16.0	32.4		.7	1,665	
		Max	1	50.9	18.0	4.0			590	
Very fat, as purchased	Edible portion	Min	6	77.2	22.7	32.4		1.2	1,065	
		Max	6	60.7	18.9	19.5		.9	1,175	
All analyses, as purchased										
Loin, sirloin butt:										
Very lean, as purchased	Edible portion	Min	1	72.1	20.5	6.4		1.0	650	
		Max	1	68.5	19.8	10.7		.9	820	
Lean, as purchased	Edible portion	Min	2	60.4	18.9	14.7		.9	995	
		Max	2	63.7	20.5	19.8		1.1	1,190	
Medium fat, as purchased	Edible portion	Min	2	62.1	19.7	17.2		1.0	1,095	
		Max	1	58.6	17.1	23.5		.8	1,310	
Fat, as purchased	Edible portion	Min	1							
		Max	1							

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Beef, fresh—Continued.</i>									
Loin, sirloin butt—Continued.									
Very fat, as purchased	1		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
	6		51.6	16.6	31.0		.8	1,615	
All analyses, as purchased	Min		51.6	16.6	6.4		.8	650	
	Max		72.1	20.5	31.0		1.1	1,615	
	Avg	6	62.5	18.9	17.7		.9	1,100	
Loin, tenderloin:									
Lean, as purchased	Min		62.6	16.7	17.2		.9	1,055	
	Max		64.2	17.6	19.8		1.0	1,145	
	Avg	3	63.4	17.2	18.5		.9	1,100	
Medium fat, as purchased	Min		53.5	11.3	21.6		.6	1,120	
	Max		66.5	16.9	29.9		.8	1,545	
	Avg	4	57.1	14.8	27.3		.8	1,430	
All analyses, as purchased	Min		53.5	11.3	17.2		.6	1,055	
	Max		64.2	17.6	29.9		1.0	1,545	
	Avg	6	59.2	15.6	24.4		.8	1,320	
Loin, top of sirloin:									
Medium fat, { Edible portion	1		42.2	13.3	43.7		.8	2,080	
{ As purchased	1	3.2	40.9	12.9	42.3		.7	2,025	
Loin, trimmings:									
Lean	Edible portion	Min	2	65.3	18.8	13.6		.9	925
		Max	2	66.7	18.8	15.0		.9	985
		Avg	3	66.0	18.8	14.3		.9	955
	As purchased	Min	2	31.9	10.9	3.2		.2	165
		Max	2	83.2	45.4	12.8		.6	630
		Avg	2	57.6	28.1	8.0		.4	400
Medium fat	Edible portion	1	54.5	15.9	28.7		.9	1,505	
	As purchased	1	38.0	33.7	9.9		.6	935	
Fat	Edible portion	Min	3	45.8	14.4	36.0		.7	1,785
		Max	3	48.9	14.8	38.6		.8	1,905
		Avg	3	47.7	14.6	36.9		.8	1,830
	As purchased	Min	3	31.6	12.2	4.0		.2	510
		Max	3	73.3	33.2	10.0		.5	1,230
		Avg	3	46.6	25.7	7.8		.4	945
All analyses	Edible portion	Min	6	45.8	14.4	13.6		.7	925
		Max	6	66.7	18.8	36.9		.9	1,830
		Avg	6	55.0	16.2	28.0		.8	1,480
	As purchased	Min	6	31.6	10.9	3.2		.2	165
		Max	6	83.2	45.4	12.8		.6	1,230
		Avg	6	48.8	27.9	8.2		.4	775
Navel	Edible portion	1	47.6	15.1	36.5		.8	1,820	
	As purchased	1	11.4	42.2	18.4		.7	1,610	
Neck:									
Very lean	Edible portion	1	71.8	22.3	4.9		1.0	625	
	As purchased	1	35.2	46.5	14.5		.6	495	
Lean	Edible portion	1	71.0	20.0	8.0		1.0	710	
	As purchased	1	29.0	50.4	14.2		.7	505	
Medium fat	Edible portion	Min	10	60.5	18.4	11.5		.8	850
		Max	10	67.9	20.4	19.8		.9	1,165
		Avg	10	63.4	19.2	16.5		1.1	1,055
	As purchased	Min	10	19.5	37.8	12.4		.5	665
		Max	10	37.5	50.8	16.0		.8	890
		Avg	10	27.6	45.9	13.9		.7	760
All analyses	Edible portion	Min	12	60.5	18.4	4.9		.8	625
		Max	12	71.8	22.3	19.8		1.1	1,185
		Avg	12	64.8	19.5	14.8		.9	990
	As purchased	Min	12	19.5	37.8	12.4		.5	405
		Max	12	37.5	50.8	16.0		.8	890
		Avg	12	28.4	46.3	13.9		.7	710
Plate:									
Very lean	Edible portion	Min	2	67.0	19.8	10.6		.9	815
		Max	2	68.7	20.0	11.9		1.1	875
		Avg	2	67.9	19.9	11.2		1.0	840
	As purchased	Min	2	18.3	47.1	14.1		.8	610
		Max	2	29.7	56.1	16.1		.8	685
		Avg	2	24.0	51.6	15.1		.8	640
Lean	Edible portion	Min	3	60.8	8.6	16.5		.4	855
		Max	3	74.5	17.8	20.8		.9	1,205
		Avg	3	65.9	14.6	18.8		.7	1,065
	As purchased	Min	3	15.7	51.3	6.9		.3	685
		Max	3	19.8	59.8	14.9		.7	1,015
		Avg	3	17.3	54.4	12.2		.6	880
Medium fat	Edible portion	Min	6	48.7	14.7	25.0		.7	1,360
		Max	6	57.5	16.7	35.6		.9	1,780
		Avg	6	53.5	15.6	30.1		.8	1,560
	As purchased	Min	6	13.1	42.2	12.0		.6	1,120
		Max	6	18.3	49.0	14.1		.7	1,545
		Avg	6	15.2	45.4	13.2		.7	1,320

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbolydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
Beef, fresh—Continued.										
Plate—Continued.			Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
Fat.....	Edible portion	Min	22	44.4	12.4	39.4		.7	1,950	
		Max	22	45.0	15.4	41.9		.8	2,000	
		Avg	22	44.7	13.9	40.7		.7	1,975	
	As purchased	Min	22	15.0	36.4	10.6	32.4		.5	1,600
		Max	22	17.9	38.3	12.6	35.6		.7	1,700
Avg	22	16.5	37.8	11.6	34.0		.6	1,650		
Very fat.....	Edible portion	1		34.6	9.8	55.1		.5	2,505	
	As purchased	1	9.0	31.4	8.9	60.2		.5	2,285	
All analyses	Edible portion	Min	14	34.6	8.6	10.6		.4	815	
		Max	14	98.7	20.0	55.1		1.1	2,505	
		Avg	14	55.6	15.4	28.2		.8	1,475	
	As purchased	Min	14	9.0	31.4	6.9	8.3		.3	610
		Max	14	29.7	59.8	16.1	50.2		.8	2,285
Avg	14	16.7	46.0	12.7	23.9		.7	1,245		
Ribs:										
Very lean.....	Edible portion	1		72.6	21.1	5.6		.7	630	
	As purchased	1	26.7	58.2	15.5	4.1		.5	460	
Lean.....	Edible portion	Min	6	66.0	16.9	9.8		.8	780	
		Max	6	69.5	20.8	14.0		1.0	915	
		Avg	6	67.9	19.1	12.0		1.0	860	
	As purchased	Min	6	12.8	46.7	12.4	6.8		.6	530
		Max	6	32.0	60.7	17.1	11.0		.9	745
Avg	6	22.6	52.6	14.4	9.3		.7	670		
Medium fat.	Edible portion	Min	14	49.9	15.9	18.0		.8	1,095	
		Max	14	63.0	18.0	32.9		1.1	1,690	
		Avg	14	55.4	16.9	26.3		.9	1,445	
	As purchased	Min	14	15.3	40.2	12.0	12.8		.4	780
		Max	14	28.7	49.9	14.6	26.5		.9	1,360
Avg	14	20.4	43.8	13.4	21.8		.7	1,150		
Fat.....	Edible portion	Min	8	47.4	14.8	33.9		.6	1,715	
		Max	8	50.2	16.5	36.8		.8	1,830	
		Avg	8	48.1	15.4	35.8		.7	1,795	
	As purchased	Min	7	6	34.3	11.0	27.9		.5	1,410
		Max	7	24.4	47.8	15.6	39.9		.7	1,890
Avg	7	16.1	39.5	12.6	31.2		.6	1,550		
All analyses	Edible portion	Min	29	47.4	14.8	5.6		.6	630	
		Max	29	72.6	20.8	36.8		1.1	1,830	
		Avg	29	56.6	17.1	25.5		.8	1,395	
	As purchased	Min	28	6	34.3	11.0	4.1		.4	460
		Max	28	32.6	60.7	17.1	39.0		.9	1,890
Avg	28	20.2	44.9	13.6	20.6		.7	1,120		
Rib rolls:										
Very lean, as purchased.....	Min	2		73.3	19.6	4.6		1.0	590	
	Max	2		74.0	21.1	5.4		1.0	595	
	Avg	2		73.7	20.3	5.0		1.0	595	
Lean, as purchased.....	Min	3		67.3	18.5	8.4		.9	730	
	Max	3		70.5	20.1	13.3		.9	905	
	Avg	3		69.0	19.5	10.5		1.0	805	
Medium fat, as purchased.....	Min	4		60.7	18.0	15.3		.9	985	
	Max	4		65.6	19.1	20.4		.9	1,195	
	Avg	4		63.9	18.5	16.7		.9	1,050	
Fat, as purchased.....	Min	2		50.5	16.3	30.5		.8	1,595	
	Max	2		52.4	16.8	32.1		.8	1,685	
	Avg	2		51.5	16.4	31.3		.8	1,630	
All analyses, as purchased.....	Min	11		50.5	16.3	4.6		.8	590	
	Max	11		74.0	21.1	32.1		1.0	1,685	
	Avg	11		64.8	18.7	15.6		.9	1,005	
Rib trimmings:										
Very lean.....	Edible portion	1		71.6	20.9	6.5		1.0	665	
	As purchased	1	42.6	41.1	12.0	3.7		.6	360	
Medium fat	Edible portion	Min	7		49.3	14.3	17.9		.8	1,095
		Max	7		62.9	18.3	35.7		.9	1,775
		Avg	7		57.4	16.8	25.0		.8	1,370
	As purchased	Min	7	31.0	30.3	8.8	12.3		.4	710
		Max	7	44.8	43.2	12.6	22.0		.6	1,100
Avg	7	34.8	37.4	10.9	16.3		.6	890		
Fat.....	Edible portion	Min	2		45.9	13.6	35.4		.7	1,765
		Max	2		49.2	14.7	39.8		.7	1,925
		Avg	2		47.6	14.1	37.6		.7	1,850
	As purchased	Min	2	30.1	28.5	8.4	24.8		.4	1,200
		Max	2	37.9	34.4	10.2	24.8		.5	1,235
Avg	2	34.0	31.5	9.3	24.8		.4	1,220		
Very fat.....	Edible portion	1		33.9	10.7	54.9		.5	2,515	
	As purchased	1	20.9	26.8	8.4	48.5		.4	1,990	

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.											
<i>Beef, fresh—Continued.</i>											
lb trimmings—Continued.			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>		
All analyses	Edible portion	Min.	11	33.9	10.7	8.55	665		
		Max.	11	71.6	20.9	54.9	1.0	2,515		
		Avg.	11	54.7	16.1	28.48	1,500		
	As purchased.	Min.	11	20.9	26.8	8.4	3.74	380	
		Max.	11	44.8	43.2	12.6	43.56	1,990	
		Avg.	11	34.1	35.7	10.5	19.25	1,005	
lbs. cross:											
Very lean.....	Edible portion	1	65.8	18.4	14.99	970		
	As purchased	1	12.8	57.4	14.1	18.07	850		
Medium fat.....	Edible portion	1	43.9	13.7	41.68	2,010		
	As purchased	1	12.2	39.6	12.0	36.57	1,765		
All analyses	Edible portion	Min.	2	43.9	13.7	14.98	970		
		Max.	2	65.8	18.4	41.69	2,010		
		Avg.	2	54.9	16.0	28.38	1,491		
	As purchased.	Min.	2	12.2	38.6	12.0	19.07	855	
		Max.	2	12.8	57.4	14.4	36.57	1,765	
		Avg.	2	12.5	48.0	14.1	24.77	1,305	
Round:											
Very lean.....	Edible portion	Min.	4	72.2	22.0	1.3	1.0	465	
		Max.	4	75.4	22.2	4.5	1.2	600	
		Avg.	4	73.6	22.1	3.2	1.1	545	
	As purchased.	Min.	4	9.1	59.6	18.3	1.3	1.0	455
		Max.	4	17.4	72.8	21.4	3.7	1.1	525
		Avg.	4	10.2	66.1	19.9	2.8	1.0	490	
Lean.....	Edible portion	Min.	25	68.6	19.0	5.13	590	
		Max.	25	73.6	22.1	10.0	1.3	795	
		Avg.	25	70.3	20.9	7.7	1.1	715	
	As purchased.	Min.	23	4.8	57.2	16.9	4.63	540
		Max.	23	17.3	68.8	20.3	9.4	1.2	735
		Avg.	23	8.8	64.2	18.9	7.1	1.0	650
Medium fat.....	Edible portion	Min.	16	62.6	18.6	10.69	815	
		Max.	16	68.4	21.6	17.8	1.2	1,095	
		Avg.	16	65.8	19.7	13.5	1.0	935	
	As purchased.	Min.	15	3.7	57.6	16.8	10.18	780
		Max.	15	11.2	65.9	19.9	16.6	1.0	1,025
		Avg.	15	7.7	60.7	18.1	12.69	870
Fat, as purchased.....	1	57.8	18.9	22.8	1.0	1,295			
Very fat.....	Edible portion	1	56.8	17.0	24.79	1,370		
	As purchased.	1	6.4	53.2	16.5	23.18	1,250		
All analyses	Edible portion	Min.	47	56.8	17.6	1.33	465	
		Max.	47	75.4	22.2	24.7	1.3	1,370	
		Avg.	47	68.5	20.4	10.0	1.1	800	
	As purchased.	Min.	44	3.7	53.2	16.5	1.33	455
		Max.	44	17.4	72.8	21.4	23.1	1.2	1,280
		Avg.	44	8.5	68.0	18.7	8.8	1.0	720
Round steak, second cut:											
Medium fat.....	Edible portion	1	69.5	20.6	8.6	1.3	745		
	As purchased.	1	32.1	47.2	14.0	5.89	605		
Rump:											
Very lean.....	Edible portion	Min.	4	67.4	21.2	3.2	1.1	535	
		Max.	4	74.2	21.5	10.0	1.2	820	
		Avg.	4	70.0	21.4	7.4	1.2	710	
	As purchased.	Min.	4	9.9	57.6	17.8	2.9	1.0	489
		Max.	4	17.3	67.8	21.2	9.8	1.1	810
		Avg.	4	7.5	64.7	19.8	6.9	1.1	660
Lean.....	Edible portion	Min.	2	62.1	19.2	10.5	1.0	820	
		Max.	2	68.3	20.2	17.7	1.0	1,105	
		Avg.	2	65.2	19.7	14.1	1.0	960	
	As purchased.	Min.	2	9.0	46.8	13.8	7.27	560
		Max.	2	31.5	56.5	17.5	16.19	1,005
		Avg.	2	20.2	51.7	15.7	11.68	780
Medium fat.....	Edible portion	Min.	8	53.8	15.8	20.38	1,190	
		Max.	8	60.9	17.9	29.69	1,545	
		Avg.	8	56.7	16.8	25.69	1,395	
	As purchased.	Min.	8	6.6	39.9	11.5	15.36	895
		Max.	8	27.8	52.0	15.3	25.08	1,335
		Avg.	8	21.4	44.5	18.2	20.27	1,095
Fat.....	Edible portion	Min.	4	45.2	14.5	33.67	1,710	
		Max.	4	49.9	15.7	39.48	1,935	
		Avg.	4	48.1	14.9	36.37	1,810	
	As purchased.	Min.	4	17.9	34.3	10.8	23.15	1,175
		Max.	4	31.3	39.7	12.1	32.36	1,590
		Avg.	4	23.2	36.9	11.4	27.96	1,390
Very fat.....	Edible portion	1	40.2	14.7	44.38	2,145		
	As purchased.	1	16.2	33.7	12.3	37.26	1,800		

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
<i>Beef, fresh</i> —Continued.										
Rump—Continued.										
			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
All analyses	Edible portion	Min..	19	40.2	14.5	3.2		.7	535	
		Max..	19	74.2	21.5	36.3		1.2	1,810	
		Avg..	19	57.7	17.6	23.8		.9	1,330	
		Min..	19	6.6	34.3	10.8	2.9		.6	480
		Max..	19	31.5	67.8	21.2	32.3		1.1	1,590
	As purchased..	Avg..	19	18.5	47.3	14.4	19.0		1,070	
Shank, fore:										
Very lean..	Edible portion	Min..	2	73.8	20.8	2.3		1.0	520	
		Max..	2	74.6	22.7	3.6		1.2	510	
		Avg..	2	74.2	21.8	2.9		1.1	530	
		Min..	2	35.9	44.1	13.3	1.4		.6	310
		Max..	2	40.2	47.9	13.6	2.3		.7	345
	As purchased..	Avg..	2	38.1	46.0	13.5	1.8		330	
Lean.....	Edible portion	Min..	5	69.9	20.1	5.3		.9	610	
		Max..	5	73.2	23.3	7.9		1.1	705	
		Avg..	5	71.5	21.4	6.1		1.0	655	
		Min..	5	25.6	36.4	11.7	3.3		.4	365
		Max..	5	48.0	52.3	17.4	5.2		.8	465
	As purchased..	Avg..	5	36.5	45.4	13.6	3.9		420	
Medium fat.	Edible portion	Min..	5	65.5	19.2	9.9		.9	775	
		Max..	5	70.0	20.2	14.2		.9	960	
		Avg..	5	67.9	19.6	11.6		.9	855	
		Min..	5	33.0	39.3	11.6	6.1		.6	475
		Max..	5	40.0	45.3	13.1	8.5		.6	580
	As purchased..	Avg..	5	36.9	42.9	12.3	7.3		535	
Very fat....	Edible portion	Min..	1	59.0	18.6	21.6		.8	1,255	
		Max..	1	40.7	12.9	14.9		.6	870	
		Avg..	1	30.9						
		Min..	13	59.0	18.6	2.3		.8	520	
		Max..	13	74.6	23.3	21.6		1.2	1,255	
All analyses	Edible portion	Avg..	13	69.6	20.5	9.0		.9	790	
		Min..	13	25.6	36.4	11.6	1.4		.4	310
		Max..	13	40.2	52.3	17.4	14.9		.8	870
		Avg..	13	36.5	44.1	13.1	5.7		.6	485
			As purchased..	Avg..	13					
Shank, hind:										
Lean.....	Edible portion	Min..	5	71.3	20.4	4.3		.9	575	
		Max..	5	73.6	21.6	7.3		1.2	685	
		Avg..	5	72.6	21.1	5.3		1.0	615	
		Min..	5	50.0	27.3	7.9	1.7		.4	235
		Max..	5	62.2	36.4	10.7	3.2		.5	305
	As purchased..	Avg..	5	56.6	31.6	9.1	2.2		260	
Medium fat.	Edible portion	Min..	6	65.3	18.5	9.6		.8	775	
		Max..	6	69.5	20.6	15.4		1.0	995	
		Avg..	6	67.8	19.8	11.5		.9	855	
		Min..	6	52.0	29.8	8.6	4.5		.4	365
		Max..	6	56.0	32.4	9.6	7.1		.4	465
	As purchased..	Avg..	6	53.9	31.3	9.1	5.3		395	
Fat.....	Edible portion	Min..	1	61.4	18.9	18.8		.9	1,145	
		Max..	1	51.6	29.7	9.2	9.1		.4	565
		Avg..	12	61.4	18.5	4.3		.8	575	
		Min..	12	73.6	21.6	18.8		1.2	1,145	
		Max..	12	69.2	20.3	9.5		1.0	780	
All analyses	Edible portion	Avg..	12	69.2	20.3	9.5		1.0	780	
		Min..	12	50.0	27.3	7.9	1.7		.4	235
		Max..	12	62.2	36.4	10.7	9.1		.5	355
		Avg..	12	54.8	31.3	9.2	4.3		.4	355
			As purchased..	Avg..	12					
Shoulder clod: ¹										
Very lean..	Edible portion	Min..	2	75.1	22.3	1.3		1.1	470	
		Max..	2	75.2	22.4	1.4		1.2	475	
		Avg..	2	75.2	22.3	1.4		1.1	475	
		Min..	2	12.5	62.3	18.4	1.1		1.0	390
		Max..	2	17.1	65.8	19.6	1.2		1.0	410
	As purchased..	Avg..	2	14.8	64.1	19.0	1.1		400	
Lean.....	Edible portion	Min..	3	71.4	20.0	4.7		1.1	570	
		Max..	3	74.2	21.9	6.7		1.1	670	
		Avg..	3	72.5	20.9	5.5		1.1	625	
		Min..	2	7.3	65.1	18.5	4.3		1.0	525
		Max..	2	8.8	68.8	19.0	6.1		1.1	610
	As purchased..	Avg..	2	8.1	66.9	18.8	5.2		575	
Medium fat.	Edible portion	Min..	14	64.0	17.3	7.1		.8	625	
		Max..	14	74.5	20.7	16.4		1.4	1,030	
		Avg..	14	68.3	19.3	11.3		1.1	835	
		Min..	12	7.0	59.7	14.3	5.6		.7	525
		Max..	12	27.7	62.3	18.4	14.4		1.1	925
	As purchased..	Avg..	12	16.4	56.8	11.1	9.8		715	

¹ Including in most cases some bone.

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Proteins.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.									
<i>Beef, fresh—Continued.</i>									
Shoulder clod—Continued.									
			<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Calorific.</i>
Fat.....	Edible portion	{ Min. 4	56.2	17.1	18.59	1,150
		{ Max. 4	62.1	21.0	21.6	1.2	1,300	
	As purchased	{ Avg. 4	60.5	18.8	19.7	1.0	1,180	
		{ Min. 3	11.0	49.9	14.8	16.58	1,005
		{ Max. 3	13.3	54.8	18.6	19.0	1.0	1,155
		{ Avg. 3	11.9	62.8	16.7	17.79	1,000
All analyses	Edible portion	{ Min. 23	56.2	17.1	1.38	470
		{ Max. 23	75.2	22.4	21.6	1.4	1,300	
	As purchased	{ Avg. 23	68.1	19.7	11.1	1.1	835	
		{ Min. 19	7.3	49.9	14.5	1.17	390
		{ Max. 19	27.7	68.8	19.6	19.2	1.1	1,155
		{ Avg. 19	14.6	57.9	16.8	9.7	1.0	725
Shoulder and chuck (see Chuck).									
Socket.....	{ Edible portion	1	57.1	16.7	25.2	1.0	1,375
	{ As purchased	1	35.8	36.7	10.7	16.26	880
Fore quarter:									
Very lean.....	{ Edible portion	1	72.3	20.8	6.09	640
	{ As purchased	1	23.2	55.5	16.0	4.67	490
Lean.....	Edible portion	{ Min. 3	67.5	16.1	12.17	810
		{ Max. 3	71.1	19.1	12.79	890	
	As purchased	{ Avg. 3	68.8	18.0	12.48	860	
		{ Min. 3	19.7	53.4	12.1	9.15	910
		{ Max. 3	24.9	54.3	15.3	10.07	700
		{ Avg. 3	21.8	53.8	14.1	9.76	670
Medium fat.	Edible portion	{ Min. 6	57.8	17.3	17.18	1,065
		{ Max. 6	63.6	18.4	27.6	1.0	1,485	
	As purchased	{ Avg. 6	60.2	17.5	21.49	1,230	
		{ Min. 6	16.8	47.7	13.3	13.66	790
		{ Max. 6	23.9	51.8	14.6	20.27	1,210
		{ Avg. 6	19.3	48.6	14.1	17.37	990
Fat.....	{ Edible portion	1	53.5	15.8	30.07	1,560
	{ As purchased	1	21.7	41.9	12.4	23.46	1,220
Very fat.....	{ Edible portion	1	44.6	14.0	40.77	1,980
	{ As purchased	1	12.6	11.5	13.6	31.76	1,590
All analyses	Edible portion	{ Min. 12	44.6	14.0	6.07	640
		{ Max. 12	72.3	20.8	40.79	1,980	
	As purchased	{ Avg. 12	61.5	17.5	20.28	1,180	
		{ Min. 12	12.6	41.5	12.1	9.16	610
		{ Max. 12	24.9	54.3	15.3	31.77	1,590
		{ Avg. 12	19.8	49.3	14.1	16.17	940
Hind quarter:									
Very lean.....	{ Edible portion	1	72.4	20.8	5.8	1.0	630
	{ As purchased	1	18.8	58.7	16.9	4.88	520
Lean.....	Edible portion	{ Min. 3	65.9	18.8	12.2	1.0	875
		{ Max. 3	67.5	19.5	14.3	1.0	955	
	As purchased	{ Avg. 3	66.9	19.2	12.9	1.0	900	
		{ Min. 3	16.2	54.7	15.6	10.28	730
		{ Max. 3	17.0	56.5	16.3	11.99	790
		{ Avg. 3	16.5	55.9	16.0	10.88	755
Medium fat.	Edible portion	{ Min. 7	55.7	17.1	16.88	1,050
		{ Max. 7	63.9	18.7	26.3	1.0	1,430	
	As purchased	{ Avg. 7	60.2	17.9	21.99	1,220	
		{ Min. 7	14.1	44.4	13.6	14.37	890
		{ Max. 7	20.2	54.0	15.8	21.08	1,140
		{ Avg. 7	16.4	50.4	14.9	17.58	1,045
Fat.....	{ Edible portion	1	52.1	16.4	30.78	1,600
	{ As purchased	1	14.1	50.0	14.8	20.47	1,135
All analyses	Edible portion	{ Min. 12	52.1	16.4	5.88	630
		{ Max. 12	72.4	20.8	30.7	1.0	1,600	
	As purchased	{ Avg. 12	62.2	18.4	18.59	1,120	
		{ Min. 12	14.1	44.4	13.6	4.87	520
		{ Max. 12	20.2	58.7	16.9	26.99	1,140
		{ Avg. 12	16.3	52.0	15.3	15.68	945
Side, native, not including tallow.	Edible portion	{ Min. 6	47.8	15.1	12.57	880
		{ Max. 6	67.5	19.1	36.49	1,815	
	As purchased	{ Avg. 6	57.1	17.2	24.98	1,370	
		{ Min. 6	13.2	41.5	13.1	10.16	715
		{ Max. 6	19.2	54.9	15.5	31.68	1,575
		{ Avg. 6	17.0	47.5	14.3	20.57	1,130
Side, Colorado, not including tallow.	Edible portion	{ Min. 3	62.0	17.6	15.78	1,010
		{ Max. 3	64.9	18.6	19.59	1,150	
	As purchased	{ Avg. 3	63.4	18.0	17.79	1,080	
		{ Min. 3	16.8	48.5	13.8	12.77	815
		{ Max. 3	21.8	52.8	15.1	25.28	900
		{ Avg. 3	19.2	51.3	14.6	14.27	870

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Food value per pound.
ANIMAL FOOD—continued.								
<i>Beef, fresh—Continued.</i>								
		Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Calories.
Side, Texas, not including tallow.	Edible portion	{ Min .. 3	67.3	17.1	5.9	655
		{ Max .. 3	72.4	20.8	14.8	1.0	945
		{ Avg .. 3	69.0	19.1	11.0	820
As purchased.		{ Min .. 3	18.0	53.3	13.6	4.7	595
		{ Max .. 3	21.2	57.0	16.4	11.7	745
		{ Avg .. 3	20.0	55.2	15.3	8.8	655
Side, Colorado and native. ¹	Edible portion	{ Min .. 8	54.8	17.1	12.5	881
		{ Max .. 8	67.5	19.1	27.1	1,370
		{ Avg .. 8	60.6	17.7	20.8	1,205
As purchased.		{ Min .. 8	15.5	44.2	15.8	10.1	715
		{ Max .. 8	21.8	54.0	15.5	21.9	1,135
		{ Avg .. 8	18.3	49.7	14.5	16.8	980
Side: All analyses	Edible portion	{ Min .. 12	47.8	15.1	5.9	635
		{ Max .. 12	72.4	20.8	36.4	1.0	1,815
		{ Avg .. 12	61.7	17.8	19.6	1,155
As purchased.		{ Min .. 12	13.2	41.5	13.1	4.7	595
		{ Max .. 12	21.8	57.0	16.4	31.6	1,575
		{ Avg .. 12	18.3	50.4	14.6	16.0	945
Hearts, as purchased.		{ Min .. 2	56.5	15.8	14.6	910
		{ Max .. 2	68.7	16.3	26.2	1.0	1,410
		{ Avg .. 2	62.6	16.0	20.4	1,160
Kidney, as purchased.		{ Min .. 2	75.7	16.1	2.4	1.1	430
		{ Max .. 2	78.7	17.6	7.1	1.1	1.3	600
		{ Avg .. 2	76.7	16.9	4.8	1.4	1.2	525
Liver, as purchased.		{ Min .. 3	69.5	20.1	5.2	1.3	635
		{ Max .. 3	69.9	23.1	5.7	3.5	1.5	670
		{ Avg .. 3	69.8	21.6	5.4	1.8	1.4	665
Lungs, as purchased.	1	79.7	16.1	3.2	1.0	435	
Marrow, as purchased.	1	3.3	2.6	92.8	1.3	3,965	
Sweetbreads, as purchased.	1	70.9	15.4	12.1	1.6	795	
Tallow (kidney fat), as purchased.		{ Min .. 7	8.2	1.6	70.7	3,115
		{ Max .. 7	21.9	7.2	88.9	3,800
		{ Avg .. 7	15.0	4.8	79.0	3,460
Tongue.	Edible portion	1	63.5	17.4	18.0	1.1	1,085
	As purchased	1	15.1	53.9	14.8	15.3	920
<i>Beef, cooked.</i>								
Sandwich meats, as purchased.		{ Min .. 3	56.3	27.2	8.6	2.5	850
		{ Max .. 3	61.2	28.8	13.6	3.1	1,060
		{ Avg .. 3	58.3	27.9	11.0	2.8	985
<i>Beef, canned.</i>								
Boiled, as purchased.	1	51.8	24.4	22.5	1.3	1,405	
Cheek, ox, as purchased.	1	66.1	22.3	8.4	3.2	770	
Chili con carne, as purchased.	1	75.4	13.3	4.6	4.0	2.7	515	
Collaps, minced, as purchased.	1	72.3	17.9	6.8	1.1	1.9	645	
Corned, cooked.		{ Min .. 6	45.1	25.6	12.0	3.4	1,090
		{ Max .. 6	58.3	34.2	16.4	7.3	1,215
		{ Avg .. 6	53.1	28.5	14.0	4.4	1,120
Fat, as purchased.		{ Min .. 4	49.7	22.7	19.9	2.0	1,310
		{ Max .. 4	53.2	26.3	21.8	4.1	1,555
		{ Avg .. 4	51.6	24.7	20.7	3.0	1,330
Very fat, as purchased.		{ Min .. 2	43.2	19.6	29.2	4.0	1,625
		{ Max .. 2	45.7	21.1	31.1	6.1	1,675
		{ Avg .. 2	44.5	20.3	30.1	5.1	1,650
All analyses, as purchased.		{ Min .. 12	43.2	19.6	12.9	2.9	1,000
		{ Max .. 12	58.3	34.2	31.1	6.1	1,675
		{ Avg .. 12	51.2	25.9	18.9	4.0	1,280
Dried, as purchased.		{ Min .. 2	44.2	37.1	4.8	0.8	945
		{ Max .. 2	45.3	40.1	6.1	12.6	970
		{ Avg .. 2	44.8	38.6	5.4	11.2	950
Kidneys, stewed, as purchased.		{ Min .. 2	70.9	14.6	4.9	2.1	580
		{ Max .. 2	72.9	22.1	5.4	4.3	2.8	620
		{ Avg .. 2	71.9	18.4	5.1	2.1	2.5	595
Luncheon, as purchased.	1	52.9	26.4	15.9	1.8	1,160	
Ox palate, as purchased.		{ Min .. 2	69.6	15.9	9.4	740
		{ Max .. 2	73.1	19.0	10.6	2.0	750
		{ Avg .. 2	71.4	17.4	10.0	1.2	745
Roast, as purchased.		{ Min .. 4	55.8	19.3	9.0	935
		{ Max .. 4	62.8	30.8	23.6	1.4	1,360
		{ Avg .. 4	58.9	25.0	14.8	1.3	1,090
Steak, rump, as purchased.	1	56.3	23.5	18.7	1.5	1,225	
Sweetbreads, as purchased.	1	69.0	19.5	9.5	2.0	765	
Ox tails, as purchased.	1	67.9	24.6	6.3	1.2	725	

¹ Excepting native "extra fat."

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
<i>Beef, canned—Continued.</i>										
			<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Calories.</i>	
Tongue, ground, as purchased.....	{ Min ..	6	42.5	20.2	21.6	2.9	1,300	
	{ Max ..	6	54.9	22.8	32.6	5.1	1,750	
	{ Avg. ..	6	49.9	21.0	25.1	4.0	1,450	
Tongue, whole, as purchased.....	{ Min ..	5	42.4	18.6	15.7	3.0	1,090	
	{ Max ..	5	57.4	23.0	32.7	6.3	1,725	
	{ Avg. ..	5	51.3	21.5	23.2	4.0	1,380	
Tripe, as purchased.....	{ Min ..	12	68.9	16.2	2.64	420	
	{ Max ..	12	80.2	16.6	14.56	915	
	{ Avg. ..	12	74.6	16.4	8.55	665	
<i>Beef, corned and pickled.</i>										
Brisket, corned.....	{ Edible portion.....	1	50.9	18.7	21.7	5.7	1,390	
	{ As purchased.....	1	21.4	40.0	14.7	19.4	4.5	1,090
Corned beef:	{ Min ..	9	40.1	12.9	11.9	2.0	830	
	{ Max ..	9	65.9	18.1	41.1	6.7	1,975	
	{ Avg. ..	9	54.5	15.6	25.5	4.4	1,365	
All analyses	{ Min ..	9	1.9	34.3	11.4	11.3	1.9	790
	{ Max ..	9	14.6	60.9	16.9	37.2	6.4	1,785
	{ Avg. ..	9	9.4	49.6	14.2	22.8	4.0	1,225
Extra mess.....	{ Edible portion.....	1	37.0	11.8	47.2	4.0	2,210	
	{ As purchased.....	1	10.4	33.1	10.6	42.3	3.6	1,980
Flank, corned.....	{ Min ..	2	42.2	12.9	24.9	2.8	1,340	
	{ Max ..	2	56.5	15.5	41.1	3.1	1,975	
	{ Avg. ..	2	49.9	14.2	33.0	2.9	1,690	
As purchased.....	{ Min ..	2	9.6	39.0	11.7	21.2	2.5	1,140
	{ Max ..	2	14.6	48.3	19.2	37.2	2.7	1,785
	{ Avg. ..	2	12.1	43.	12.4	29.2	2.6	1,465
Mess.....	{ Min ..	2	31.7	10.6	40.2	4.1	1,940	
	{ Max ..	2	42.4	13.3	48.7	9.0	2,250	
	{ Avg. ..	2	37.0	12.0	44.5	6.5	2,100	
As purchased.....	{ Min ..	2	7.1	29.5	9.8	34.6	3.5	1,675
	{ Max ..	2	13.8	36.6	11.5	45.3	8.3	2,090
	{ Avg. ..	2	10.5	33.0	10.7	39.9	5.9	1,885
Plate, corned.....	{ Edible portion.....	1	40.1	13.3	41.9	4.7	2,015	
	{ As purchased.....	1	14.5	34.3	11.4	35.8	4.0	1,720
Rump, corned.....	{ Min ..	3	50.2	13.3	13.0	2.0	885	
	{ Max ..	3	65.9	18.1	30.2	4.9	1,550	
	{ Avg. ..	3	58.1	15.3	23.3	3.3	1,270	
As purchased.....	{ Min ..	3	5.0	47.5	13.9	12.1	1.9	820
	{ Max ..	3	7.7	60.8	16.7	28.5	4.7	1,460
	{ Avg. ..	3	6.0	54.5	14.4	22.0	3.1	1,195
Spiced, rolled, as purchased.....	1	30.0	11.8	51.4	6.8	2,390		
Tongue, pickled.....	{ Min ..	2	50.9	8.0	15.3	3.1	795	
	{ Max ..	2	73.6	17.0	25.8	6.3	1,405	
	{ Avg. ..	2	62.3	12.5	20.5	4.7	1,100	
As purchased.....	{ Min ..	2	2.1	45.8	7.8	15.0	3.1	780
	{ Max ..	2	10.0	72.0	15.3	23.3	5.6	1,265
	{ Avg. ..	2	6.0	58.9	11.6	20.3	4.3	1,025
Tripe, pickled, as purchased.....	{ Min ..	2	84.0	7.2	.81	181	
	{ Max ..	2	91.1	13.5	1.8	.5	.3	325	
	{ Avg. ..	2	87.4	10.9	1.2	.3	.2	260	
<i>Beef, dried, etc.</i>										
Dried and salted, Uruguay, as purchased.....	1	30.7	46.8	5.6	16.9	1,110		
Dried in the sun, Mexico, as purchased.	{ Min ..	2	14.4	47.0	11.8	7.2	1,370	
	{ Max ..	2	24.3	47.0	31.4	16.9	2,200	
	{ Avg. ..	2	19.4	47.0	21.6	12.0	1,785	
Dried, salted, and smoked, as purchased.	{ Min ..	5	24.3	26.3	4.2	.2	6.3	740	
	{ Max ..	5	59.2	47.0	11.8	2.7	16.9	1,370	
	{ Avg. ..	5	50.8	31.8	6.8	.6	10.0	890	
<i>Veal, fresh.</i>										
Breast:	{ Min ..	2	68.4	18.8	8.0	1.0	635	
	{ Max ..	2	72.2	22.5	8.0	1.1	755	
	{ Avg. ..	2	70.3	20.7	8.0	1.0	721	
Lean.....	{ Min ..	2	15.1	46.8	15.4	5.5	.7	521	
	{ Max ..	2	31.6	61.3	16.0	6.8	.8	545	
	{ Avg. ..	2	23.4	54.0	15.7	6.2	.7	555	
Medium fat.....	{ Min ..	5	65.1	18.2	12.0	1.0	850	
	{ Max ..	5	68.4	19.4	15.4	1.0	900	
	{ Avg. ..	5	66.4	18.8	13.8	1.0	930	
As purchased.....	{ Min ..	5	15.7	48.5	14.0	9.4	.7	670	
	{ Max ..	5	25.4	55.7	16.2	12.8	.8	825	
	{ Avg. ..	5	20.6	52.7	14.9	11.0	.8	740	

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
Veal, fresh—Continued.										
Breast—Continued.										
All analyses	{	Edible portion	Min	7	65.1	18.2	8.0	1.0	681	
			Max	7	72.2	22.5	15.4	1.1	994	
			Avg	7	67.5	19.3	12.3	1.0	877	
		As purchased	Min	7	15.1	46.8	14.0	5.5	.7	521
			Max	7	31.6	61.3	16.2	12.8	.8	821
		Avg	7	21.4	53.1	15.1	9.6	.8	681	
Chuck:										
Medium fat.	{	Edible portion	Min	6	71.5	18.2	5.1	1.0	59	
			Max	6	75.4	20.6	8.5	1.1	70	
			Avg	6	73.3	19.2	6.5	1.0	63	
		As purchased	Min	6	17.6	57.9	14.5	4.2	.8	45
			Max	6	20.0	61.4	16.7	6.8	.8	56
		Avg	6	18.9	59.5	15.6	5.2	.8	51	
Flank:										
Medium fat, as purchased	{	Min	5	64.4	18.5	7.8	.9	67		
		Max	5	72.7	21.0	15.8	1.1	1,02		
		Avg	5	68.9	19.7	10.4	1.0	80		
Fat, as purchased	{	Min	1	57.0	18.0	24.1	.9	1,25		
		Max	6	57.0	18.0	7.8	.9	67		
		Avg	6	72.7	21.0	24.1	1.1	1,02		
		Avg	6	66.9	19.4	12.7	1.0	89		
Leg:										
Lean	{	Edible portion	Min	8	71.8	19.3	1.1	1.1	46	
			Max	8	75.6	22.5	6.0	1.3	64	
			Avg	8	74.2	21.0	3.6	1.2	54	
		As purchased	Min	8	2.1	63.4	16.5	1.1	.9	41
			Max	8	14.9	73.8	21.4	4.7	1.2	61
		Avg	8	6.6	69.3	19.6	3.4	1.1	51	
Medium fat.	{	Edible portion	Min	7	67.8	19.4	6.7	1.0	65	
			Max	7	72.1	20.7	11.6	1.2	81	
			Avg	7	70.4	20.1	8.4	1.1	75	
		As purchased	Min	6	13.0	57.6	16.6	5.5	.9	5
			Max	6	19.3	60.5	17.4	9.9	.9	7
		Avg	6	15.6	59.4	16.9	7.2	.9	62	
All analyses	{	Edible portion	Min	15	67.8	19.3	1.1	1.0	44	
			Max	15	75.6	22.5	11.6	1.3	81	
			Avg	15	72.4	20.6	5.9	1.1	68	
		As purchased	Min	14	2.1	57.6	16.5	1.1	.9	4
			Max	14	19.3	73.8	21.4	9.9	1.2	7
		Avg	14	10.5	65.0	18.5	5.0	1.0	51	
Leg, cutlets										
Loin:	{	Edible portion	Min	2	67.3	20.4	9.2	1.0	7	
			Max	2	69.3	21.1	10.6	1.1	8	
			Avg	2	68.3	20.8	9.9	1.0	8	
		As purchased	Min	2	3.6	64.3	19.7	8.9	.9	7
			Max	2	4.5	66.8	20.2	10.1	1.0	8
		Avg	2	4.0	65.6	20.0	9.5	.9	7	
Lean	{	Edible portion	Min	4	71.3	18.6	4.8	1.0	5	
			Max	4	75.4	21.0	6.7	1.2	6	
			Avg	4	72.9	20.2	5.8	1.1	6	
		As purchased	Min	4	17.4	55.9	14.7	3.8	.8	4
			Max	4	23.0	59.7	16.8	5.4	1.0	5
		Avg	4	20.3	58.1	16.1	4.6	.9	4	
Medium fat.	{	Edible portion	Min	5	68.5	18.8	10.1	1.0	7	
			Max	5	69.7	20.0	10.8	1.1	8	
			Avg	5	69.2	19.4	10.4	1.0	8	
		As purchased	Min	5	13.6	55.3	15.4	8.2	.8	6
			Max	5	20.3	60.1	16.6	9.0	.9	6
		Avg	5	17.3	57.2	16.0	8.6	.9	6	
Fat	{	Edible portion	Min	2	61.3	18.3	18.3	1.0	1,1	
			Max	2	61.9	18.7	18.4	1.1	1,1	
			Avg	2	61.6	18.5	18.9	1.0	1,1	
		As purchased	Min	2	16.3	48.9	14.6	15.4	.8	8
			Max	2	20.2	51.8	15.7	15.5	.8	8
		Avg	2	18.3	50.4	15.1	15.4	.8	9	
All analyses	{	Edible portion	Min	11	61.3	18.3	4.8	1.0	1,1	
			Max	11	75.4	21.0	19.4	1.1	1,1	
			Avg	11	69.2	19.5	10.2	1.1	1,1	
		As purchased	Min	11	13.6	48.9	14.6	3.8	.8	8
			Max	11	23.0	60.1	16.8	15.5	1.0	8
		Avg	11	18.6	56.2	15.9	8.4	.9	6	
Loin, with kidney.										
{	Edible portion	1	73.3	14.1	11.8	.8	6			
	As purchased	1	9.1	66.7	12.8	10.7	.7	6		

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.		
			Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Calories.		
ANIMAL FOOD—continued.											
Veal, fresh—Continued.											
Medium fat	Edible portion	Min	6	69.8	18.7	4.3		.9	535		
		Max	6	75.8	20.0	9.2		1.1	760		
		Avg	6	72.6	19.5	6.9		1.0	655		
		As purchased	Min	6	23.5	34.8	10.0	3.1		.6	385
			Max	6	50.0	56.1	14.5	6.2		.8	530
			Avg	6	31.5	40.9	13.3	4.6		.7	440
Medium fat	Edible portion	Min	8	70.8	19.2	3.4		1.0	525		
		Max	8	75.5	21.2	8.6		1.1	750		
		Avg	8	72.5	20.2	6.2		1.1	635		
		As purchased	Min	8	22.7	42.2	12.4	2.5		.7	390
			Max	8	41.3	58.3	15.7	6.8		.8	555
			Avg	8	26.0	53.0	14.7	4.6		.8	470
Fat	Edible portion	1		67.8	20.6	11.1		1.1	840		
	As purchased	1	22.4	52.6	15.5	8.6		.9	650		
All analyses	Edible portion	Min	9	67.8	19.2	3.4		1.0	525		
		Max	9	75.5	21.2	11.1		1.1	840		
		Avg	9	72.0	20.1	6.8		1.1	660		
		As purchased	Min	9	22.4	42.2	12.4	2.5		.7	390
			Max	9	41.3	58.3	15.7	6.8		.9	650
			Avg	9	26.4	53.0	14.8	5.0		.8	485
ump	Edible portion	1		62.6	20.1	16.2		1.1	1,055		
	As purchased	1	30.2	43.7	14.0	11.3		.8	735		
hank, fore	Edible portion	Min	6	72.5	18.9	4.1		1.0	525		
		Max	6	75.8	20.6	6.4		1.0	640		
		Avg	6	74.0	19.8	5.2		1.0	590		
		As purchased	Min	6	20.4	35.1	9.0	2.2		.5	285
			Max	6	52.5	58.6	16.0	4.2		.8	475
			Avg	6	40.4	44.1	11.8	3.1		.6	350
hank, hind	Edible portion	Min	6	73.4	17.9	3.0		.9	510		
		Max	6	76.2	20.5	6.7		1.1	615		
		Avg	6	74.5	19.9	4.6		1.0	565		
		As purchased	Min	6	61.1	25.9	6.7	1.3		.4	190
			Max	6	64.7	29.3	8.0	2.5		.4	390
			Avg	6	62.7	27.8	7.4	1.7		.4	210
Fat	Edible portion	1		68.1	20.0	10.7		1.2	825		
	As purchased	1	51.4	33.1	9.7	5.2		.6	400		
All analyses	Edible portion	Min	7	68.1	17.9	3.0		.9	510		
		Max	7	76.2	20.5	10.7		1.2	825		
		Avg	7	73.6	19.9	5.5		1.0	600		
		As purchased	Min	7	51.4	25.9	6.7	1.3		.4	190
			Max	7	64.7	33.1	9.7	5.2		.6	400
			Avg	7	61.1	28.6	7.7	2.2		.4	235
Shoulder and hank.	Edible portion	1		65.6	19.7	13.5		1.2	935		
	As purchased	1	24.3	49.7	14.9	10.2		.9	710		
Shoulder	Edible portion	Min	2	64.7	19.0	6.2		1.1	645		
		Max	2	71.9	20.7	15.2		1.2	995		
		Avg	2	68.3	19.9	10.7		1.1	820		
		As purchased	Min	2	11.5	50.6	14.8	5.5		.9	570
			Max	2	21.8	63.7	18.3	11.9		1.0	780
			Avg	2	16.6	57.2	16.6	8.7		.9	675
Fore quarter	Edible portion	Min	6	69.9	18.6	5.5		.8	585		
		Max	6	74.8	20.5	10.6		1.1	795		
		Avg	6	71.7	19.4	8.0		.9	700		
		As purchased	Min	6	19.3	51.8	12.7	4.1		.6	435
			Max	6	26.0	56.6	15.9	7.8		.8	585
			Avg	6	24.5	54.2	14.6	6.0		.7	525
Hind quarter	Edible portion	Min	6	68.4	19.4	5.6		.8	600		
		Max	6	75.8	20.4	11.2		1.2	835		
		Avg	6	70.9	19.8	8.3		1.0	720		
		As purchased	Min	6	19.0	53.7	15.3	4.4		.6	545
			Max	6	24.0	58.4	16.2	9.2		.9	685
			Avg	6	20.7	56.2	15.7	6.6		.8	570
Side	Edible portion	Min	6	69.2	19.2	5.5		.9	590		
		Max	6	74.3	20.4	10.3		1.1	800		
		Avg	6	71.3	19.6	8.1		1.0	705		
		As purchased	Min	6	18.6	53.3	14.7	4.3		.7	480
			Max	6	24.9	57.3	15.9	8.4		.9	680
			Avg	6	22.6	55.2	15.1	6.3		.8	545

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
Veal, fresh—Continued.								
Heart, as purchased	1	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
Kidney, as purchased	1		73.2	16.2	9.6		1.0	705
	1		74.7	16.6	7.4		1.3	625
Liver, as purchased	}	Min	72.4	19.8	4.0		1.2	500
		Max	73.7	21.0	4.6		1.3	645
		Avg	73.1	20.4	5.3		1.3	605
Lungs, as purchased	1		76.8	17.1	5.0		1.1	530
Lamb, fresh.								
Breast	}	Edible portion	1	56.2	19.2	23.6	1.0	1,355
		As purchased	1	19.1	45.5	15.5	.8	1,095
Leg, hind:	}	Edible portion	2	63.1	18.1	15.3	1.1	1,000
		As purchased	2	64.7	18.9	17.6	1.2	1,080
Medium fat.	}	Edible portion	2	63.9	18.5	16.3	1.1	1,040
		As purchased	2	17.0	52.4	15.0	.9	820
		Min	2	17.7	53.3	15.5	1.0	895
		Max	2	17.4	52.9	15.2	.9	865
Fat	}	Edible portion	1	54.6	17.1	27.4	.9	1,475
		As purchased	1	13.4	47.3	14.8	.8	1,275
Very fat	}	Edible portion	1	51.8	17.2	30.1	.9	1,590
		As purchased	1	7.0	48.2	16.0	.8	1,480
All analyses	}	Edible portion	4	51.8	17.1	15.3	.9	1,000
		As purchased	4	64.7	18.9	30.1	1.2	1,580
		Min	4	7.0	47.3	14.8	1.0	825
		Max	4	17.7	53.3	16.0	.8	1,480
Avg	}	Edible portion	4	13.8	50.8	15.3	.9	1,115
		As purchased	4					
Loin, without kidney and tallow:								
Medium fat.	}	Edible portion	4	48.6	15.5	25.1	.8	1,410
		As purchased	4	54.8	19.0	35.1	1.1	1,770
		Min	4	53.1	17.6	28.3	1.0	1,520
		Max	4	12.2	40.8	13.0	.7	1,180
Avg	}	Edible portion	4	17.4	48.1	16.7	.9	1,485
		As purchased	4	14.8	45.8	15.0	.8	1,395
Neck	}	Edible portion	1	56.7	17.5	24.8	1.0	1,375
		As purchased	1	17.7	46.7	14.4	.8	1,130
Shoulder	}	Edible portion	1	51.8	17.5	29.7	1.0	1,580
		As purchased	1	20.3	41.3	14.0	.8	1,255
Fore quarter	}	Edible portion	1	55.1	18.1	25.8	1.0	1,425
		As purchased	1	18.8	44.7	14.7	.8	1,160
Hind quarter	}	Edible portion	1	60.9	19.0	19.1	1.0	1,160
		As purchased	1	15.7	51.3	16.0	.9	975
Side, without kidney and tallow.	}	Edible portion	3	56.8	16.5	21.2	1.0	1,225
		As purchased	3	60.0	18.5	25.7	1.1	1,490
		Min	3	58.2	17.6	23.2	1.0	1,305
		Max	3	17.3	46.1	13.4	.8	960
		Avg	3	21.6	47.9	15.3	.9	1,130
Avg	}	Edible portion	3	19.3	47.0	14.2	.8	1,055
		As purchased	3					
Lamb, canned.								
Tongue	}	Edible portion	1	67.4	14.3	17.8	.5	1,015
		As purchased	1	2.6	65.7	13.9	.5	990
Mutton, fresh.								
Chuck:	}	Edible portion	6	47.9	13.6	26.0	.7	1,400
		As purchased	6	56.7	16.4	37.4	1.2	1,835
Medium fat.	}	Edible portion	6	50.9	14.6	33.6	.9	1,690
		As purchased	6	14.4	36.6	10.5	.5	1,115
		Min	6	25.2	45.1	13.1	.7	1,485
		Max	6	21.3	39.9	11.5	.6	1,340
Avg	}	Edible portion	2	37.6	13.3	42.5	.7	2,040
		As purchased	2	43.5	14.2	47.2	1.0	2,255
Fat	}	Edible portion	2	40.6	13.7	44.9	.8	2,150
		As purchased	2	14.9	32.0	10.9	.6	1,670
		Min	2	18.1	35.6	12.1	.9	1,910
		Max	2	16.5	33.8	11.5	.7	1,790
Avg	}	Edible portion	1	29.9	9.4	60.1	.6	2,710
		As purchased	1	13.8	25.8	8.1	.5	2,330

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Mutton, fresh—Continued.</i>									
Chuck—Continued.		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
All analyses	Edible portion	Min..	9	29.9	9.4	26.0	.6	1,400	
		Max..	9	56.7	16.4	60.1	1.2	2,719	
	Avg..	9	46.3	13.8	39.1	.8	1,905		
	As purchased..	Min..	9	13.8	25.8	8.1	20.6	.5	1,115
		Max..	9	25.2	45.1	13.1	51.8	.9	2,335
		Avg..	9	19.4	37.0	11.1	31.8	.7	1,550
Flank:									
Medium fat, as purchased	Min..	7	38.7	11.9	32.1	.5	1,650		
	Max..	7	51.2	16.0	45.0	.8	2,195		
	Avg..	7	45.8	14.8	38.7	.7	1,910		
Very fat, as purchased	Min..	2	25.0	9.5	54.7	.6	2,530		
	Max..	2	32.7	12.0	64.9	.6	2,915		
	Avg..	2	28.9	10.7	59.8	.6	2,725		
All analyses, as purchased	Min..	9	25.0	9.5	32.1	.5	1,650		
	Max..	9	51.2	16.0	45.0	.8	2,195		
	Avg..	9	42.0	13.9	48.4	.7	2,090		
Leg, hind:									
Lean	Edible portion	Min..	3	66.6	18.5	11.9	1.0	865	
		Max..	3	68.3	19.6	13.0	1.2	905	
	Avg..	3	67.4	19.1	12.4	1.1	830		
	As purchased..	Min..	3	3.4	51.0	14.1	9.3	.8	655
		Max..	3	23.7	65.0	19.0	11.5	1.1	810
		Avg..	3	16.8	56.1	15.9	10.8	.9	730
Medium fat.	Edible portion	Min..	10	58.4	17.3	14.6	.9	935	
		Max..	10	67.2	19.0	22.6	1.0	1,290	
	Avg..	10	62.8	18.2	18.0	1.0	1,100		
	As purchased..	Min..	10	9.8	48.0	13.2	11.0	.7	710
		Max..	10	26.0	55.7	17.1	19.3	.9	1,100
		Avg..	10	18.0	51.4	14.9	14.9	.8	905
Fat	Edible portion	1	55.0	17.0	11.9	.9	1,490		
	As purchased	1	12.4	48.2	14.8	28.8	.8	1,280	
All analyses	Edible portion	Min..	14	55.0	17.0	11.9	.9	1,490	
		Max..	14	68.3	19.6	27.1	1.2	1,490	
	Avg..	14	63.2	18.3	17.5	1.0	1,080		
	As purchased..	Min..	14	3.4	48.0	13.2	9.3	.7	655
		Max..	14	26.0	65.0	19.0	23.8	1.1	1,280
		Avg..	14	17.4	52.2	15.1	14.5	.8	895
Loin, without kidney and tallow:									
Medium fat.	Edible portion	Min..	12	44.9	13.8	26.8	.7	1,440	
		Max..	12	55.9	19.5	37.6	.9	1,865	
	Avg..	12	50.1	15.9	33.2	.8	1,695		
	As purchased..	Min..	11	11.7	38.1	11.8	20.9	.5	1,100
		Max..	11	19.3	46.8	14.9	32.9	.8	1,615
		Avg..	11	16.3	42.2	13.2	28.6	.7	1,450
Fat	Edible portion	Min..	3	42.0	13.9	40.9	.7	1,985	
		Max..	3	44.3	14.6	43.3	.8	2,085	
	Avg..	3	43.3	14.2	41.7	.8	2,025		
	As purchased..	Min..	3	11.3	37.1	12.3	36.0	.6	1,700
		Max..	3	12.0	39.3	12.9	38.2	.7	1,840
		Avg..	3	11.7	38.3	12.5	36.8	.7	1,795
Very fat	Edible portion	1	30.8	10.0	58.7	.5	2,665		
	As purchased	1	9.0	28.1	9.1	58.4	.4	2,425	
All analyses	Edible portion	Min..	16	30.8	10.0	26.8	.5	1,440	
		Max..	16	55.9	19.5	58.7	.9	2,665	
	Avg..	16	47.6	15.2	36.4	.8	1,820		
	As purchased..	Min..	15	9.0	28.1	9.1	20.9	.4	1,160
		Max..	15	19.3	46.8	14.9	33.4	.8	2,425
		Avg..	15	14.2	40.5	12.8	31.9	.6	1,585
Neck:									
Medium fat.	Edible portion	Min..	9	54.7	12.4	17.8	.8	1,110	
		Max..	9	61.9	19.2	29.5	1.8	1,525	
	Avg..	9	58.2	16.3	24.5	1.0	1,335		
	As purchased..	Min..	9	17.2	38.7	8.1	14.0	.5	835
		Max..	9	34.9	48.6	15.1	24.5	.8	1,265
		Avg..	9	28.4	41.6	11.7	17.6	.7	960
Very fat	Edible portion	1	42.1	13.6	42.5	.8	2,090		
	As purchased	1	16.1	35.3	11.4	36.5	.7	1,750	
All analyses	Edible portion	Min..	10	42.1	12.4	17.8	.8	1,110	
		Max..	10	61.9	19.2	29.5	1.8	2,090	
	Avg..	10	56.6	16.0	26.4	1.0	1,410		
	As purchased..	Min..	10	16.1	35.3	8.1	14.0	.5	835
		Max..	10	34.9	48.6	15.1	24.5	.8	1,750
		Avg..	10	27.2	41.0	11.7	19.4	.7	1,085

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.									
Mutton, fresh—Continued.									
Shoulder:			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Lean.....	{ Edible portion	1		67.2	18.9	12.9		1.0	895
	{ As purchased	1	25.3	50.2	14.2	9.6		.7	670
Medium fat.....	{ Edible portion { Min	6		58.6	15.8	15.6		.9	995
	{ Max	6		65.2	18.2	24.3		1.0	1,320
	{ Avg	6		61.9	17.3	19.9		.9	1,160
	{ As purchased { Min	6	14.6	45.2	12.1	13.4		.6	825
Fat.....	{ Max	6	26.4	55.7	15.5	18.8		.8	1,075
	{ Avg	6	21.7	48.5	13.5	15.6		.7	910
	{ Edible portion	1		53.0	15.9	30.3		.8	1,570
	{ As purchased	1	19.5	42.7	12.8	24.4		.6	1,270
Very fat.....	{ Edible portion { Min	1		48.4	15.2	35.6		.8	1,785
	{ Max	1	18.7	89.3	12.2	29.9		.7	1,454
	{ Avg	9		48.4	15.2	32.9		.8	895
	{ As purchased { Min	9		67.2	18.9	35.0		1.0	1,785
All analyses	{ Max	9		60.0	17.1	25.0		.9	1,245
	{ Avg	9	14.6	39.3	12.1	13.4		.6	825
	{ As purchased { Min	9	26.4	55.7	15.5	28.9		.8	1,455
	{ Max	9	21.5	47.0	13.4	17.4		.7	985
Fore quarter.....	{ Edible portion { Min	9		37.2	11.7	25.6		.7	1,38
	{ Max	9		57.1	17.0	50.4		1.1	2,34
	{ Avg	9		51.7	15.0	32.4		.9	1,61
	{ As purchased { Min	9	15.7	31.4	9.9	20.4		.5	1,08
Hind quarter, without tallow and kidney.	{ Max	9	24.9	44.5	13.7	42.4		.8	1,97
	{ Avg	9	21.1	40.6	11.9	25.7		.7	1,30
	{ Edible portion { Min	9		40.4	12.9	21.4		.6	1,22
	{ Max	9		60.4	17.4	46.1		1.0	2,18
Side, including tallow.	{ Avg	9		54.8	16.2	28.2		.8	1,49
	{ As purchased { Min	9	9.8	36.5	11.2	17.7		.8	1,01
	{ Max	9	20.2	50.0	14.7	41.5		.8	1,90
	{ Avg	9	16.7	45.6	13.5	23.5		.7	1,24
Side, not including tallow.	{ Edible portion { Min	25		48.9	14.0	14.7		1.0	90
	{ Max	25		65.9	18.4	37.8		.7	1,80
	{ Avg	25		54.2	16.0	28.9		.9	1,51
	{ As purchased { Min	25	13.0	38.8	11.7	11.2		.6	75
Heart, as purchased.....	{ Max	25	22.8	55.2	14.0	35.1		.8	1,65
	{ Avg	25	18.1	45.4	12.7	23.1		.7	1,21
	{ Edible portion { Min	9		38.8	12.3	23.4		.7	1,30
	{ Max	9		58.8	16.9	48.3		.9	2,20
Kidney, as purchased.....	{ Avg	9		53.1	15.6	30.5		.8	1,50
	{ As purchased { Min	9	12.9	33.8	10.7	18.8		.6	1,0
	{ Max	9	22.7	47.3	14.0	32.0		.8	1,9
	{ Avg	9	19.0	43.0	12.7	24.6		.7	1,27
Kidney and kidney fat, as purchased.....	{ Edible portion { Min	2		67.4	15.6	11.9		.9	7
	{ Max	2		71.6	18.3	13.4		.9	9
	{ Avg	2		69.5	17.0	12.6		.9	8
	{ As purchased { Min	1		78.7	16.8	12.5		1.3	45
Kidney fat, tallow, as purchased.....	{ Max	1		18.8	4.3	76.5		.4	3,30
	{ Edible portion { Min	2		2.9	1.1	94.9		.1	4.0
	{ Max	2		3.9	1.2	95.8		.1	4.0
	{ Avg	2		3.4	1.1	95.4		.1	4.0
Liver, as purchased.....	{ Edible portion { Min	2		52.7	22.0	4.7	2.1	1.4	6
	{ Max	2		69.8	24.2	13.2	7.9	2.2	1,1
	{ Avg	2		61.2	23.1	9.0	5.0	1.7	90
	{ As purchased { Min	2		74.6	18.8	2.6		1.2	4
Lungs, as purchased.....	{ Max	2		77.1	21.5	2.9		1.2	5
	{ Avg	2		75.9	20.1	2.8		1.2	4
	{ Mutton, canned.								
	{ Corned, as purchased.....	1		45.8	27.2	22.8		4.2	1.4
{ Tongue, as purchased.....	1		47.6	23.6	24.0		4.8	1.4	
Pork.									
Chuck ribs and shoulder:									
Medium fat.....	{ Edible portion { Min	2		50.3	16.8	30.4		.9	1.1
	{ Max	2		51.9	16.9	31.0		.9	1.1
	{ Avg	2		51.1	16.9	31.1		.9	1.1
	{ As purchased { Min	2	15.9	40.1	13.5	25.4		.7	1.1
Shoulder.....	{ Max	2	20.3	43.6	14.1	25.6		.8	1.1
	{ Avg	2	18.1	41.8	13.8	25.5		.8	1.1

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.										
<i>Pork—Continued.</i>										
Flank cut	Edible portion	Min ..	3	58.0	16.2	19.49	1,175	
		Max ..	3	60.7	18.9	26.9	1.0	1,430	
	As purchased ..	Avg ..	3	59.0	17.8	22.2	1.0	1,265	
		Min ..	3	68.6	14.8	4.5	5.02	295
	As purchased ..	Max ..	3	75.5	18.5	5.8	8.43	455
		Avg. ¹	3	71.2	17.0	5.1	6.43	365
Head	Edible portion	Min ..	3	38.4	10.5	34.56	1,720	
		Max ..	3	50.5	14.2	50.58	2,330	
	As purchased ..	Avg ..	3	45.3	12.7	41.37	1,980	
		Min ..	3	51.7	10.7	3.0	8.22	410
	As purchased ..	Max ..	3	77.2	18.5	5.1	24.43	1,125
		Avg. ¹	3	68.4	18.7	3.8	13.92	655
Head cheese	Edible portion	Min ..	2	43.8	19.4	27.4	3.4	1,550	
		Max ..	2	48.1	21.1	33.4	3.4	1,770	
	As purchased ..	Avg ..	2	46.0	20.2	30.4	3.4	1,660	
Loin:	As purchased ..	Min ..	1	12.1	42.3	18.6	24.0	3.0	1,360
		Max ..	1	28.5	46.1	15.1	14.5	1.0	1,165
Lean	Edible portion	Min ..	11	49.3	14.9	25.08	1,405	
		Max ..	11	55.2	19.5	35.2	1.0	1,785	
	As purchased ..	Avg ..	11	52.0	16.8	30.39	1,590	
		Min ..	11	11.5	40.5	13.0	20.87	1,170
	As purchased ..	Max ..	11	19.3	48.9	16.3	31.18	1,555
		Avg ..	11	15.8	43.8	14.1	25.67	1,340
Fat	Edible portion	Min ..	3	39.7	12.0	38.86	1,890	
		Max ..	3	46.7	13.7	48.68	2,245	
	As purchased ..	Avg ..	3	42.1	12.2	45.07	2,125	
		Min ..	3	10.1	34.9	9.9	30.46	1,480
	As purchased ..	Max ..	3	21.8	36.5	10.7	43.70	2,030
		Avg ..	3	14.6	35.7	10.4	38.76	1,825
All analyses	Edible portion	Min ..	15	39.7	12.0	19.06	1,165	
		Max ..	15	60.3	19.7	48.6	1.0	2,245	
	As purchased ..	Avg ..	15	50.5	16.1	32.59	1,670	
		Min ..	15	10.1	34.9	9.9	14.56	895
	As purchased ..	Max ..	15	23.5	46.1	16.3	43.78	2,030
		Avg ..	15	16.0	42.3	13.5	27.57	1,410
Middle cuts	Edible portion	Min ..	3	46.0	14.5	34.97	1,755	
		Max ..	3	49.4	15.2	38.88	1,905	
	As purchased ..	Avg ..	3	48.2	14.8	36.37	1,810	
		Min ..	3	79.0	11.6	3.6	8.22	410
	As purchased ..	Max ..	3	76.4	13.8	4.4	11.62	570
		Avg. ¹	3	71.2	13.8	4.2	10.62	525
Shoulder cut	Edible portion	Min ..	3	44.0	12.0	33.06	1,060	
		Max ..	3	51.7	14.5	42.18	2,020	
	As purchased ..	Avg ..	3	47.4	13.2	38.77	1,880	
		Min ..	3	56.8	18.9	5.0	12.13	610
	As purchased ..	Max ..	3	63.4	19.3	5.7	18.23	875
		Avg. ²	3	59.6	19.1	5.3	15.73	760
Tenderloin, as purchased	Edible portion	Min ..	3	62.4	18.8	12.3	1.0	895	
		Max ..	3	66.4	20.3	17.1	1.0	1,085	
	As purchased ..	Avg ..	3	65.1	19.5	14.4	1.0	970	
Back fat, as purchased	Edible portion	Min ..	3	5.5	2.0	86.71	3,705	
		Max ..	3	19.5	2.7	92.42	3,935	
	As purchased ..	Avg ..	3	7.7	2.3	89.91	3,885	
Belly fat, as purchased	Edible portion	Min ..	3	11.0	3.2	78.62	3,400	
		Max ..	3	16.7	4.6	85.62	3,670	
	As purchased ..	Avg ..	3	13.8	4.1	81.92	3,530	
Ham fat, as purchased	Edible portion	Min ..	3	8.3	2.3	87.21	3,725	
		Max ..	3	10.2	3.3	89.22	3,810	
	As purchased ..	Avg ..	3	9.1	2.7	88.02	3,765	
Jowl fat, as purchased	Edible portion	Min ..	3	13.3	4.3	72.82	3,180	
		Max ..	3	21.2	5.7	82.23	3,550	
	As purchased ..	Avg ..	3	16.0	5.0	78.82	3,420	
<i>Pork ham and shoulder.</i>										
Ham, fresh	Edible portion	Min ..	4	57.7	17.7	12.19	870	
		Max ..	4	67.6	19.3	22.4	1.1	1,295	
	As purchased ..	Avg ..	4	62.8	18.5	17.7	1.0	1,090	
		Min ..	4	11.6	7.6	6.14	435	
	As purchased ..	Max ..	4	58.5	16.6	19.39	1,145	
		Avg ..	4	42.4	15.7	10.7	10.66	645

¹ Refuse includes fat trimmings.² Refuse mostly fat and skin.

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbonydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
<i>Pork, ham and shoulder—Continued.</i>										
Ham, smoked:			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Lean.....	Edible portion	Min.	3	49.5	19.8	17.0	5.4	1,085	
		Max.	3	57.4	20.7	24.4	5.8	1,415	
		Avg.	3	53.5	20.2	20.8	5.5	1,255	
	As purchased..	Min.	3	8.4	45.3	17.0	14.5	4.8	930
		Max.	3	14.3	49.2	19.0	22.3	5.0	1,285
		Avg.	3	11.5	47.2	17.9	18.5	4.9	1,115
Medium fat.	Edible portion	Min.	13	35.5	12.4	30.3	2.7	1,680	
		Max.	13	45.6	21.5	44.7	7.4	2,105	
		Avg.	13	40.7	15.5	39.1	4.7	1,940	
	As purchased..	Min.	13	6.7	27.3	10.2	24.5	2.4	1,360
		Max.	13	28.4	42.5	17.7	39.9	0.0	1,885
		Avg.	13	14.4	34.0	13.3	33.4	4.0	1,665
Fat.....	Edible portion	Min.	3	22.4	14.3	54.56	2,585	
		Max.	3	29.7	16.7	56.8	6.5	2,674	
		Avg.	3	25.5	15.4	53.8	3.3	2,640	
	As purchased..	Min.	2	2.0	22.0	14.0	51.95	2,460
		Max.	2	4.8	28.3	14.5	55.6	6.4	2,605
		Avg.	2	3.4	25.2	14.2	53.8	3.4	2,535
All analyses	Edible portion	Min.	19	22.4	12.4	17.06	1,085	
		Max.	19	57.4	21.5	56.8	6.5	2,674	
		Avg.	19	40.3	16.2	38.8	4.7	1,940	
	As purchased..	Min.	18	2.0	22.0	10.2	14.55	930
		Max.	18	28.4	49.2	19.0	55.6	6.4	2,605
		Avg.	18	12.7	35.9	14.1	33.2	4.1	1,665
Ham, smoked, boiled, no bone, as purchased.	1		39.2	18.2	37.0	5.6	1,900		
Ham, boneless, raw, without case, as purchased.	Min.	4		10.3	11.4	17.3	4.4	1,090	
	Max.	4		55.9	19.4	38.9	7.4	1,905	
	Avg.	4		50.1	15.4	28.5	6.0	1,490	
Ham, luncheon, boneless, without case, cooked, as purchased.	Min.	2		47.8	22.8	19.4	5.0	1,285	
	Max.	2		50.5	25.1	22.7	6.7	1,380	
	Avg.	2		49.2	24.0	21.0	5.8	1,330	
Ham, deviled, as purchased.....	Min.	4		38.4	17.9	29.5	2.3	1,595	
	Max.	4		49.4	20.5	38.9	4.4	1,980	
	Avg.	4		45.3	18.9	32.9	2.9	1,740	
Shoulder, fresh.	Edible portion	Min.	5	45.8	14.0	18.57	1,095	
		Max.	5	63.6	17.0	37.79	1,890	
		Avg.	5	54.3	15.5	29.48	1,530	
	As purchased..	Min.	5	7.1	28.4	7.6	8.24	490
		Max.	5	55.4	49.4	13.8	31.98	1,590
		Avg.	5	32.5	35.9	10.4	20.75	1,065
Shoulder, smoked:										
Medium fat.	Edible portion	Min.	3	41.5	14.6	28.8	5.5	1,515	
		Max.	3	49.6	16.5	35.0	8.2	1,750	
		Avg.	3	45.0	15.8	32.5	6.7	1,665	
	As purchased..	Min.	3	17.4	34.3	11.7	23.7	4.5	1,250
		Max.	3	19.4	40.8	13.6	28.2	6.8	1,430
		Avg.	3	18.2	36.8	12.9	26.6	5.5	1,360
Fat.....	Edible portion	Min.	2	22.6	14.5	49.0	4.7	2,345	
		Max.	2	30.4	14.9	58.2	5.7	2,725	
		Avg.	2	28.5	14.7	53.6	5.2	2,535	
	As purchased..	Min.	2	14.1	16.7	10.7	42.1	3.5	2,015
		Max.	2	26.0	26.1	12.8	43.1	4.9	2,020
		Avg.	2	20.0	21.4	11.8	42.6	4.2	2,015
All analyses	Edible portion	Min.	5	22.6	14.5	28.8	4.7	1,515	
		Max.	5	49.6	16.5	58.2	8.2	2,725	
		Avg.	5	37.6	15.3	41.0	6.1	2,015	
	As purchased..	Min.	5	14.1	16.7	10.7	23.7	3.5	1,250
		Max.	5	26.0	40.8	13.6	43.1	6.8	2,020
		Avg.	5	18.9	30.7	12.4	33.0	5.0	1,625
Shoulder, dried and smoked, Swedish imported, lean, as purchased.....	1		47.8	32.6	12.8	6.8	1,145		
<i>Pork, salted and pickled.</i>										
Dry salted backs	Edible portion	Min.	2	17.0	5.7	71.6	2.2	3,180	
		Max.	2	17.6	8.6	73.8	3.5	3,220	
		Avg.	2	17.3	7.2	72.7	2.8	3,200	
	As purchased..	Min.	2	7.0	15.8	5.3	85.0	2.1	2,890
		Max.	2	9.2	15.9	7.8	68.6	3.3	2,995
		Avg.	2	8.1	15.9	6.5	66.8	2.7	2,940

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
		Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
ANIMAL FOOD—continued.									
<i>Pork, salted and pickled—Continued.</i>									
Dry salted belly.	Edible portion	Min	2	17.2	6.7	71.5	3.2	3,150	
		Max	2	18.1	6.8	72.9	3.6	3,200	
		Avg	2	17.7	6.7	72.2	3.4	3,175	
	As purchased	Min	2	7.1	15.6	6.0	66.1	3.0	2,900
		Max	2	9.3	16.8	6.3	66.4	3.4	2,920
Avg	2	8.2	16.2	6.2	66.2	3.2	2,910		
Salt pork, clear fat, as purchased.	Min	6	3	6	82.8	2.6	3,510		
	Max	6	12.2	4.5	94.1	4.5	4,010		
	Avg	6	7.3	1.8	87.2	3.7	3,715		
Salt pork, lean ends.	Edible portion	Min	4	18.2	8.6	62.3	5.3	2,895	
		Max	4	22.2	9.4	69.8	6.1	3,070	
		Avg	4	19.9	7.3	67.1	5.7	2,965	
	As purchased	Min	4	9.0	16.2	5.8	53.6	4.8	2,410
		Max	4	14.0	19.1	8.0	63.5	5.5	2,790
Avg	4	11.2	17.6	6.5	59.6	5.1	2,635		
Tongue	Edible portion	Min	2	51.8	17.6	16.5	.5	1,025	
		Max	2	65.4	18.4	23.1	6.7	1,315	
		Avg	2	58.6	18.0	19.8	3.6	1,170	
	As purchased	Min	2	1.2	49.1	17.4	16.3	.5	1,010
		Max	2	5.2	64.6	17.5	21.9	6.3	1,250
Avg	2	3.2	56.8	17.5	19.1	3.4	1,180		
Feet	Edible portion	Min	2	61.7	12.9	11.5	.9	725	
		Max	2	74.7	19.2	18.1	1.0	1,120	
		Avg	2	68.2	16.1	14.8	.9	925	
	As purchased	Min	2	26.7	34.4	9.4	8.5	.5	535
		Max	2	44.3	54.7	10.7	10.1	.7	625
Avg	2	35.5	44.6	10.0	9.3	.6	580		
Bacon, smoked:									
Lean	Edible portion	1	32.7	16.4	45.2	5.7	2,210		
	As purchased	1	9.6	29.6	14.9	40.8	5.1	2,000	
		12	7.7	6.8	57.4	2.7	2,640		
Medium fat	Edible portion	Min	12	26.9	13.4	79.7	7.9	3,510	
		Max	12	18.2	10.0	67.2	4.6	3,020	
		Avg	12	2.9	7.1	6.2	52.7	2.4	2,420
	As purchased	Min	12	13.0	24.8	12.1	72.8	7.2	3,200
		Max	12	8.0	16.8	9.2	61.8	4.2	2,780
Avg	12	7.7	7.7	6.8	45.2	2.7	2,210		
All analyses	Edible portion	Min	13	32.7	16.4	79.7	7.9	3,510	
		Max	13	19.3	10.5	65.5	4.7	2,960	
		Avg	13	2.9	7.1	6.2	40.8	2.4	2,000
	As purchased	Min	13	13.0	29.6	14.9	72.8	5.1	3,200
		Max	13	8.1	17.8	9.6	60.2	4.3	2,720
<i>Pork, organs and sides.</i>									
Heart, as purchased	1	75.6	17.1	6.3	1.0	585			
Kidney, as purchased	1	79.5	15.2	4.1	1.2	455			
Liver, as purchased	1	71.4	21.3	4.6	1.4	610			
Lungs, as purchased	1	83.9	11.8	4.0	.9	390			
Pork side ¹	Edible portion	Min	3	25.2	7.8	59.1	.4	2,655	
		Max	3	31.8	8.9	65.0	.5	2,915	
		Avg	3	29.4	8.5	61.7	.4	2,780	
	As purchased	Min	3	7.9	24.1	7.2	51.1	.4	2,295
		Max	3	18.5	27.5	7.8	60.4	.4	2,685
Avg	3	11.2	26.1	7.5	54.8	.4	2,455		
<i>Pork, canned.</i>									
Head, as purchased	1	60.1	17.8	19.3	2.8	1,145			
<i>Sausage.</i>									
Arles	Edible portion	1	17.2	24.9	50.6	7.3	2,600		
	As purchased	1	5.2	16.3	23.6	48.0	6.9	2,465	
Banquet	Edible portion	1	82.7	17.9	15.7	3.7	995		
	As purchased	1	1.6	61.7	17.7	16.4	3.6	980	
Bologna	Edible portion	Min	7	53.5	15.0	11.1	3.0	820	
		Max	7	67.0	20.7	24.0	5	1,290	
		Avg	7	59.5	18.6	18.2	1	1,115	
	As purchased	Min	4	2.4	51.6	14.6	13.9	3.0	935
		Max	4	4.5	59.9	20.0	23.4	5.0	1,260
Avg	4	3.3	55.2	18.0	19.7	3.8	1,165		

¹ Lard and other fats included.² Refuse, skin.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
Sausage—Continued.								
Bologna, dried and smoked, Swedish	1		27.6	27.6	32.6	3.9	8.3	1,960
{ As purchased	1	3.0	26.8	26.8	31.6	3.3	8.0	1,900
Bologna, cervelat, imported, as purchased	1		20.6	25.9	41.2	4.5	7.6	2,310
Farmer { Edible portion	1		23.2	27.2	42.0		7.6	2,280
{ As purchased	1	3.0	22.2	26.2	40.4		7.3	2,195
Frankfort, as purchased	6		40.3	17.9	14.8		7.7	975
{ Min	6		63.8	33.1	25.9	2.4	8.1	1,710
{ Max	6		55.5	21.7	18.8		3.6	1,205
{ Avg	6		35.6	29.4	37.3	3.4	4.3	2,185
Holstein { Edible portion	1	2.2	25.1	28.7	36.5	3.3	4.2	2,135
{ As purchased	1		32.5	32.5	27.2		8.0	1,750
Lyons { Edible portion	1	10.0	29.2	29.1	24.5		7.2	1,575
{ As purchased	1		25.7	8.8	28.2		1.9	1,460
Pork, as purchased	9		54.4	15.9	56.8	3.5	2.7	2,635
{ Min	9		38.7	12.8	46.4	8	2.3	2,170
{ Avg	9		46.2	17.9	32.5		3.4	1,705
Pork sausage meat, as purchased	1		28.6	22.5	37.8		6.9	2,015
{ Edible portion	2		32.4	22.7	42.0		7.1	2,190
{ Max	2		30.5	22.6	39.9		7.0	2,105
{ Avg	2	7.5	26.5	20.2	33.6		6.4	1,795
Salmi { As purchased	2	11.0	28.8	20.8	38.8		6.4	2,025
{ Min	2		27.6	20.5	36.2		6.4	1,910
{ Max	2		9.3	27.0	22.8		43.0	2,265
{ Avg	3		25.0	26.6	45.7		8.0	2,425
Summer { Edible portion	3		23.2	24.6	44.5		7.7	2,385
{ As purchased	3	5.2	18.2	21.6	41.6		6.9	2,200
{ Min	3		8.9	23.7	24.3		7.0	2,200
{ Max	3	7.0	20.9	23.0	42.1		7.0	2,200
{ Avg	3		46.4	17.3	33.1		3.2	1,720
Tongue, as purchased	1		46.4	17.3	33.1		3.2	1,720
Sausage, canned.								
Beef, as purchased	1		59.6	17.8	20.6		2.0	1,200
Bologna (Italian), as purchased	1		42.6	23.2	27.8		6.4	1,605
Frankfort, as purchased	1		72.7	14.6	9.9		2.8	690
Oxford, as purchased	1		23.9	9.9	58.5	.6	2.1	2,650
Pork { Edible portion	1		56.6	16.6	24.8		2.0	1,355
{ As purchased	1	12.6	49.5	14.5	21.6		1.8	1,180
Soups.								
Asparagus, cream of, as purchased	1		87.4	2.5	3.2	5.5	1.4	285
{ Min	2		96.5	1.7		.1	.9	40
{ Max	2		96.6	2.4	.1	.3	1.4	50
{ Avg	2		96.5	2.0	.1	.2	1.2	45
Celery, cream of, as purchased	1		88.6	2.1	2.8	5.0	1.5	250
{ Min	2		93.2	3.2		1.2	.9	90
{ Max	2		94.5	3.9	.2	1.7	1.2	105
{ Avg	2		93.8	3.6	.1	1.5	1.0	100
Chicken, as purchased	2		86.8	3.0		3.8	1.3	135
{ Min	2		89.2	4.6	1.7	5.5	1.4	260
{ Max	2		89.2	3.8	.9	4.7	1.4	200
{ Avg	2		96.0	2.5		.4	1.1	55
Consommé, as purchased	1		86.8	2.5	1.9	7.8	1.0	275
Corn, cream of, as purchased	1		95.9	2.7		.5	.9	60
Julienne, as purchased	1		83.3	3.7	2.0	4.3	1.1	255
{ Min	3		87.6	5.0	6.4	5.6	1.3	435
{ Max	3		85.7	4.5	3.5	5.1	1.2	325
{ Avg	3		88.9	4.5	.5	1.6	1.2	160
Mock turtle { Edible portion	2		90.8	5.9	1.3	3.9	1.4	210
{ As purchased	2		89.8	5.2	.9	2.4	1.3	185
{ Min	2		87.2	3.3		3.8	1.1	145
{ Max	2		91.3	4.1	.3	7.6	1.3	215
{ Avg	2		89.3	3.7	1	5.7	1.2	180
Mullagatawny, as purchased	2		88.3	3.9	.5	4.2	1.3	175
{ Edible portion	2		89.4	4.1	2.1	4.3	1.9	245
{ As purchased	2		88.8	4.0	1.3	4.3	1.6	210
Ox tail { Min	1	1.8	87.8	3.8	.5	4.2	1.9	170
{ Max	2		81.6	2.6		6.9	1.0	220
{ Avg	2		88.5	5.8	1.0	11.1	1.5	315
Pea, as purchased	2		85.1	4.2	.5	9.0	1.2	265
Pea, cream of green, as purchased	1		87.7	2.6	2.7	5.7	1.3	270
{ Min	2		89.7	1.7	.9	5.3	1.2	180
{ Max	2		90.4	1.9	1.2	6.0	1.7	185
{ Avg	2		90.0	1.8	1.1	5.6	1.5	185

¹ Refuse, skin or case.² Refuse, liquid.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.										
<i>Soups—Continued.</i>										
Turtle, green, as purchased	1	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.		
Vegetable, as purchased	1		86.6	6.1	1.9	3.9	1.5	270		
			95.7	2.0		.5	.9	65		
<i>Poultry and game, fresh.</i>										
Chicken	Edible portion	Min.	72.2	21.1	1.8		1.0	460		
		Max.	76.3	24.5	1.9		1.4	535		
	As purchased	Min.	31.4	44.6	14.4	1.1		.7	315	
		Max.	38.2	52.4	15.1	1.2		.9	330	
	Fowl	Edible portion	Min.	62.8	11.8	12.5		1.0	890	
		Max.	65.2	21.1	15.9	14.4		1.3	1,020	
Goose	As purchased	Min.	18.0	38.3	9.7	7.2		.6	510	
	Max.	42.7	58.2	14.8	13.0		1.1	740		
Turkey	Edible portion	Min.	30.0	45.6	13.4	10.2		.8	680	
		Max.	37.9	37.9	9.8	30.2		.7	1,330	
	As purchased	Min.	17.6	27.8	13.0	43.9		.8	2,905	
		Max.	26.7	36.5	7.2	29.8		.5	1,955	
	Turkey	Edible portion	Min.	22.2	33.1	10.3	33.8		.6	1,620
		Max.	49.5	18.9	8.7			.9	810	
Goose	As purchased	Min.	66.1	23.9	30.7		1.3	1,650		
	Max.	37.1	41.1	15.5	5.9		.7	350		
Turkey	Edible portion	Min.	32.4	44.7	16.1	25.5		.9	1,365	
	Max.	22.7	42.4	15.7	18.4		.8	1,070		
Chicken, gizzard, as purchased	1		72.5	24.7	1.4		1.4	520		
Chicken, heart, as purchased	1		72.0	21.1	5.5		1.4	625		
Chicken, liver, as purchased	1		69.3	22.4	4.2	2.4	1.7	635		
Quail, as purchased	1		73.8	19.4	5.8		1.0	605		
Goose, gizzard, as purchased	1		62.6	16.6	15.9	3.7	1.2	980		
Turkey, gizzard, as purchased	1		62.7	20.5	14.5	1.2	1.1	1,015		
Turkey, heart, as purchased	1		68.6	17.2	18.2		1.0	875		
Turkey, liver, as purchased	1		69.6	22.9	5.2	.6	1.7	655		
<i>Poultry and game, canned.</i>										
Chicken, as purchased	1		46.9	20.5	30.0		2.6	1,645		
Plover, as purchased	1		57.7	22.4	10.2	7.6	2.1	990		
Quail, as purchased	1		66.9	21.8	8.0	1.7	1.6	775		
Turkey, as purchased	1		47.4	20.7	29.2		2.7	1,615		
<i>Fish.</i>										
Alewife, whole	Edible portion	Min.	72.7	18.8	3.8		1.5	510		
		Max.	75.9	19.5	6.0		1.5	615		
	As purchased	Min.	49.4	36.9	9.5	1.9		.8	255	
		Max.	49.5	38.3	9.9	3.0		.8	310	
	Bass, black, whole	Edible portion	Min.	49.5	37.6	9.7	2.4		.8	280
			Max.	74.8	19.2	1.0		1.2	400	
As purchased		Min.	78.6	21.5	2.5		1.2	505		
		Max.	76.7	20.4	1.7		1.2	450		
Bass, red, whole		Edible portion	Min.	53.6	34.6	8.5	.4		.5	175
		Max.	56.0	34.7	10.0	1.1		.6	230	
Bass, sea, whole	As purchased	Min.	54.8	34.6	9.3	.8		.5	205	
	Max.	81.6	29.8	6.1	.2		.5	330		
Bass, striped, whole	Edible portion	Min.	79.3	18.8	.5		1.4	370		
	Max.	56.1	84.8	8.3	.2		.6	160		
Bass, striped, entrails removed, as purchased	Edible portion	Min.	75.8	16.9	2.1		.9	405		
		Max.	79.6	19.3	4.6		1.4	525		
	As purchased	Min.	77.7	18.3	2.8		1.2	460		
		Max.	48.6	32.5	7.2	.7		.5	170	
	Blackfish, whole	Edible portion	Min.	57.1	39.7	9.7	1.6		.6	240
		Max.	56.0	35.1	8.3	1.1		.5	200	
Blackfish, whole	Edible portion	Min.	51.2	37.4	8.7	2.2		.5	255	
		Max.	77.0	17.4	.6		.7	350		
	As purchased	Min.	81.0	19.0	2.8		1.4	470		
		Max.	79.1	18.5	1.3		1.1	400		
	Blackfish, whole	Edible portion	Min.	50.2	29.2	6.3	.2		.2	125
		Max.	64.1	33.7	8.3	1.2		.6	205	
	As purchased	Min.	60.1	31.5	7.3	.7		.4	165	
	Max.									

Composition of American food products—Continued.

Food materials.		Number of analyses.	Moisture.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
Fish—Continued.			Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
Blackfish, entrails removed, as purchased.	Min	2	53.6	33.5	7.9	4		.4	165	
	Max	2	57.8	36.4	8.7			.6	190	
	Avg	2	55.7	35.0	8.3	5		.5	175	
Bluefish, entrails removed.	Edible portion	1		78.5	19.0	1.2		1.3	405	
	As purchased	1	48.6	40.3	9.8	6		.7	205	
Buffalo-fish, entrails removed.	Edible portion	1		78.6	17.9	2.3		1.2	430	
	As purchased	1	52.5	37.3	8.5	1.1		.6	205	
Butter-fish, whole.	Edible portion	1		70.0	17.8	11.0		1.2	795	
	As purchased	1	42.8	40.1	10.2	6.3		.6	455	
Cisco, whole.	Edible portion	1		76.1	19.1	3.5		1.3	505	
	As purchased	1	42.7	48.6	11.0	2.0		.7	290	
Cod, whole.	Edible portion	5		80.7	15.0	3		1.0	285	
	Max	5		83.5	17.6	5		1.3	340	
	Avg	5		82.6	15.8	4		1.2	310	
Cod, dressed, as purchased.	Min	2	48.5	35.1	7.7	1		.6	145	
	Max	2	56.5	42.3	8.3	3		.6	165	
	Avg	2	52.5	38.7	8.0	2		.6	155	
Cod, sections, as purchased.	Min	3	25.5	55.3	9.9	2		.8	190	
	Max	3	33.7	62.1	11.4	3		.9	220	
	Avg	3	29.9	58.5	10.6	2		.8	205	
Cod, steaks.	Min	3		81.8	15.0	1		.8	300	
	Max	3		83.5	17.2	5		1.0	330	
	Avg	3		82.5	16.3	3		.9	315	
Cusk, entrails removed.	Edible portion	1		79.7	18.6	5		1.2	365	
	As purchased	1	9.2	72.4	16.9	5		1.0	335	
Eels, salt water, dressed.	Edible portion	1		82.0	18.9	2		.9	325	
	As purchased	1	40.3	49.0	10.1		.5	.9	190	
	Edible portion	2		69.8	17.6	7.0		.9	660	
Flounder, whole.	Min	2		73.4	19.0	10.3		1.1	790	
	Max	2		71.6	18.3	9.1		1.0	725	
	Avg	2	19.0	54.9	14.3	6.4		.7	535	
Flounder, entrails removed, as purchased.	Min	2	21.4	59.4	14.9	8.1		.9	620	
	Max	2	20.2	57.2	14.6	7.2		.8	575	
	Avg	2		83.4	12.9	4		1.2	275	
Haddock, entrails removed.	Min	3		85.0	14.7	7		1.3	300	
	Max	3		84.2	13.9	6		1.3	285	
	Avg	3	56.2	27.2	5.2	2		.5	120	
Herring, whole.	Min	2		66.8	37.0	6.1		.3	130	
	Max	2		61.5	32.1	5.6		.5	115	
	Avg	2	57.0	35.8	6.3	3		.6	180	
Halibut, steaks or sections.	Min	4		80.3	15.9	1		1.0	305	
	Max	4		82.6	18.4	4		1.6	350	
	Avg	4		81.7	16.8	3		1.2	325	
Kingfish, whole.	Min	4		48.0	38.5	7.8		1	150	
	Max	4		52.9	42.9	8.9		.8	170	
	Avg	4	51.0	40.0	8.2	2		.6	160	
Lamprey, whole.	Edible portion	1		83.1	15.2	7		1.0	310	
	As purchased	1	52.5	39.5	7.2		.5	.9	145	
	Edible portion	3		70.1	17.5	2		.9	420	
Mackerel, whole.	Min	3		79.2	19.4	10.6		1.2	785	
	Max	3		75.4	18.3	5		1.1	560	
	Avg	3	11.2	60.9	13.4	1.7		.7	320	
Mullet, whole.	Min	3		23.1	62.6	16.1	9.4		1.0	695
	Max	3		17.7	61.9	15.1	4.4		.9	465
	Avg	3		69.0	18.5	3.2		1.5	490	
Muskellunge, whole.	Min	2		76.0	19.2	11.0		1.6	810	
	Max	2		72.5	18.9	7.1		1.5	650	
	Avg	2	39.3	37.3	10.0	1.9		.8	300	
Salmon, whole.	Min	2		46.0	46.1	11.7	5.9		1.0	435
	Max	2		42.6	41.7	10.9	3.9		.9	370
	Avg	2		79.2	18.7	9		1.2	385	
Shad, whole.	Edible portion	1		56.6	34.4	8.1	4		.5	170
	As purchased	1		71.1	14.9	13.3		.7	840	
	Edible portion	1		45.8	38.5	8.1	7.2		.4	455
Trout, whole.	Min	6		64.0	17.5	2.2		1.0	430	
	Max	6		78.7	19.3	6.3		1.5	1,022	
	Avg	6		73.4	18.2	7.1		1.3	640	
Tilapia, whole.	Min	5		33.8	35.8	8.4	1.4		.6	300
	Max	5		57.9	48.5	12.1	10.7		1.0	870
	Avg	5	44.6	40.4	10.0	4.3		.7	374	
Wahoo, whole.	Min	1		40.7	43.7	11.4	3.5		.7	360
	Max	1		74.9	19.3	4.6		1.2	55	
	Avg	1	57.9	31.5	8.1	2.0		.5	23	
Yellowtail, whole.	Edible portion	1		76.3	19.6	2.5		1.6	47	
	As purchased	1	49.2	38.7	10.0	1.3		.8	24	

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
<i>Fish—Continued.</i>								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Perch, white, whole.	Edible portion	Min	75.6	17.7	2.5	1.1	485	
		Max	75.8	20.4	5.6	1.3	565	
		Avg	75.7	19.1	4.0	1.2	525	
		Min	61.8	27.8	6.5	1.0	185	
		Max	63.2	28.9	7.8	2.1	210	
	As purchased	Avg	62.5	28.4	7.2	1.5	.4	195
Perch, pike (wall-eyed pike).	Edible portion	1	79.7	18.4	.5	1.4	365	
	As purchased	1	67.3	34.1	7.9	.2	.6	155
Perch, yellow, whole.	Edible portion	Min	78.1	17.9	.6	1.1	360	
		Max	80.4	19.5	1.1	1.3	410	
		Avg	79.3	18.7	.8	1.2	385	
Perch, yellow, dressed, as purchased	As purchased	1	62.7	30.0	6.7	2	.4	135
		1	35.1	50.7	12.6	.7	.9	265
Pickereel (pike), whole.	Edible portion	Min	79.5	18.4	.5	1.0	365	
		Max	79.9	18.9	.6	1.2	375	
		Avg	79.8	18.0	.5	1.1	365	
Pickereel (pike), whole.	As purchased	Min	45.4	40.8	9.7	.2	.6	190
		Max	48.7	43.6	10.2	.3	.7	200
		Avg	47.1	42.2	9.8	.2	.7	190
Pickereel (pike), entrails removed, as purchased	1	42.7	45.7	10.7	.3	.6	210	
Pike, gray, whole.	Edible portion	1	80.8	17.3	.8	1.1	355	
	As purchased	1	63.2	29.7	6.4	.3	.4	130
Pollock, dressed	Edible portion	1	76.0	21.7	.8	1.5	440	
	As purchased	1	28.5	54.3	15.5	.6	1.1	315
Pompano, whole	Edible portion	Min	67.4	18.1	1.6	1.0	405	
		Max	78.2	19.2	13.5	1.0	925	
		Avg	72.8	18.7	7.5	1.0	665	
		Min	42.4	38.8	9.9	.8	.5	220
		Max	48.6	40.2	10.5	7.3	.5	525
	As purchased	Avg	45.5	39.5	10.2	4.3	.5	370
Porgy, whole	Edible portion	Min	72.0	17.5	1.5	1.4	390	
		Max	79.7	19.3	7.9	1.4	685	
		Avg	75.0	18.5	5.1	1.4	560	
		Min	57.3	27.8	6.1	.5	.5	135
		Max	65.1	31.1	3.2	3.4	.6	295
	As purchased	Avg	60.0	29.9	7.4	2.1	.6	225
Red grouper, entrails removed.	Edible portion	Min	79.0	18.4	.5	1.1	365	
		Max	79.9	19.2	.7	1.2	385	
		Avg	79.5	18.8	.6	1.1	375	
		Min	55.8	34.8	8.2	.2	.5	160
		Max	55.9	35.3	8.5	.3	.5	170
	As purchased	Avg	55.9	35.0	8.4	.2	.5	165
Red snapper, whole.	Edible portion	Min	77.3	18.3	.5	1.3	360	
		Max	79.8	19.9	1.9	1.3	440	
		Avg	78.5	19.2	1.0	1.3	400	
		Min	39.6	36.8	9.2	.4	.6	190
		Max	62.5	47.2	12.0	.9	.8	260
	As purchased	Avg	46.1	42.0	10.6	.6	.7	220
Red snapper, entrails and gills removed, as purchased	1	45.3	43.7	10.0	.3	.7	200	
Salmon, whole	Edible portion	Min	61.0	17.3	10.2	1.1	855	
		Max	69.5	24.5	15.0	1.6	1,005	
		Avg	65.2	20.6	12.8	1.4	925	
		Min	30.8	30.0	7.7	5.4	.6	370
		Max	56.3	45.0	14.8	10.0	1.0	670
	As purchased	Avg	39.2	39.4	12.4	8.1	.9	570
Salmon, entrails removed, as purchased.	Edible portion	Min	23.8	45.0	12.4	6.6	.9	510
		Max	35.2	51.2	14.6	9.5	.9	675
		Avg	29.5	48.1	13.5	8.1	.8	590
Salmon, California, sections.	Edible portion	Min	62.7	17.0	16.5	1.0	1,030	
		Max	64.5	18.0	19.2	1.1	1,125	
		Avg	63.6	17.5	17.9	1.0	1,080	
Shad, whole.	As purchased	Min	10.3	57.9	16.1	14.8	.9	925
		Max	65.3	17.8	6.5	.9	630	
		Avg	73.6	20.0	13.6	1.5	940	
		Min	70.6	18.6	9.5	1.3	745	
		Max	44.4	30.3	7.4	2.9	.6	260
	As purchased	Avg	58.8	39.5	10.5	7.3	.8	505
Shad roe, as purchased	1	50.1	35.2	9.2	4.8	.7	375	
Sheepshead, whole.	Edible portion	Min	71.2	20.9	3.8	2.6	1.5	600
		Max	72.0	18.9	.7	1.1	380	
		Avg	79.1	20.2	6.7	1.3	660	
		Min	75.6	19.5	3.7	1.2	520	
		Max	66.0	26.9	6.4	.2	.5	125

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.									
Fish—Continued.									
Sheepshead, entrails removed, as purchased.	1		56.5	31.3	8.9	2.9			235
Skate, lobe of body.	1	{ Edible portion	32.2	15.3	1.4	1.1			345
		{ As purchased.	51.0	40.2	7.5	.7			170
Smelt, whole.	1	{ Edible portion { Min	78.2	15.9	1.6			1.4	375
		{ Max	80.2	18.8	1.9			2.0	420
		{ Avg	79.2	17.3	1.8			1.7	400
		{ As purchased.. { Min	34.8	39.9	9.6	.8			1.7
Spanish mackerel, whole.	1	{ Max	49.0	52.3	10.4	1.2		1.3	245
		{ Avg	41.9	46.1	10.0	1.0		1.0	230
		{ Edible portion	68.1	21.0	9.4			1.5	790
		{ As purchased.	34.6	44.5	13.7	6.2		1.0	515
Sturgeon, anterior sections.	1	{ Edible portion	78.7	18.0	1.9			1.4	415
		{ As purchased.	14.4	67.4	15.4	1.0		1.2	365
Trout, brook, whole.	3	{ Min	75.8	18.4	.8			1.0	380
		{ Max	79.8	20.0	2.9			1.4	495
		{ Avg	77.8	18.9	2.1			1.2	440
		{ As purchased.. { Min	45.2	38.6	9.2	.4			.5
Tomcod, whole.	3	{ Max	50.1	43.8	10.2	1.5		.7	255
		{ Avg	48.1	40.4	9.8	1.1		.6	230
		{ Edible portion	81.5	17.1	.4			1.0	335
		{ As purchased.	59.9	32.7	6.8	.2		.4	185
Turbot, whole.	1	{ Edible portion	71.4	12.9	14.4			1.3	85
		{ As purchased.	47.7	37.3	6.4	7.5		.7	44
Weakfish, whole.	1	{ Edible portion	79.0	17.4	2.4			1.2	42
		{ As purchased.	51.9	38.0	8.4	1.1		.6	204
Whitfish, whole.	1	{ Edible portion	69.8	22.1	6.5			1.6	68
		{ As purchased.	53.5	32.5	10.3	3.0		.7	32
<i>Fish, preserved and canned.</i>									
Cod, salt.	2	{ Min	53.5	21.2	.3			24.3	40
		{ Max	53.6	21.7	.4			25.0	42
		{ Avg	53.6	21.4	.4			24.6	41
		{ As purchased.. { Min	24.3	40.0	15.7	.3			18.4
Cod, boneless, salt, as purchased.	2	{ Max	25.5	40.5	10.4	.4		18.5	32
		{ Avg	24.9	40.3	16.0	.4		18.4	31
		{ Edible portion	54.4	22.3	.3			23.1	42
		{ As purchased.	32.2	49.2	16.1	.1		2.4	30
Haddock, smoked, canned, cooked, as purchased.	1	{ Min	68.7	21.8	2.3			7.2	50
		{ Max	47.7	18.1	14.4			14.9	95
		{ Avg	51.1	23.0	15.6			15.2	1.05
		{ As purchased.. { Min	49.4	20.6	15.0			15.0	1.0
Halibut, smoked.	2	{ Max	5.9	44.9	18.7	13.6		13.9	9
		{ Avg	8.0	47.0	21.6	14.4		14.0	9
		{ Edible portion	7.0	46.0	19.1	14.0		13.9	94
		{ As purchased.	34.6	36.4	15.8			13.2	1.3
Herring, smoked, entrails removed.	1	{ Edible portion	44.4	19.2	20.2	8.8		7.4	74
		{ As purchased.	63.3	16.9	12.2	3.6		4.0	8
Lamprey, canned, Russia.	1	{ Edible portion	18.2	51.7	13.8	10.0	3.0	3.3	74
		{ As purchased.	42.2	22.0	22.6			13.2	1.3
Mackerel, salt, entrails removed.	1	{ Edible portion	22.9	32.5	17.0	17.4		10.2	1.0
		{ As purchased.	43.2	16.9	24.9			12.0	1.3
		{ Min	43.6	17.7	27.9			13.8	1.4
		{ Max	43.4	17.3	26.4			12.9	1.4
Mackerel, salt, dressed.	2	{ Avg	17.0	38.8	13.7	19.3		10.0	1.0
		{ Min	22.4	35.8	14.0	23.2		10.8	1.2
		{ Max	19.7	34.8	13.9	21.2		10.4	1.1
		{ Avg	68.2	19.9	8.7			3.2	.7
Mackerel, salt, canned, as purchased.	1	{ Edible portion	58.2	22.0	14.1	1.6		4.1	1.0
		{ As purchased.	31.5	39.9	15.0	9.7	1.1	2.8	.7
Minogy, pickled, canned.	1	{ Edible portion	56.5	21.9	18.6			3.4	1.1
		{ As purchased.	18.7	46.0	17.8	15.1		2.0	.9
Pilchard in tomatoes, canned, Russia, as purchased.	1	{ Edible portion	52.7	27.5	15.8			4.0	1.1
		{ As purchased.	57.5	17.2	2.4			1.8	
Salmon, canned.	6	{ Min	71.1	23.7	21.5	7.1		2.5	1.
		{ Max	64.9	20.7	10.8	1.2		2.4	
		{ Avg	11.7	54.6	18.8	7.0		1.5	
		{ As purchased.. { Min	16.9	58.2	20.3	9.8		2.4	
		{ Max	14.2	56.8	19.5	7.5		2.0	
		{ Avg	56.4	25.3	12.7			5.6	1.
Sardines, canned.	1	{ Edible portion	53.6	24.0	12.1			5.3	
		{ As purchased.	5.0	53.6	24.0				

¹ Refuse, oil.

² Refuse, liquids.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.										
<i>Fish, preserved and canned—Continued.</i>										
Sturgeon, dried, { Edible portion	1	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.		
Russia. { As purchased	1	12.7	44.1	28.1	8.4	7.8	1,005		
Sturgeon, caviare, pressed, Russia, as purchased	1	38.1	30.0	19.7	7.6	4.6	1,580		
Tunny, canned, as purchased	1	73.7	21.5	4.1	1.7	575		
Tunny, canned, { Edible portion	1	51.3	23.8	20.0	4.3	1,295		
in oil, Russia. { As purchased	1	16.7	42.7	20.3	16.7	3.6	1,058		
<i>Shellfish, etc., fresh.</i>										
Clams, long, in shell. { Edible portion { Min	4	85.0	8.1	1.0	1.6	2.0	225		
	} As purchased { Max	4	86.1	9.0	1.2	2.5	3.0	255	
		} { Avg.	4	85.8	8.6	1.0	2.5	2.6	240
			4	39.9	47.2	4.4	.5	.9	.2	120
} As purchased { Min	4	45.2	51.7	5.2	.7	1.5	1.7	150	
	} { Max	4	41.9	49.9	5.0	.6	1.1	1.5	140	
		} { Avg.	1	38.2	6.5	.4	4.2	2.7	215
			1	67.5	28.0	2.1	.1	1.4	.9	70
Clams, round, in shell. { Edible portion	1	80.8	10.6	1.1	5.2	2.3	340		
Clams, round, from shell, as purchased	1	77.1	16.6	2.0	1.2	3.1	415		
Crabs, hard, { Edible portion	1	36.7	7.9	.9	.6	1.5	195		
whole. { As purchased	1	52.4	81.2	16.0	.5	1.0	1.3	335		
Crayfish, a b d o - men. { Edible portion	1	86.6	10.9	2.1	.1	.2	45		
} As purchased { Min	4	68.6	11.6	1.5	1.6	290		
	} { Max	4	84.3	25.4	2.5	.9	4.0	555	
		} { Avg.	4	44.0	79.2	16.4	1.8	.4	2.2	390
			4	73.7	18.0	4.4	.56	115
} As purchased { Min	4	47.2	6.5	.9	.4	1.1	165		
	} { Max	4	61.7	80.7	5.9	.7	.2	.8	145	
		} { Avg.	1	84.2	8.7	1.1	4.1	1.9	285
			1	46.7	44.9	4.6	.6	2.2	1.0	150
} As purchased { Min	34	80.5	4.2	.6	1.8	1.2	135		
	} { Max	34	90.9	10.0	1.9	6.7	2.8	380	
		} { Avg.	34	74.0	86.9	6.2	1.2	3.7	2.0	230
			34	88.3	10.7	.5	.1	.2	.2	30
} As purchased { Min	34	23.1	1.8	.4	1.3	.6	65		
	} { Max	34	81.4	16.1	1.2	.2	.7	.4	45	
		} { Avg.	6	85.2	5.7	.9	1.7	.7	175
			6	81.0	6.6	1.8	5.6	1.1	305
} As purchased { Min	6	85.3	6.1	1.4	3.3	.9	235		
	} { Max	2	77.8	14.5	1.1	1.3	310	
		} { Avg.	2	82.8	15.1	.3	5.6	1.5	385
			2	80.3	14.8	.1	3.4	1.4	315
Terrapin. { Edible portion	1	74.5	21.0	3.5	1.0	540		
As purchased	1	75.4	18.3	5.2	.92	135		
Turtle, green, { Edible portion	1	79.8	18.5	.5	1.2	365		
whole. { As purchased	1	76.0	19.2	4.4	.13	86		
<i>Shellfish, canned.</i>										
Clams, long, as purchased	1	84.5	9.0	1.3	2.9	2.3	275		
Clams, round, as purchased	1	82.9	10.5	.8	3.0	2.8	285		
Crabs, as purchased { Min	2	78.9	15.6	.8	.8	1.8	340		
	} { Max	2	81.0	16.0	2.3	.7	2.1	410	
		} { Avg.	2	80.0	15.8	1.5	.7	2.0	370
			5	76.2	16.7	.5	.5	2.1	340
Lobsters, as purchased { Min	5	79.4	19.5	1.7	.6	2.8	445		
	} { Max	5	77.8	18.1	1.1	.5	2.5	395	
		} { Avg.	3	84.6	7.0	2.0	4.1	1.2	285
			3	86.0	8.0	2.2	5.2	1.4	310
Oysters, as purchased { Min	3	85.2	7.4	2.1	4.0	1.3	300		
	} { Max	1	70.8	25.4	1.0	.2	2.6	520	
		} { Avg.	39	68.2	9.8	9.16	650
			39	75.3	17.4	15.1	1.6	885
Hens' eggs. { Edible portion { Min	39	73.5	14.9	10.6	1.0	725		
	} { Max	39	10.5	66.0	13.1	9.59	645	
		} { Avg.	
		
<i>Dairy products, etc.</i>										
Butter	82.4	3,475		
Whole milk	87.0	3.8	4.0	5.0	.7	325		
Skim milk	90.5	3.4	.3	5.1	.7	170		
Buttermilk	91.0	3.0	.5	4.8	.7	165		

¹ Refuse, oil. ² Refuse of whole. ³ Average per cent shell in several determinations.

⁴ Average per cent butter fat found in the 90-day Columbian butter test.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
			Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calori
ANIMAL FOOD—continued.								
<i>Dairy products, etc.—Continued.</i>								
Condensed milk	{ Min	7	25.7	6.0	4	44.4	1.9	1.1
	{ Max	7	37.3	10.4	9.8	56.9	2.1	1.5
	{ Avg	7	30.5	8.2	7.1	52.3	1.9	1.4
Cream	{ Avg		74.0	2.5	18.5	4.5	.5	1.9
Cheese:								
American pale		1	31.6	28.8	36.2		3.4	2.0
American red		1	28.6	29.6	38.3		3.5	2.1
Boudar		1	53.2	15.4	21.7	.7	7.0	1.2
Cheddar		1	35.6	28.2	32.0		4.2	1.8
Cheshire		1	37.1	26.9	31.6		4.4	1.8
Crown brand		1	31.4	5.2	58.0	2.2	3.2	2.5
Dutch		1	35.2	37.1	17.7		10.0	1.4
Brie		1	60.2	15.9	21.0	1.4	1.5	1.2
Imitation old English		1	20.7	30.1	42.7	1.3	5.2	2.3
Limburger		1	42.1	23.0	29.4	.4	5.1	1.6
	{ Min	2	42.7	15.1	22.3	.2	2.3	1.1
	{ Max	2	57.2	22.3	32.5	2.9	2.5	1.1
	{ Avg	2	50.0	18.7	27.4	1.5	2.4	1.5
Pineapple	{ Min	5	11.6	27.0	33.3	2.2	5.1	1.1
	{ Max	5	31.0	34.5	45.2	3.1	6.2	2.0
	{ Avg	5	23.0	29.9	38.9	2.6	5.6	2.2
Roquefort		1	39.3	22.6	29.5	1.8	6.8	1.7
	{ Min	2	28.9	26.1	33.2	.9	4.4	1.1
	{ Max	2	33.8	29.1	36.7	1.7	5.2	2.2
	{ Avg	2	31.4	27.6	34.9	1.3	4.8	2.0
Swiss	{ Min	19	27.0	17.9	25.0		2.5	1.1
	{ Max	19	38.0	37.0	44.6	8.8	4.8	2.2
	{ Avg	19	33.7	26.0	34.2	2.3	3.8	1.9
Whole milk ²	{ Min	3	34.8	23.5	23.7	2.3	3.2	1.1
	{ Max	3	42.0	27.6	34.5	4.9	3.4	1.1
	{ Avg	3	38.2	25.4	29.5	3.6	3.3	1.7
Partly skimmed ²	{ Min	9	41.2	26.3	6.8	2.0	2.4	1.1
	{ Max	9	53.1	38.4	27.8	9.0	5.1	1.1
	{ Avg	9	45.7	31.5	16.4	2.2	4.2	1.3
Imitation full cream, Oleo		1	37.9	25.9	31.7		4.5	1.8
<i>Miscellaneous.</i>								
Gelatine	{ Min	6	9.6	82.2			1.4	1.1
	{ Max	6	15.4	88.3	.4		4.4	1.1
	{ Avg	6	13.6	84.2	.1		2.1	1.1
Isinglass, sturgeon		1	19.0	77.4	1.6		2.0	1.1
Spinal column, sturgeon		1	17.7	76.9	.8		4.6	1.1
	{ Min	3	20.8	71.4	.8	56.7	1.1	1.1
	{ Max	3	39.7	14.6	2.2	87.4	7.1	1.1
	{ Avg	3	27.7	6.7	1.4	60.2	4.0	1.1
Mince-meat, commercial	{ Min	2	56.6	3.4	4.9	28.6	1.0	1.1
	{ Max	2	56.9	4.7	7.3	34.1	2.5	1.1
	{ Avg	2	56.8	4.0	6.1	31.3	1.8	1.1
Mince-meat, homemade								
Animal and other fats, except butter:					100.0			4.5
Tallow, refined					100.0			4.5
Lard, refined					100.0			4.5
Cottolene					100.0			4.5
Oleomargarine	{ Min	35	6.9	.1	74.9		3.1	3.1
	{ Max	35	11.5	4.8	88.8		12.9	3.1
	{ Avg	35	9.8	1.3	82.7		6.7	3.1
VEGETABLE FOOD.								
<i>Wheat flours, meals, etc.</i>								
California fine flour	{ Min	3	12.4	7.2	1.2	73.9	.4	1.1
	{ Max	3	15.6	8.8	1.6	77.8	.5	1.1
	{ Avg	3	13.8	7.9	1.4	76.4	.5	1.1
Entire wheat flour	{ Min	5	10.1	13.1	1.9	89.5	1.0	1.1
	{ Max	5	13.1	15.5	2.1	72.1	1.5	1.1
	{ Avg	5	12.1	14.2	1.9	70.6	1.2	1.1
	{ Min	6	10.3	11.3	1.5	86.0	1.7	1.1
	{ Max	6	13.7	15.5	3.6	72.0	2.4	1.1
	{ Avg	6	11.8	13.7	2.2	70.3	2.0	1.1
Graham flour	{ Min	1	12.1	8.5	2.0	75.8	1.6	1.1
	{ Max	1	9.3	10.0	1.0	84.2	.7	1.1
	{ Avg	6	12.6	17.9	3.9	75.9	2.0	1.1
Graham flour, California	{ Min	6	11.4	13.9	2.6	70.8	1.3	1.1
	{ Max	6	11.4	13.9	2.6	70.8	1.3	1.1
	{ Avg	6	11.4	13.9	2.6	70.8	1.3	1.1
Low grade flour	{ Min	100	9.4	8.3	.6	70.0	.3	1.1
	{ Max	100	14.3	14.9	2.0	77.9	.8	1.1
	{ Avg	100	12.5	11.3	1.1	74.6	.5	1.1

¹ Protein by difference.² American.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
Wheat flours, meals, etc.—Continued.								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Spring wheat flour	{ Min .. 19	8.8	8.6	.5	71.4	.3		1,430
	{ Max .. 19	13.5	14.4	1.3	78.5	1.1		1,715
	{ Avg. .. 19	11.6	11.8	1.1	75.0	.5		1,660
Winter wheat flour	{ Min .. 13	10.3	8.5	.5	73.2	.4		1,530
	{ Max .. 13	14.4	12.3	1.3	78.5	.8		1,665
	{ Avg. .. 13	12.5	10.4	1.0	75.6	.6		1,610
Unclassified flour	{ Min .. 31	10.7	8.4	.6	71.8	.3		1,625
	{ Max .. 31	13.5	13.3	1.5	78.9	1.8		1,675
	{ Avg. .. 31	12.3	10.7	1.1	75.4	.5		1,650
Prepared flours	{ Min .. 7	8.0	9.0	.6	72.5	1.5		1,565
	{ Max .. 7	12.9	12.2	2.0	78.6	4.9		1,736
	{ Avg. .. 7	10.8	10.1	1.2	74.3	3.6		1,620
Beck's Breakfastina	{ Min .. 1	9.7	11.4	1.7	75.9	1.3		1,695
Cerealine	{ Min .. 1	10.6	9.4	1.0	78.6	.4		1,680
	{ Max .. 2	9.8	11.9	1.5	74.0	1.4		1,665
Crushed wheat	{ Min .. 1	11.1	12.0	1.8	75.1	1.4		1,695
	{ Max .. 2	10.5	11.9	1.7	74.5	1.4		1,680
	{ Avg. .. 2	9.1	7.9	66.7	.3		1,540
Macaroni and vermicelli	{ Min .. 25	12.3	16.6	5.2	78.4	7.0		1,770
	{ Max .. 25	10.8	11.7	1.6	72.9	3.0		1,640
	{ Avg. .. 25	10.8	11.7	1.6	72.9	3.0		1,640
Rex wheat	{ Min .. 1	10.4	11.4	2.1	74.5	1.6		1,685
Wheat germ meal	{ Min .. 1	11.7	11.4	2.2	78.7	1.0		1,675
Wheatlet	{ Min .. 1	10.4	12.3	1.4	75.0	.9		1,685
White wheat farina	{ Min .. 3	8.7	10.4	1.0	77.0	.1		1,690
	{ Max .. 3	10.7	11.7	1.8	78.2	.4		1,715
	{ Avg. .. 3	9.7	11.1	1.4	77.6	.2		1,710
<i>Other flours, meals, etc.</i>								
Barley meal	{ Min .. 3	9.9	9.0	1.5	70.4	1.6		1,535
	{ Max .. 3	13.6	12.7	3.2	74.5	3.8		1,681
	{ Avg. .. 3	11.9	10.5	2.2	72.8	2.6		1,640
Barley, pearled	{ Min .. 2	9.8	8.4	.7	77.3	1.0		1,625
	{ Max .. 2	11.8	10.1	1.2	78.1	1.6		1,675
	{ Avg. .. 2	10.8	9.3	1.0	77.6	1.3		1,660
Buckwheat flour	{ Min .. 10	12.1	3.9	.5	71.6	.5		1,560
	{ Max .. 10	17.6	8.2	1.8	80.7	1.3		1,630
	{ Avg. .. 10	14.3	6.1	1.0	77.2	1.4		1,590
Buckwheat flour, self-rising	{ Min .. 3	11.2	5.5	.8	73.4	4.5		1,510
	{ Max .. 3	13.4	7.9	1.2	75.8	6.7		1,590
	{ Avg. .. 3	12.2	6.8	1.0	74.7	5.3		1,560
Buckwheat, farina	{ Min .. 2	10.6	3.3	.3	83.4	.4		1,650
	{ Max .. 2	11.2	4.8	.6	84.8	.6		1,665
	{ Avg. .. 2	10.9	4.1	.4	84.1	.5		1,660
Corn meal, bolted	{ Min .. 9	8.8	7.8	1.3	68.4	.5		1,535
	{ Max .. 9	17.9	9.7	4.0	80.3	1.9		1,720
	{ Avg. .. 9	12.9	8.0	2.2	75.1	.9		1,655
	{ Min .. 5	10.9	7.8	4.5	73.4	1.3		1,720
	{ Max .. 5	12.1	8.6	4.7	75.4	1.4		1,740
	{ Avg. .. 5	11.4	8.2	4.6	74.5	1.3		1,730
Corn meal, un-bolted.	{ Edible portion .. 5	14.2	9.2	6.5	55.7	1.0		1,305
	{ As purchased .. 5	24.1	10.4	7.8	4.4	72.2	1.3	1,670
	{ Avg. .. 5	10.5	10.2	7.3	4.1	66.7	1.2	1,550
Corn, hominy	{ Min .. 5	9.6	6.8	.4	77.3	.2		1,515
	{ Max .. 5	13.6	9.5	.7	81.3	.7		1,665
	{ Avg. .. 5	11.9	8.2	.6	78.9	.4		1,615
Corn, pop, raw	{ Min .. 4	8.6	9.7	4.2	70.7	1.2		1,700
	{ Max .. 4	12.6	13.2	6.0	72.3	1.7		1,795
	{ Avg. .. 4	10.8	11.2	5.2	71.4	1.4		1,755
Corn, pop, popped	{ Min .. 2	4.1	10.3	4.7	78.6	1.3		1,870
	{ Max .. 2	4.4	11.1	5.4	78.7	1.4		1,880
	{ Avg. .. 2	4.3	10.7	5.0	78.7	1.3		1,875
Oatmeal	{ Min .. 13	2.9	12.9	6.0	64.5	1.5		1,815
	{ Max .. 13	8.8	19.1	8.8	70.2	2.2		1,870
	{ Avg. .. 13	7.2	15.6	7.3	68.0	1.9		1,860
Oats, rolled	{ Min .. 11	1.8	14.6	5.8	62.8	1.7		1,760
	{ Max .. 11	11.2	18.4	8.8	71.8	2.5		1,975
	{ Avg. .. 11	7.2	16.9	7.2	66.8	1.9		1,860
Rice	{ Min .. 13	11.4	5.9	.1	77.7	.3		1,600
	{ Max .. 13	13.3	9.5	.7	80.9	.5		1,655
	{ Avg. .. 13	12.4	7.8	.4	79.0	.4		1,630
Rice, boiled	{ Min .. 1	52.7	5.0	.1	41.9	.3		875
	{ Max .. 5	3.7	4.7	1.7	57.3	6.6		1,590
	{ Avg. .. 5	11.5	12.0	12.7	79.2	10.7		1,810
Rice, flour	{ Min .. 5	9.1	9.1	7.4	65.9	8.5		1,705

¹ Refuse, bran removed by sifting.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
Other flours, meals, etc.—Continued.		Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
Rye meal or flour	{ Min 7	11.9	6.0	.8	77.6	.6	1,615
	{ Max 7	13.6	8.8	1.3	79.8	.9	1,650
	{ Avg 7	12.7	7.1	.9	78.5	.8	1,630
<i>Bread, crackers, and pastry.</i>								
Bread:								
White	{ Min 108	26.0	7.3	.2	42.0	.6	940
	{ Max 108	49.1	15.4	3.8	60.7	1.9	1,415
	{ Avg 108	35.4	9.5	1.2	52.8	1.1	1,205
Brown	{ Min 1	40.0	5.0	2.4	50.7	1.9	1,135
	{ Max 2	28.4	6.9	2.3	40.3	3.0	975
	{ Avg 2	28.4	6.9	2.3	40.3	3.0	975
Corn, johnny cake	{ Min 1	47.5	10.1	3.1	54.3	4.1	1,330
	{ Max 2	38.0	8.5	2.7	47.3	8.5	1,150
	{ Avg 2	38.0	8.5	2.7	47.3	8.5	1,150
Cassava	{ Min 1	10.5	9.1	.3	79.0	1.1	1,650
	{ Max 1	35.7	11.1	2.4	48.6	2.2	1,210
	{ Avg 1	35.7	11.1	2.4	48.6	2.2	1,210
Graham	{ Min 2	30.5	7.4	1.4	53.3	1.4	1,230
	{ Max 2	34.2	9.5	2.3	58.4	1.6	1,320
	{ Avg 2	32.3	8.5	1.8	55.9	1.5	1,275
	{ Min 4	30.0	8.4	.4	52.2	1.0	1,180
	{ Max 4	35.0	11.1	1.2	59.7	2.1	1,305
	{ Avg 4	31.8	10.1	.7	55.9	1.5	1,255
Rye	{ Min 4	35.3	11.9	.3	51.5	1.0	1,190
	{ Max 4	26.7	8.5	9.6	54.4	.8	1,575
	{ Avg 4	26.7	8.5	9.6	54.4	.8	1,575
Rye and wheat	{ Min 1	31.2	8.5	2.0	52.5	1.1	1,300
	{ Max 2	34.0	9.6	3.9	55.8	1.4	1,300
	{ Avg 2	32.6	9.1	3.0	54.1	1.2	1,300
Rolls, milk	{ Min 3	18.4	8.6	.4	56.7	.7	1,350
	{ Max 3	26.9	11.9	9.4	64.7	1.0	1,610
	{ Avg 3	23.3	10.2	5.2	60.4	.9	1,530
Rolls, wheat, white	{ Min 3	18.4	8.5	.4	52.5	.7	1,300
	{ Max 3	26.9	11.9	9.4	64.7	1.0	1,610
	{ Avg 3	23.3	10.2	5.2	60.4	.9	1,530
Average all analyses of rolls	{ Min 6	18.4	8.5	.4	52.5	.7	1,300
	{ Max 6	26.9	11.9	9.6	64.7	1.4	1,615
	{ Avg 6	23.9	9.3	5.2	57.8	1.0	1,465
Biscuit	{ Min 1	22.9	9.3	13.7	52.6	1.5	1,730
	{ Max 1	23.6	9.4	7.2	59.1	.7	1,575
	{ Avg 1	23.6	9.4	7.2	59.1	.7	1,575
Buns, cinnamon	{ Min 2	26.6	7.6	6.8	49.0	.8	1,340
	{ Max 2	35.3	8.3	9.4	54.9	1.3	1,575
	{ Avg 2	31.0	8.0	8.1	51.9	1.0	1,455
Buns, hot cross	{ Min 4	23.6	7.6	4.8	49.0	.7	1,340
	{ Max 4	36.7	9.4	9.4	59.1	1.3	1,575
	{ Avg 4	30.5	8.3	7.1	58.2	.9	1,445
Average of all buns	{ Min 4	23.6	7.6	4.8	49.0	.7	1,340
	{ Max 4	36.7	9.4	9.4	59.1	1.3	1,575
	{ Avg 4	30.5	8.3	7.1	58.2	.9	1,445
Cake:								
Baker's	{ Min 1	28.3	4.6	5.9	60.5	.7	1,460
	{ Max 2	28.1	8.3	6.3	52.4	.7	1,395
	{ Avg 2	32.0	9.0	6.8	55.4	.7	1,485
Coffee	{ Min 2	30.1	8.6	6.6	53.9	.8	1,440
	{ Max 2	16.3	6.6	2.5	73.8	.8	1,600
	{ Avg 2	16.6	7.6	14.7	60.3	.8	1,890
Cup	{ Min 3	11.4	5.3	8.6	58.3	1.3	1,545
	{ Max 3	26.5	7.5	10.6	67.3	3.4	1,835
	{ Avg 3	17.7	6.2	9.4	64.3	2.4	1,705
Drop	{ Min 3	14.4	5.3	9.3	60.9	1.4	1,720
	{ Max 3	18.1	6.7	12.6	67.5	2.2	1,790
	{ Avg 3	16.9	6.2	10.5	64.7	1.7	1,760
Frosted	{ Min 1	16.1	5.4	9.5	64.7	4.3	1,705
	{ Max 1	18.5	7.1	9.3	63.9	1.2	1,715
	{ Avg 1	16.1	5.4	9.5	64.7	4.3	1,705
Gingerbread	{ Min 2	6.3	5.7	6.4	69.4	1.6	1,685
	{ Max 2	18.9	7.3	12.8	71.1	2.5	2,000
	{ Avg 2	11.6	6.5	9.6	70.3	2.0	1,830
Marble	{ Min 8	6.3	4.6	2.5	52.4	.7	1,395
	{ Max 8	32.0	9.0	14.7	73.8	2.5	1,880
	{ Avg 8	20.4	7.0	8.1	63.4	1.1	1,650
Average of all cake ¹	{ Min 3	4.5	6.0	8.1	74.4	1.5	1,925
	{ Max 3	5.7	6.8	11.8	78.4	2.4	1,995
	{ Avg 3	5.1	6.5	9.5	76.9	2.0	1,950
Cookies, molasses	{ Min 3	4.5	4.5	5.3	69.4	1.1	1,875
	{ Max 3	10.4	8.0	11.2	84.4	3.4	1,915
	{ Avg 3	7.1	6.8	8.0	75.3	1.9	1,900
Cookies, sugar	{ Min 1	8.2	10.7	9.9	68.8	2.4	1,895
	{ Max 1	6.9	9.2	13.6	69.4	.9	2,035
	{ Avg 1	7.0	9.3	13.1	69.2	1.4	2,010
Crackers, Boston	{ Min 1	5.0	9.8	13.6	69.7	1.9	2,050
	{ Max 1	4.9	10.4	13.7	69.6	1.4	2,065
	{ Avg 1	4.9	10.4	13.7	69.6	1.4	2,065
Crackers, butter	{ Min 2	3.8	10.7	4.8	70.9	.9	1,855
	{ Max 2	4.8	11.3	12.7	77.5	2.6	2,055
	{ Avg 2	4.3	11.0	8.8	74.2	1.7	1,955

¹Except frosted, fruit, and gingerbread.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Prot.in.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
<i>Bread, crackers, and pastry—Continued.</i>									
		<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Calories.</i>	
Crackers, pilot bread	1	7.9	12.4	4.4	74.2	1.1	1,795		
Crackers, soda	1	8.0	10.3	9.4	70.5	1.8	1,900		
Doughnuts	{ Min	11.6	5.1	16.4	45.8	.6	1,850		
	{ Max	25.8	7.6	25.7	63.2	1.4	2,155		
	{ Avg	17.9	6.6	21.9	52.6	1.0	2,025		
Jumbles	{ Min	24.6	6.3	15.7	51.9	1.3	1,745		
	{ Max	41.8	9.6	7.7	40.3	.9	1,180		
	{ Avg	45.5	3.8	11.3	43.3	2.8	1,295		
Pie, apple	{ Min	43.3	3.3	9.8	41.7	2.0	1,250		
	{ Max	27.8	5.6	6.9	54.1	1.1	1,430		
	{ Avg	30.9	7.0	9.3	55.8	1.5	1,535		
Pie, cream	{ Min	29.4	6.3	8.1	54.9	1.3	1,480		
	{ Max	62.4	4.2	6.3	26.1	1.0	830		
	{ Avg	47.4	3.6	10.1	37.4	1.5	1,190		
Pie, custard	{ Min	34.1	5.5	9.7	30.4	1.3	1,115		
	{ Max	51.1	7.5	14.5	44.0	1.9	1,530		
	{ Avg	42.6	6.5	12.1	37.2	1.6	1,325		
Pie, mince	{ Min	64.2	4.4	8.4	21.7	1.3	840		
	{ Max	27.8	2.6	6.3	21.7	.9	840		
	{ Avg	64.2	7.5	14.5	55.8	2.8	1,535		
Average of all pie	{ Min	44.8	4.6	9.5	39.6	1.5	1,220		
	{ Max	52.0	3.0	2.6	21.9	.9	570		
	{ Avg	71.6	4.2	4.8	38.1	.9	990		
Pudding, tapioca	{ Min	61.8	3.6	3.7	30.0	.9	780		
	{ Max	5.8	6.8	15.7	71.2	.5	2,115		
	{ Avg								
Wafers, vanilla	{ Min								
	{ Max								
	{ Avg								
<i>Sugars.</i>									
Honey, strained	{ Min				68.1		1,265		
	{ Max				80.7		1,500		
	{ Avg				75.1		1,395		
Molasses	{ Min	19.6			58.8	1.4	1,180		
	{ Max	33.6	5.1	.1	73.2	7.2	1,400		
	{ Avg	25.7	2.7		68.0	3.6	1,315		
Sugar, extra C and similar sugars					95.0		1,765		
Sugar, granulated					100.0		1,860		
Sugar, maple	{ Min				74.0		1,375		
	{ Max				95.2		1,770		
	{ Avg				82.8		1,540		
Sirup, maple	{ Min				45.9		930		
	{ Max				81.9		1,525		
	{ Avg				70.1		1,305		
<i>Starches.</i>									
Tapioca	{ Min		10.8	.3	.2	86.6	.2	1,635	
	{ Max		12.3	.6	.3	88.4	.5	1,660	
	{ Avg		11.6	.4	.3	87.5	.2	1,650	
Starch						98.0		1,825	
<i>Vegetables.¹</i>									
Artichokes, as purchased	{ Min		77.5	2.2	.1	15.3	.9	330	
	{ Max		81.5	2.9	.2	18.3	1.1	395	
	{ Avg		79.5	2.6	.2	16.7	1.0	365	
Asparagus, as purchased	{ Min		93.6	1.6	.2	3.1	.5	100	
	{ Max		94.0	2.1	.3	3.6	1.0	110	
	{ Avg		94.0	1.8	.2	3.3	.7	105	
Beans, dried, as purchased	{ Min		10.4	19.9	1.4	57.2	2.7	1,540	
	{ Max		15.5	26.6	3.1	63.5	4.4	1,690	
	{ Avg		13.2	22.3	1.8	59.1	3.6	1,590	
Beans, Lima, dried, as purchased	{ Min		9.9	12.8	1.6	61.6	3.6	1,600	
	{ Max		12.2	20.9	1.9	70.1	4.7	1,645	
	{ Avg		11.1	15.9	1.8	67.1	4.1	1,620	
Beans, Lima, green, as purchased	{ Min		68.5	7.1	.7	22.0	1.7	570	
	{ Max		83.5	1.7	.3	6.2	.7	165	
	{ Avg		91.0	2.8	.4	12.6	.8	300	
Beans, string, as purchased	{ Min		87.3	2.2	.4	9.4	.7	235	
	{ Max		83.0	.9	.1	4.0	.7	115	
	{ Avg		92.0	1.9	.2	13.7	1.3	300	
Beets	{ Edible portion		87.6	1.6	.1	9.6	1.1	210	
	{ As purchased		70.0	1.3	.1	7.7	.9	170	
	{ Avg		90.0	1.3	.1	7.7	.9	170	
Brussels sprouts	{ Edible portion		88.2	4.7	1.1	4.3	1.7	215	
	{ As purchased		15.0	75.0	4.0	.9	3.7	1.4	180
	{ Avg		86.0	1.4	.1	3.4	.6	100	
Cabbage	{ Edible portion		94.3	2.9	.7	8.0	2.7	225	
	{ As purchased		90.3	2.1	.4	5.8	1.4	165	
	{ Avg		15.0	76.8	1.8	.3	4.9	1.2	140

¹Such vegetables as potatoes, squash, beets, etc., have a certain amount of inedible matter, skin, seeds, etc. The amount varies with the way they are prepared, and can not be accurately estimated. The figures given for refuse under vegetables approximately represent the average amount of refuse in these foods as ordinarily prepared.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
Vegetables—Continued.									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calori</i>	
Carrots.....	{ Edible portion	Min.....	17	83.1	.7	6.5	.6	1	
		Max.....	17	91.1	2.0	.7	13.8	1.6	
		Avg.....	17	88.2	1.1	.4	9.2	1.1	
	{ As purchased	Avg.....	17	20.0	70.5	.9	.3	7.4	.9
Cauliflower, head, as purchased.....		Avg.....	1	90.8	1.6	.8	6.0	.8	
Celery, as purchased.....		Avg.....	1	94.4	1.4	.1	3.0	1.1	
Corn, green (sweet), edible portion.....		Avg.....	1	81.3	2.8	1.1	14.1	.7	
Cucumbers.....	{ Edible portion	Min.....	2	95.7	.8	.2	2.2	.5	
		Max.....	2	96.3	.8	.2	2.2	.9	
		Avg.....	2	96.0	.8	.2	2.5	.5	
	{ As purchased	Avg.....	2	15.0	81.6	.7	.2	2.1	.4
Eggplant, as purchased.....		Avg.....	1	92.9	1.2	.3	5.1	.5	
Greens, as purchased.....	{ Edible portion	Min.....	2	81.4	2.4	.8	7.1	2.5	
		Max.....	2	84.4	5.2	1.0	10.6	4.6	
		Avg.....	2	82.9	3.8	.9	8.9	3.5	
	{ As purchased	Avg.....	2	90.9	1.7	.1	5.4	1.3	
Kohl rabi, as purchased.....		Avg.....	2	91.3	2.3	.1	5.6	1.3	
	{ Edible portion	Avg.....	2	91.1	2.0	.1	5.5	1.3	
Leeks.....		Avg.....	1	91.8	1.2	.5	5.8	.7	
	{ As purchased	Avg.....	1	15.0	78.0	1.0	.4	5.0	.6
Lentils, as purchased.....		Avg.....	1	10.7	26.0	1.5	58.6	3.2	
Lettuce.....	{ Edible portion	Min.....	6	91.5	1.0	.2	2.1	.8	
		Max.....	6	95.9	1.8	.6	4.9	1.2	
		Avg.....	6	94.0	1.3	.4	3.3	1.0	
	{ As purchased	Avg.....	6	18.0	77.1	1.1	.3	2.7	.8
Okra, as purchased.....		Avg.....	1	87.4	2.0	.4	9.5	.7	
Onions.....	{ Edible portion	Min.....	8	81.5	.2	.2	4.4	.4	
		Max.....	8	93.5	4.4	.8	15.5	1.2	
		Avg.....	8	87.3	1.7	.4	9.9	.7	
	{ As purchased	Avg.....	8	10.0	78.6	1.5	.4	8.9	.6
	{ Edible portion	Min.....	2	79.5	1.5	.4	15.5	1.5	
	{ Max.....	2	80.3	1.9	.8	16.7	1.9		
	{ Avg.....	2	79.9	1.7	.6	16.1	1.7		
	{ As purchased	Avg.....	2	20.0	63.9	1.3	.5	12.9	1.4
Peas, dried as purchased.....		Avg.....	5	8.5	20.4	.9	50.1	2.2	
	{ Edible portion	Min.....	5	15.0	26.3	1.3	67.4	2.9	
	{ Max.....	5	10.8	24.1	1.1	61.5	2.5		
	{ Avg.....	5	10.0	19.3	1.2	53.1	2.9		
	{ As purchased	Min.....	11	20.9	23.0	1.6	65.4	3.8	
	{ Max.....	11	13.0	21.3	1.4	60.9	3.4		
	{ Avg.....	11	78.1	4.1	.5	16.1	.9		
Peas, green.....		Avg.....	1	50.0	39.0	2.2	8.0	.5	
Peas, sugar, green, as purchased.....		Avg.....	1	81.8	3.4	.3	8.4	.7	
Pickles, cucumber, as purchased.....		Avg.....	1	89.0	.5	.6	5.4	4.6	
Pickles, horse-radish, as purchased.....		Avg.....	1	87.5	1.2	.2	6.6	1.5	
Potatoes, boiled, as purchased.....	{ Edible portion	Min.....	3	69.7	2.6	.1	20.2	1.9	
		Max.....	3	78.0	3.0	.4	25.5	1.4	
		Avg.....	3	73.7	2.7	.2	22.3	1.1	
	{ As purchased	Avg.....	1	1.8	7.6	35.5	50.6	4.5	
Potato chips, fried, as purchased.....		Avg.....	57	67.8	1.1	.1	15.6	.6	
Potatoes, raw.....	{ Edible portion	Min.....	57	82.2	3.0	.2	27.4	1.9	
		Max.....	57	78.9	2.1	.1	18.0	.9	
		Avg.....	57	15.0	67.1	1.8	.1	15.3	.7
	{ As purchased	Min.....	58	45.8	.4	.2	17.1	.8	
	{ Max.....	88	79.0	3.6	1.3	49.1	2.0		
	{ Avg.....	88	69.3	1.8	.7	27.1	1.1		
	{ As purchased	Min.....	88	15.0	55.9	1.5	.6	23.1	.9
	{ Edible portion	Min.....	3	92.3	.9	.1	3.9	.6	
	{ Max.....	3	94.4	1.1	.2	5.9	.7		
	{ Avg.....	3	93.1	1.0	.1	5.2	.6		
	{ As purchased	Min.....	3	50.0	46.6	.5	.2	6.3	
	{ Edible portion	Min.....	3	86.6	.5	.5	5.4	.7	
	{ Max.....	3	93.3	3.0	.3	8.3	1.8		
	{ Avg.....	3	90.8	1.4	.1	6.6	1.1		
	{ As purchased	Min.....	3	30.0	63.6	1.0	.1	4.6	
	{ Edible portion	Min.....	2	92.7	.3	.1	2.9	.6	
	{ Max.....	2	96.1	.8	1.2	4.4	.9		
	{ Avg.....	2	94.4	.6	.7	3.6	.7		
	{ As purchased	Min.....	2	40.0	66.6	.4	.4	2.2	
	{ Edible portion	Min.....	5	87.1	.9	.1	6.2	.7	
	{ Max.....	5	91.8	2.0	.3	10.3	1.4		
	{ Avg.....	5	88.9	1.3	.2	8.5	1.1		
	{ As purchased	Min.....	5	30.0	62.2	.9	.1	6.0	
	{ Edible portion	Min.....	5	87.1	.9	.1	6.2	.7	
	{ Max.....	5	91.8	2.0	.3	10.3	1.4		
	{ Avg.....	5	88.9	1.3	.2	8.5	1.1		

1 Refuse, pods.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Moisture.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
Vegetables—Continued.								
		Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
Sauerkraut, as purchased	1	86.3	1.5	.8	4.4	7.0		145
Spinach, as purchased	1	92.1	2.1	.5	3.1	1.9		120
Squash	{ Edible portion..	{ Min.	78.9	.6	.1	3.5	.4	90
	{	{ Max.	95.2	3.6	1.4	16.4	1.6	385
	{ Avg.	86.5	1.6	.6	10.4	.9	245	
As purchased	7	43.3	.8	.3	5.2	.4		125
Tomato catsup, as purchased	1	77.7	2.0	.4	16.1	3.8		355
Tomatoes, as purchased	{ Edible portion..	{ Min.	91.3	.7	.3	2.2	.3	75
	{	{ Max.	96.3	1.0	.5	6.5	.7	160
	{ Avg.	94.1	.8	.4	8.9	.5	105	
Turnips	14	70.1	.7	.1	4.3	.6		120
As purchased	{ Edible portion..	{ Min.	92.7	3.9	.4	23.8	2.1	520
	{	{ Max.	88.9	1.4	.2	8.7	.8	195
	{ Avg.	14	62.2	1.0	.1	6.1	.6	135
Yeast, as purchased	1	65.1	11.7	.4	21.0	1.8		625
Vegetables, canned.								
Artichokes, as purchased	{	{ Min.	90.2	.5		3.2	1.4	85
	{	{ Max.	93.9	1.0		6.2	2.2	140
	{ Avg.	3	92.5	.8		5.0	1.7	110
Asparagus, as purchased	{	{ Min.	92.9	.9		2.2	.8	70
	{	{ Max.	95.4	2.4	.2	4.1	1.8	120
	{ Avg.	14	94.4	1.5	.1	2.8	1.2	85
Beans and pork, baked, as purchased.	{	{ Min.	50.9	5.1	1.3	13.1	1.7	425
	{	{ Max.	78.2	8.1	6.7	23.2	2.6	965
	{ Avg.	15	68.0	6.9	3.3	19.7	2.1	665
Beans, string, as purchased	{	{ Min.	77.3	.6		2.0	.5	45
	{	{ Max.	96.3	4.0	.5	13.5	4.7	345
	{ Avg.	28	93.6	1.1	.1	8.9	1.3	95
Beans, French string, "haricot verts," as purchased.	{	{ Min.	94.3	.9		2.1	.9	55
	{	{ Max.	96.1	1.4	.3	3.0	1.3	95
	{ Avg.	7	95.2	1.1	.1	2.5	1.1	70
Beans, French string, "haricot flageolets," as purchased.	{	{ Min.	80.4	1.0		10.8	1.0	280
	{	{ Max.	83.9	5.2	.1	13.4	1.0	350
	{ Avg.	3	81.6	4.6	.1	12.5	1.2	320
Beans, French string, "haricot panachés," as purchased.	{	{ Min.	86.1	3.7		9.2	1.0	240
	{	{ Max.	75.7	3.2	.2	10.5	1.0	280
	{ Avg.	16	83.9	5.6	.5	17.9	2.6	445
Beans, Lima, as purchased	{	{ Min.	79.5	4.0	.3	14.6	1.6	360
	{	{ Max.	72.7	7.0	.2	18.5	1.6	480
	{ Avg.	1	93.7	1.5	.1	3.4	1.3	95
Brussels sprouts, as purchased	{	{ Min.	68.3	2.2	.7	11.5	.5	310
	{	{ Max.	83.7	3.7	1.9	23.5	1.6	610
	{ Avg.	48	75.7	2.8	1.3	19.3	.9	465
Corn, green, as purchased	{	{ Min.	83.6	1.2	.4	6.4	.5	160
	{	{ Max.	91.5	2.1	.4	12.7	1.2	295
	{ Avg.	2	87.6	1.6	.4	9.6	.8	225
Macedoine, ¹ as purchased	{	{ Min.	91.5	.7		2.3	.8	55
	{	{ Max.	95.9	1.7		5.7	1.2	135
	{ Avg.	5	93.1	1.4		4.5	1.0	110
Okra, as purchased	{	{ Min.	94.0	.5		3.3	.3	75
	{	{ Max.	94.9	.9	.2	3.9	1.7	95
	{ Avg.	4	94.4	.7	.1	3.6	1.2	85
Okra and tomatoes, as purchased	{	{ Min.	91.4	1.1	.2	4.8	1.4	125
	{	{ Max.	92.3	1.2	.3	5.7	1.8	135
	{ Avg.	3	91.8	1.1	.3	5.2	1.6	130
Peas, green (<i>Pisum sativum</i>), as purchased.	{	{ Min.	77.5	1.6		4.9	.3	130
	{	{ Max.	92.7	6.1	.8	17.4	2.0	415
	{ Avg.	87	85.3	3.6	.2	9.8	1.1	255
Potatoes, sweet, as purchased	{	{ Min.	42.0	1.3	.3	29.2	.8	565
	{	{ Max.	68.4	2.6	.5	53.6	1.3	1,065
	{ Avg.	2	55.2	1.9	.4	41.4	1.1	820
Pumpkin, as purchased	{	{ Min.	88.2	.5	.1	4.7	.4	100
	{	{ Max.	94.3	1.2	.4	9.6	1.5	205
	{ Avg.	7	91.6	.8	.2	6.7	.7	150
Squash, as purchased	{	{ Min.	85.6	.2	.1	8.2	.2	185
	{	{ Max.	89.9	1.6	1.2	13.9	.7	260
	{ Avg.	5	87.6	.9	.5	10.5	.5	235
Succotash, as purchased	{	{ Min.	71.4	2.9	.7	14.9	.7	375
	{	{ Max.	79.9	4.4	1.2	22.4	1.4	495
	{ Avg.	11	75.9	3.6	.9	18.7	.9	455
Tomatoes, as purchased	{	{ Min.	93.0	.3	.2	2.3	.4	80
	{	{ Max.	95.6	1.6	.3	5.2	1.2	135
	{ Avg.	14	94.0	1.2	.3	4.0	.6	105

¹ A mixture of young vegetables.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.			
VEGETABLE FOOD—continued.											
<i>Fruit, berries, etc., fresh.¹</i>											
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories</i>			
Apples	{ Edible portion	{ Min ..	10	77.3	.1	2	11.9	.2	304		
		{ Max ..	10	84.1	.8	1.4	21.3	.6	428		
		{ Avg ..	10	82.0	.5	.5	16.6	.4	344		
Apricots	{ As purchased	{ Min ..	10	25.0	61.5	.4	.4	12.4	.8	255	
		{ Avg ..	11	85.0	1.1		13.4	.5	270		
		{ Max ..	11	6.0	79.9	1.0		12.6	.5	256	
Bananas, yellow	{ Edible portion	{ Min ..	3	66.3	.6	2	15.4	.9	331		
		{ Max ..	3	82.1	1.6	1.4	29.8	1.1	640		
		{ Avg ..	3	74.1	1.2	.8	22.9	1.0	480		
Blackberries, as purchased	{ As purchased	{ Avg ..	3	40.0	44.5	.7	.5	13.7	.6	290	
Cherries, edible portion			1	88.9	.9	2.1	7.5	.6	245		
Citron melons, dried, as purchased			1	86.1	1.1	.8	11.4	.6	285		
Cranberries, as purchased	{ Edible portion	{ Min ..	2	25.6	.4	.6	72.5	.9	1,880		
		{ Avg ..	2	87.8	.4	.6	9.3	.2	205		
		{ Max ..	2	89.4	.5	.9	10.9	.2	250		
Figs, fresh, as purchased			23	89.5	.5	.7	10.1	.2	255		
Grapes	{ Edible portion	{ Min ..	4	79.1	1.5		18.8	.6	350		
		{ Avg ..	4	25.0	78.8	1.3	1.7	17.7	.5	425	
		{ Max ..	4	59.1	1.0	1.3	13.3	.3	330		
Lemons	{ Edible portion	{ Min ..	2	88.4	.8	.3	8.2	.5	180		
		{ Max ..	2	90.2	1.1	1.5	8.5	.5	240		
		{ Avg ..	2	89.3	1.0	.9	8.3	.5	210		
Lemons, whole fruit, as purchased	{ As purchased	{ Avg ..	23	30.0	62.5	.7	.6	5.8	.4	145	
Lemon juice, as purchased			23	85.0	1.0	.1	13.4	.5	270		
Muskmelons	{ Edible portion	{ Min ..	1	89.5	.6		9.8	.6	185		
		{ Avg ..	1	50.0	44.8	.3		4.6	.3	90	
		{ Max ..	1	82.9	.6		15.9	.6	305		
Nectarines	{ As purchased	{ Avg ..	1	6.6	77.4	.6		14.8	.6	285	
Oranges	{ Edible portion	{ Min ..	13	88.3	.8	3	6	14.8	.6	220	
		{ Avg ..	13	27.0	64.5	.6	3	4	7.1	3	160
		{ Max ..	1	83.9	.6	.8	14.2	.5	310		
Pears	{ As purchased	{ Avg ..	1	25.0	62.9	.5	.6	10.6	.4	235	
Pineapples, edible portion			1	89.3	.4	.3	9.7	.3	200		
Plums	{ Edible portion	{ Min ..	3	78.4	1.0		20.1	.5	390		
		{ Avg ..	1	4.8	74.6	1.0		19.1	.5	370	
		{ Max ..	20	80.2	.8		218.5	.5	360		
Prunes, fresh	{ As purchased	{ Avg ..	1	5.8	75.6	.7		17.4	.5	335	
Raspberries, as purchased			1	85.8	1.0		12.6	.6	255		
Strawberries	{ Edible portion	{ Min ..	19	87.7	.6	.5	4.4	.4	120		
		{ Max ..	19	94.0	1.1	1.1	9.7	.8	235		
		{ Avg ..	19	10.0	81.8	.9	.6	6.1	.6	155	
Watermelons	{ As purchased	{ Avg ..	1	92.9	.3	.1	6.5	.2	130		
Whortleberries, as purchased			1	58.0	39.0	.2		2.7	.1	55	
			1	82.4	.7	3.0	13.5	.4	390		
<i>Fruit, dried.</i>											
Apples, dried, as purchased	{ Edible portion	{ Min ..	3	28.2	1.2	1.4	48.6	1.4	985		
		{ Max ..	3	47.4	1.7	5.0	62.8	2.7	1,405		
		{ Avg ..	3	36.2	1.4	3.0	57.6	1.8	1,225		
Apricots, dried, as purchased			4	32.4	2.9		63.3	1.4	1,230		
Currants, Zante, dried, as purchased	{ Edible portion	{ Min ..	2	20.6	1.0	1.2	60.0	2.2	1,195		
		{ Avg ..	2	35.1	1.5	4.7	71.4	2.3	1,540		
		{ Max ..	2	27.9	1.2	3.0	65.7	2.2	1,370		
Dates, dried	{ As purchased	{ Avg ..	1	20.8	2.2	5.1	70.4	1.5	1,565		
Figs, dried, as purchased			1	12.0	18.3	1.9	4.5	61.9	1.4	1,375	
Grapes, ground, dried, as purchased			1	22.5	5.1		70.0	2.4	1,395		
Prunes, dried	{ Edible portion	{ Min ..	1	26.4	2.4	.8	68.9	1.5	1,360		
		{ Avg ..	1	15.0	32.4	2.0	.7	58.6	1.3	1,155	
		{ Max ..	2	7.1	2.3	2.3	71.3	3.1	1,465		
Raisins, as purchased	{ As purchased	{ Min ..	2	21.0	2.6	7.2	78.1	5.0	1,805		
		{ Avg ..	2	14.0	2.5	4.7	74.7	4.1	1,635		
		{ Max ..	2								

¹Fruits contain a certain proportion of inedible materials, as skin, seeds, etc., which are properly classed as refuse. In some fruits, as oranges and prunes, the amount rejected in eating is practically the same as the refuse. In others, as apples and pears, more or less edible material is ordinarily rejected with the skin, seeds, and other inedible materials. The edible material which is thus thrown away and would be properly classed with the waste is here classed with the refuse. The figures of fruits here given represent, as nearly as can be ascertained, the quantities ordinarily rejected.

²Fat not determined.

³Fat and ash not determined, but estimated from one incomplete analysis not here included.

⁴Average unknown number of analyses.

⁵Fat not determined.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
<i>Fruit, canned.</i>								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Apples, crab, as purchased	1	42.4	.8	2.4	54.4	.5	1,120
Raspberries, as purchased	1	40.0	.8	2.1	56.4	.7	1,150
Blueberries, as purchased	{	Min ..	84.9	.4	.4	12.2	.4	280
		Max ..	85.7	.8	.9	13.8	.5	280
		Avg ..	85.3	.6	.7	13.0	.4	280
Peaches, as purchased	1	83.7	.5	.2	5.3	.3	115
Pineapples, as purchased	1	61.8	.4	.7	36.4	.7	715
<i>Nuts.</i>								
Nuts, fresh	{	Min ..	29.2	6.1	6.4	38.3	1.5	1,185
		Max ..	44.9	8.0	10.8	54.0	1.8	1,480
		Avg ..	38.5	6.9	8.0	44.9	1.7	1,300
		As purchased ..	5	16.0	32.4	5.8	6.7	37.7
Nuts, dried	{	Min ..	4.8	9.0	6.6	65.7	2.6	1,840
		Max ..	6.6	11.6	15.3	75.0	2.9	2,085
		Avg ..	5.8	10.6	10.0	70.9	2.7	1,940
		As purchased ..	4	23.0	4.6	8.1	7.7	54.6
Coconut, prepared, as purchased ..	{	Min ..	2.8	6.0	51.0	24.1	1.2	2,990
		Max ..	4.3	6.5	63.7	39.0	1.4	3,260
		Avg ..	3.6	6.3	57.4	31.6	1.3	3,125
Peanuts	{	Min ..	4.9	19.5	32.3	15.3	1.9	2,415
		Max ..	13.2	29.1	48.8	40.4	2.4	2,885
		Avg ..	9.2	25.8	38.6	24.4	2.0	2,560
As purchased ..	4	33.0	6.2	17.3	25.9	16.8	1.3	1,718
<i>Miscellaneous.</i>								
Chocolate	1	10.8	12.5	47.1	26.8	3.3	2,720
Cocoa	{	Min ..	3.2	20.6	27.1	35.3	5.4	2,235
		Max ..	5.4	22.7	31.5	40.6	8.9	2,370
		Avg ..	4.6	21.6	28.9	37.7	7.2	2,320

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