

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

THE CHEMICAL COMPOSITION  
OF  
AMERICAN FOOD MATERIALS.

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# LETTER OF TRANSMITTAL.

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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.<sup>1</sup> 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 Stuffs" 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 compilation<sup>2</sup> 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

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

<sup>2</sup>Chemie 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.
<b>ANIMAL FOODS.</b>			
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
Fowl.....	20	4	24
Eggs.....			39
Cheese.....			87
Condensed milk.....			7
Soups.....		26	26
Miscellaneous.....			14
Total animal food materials.....			1,176
<b>VEGETABLE FOODS.</b>			
<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.....	35		35
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.<sup>1</sup> 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.

<sup>1</sup> 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:<sup>1</sup>

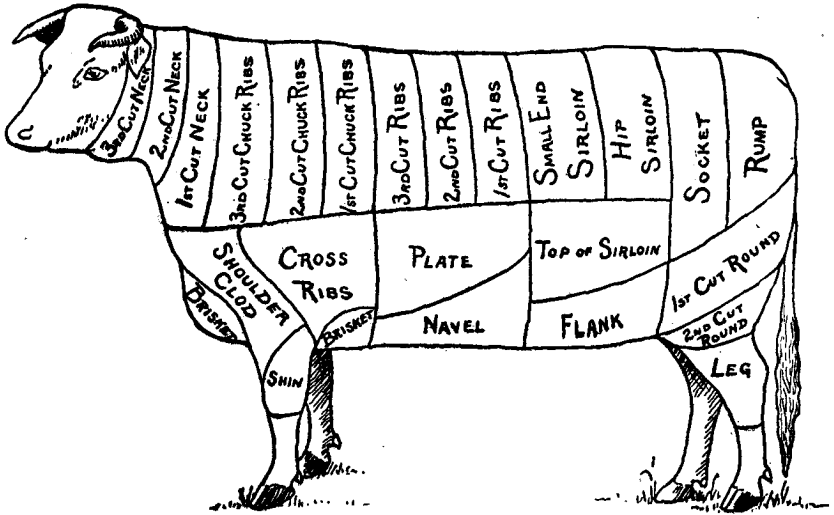


FIG. 1.—Diagram of cuts of beef.

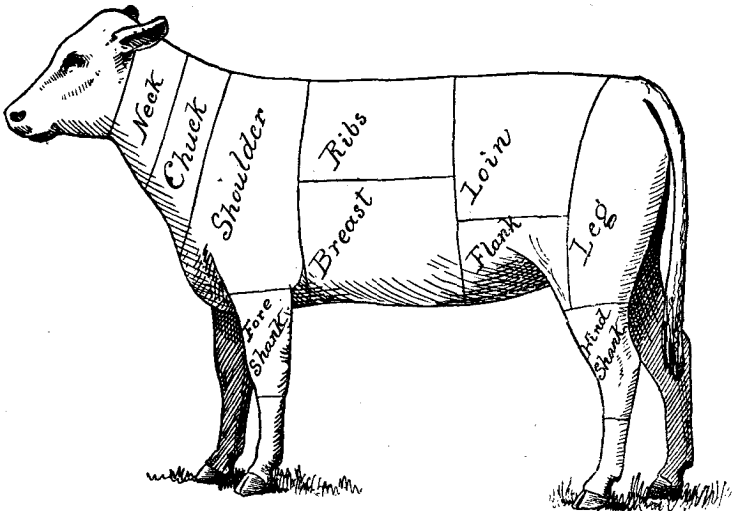


FIG. 2.—Diagram of cuts of veal.

<sup>1</sup>From Farmers' Bulletin No. 34.

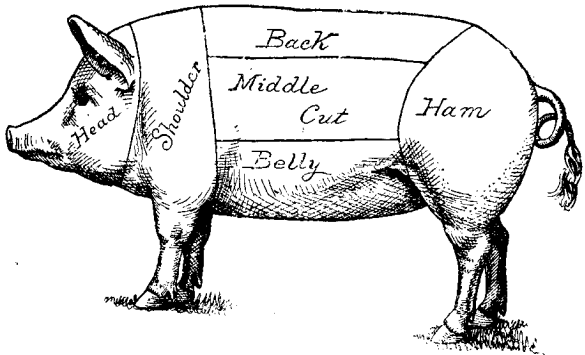


FIG. 3.—Diagram of cuts of pork.

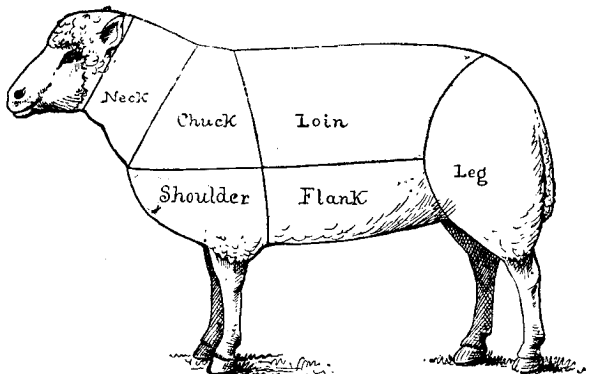


FIG. 4.—Diagram of cuts of mutton.

## COMPOSITION OF AMERICAN FOOD PRODUCTS.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
<b>ANIMAL FOOD.</b>									
<i>Beef, fresh.</i>									
Brisket:			<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>
Medium fat.	{ Edible portion.....	1		47.4	14.6	37.2		0.8	1,840
	{ As purchased.....	1	<b>14.3</b>	<b>40.6</b>	<b>12.5</b>	<b>31.0</b>		<b>.7</b>	<b>1,580</b>
Chuck, including shoulder:									
Very lean...	{ Edible portion { Min. . . . .	2		71.7	19.6	3.9		1.0	560
	{ Max. . . . .	2		73.8	21.3	7.7		1.0	690
	{ Avg. . . . .	2		72.8	20.4	5.8		1.0	625
As purchased ..	{ Min. . . . .	2	17.4	59.2	16.2	3.2		.8	460
	{ Max. . . . .	2	18.4	60.2	17.4	6.4		.8	570
	{ Avg. . . . .	2	<b>17.9</b>	<b>59.7</b>	<b>16.8</b>	<b>4.8</b>		<b>.8</b>	<b>515</b>
Lean.....	{ Edible portion { Min. . . . .	9		69.8	19.4	5.8		.9	615
	{ Max. . . . .	9		73.4	20.5	9.0		1.1	755
	{ Avg. . . . .	9		71.2	19.9	7.8		1.1	700
As purchased ..	{ Min. . . . .	9	18.1	47.6	14.3	4.5		.7	475
	{ Max. . . . .	9	33.1	58.3	16.8	7.6		.9	635
	{ Avg. . . . .	9	<b>23.7</b>	<b>54.3</b>	<b>15.2</b>	<b>6.0</b>		<b>.8</b>	<b>535</b>
Medium fat.	{ Edible portion { Min. . . . .	7		64.3	18.0	9.5		.9	770
	{ Max. . . . .	7		69.7	19.8	15.2		1.0	1,005
	{ Avg. . . . .	7		67.8	19.0	12.3		.9	870
As purchased ..	{ Min. . . . .	7	10.5	46.3	14.0	7.7		.7	625
	{ Max. . . . .	7	28.1	60.3	16.8	12.4		.8	815
	{ Avg. . . . .	7	<b>17.0</b>	<b>56.3</b>	<b>15.7</b>	<b>10.2</b>		<b>.8</b>	<b>720</b>
Fat.....	{ Edible portion { Min. . . . .	4		59.9	17.7	17.1		.8	1,050
	{ Max. . . . .	4		64.2	18.2	21.1		1.0	1,230
	{ Avg. . . . .	4		62.3	18.0	18.8		.9	1,125
As purchased ..	{ Min. . . . .	3	12.0	48.4	14.7	14.8		.6	915
	{ Max. . . . .	3	19.2	55.9	16.0	17.1		.8	995
	{ Avg. . . . .	3	<b>14.7</b>	<b>53.3</b>	<b>15.4</b>	<b>15.9</b>		<b>.7</b>	<b>955</b>
Very fat....	{ Edible portion { Min. . . . .	2		50.7	16.6	26.1		.8	1,425
	{ Max. . . . .	2		55.7	17.3	31.9		.9	1,655
	{ Avg. . . . .	2		53.2	16.9	29.0		.9	1,540
As purchased ..	{ Min. . . . .	2	11.2	36.5	11.3	17.1		.6	930
	{ Max. . . . .	2	34.5	45.0	14.8	28.3		.7	1,470
	{ Avg. . . . .	2	<b>22.8</b>	<b>40.8</b>	<b>13.0</b>	<b>22.7</b>		<b>.7</b>	<b>1,200</b>
All analyses	{ Edible portion { Min. . . . .	24		50.7	16.6	3.9		.8	560
	{ Max. . . . .	24		73.8	21.3	31.9		1.0	1,615
	{ Avg. . . . .	24		67.3	19.1	12.6		1.0	885
As purchased ..	{ Min. . . . .	23	10.5	36.5	11.3	3.2		.6	460
	{ Max. . . . .	23	34.5	60.3	17.4	28.3		.8	1,470
	{ Avg. . . . .	23	<b>19.9</b>	<b>54.1</b>	<b>15.3</b>	<b>9.9</b>		<b>.8</b>	<b>705</b>
Chuck ribs:									
Lean.....	{ Edible portion.....	1		66.2	18.0	14.8		1.0	960
	{ As purchased.....	1	<b>9.8</b>	<b>59.7</b>	<b>16.3</b>	<b>13.3</b>		<b>.9</b>	<b>865</b>
Medium fat.	{ Edible portion { Min. . . . .	4		52.8	16.1	20.1		.8	1,175
	{ Max. . . . .	4		61.4	19.0	30.3		1.1	1,580
	{ Avg. . . . .	4		57.3	17.4	24.4		.9	1,355
As purchased ..	{ Min. . . . .	4	5.4	45.7	13.5	17.7		.7	1,035
	{ Max. . . . .	4	19.7	54.4	15.6	28.6		.9	1,490
	{ Avg. . . . .	4	<b>13.8</b>	<b>49.3</b>	<b>15.0</b>	<b>21.1</b>		<b>.8</b>	<b>1,170</b>
Fat.....	{ Edible portion.....	1		51.3	16.0	32.0		.7	1,650
	{ As purchased.....	1	<b>15.0</b>	<b>43.6</b>	<b>13.6</b>	<b>27.2</b>		<b>.6</b>	<b>1,400</b>
All analyses	{ Edible portion { Min. . . . .	6		51.3	16.0	14.8		.7	960
	{ Max. . . . .	6		66.2	19.0	32.0		1.0	1,650
	{ Avg. . . . .	6		57.8	17.3	24.0		.9	1,335
As purchased ..	{ Min. . . . .	6	5.4	43.6	13.5	13.3		.6	865
	{ Max. . . . .	6	19.7	59.7	16.3	27.2		.9	1,400
	{ Avg. . . . .	6	<b>13.8</b>	<b>50.1</b>	<b>15.0</b>	<b>20.8</b>		<b>.8</b>	<b>1,155</b>
Flank:									
Very lean...	{ Edible portion.....	1		69.6	21.2	8.3		.9	745
	{ As purchased.....	1	<b>.7</b>	<b>69.2</b>	<b>21.0</b>	<b>8.2</b>		<b>.9</b>	<b>735</b>
Lean.....	{ Edible portion { Min. . . . .	2		66.0	19.4	12.4		.9	895
	{ Max. . . . .	2		67.0	20.0	13.7		1.0	940
	{ Avg. . . . .	2		66.3	19.7	13.0		1.0	915
As purchased ..	{ Min. . . . .	2	2.0	64.5	19.0	12.1		1.0	875
	{ Max. . . . .	2	2.3	65.3	19.6	13.2		1.0	910
	{ Avg. . . . .	2	<b>2.1</b>	<b>64.9</b>	<b>19.3</b>	<b>12.7</b>		<b>1.0</b>	<b>895</b>

## 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>Beef, fresh</i> —Continued.										
Flank—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>	
Medium fat.	Edible portion	Min	4	57.4	17.4	18.7	.....	.8	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	Edible portion	Min	4	11.1	52.3	15.7	18.5	.....	.8	1,115
		Max	4	11.8	61.4	18.0	24.0	.....	.9	1,330
		Avg	4	3.8	57.5	17.2	20.7	.....	.8	1,195
Fat	Edible portion	Min	3	53.5	15.4	27.2	.....	.8	1,465	
		Max	3	54.9	17.4	30.3	.....	.8	1,565	
		Avg	3	54.2	16.6	28.4	.....	.8	1,505	
As purchased	Edible portion	Min	2	1.7	49.1	14.2	26.7	.....	.7	1,435
		Max	2	8.3	53.9	16.9	27.7	.....	.8	1,435
		Avg	2	5.0	51.5	15.6	27.2	.....	.7	1,435
Very fat	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	2	34.7	12.8	51.8	.....	.7	2,425	
As purchased	Edible portion	Min	2	.4	24.3	10.6	43.6	.....	.6	2,090
		Max	2	11.5	41.8	13.5	53.0	.....	.7	2,435
		Avg	2	6.0	33.0	12.0	48.3	.....	.7	2,260
All analyses	Edible portion	Min	12	27.4	12.0	8.3	.....	1.0	745	
		Max	12	69.6	21.2	59.9	.....	.7	2,750	
		Avg	12	56.1	17.3	25.8	.....	.8	1,410	
As purchased	Edible portion	Min	11	.4	24.3	10.6	8.2	.....	.6	735
		Max	11	17.8	69.2	21.0	53.0	.....	1.0	2,435
		Avg	11	3.8	54.4	16.7	24.3	.....	.8	1,335
Loin:										
Very 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	590
Lean	Edible portion	Min	12	63.1	13.1	11.5	.....	.7	730	
		Max	12	74.7	23.1	15.0	.....	1.2	990	
		Avg	12	67.0	19.3	12.7	.....	1.0	895	
As purchased	Edible portion	Min	11	6.7	52.1	15.4	10.0	.....	.6	645
		Max	11	21.0	66.2	19.8	13.0	.....	1.0	860
		Avg	11	13.1	58.2	16.7	11.1	.....	.9	780
Medium 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	Edible portion	Min	28	4.1	44.4	8.5	13.7	.....	.4	860
		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
Fat	Edible portion	Min	6	52.1	15.8	25.1	.....	.8	1,375	
		Max	6	56.9	17.8	29.6	.....	.9	1,560	
		Avg	6	54.7	16.8	27.6	.....	.9	1,475	
As purchased	Edible portion	Min	6	5.9	44.3	13.8	23.6	.....	.7	1,280
		Max	6	15.0	53.6	16.1	25.9	.....	.9	1,380
		Avg	6	10.2	49.2	15.8	24.0	.....	.8	1,305
Very 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	Edible portion	Min	2	3.6	45.2	14.4	27.8	.....	.7	1,440
		Max	2	11.9	49.2	15.9	30.4	.....	.9	1,580
		Avg	2	7.8	47.2	15.1	29.1	.....	.8	1,510
All analyses	Edible portion	Min	49	51.1	10.6	9.0	.....	.5	730	
		Max	49	74.7	23.1	31.6	.....	2.2	1,635	
		Avg	49	61.2	18.3	19.5	.....	1.0	1,160	
As purchased	Edible portion	Min	48	3.6	44.3	8.5	7.2	.....	.4	580
		Max	48	22.1	66.2	19.8	30.4	.....	1.9	1,580
		Avg	48	12.6	53.3	15.9	17.3	.....	.9	1,025
Loin, boneless strip:										
Very lean, as purchased.....										
			1	77.2	18.0	4.0	.....	.8	500	
Lean, as purchased.....										
			1	66.3	20.5	12.2	.....	1.0	895	
Medium fat, as purchased	Edible portion	Min	2	55.6	19.3	19.2	.....	1.0	1,170	
		Max	2	60.5	22.7	20.5	.....	1.2	1,285	
		Avg	2	58.1	21.0	19.8	.....	1.1	1,230	
Fat, as purchased.....										
			1	53.6	16.8	28.8	.....	.8	1,530	
Very fat, as purchased.....										
			1	50.9	16.0	32.4	.....	.7	1,665	
All analyses	Edible portion	Min	6	50.9	18.0	4.0	.....	.7	500	
		Max	6	77.2	22.7	32.4	.....	1.2	1,665	
		Avg	6	60.7	18.9	19.5	.....	.9	1,175	
Loin, sirloin butt:										
Very lean, as purchased.....										
			1	72.1	20.5	6.4	.....	1.0	650	
Lean, as purchased.....										
			1	68.5	19.8	10.7	.....	1.0	820	
Medium fat, 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	
		Avg	2	62.1	19.7	17.2	.....	1.0	1,095	
Fat, as purchased.....										
			1	58.6	17.1	23.5	.....	.8	1,310	

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>Per ct.</i>	<i>Calories.</i>
	6		51.6	16.6	31.0		.8	1,615
All analyses, as purchased.....	{ Min... 6		51.6	16.6	6.4		.8	650
	{ Max... 6		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... 2		62.6	16.7	17.2		.9	1,055
	{ Max... 2		64.2	17.6	19.8		1.0	1,145
	{ Avg... 2		63.4	17.2	18.5		.9	1,100
Medium fat, as purchased.....	{ Min... 4		53.5	11.3	21.6		.6	1,120
	{ Max... 4		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... 6		53.5	11.3	17.2		.6	1,055
	{ Max... 6		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	2,090
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... 2		66.0	18.8	14.3		.9	955
As purchased.....	{ Min... 2		31.9	10.9	3.2	2.5	.2	165
	{ Max... 2		83.2	45.4	12.8	9.3	.6	630
	{ Avg... 2		57.6	28.1	8.0	5.9	.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	17.8		.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	10.3	.2	510
	{ Max... 3		73.3	33.2	10.0	24.7	.5	1,230
	{ Avg... 3		46.6	25.7	7.8	19.5	.4	965
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	2.5	.2	165
	{ Max... 6		83.2	45.4	12.8	24.7	.6	1,230
	{ Avg... 6		48.8	27.9	8.2	14.7	.4	775
Navel.....	{ Edible portion.....	1	47.6	15.1	36.5		.8	1,820
As purchased.....	1	11.4	42.2	13.4	32.3		.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	3.2		.6	405
Lean.....	{ Edible portion.....	1	71.0	20.0	8.0		1.0	710
As purchased.....	1	29.0	50.4	14.2	5.7		.7	505
Medium fat. { Edible portion.. { Min... 10			60.5	18.4	11.5		.8	850
	{ Max... 10		67.9	20.4	19.8		1.1	1,185
	{ Avg... 10		63.4	19.2	16.5		.9	1,055
As purchased.....	{ Min... 10		19.5	37.8	12.4	8.6	.5	665
	{ Max... 10		37.5	50.8	16.0	15.4	.8	890
	{ Avg... 10		27.6	45.9	18.9	11.9	.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	3.2	.5	405
	{ Max... 12		37.5	50.8	16.0	15.4	.8	890
	{ Avg... 12		28.4	46.3	13.9	10.7	.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	8.3	.8	610
	{ Max... 2		29.7	56.1	16.1	8.7	.8	685
	{ Avg... 2		24.0	51.6	15.1	8.5	.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	13.2	.3	685
	{ Max... 3		19.8	59.8	14.9	17.5	.7	1,015
	{ Avg... 3		17.3	54.4	12.2	15.5	.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	20.4	.6	1,120
	{ Max... 6		18.3	49.0	14.1	30.9	.7	1,545
	{ Avg... 6		15.2	45.4	13.2	25.5	.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.										
<i>Beef, fresh</i> —Continued.										
Plate—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>	
Fat	Edible portion	Min	2	44.4	12.4	39.4		.7	1,950	
		Max	2	45.0	15.4	41.9		.8	2,000	
		Avg	2	44.7	13.9	40.7		.7	1,975	
As purchased	Edible portion	Min	2	15.0	10.6	32.4		.5	1,600	
		Max	2	17.9	12.6	35.6		.7	1,700	
		Avg	2	16.5	11.6	34.0		.6	1,650	
Very fat	As purchased	Edible portion	1	34.6	9.8	55.1		.5	2,595	
		As purchased	1	9.0	8.9	60.2		.5	2,285	
All analyses	Edible portion	Min	14	34.6	8.6	10.6		.4	815	
		Max	14	68.7	20.0	55.1		1.1	2,505	
		Avg	14	55.6	15.4	28.2		.8	1,475	
		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	Edible portion	1	72.6	21.1	5.6		.7	630	
		As purchased	1	26.7	15.5	4.1		.5	460	
Lean	Edible portion	Min	6	66.0	16.9	9.8		.8	730	
		Max	6	69.5	20.8	14.0		1.0	945	
		Avg	6	67.9	19.1	12.0		1.0	860	
		Min	6	12.8	46.7	12.4	6.8		1.6	530
		Max	6	32.6	60.7	17.1	11.0		.9	745
Avg	6	22.6	52.6	14.8	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	26.8		.9	1,445	
		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	20.8	43.8	13.4	21.3		.7	1,150		
Fat	Edible portion	Min	8	47.4	14.8	33.9		.8	1,715	
		Max	8	50.2	16.5	36.8		.6	1,830	
		Avg	8	48.1	15.4	35.8		.7	1,795	
		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	
		Min	28	6	34.3	11.0	4.1		.4	460
		Max	28	32.6	60.7	17.1	39.9		.9	1,890
Avg	28	20.2	44.9	13.6	20.6		.7	1,120		
Rib rolls:										
Very lean, as purchased	Edible portion	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	Edible portion	Min	3	67.3	18.5	8.4		.9	730	
		Max	3	70.5	20.1	13.3		1.0	905	
		Avg	3	69.0	19.5	10.5		1.0	805	
Medium fat, as purchased	Edible portion	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	Edible portion	Min	2	50.5	16.3	30.5		.8	1,595	
		Max	2	52.4	16.6	32.1		.8	1,665	
		Avg	2	51.5	16.4	31.3		.8	1,630	
All analyses, as purchased	Edible portion	Min	11	50.5	16.3	4.6		.8	590	
		Max	11	74.0	21.1	32.1		1.0	1,665	
		Avg	11	64.8	18.7	15.6		.9	1,005	
Rib trimmings:										
Very lean	Edible portion	Edible portion	1	71.6	20.9	6.5		1.0	665	
		As purchased	1	42.6	41.1	12.0	3.7		.6	380
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	
		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	1,935	
		Avg	2	47.6	14.1	37.6		.7	1,850	
		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	As purchased	Edible portion	1	33.9	10.7	54.9		.5	2,515	
		As purchased	1	20.9	26.8	8.4	43.5		.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>										
Rib 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..	33.9	10.7	6.5	.....	.5	685		
		Max..	71.6	20.9	54.9	.....	1.0	2,515		
		Avg..	54.7	16.1	28.4	.....	.8	1,500		
	As purchased..	Min..	20.9	26.8	8.4	3.7	.....	.4	380	
		Max..	44.8	43.2	12.6	43.5	.....	.6	1,990	
	Avg..	34.1	35.7	10.5	19.2	.....	.5	1,005		
Ribs, cross:										
Very lean...	Edible portion	Min..	65.8	18.4	14.9	.....	.9	970		
		Max..	12.8	57.4	16.1	18.0	.....	.7	850	
Medium fat.	Edible portion	Min..	43.9	13.7	41.6	.....	.8	2,010		
		Max..	12.2	38.6	12.0	36.5	.....	.7	1,765	
All analyses	Edible portion	Min..	43.9	13.7	14.9	.....	.8	970		
		Max..	65.8	18.4	41.6	.....	.9	2,010		
		Avg..	54.9	16.0	28.3	.....	.8	1,490		
	As purchased..	Min..	12.2	38.6	12.0	13.0	.....	.7	855	
		Max..	12.8	57.4	14.4	36.5	.....	.7	1,765	
	Avg..	2	12.5	48.0	14.1	24.7	.....	.7	1,305	
Round:										
Very lean...	Edible portion	Min..	72.2	22.0	1.3	.....	1.0	465		
		Max..	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	5.1	.....	.3	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	4.6	.....	.3	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	10.6	.....	.9	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	10.1	.....	.8	780
		Max..	15	11.2	65.9	19.9	16.6	.....	1.0	1,025
	Avg..	15	7.7	60.7	18.1	12.6	.....	.9	870	
Fat, as purchased.....		1	57.8	18.9	22.3	.....	1.0	1,295		
Very fat....	Edible portion	Min..	1	56.8	17.6	24.7	.....	.9	1,370	
		Max..	1	6.4	53.2	16.5	23.1	.....	.8	1,280
All analyses	Edible portion	Min..	47	56.8	17.6	1.3	.....	.3	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	1.3	.....	.3	455
		Max..	44	17.4	72.8	21.4	23.1	.....	1.2	1,280
	Avg..	44	8.5	63.0	18.7	8.8	.....	1.0	720	
Round steak, second cut:										
Medium fat.	Edible portion	Min..	1	69.5	20.6	8.6	.....	1.3	745	
		Max..	1	32.1	47.2	14.0	5.8	.....	.9	505
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	480
		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	7.2	.....	.7	560
		Max..	2	31.5	56.5	17.5	16.1	.....	.9	1,005
	Avg..	2	20.2	51.7	15.7	11.6	.....	.8	780	
Medium fat.	Edible portion	Min..	8	53.8	15.8	20.3	.....	.8	1,190	
		Max..	8	60.9	17.9	29.6	.....	.9	1,545	
		Avg..	8	56.7	16.8	25.6	.....	.9	1,395	
	As purchased..	Min..	8	6.6	39.9	11.5	15.3	.....	.6	895
		Max..	8	27.8	52.6	15.3	25.0	.....	.8	1,335
	Avg..	8	21.4	44.5	13.2	20.2	.....	.7	1,095	
Fat.....	Edible portion	Min..	4	45.2	14.5	33.6	.....	.7	1,710	
		Max..	4	49.9	15.7	39.4	.....	.8	1,935	
		Avg..	4	48.1	14.9	36.3	.....	.7	1,810	
	As purchased..	Min..	4	17.9	34.3	10.8	23.1	.....	.5	1,175
		Max..	4	31.3	39.7	12.1	32.3	.....	.6	1,590
	Avg..	4	23.2	36.9	11.4	27.9	.....	.6	1,390	
Very fat....	Edible portion	Min..	1	40.2	14.7	44.3	.....	.8	2,145	
		Max..	1	16.2	33.7	12.3	37.2	.....	.6	1,800

## 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.										
Beef, fresh—Continued.										
Rump—Continued.										
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
	Avg..	19	18.5	47.3	14.4	19.0		.8	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	540	
		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
	Avg..	2	38.1	46.0	13.5	1.8		.6	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
	Avg..	5	36.5	45.4	13.6	3.9		.6	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
	Avg..	5	36.9	42.9	13.3	7.3		.6	535	
Very fat....	Edible portion.	1		59.0	18.6	21.6		.8	1,255	
	As purchased..	1		30.9	40.7	12.9	14.9		.6	870
All analyses	Edible portion.	Min..	13	59.0	18.6	2.3		.8	520	
		Max..	13	74.6	23.3	21.6		1.2	1,255	
		Avg..	13	69.6	20.5	9.0		.9	760	
		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	
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
	Avg..	5	56.6	31.6	9.1	2.2		.5	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	460
	Avg..	6	53.9	31.3	9.1	5.3		.4	395	
Fat.....	Edible portion.	1		61.4	18.9	18.8		.9	1,145	
	As purchased..	1		51.6	29.7	9.2	9.1		.4	555
All analyses	Edible portion.	Min..	12	61.4	18.5	4.3		.8	575	
		Max..	12	73.6	21.6	18.8		1.2	1,145	
		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	555
	Avg..	12	54.8	31.3	9.2	4.3		.4	355	
Shoulder clod: <sup>1</sup>										
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
	Avg..	2	14.8	64.1	19.0	1.1		1.0	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	620	
		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
	Avg..	2	8.1	66.9	18.8	5.2		1.0	570	
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	50.7	14.3	5.6		.7	525
		Max..	12	27.7	62.3	18.4	14.4		1.1	925
	Avg..	12	16.4	56.8	11.1	9.8		.9	715	

<sup>1</sup> Including in most cases some bone.



## 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.										
Shoulder clod—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>	
Fat.....	{	Edible portion	4	56.2	17.1	18.5		.9	1,150	
		Max.	4	62.1	21.0	21.6		1.2	1,300	
		Avg.	4	60.5	18.8	19.7		1.0	1,180	
		Min.	3	11.0	49.9	14.8	16.5		.8	1,005
		As purchased	3	13.3	54.8	18.6	19.2		1.0	1,155
			<b>11.9</b>	<b>52.8</b>	<b>16.7</b>	<b>17.7</b>		<b>.9</b>	<b>1,060</b>	
All analyses	{	Min.	23	56.2	17.1	1.3		.8	470	
		Max.	23	75.2	22.4	21.6		1.4	1,300	
		Avg.	23	68.1	19.7	11.1		1.1	835	
		Min.	19	7.3	49.9	14.3	1.1		.7	390
		As purchased	19	27.7	68.8	19.6	19.2		1.1	1,155
			<b>14.6</b>	<b>57.9</b>	<b>16.8</b>	<b>9.7</b>		<b>1.0</b>	<b>725</b>	
Shoulder and chuck (see Chuck).										
Socket.....	{	Edible portion	1	57.1	16.7	25.2		1.0	1,375	
		As purchased	1	<b>35.8</b>	<b>36.7</b>	<b>10.7</b>	<b>16.2</b>		.6	<b>880</b>
Fore quarter:										
Very lean...	{	Edible portion	1	72.3	20.8	6.0		.9	640	
		As purchased	1	<b>23.2</b>	<b>55.5</b>	<b>16.0</b>	<b>4.6</b>		.7	<b>490</b>
Lean.....	{	Min.	3	67.5	16.1	12.1		.7	810	
		Max.	3	71.1	19.1	12.7		.9	890	
		Avg.	3	68.8	18.0	12.4		.8	860	
		Min.	3	19.7	53.4	12.1	9.1		.5	610
		As purchased	3	24.9	54.3	15.3	10.0		.7	700
			<b>21.8</b>	<b>53.8</b>	<b>14.1</b>	<b>9.7</b>		<b>.6</b>	<b>670</b>	
Medium fat.	{	Min.	6	57.8	17.3	17.1		.8	1,065	
		Max.	6	63.6	18.4	27.6		1.0	1,485	
		Avg.	6	60.2	17.5	21.4		.9	1,230	
		Min.	6	16.8	47.7	13.3	13.6		.6	790
		As purchased	6	23.9	51.8	14.6	20.2		.7	1,210
			<b>19.3</b>	<b>48.6</b>	<b>14.1</b>	<b>17.3</b>		<b>.7</b>	<b>990</b>	
Fat.....	{	Edible portion	1	53.5	15.8	30.0		.7	1,560	
		As purchased	1	<b>21.7</b>	<b>41.9</b>	<b>12.4</b>	<b>23.4</b>		.6	<b>1,220</b>
Very fat....	{	Edible portion	1	44.6	14.0	40.7		.7	1,980	
		As purchased	1	<b>12.6</b>	<b>41.5</b>	<b>13.6</b>	<b>31.7</b>		.6	<b>1,590</b>
All analyses	{	Min.	12	44.6	14.0	6.0		.7	640	
		Max.	12	72.3	20.8	40.7		.9	1,980	
		Avg.	12	61.5	17.5	20.2		.8	1,180	
		Min.	12	12.6	41.5	12.1	9.1		.6	610
		As purchased	12	24.9	54.3	15.3	31.7		.7	1,980
			<b>19.8</b>	<b>49.3</b>	<b>14.1</b>	<b>16.1</b>		<b>.7</b>	<b>940</b>	
Hind quarter:										
Very lean...	{	Edible portion	1	72.4	20.8	5.8		1.0	630	
		As purchased	1	<b>18.8</b>	<b>58.7</b>	<b>16.9</b>	<b>4.8</b>		.8	<b>520</b>
Lean.....	{	Min.	3	65.9	18.8	12.2		1.0	875	
		Max.	3	67.5	19.5	14.3		1.0	955	
		Avg.	3	66.9	19.2	12.9		1.0	900	
		Min.	3	16.2	54.7	15.6	10.2		.8	730
		As purchased	3	17.0	56.5	16.3	11.9		.9	790
			<b>16.5</b>	<b>55.9</b>	<b>16.0</b>	<b>10.8</b>		<b>.8</b>	<b>755</b>	
Medium fat.	{	Min.	7	55.7	17.1	16.8		.8	1,050	
		Max.	7	63.9	18.7	26.3		1.0	1,430	
		Avg.	7	60.2	17.9	21.0		.9	1,220	
		Min.	7	14.1	44.4	13.6	14.3		.7	890
		As purchased	7	20.2	54.0	15.8	21.0		.8	1,140
			<b>16.4</b>	<b>50.4</b>	<b>14.9</b>	<b>17.5</b>		<b>.8</b>	<b>1,015</b>	
Fat.....	{	Edible portion	1	52.1	16.4	30.7		.8	1,600	
		As purchased	1	<b>14.1</b>	<b>50.0</b>	<b>14.8</b>	<b>20.4</b>		.7	<b>1,135</b>
All analyses	{	Min.	12	52.1	16.4	5.8		.8	630	
		Max.	12	72.4	20.8	30.7		1.0	1,600	
		Avg.	12	62.2	18.4	18.5		.9	1,120	
		Min.	12	14.1	44.4	13.6	4.8		.7	520
		As purchased	12	20.2	58.7	16.9	26.9		.9	1,140
			<b>16.3</b>	<b>52.0</b>	<b>15.3</b>	<b>15.6</b>		<b>.8</b>	<b>945</b>	
Side, native, not including tallow.	{	Min.	6	47.8	15.1	12.5		.7	880	
		Max.	6	67.5	19.1	36.4		.9	1,815	
		Avg.	6	57.1	17.2	24.9		.8	1,370	
		Min.	6	13.2	41.5	13.1	10.1		.6	715
		As purchased	6	19.2	54.9	15.5	31.6		.8	1,575
			<b>17.0</b>	<b>47.5</b>	<b>14.3</b>	<b>20.5</b>		<b>.7</b>	<b>1,130</b>	
Side, Colorado, not including tallow.	{	Min.	3	62.0	17.6	15.7		.8	1,010	
		Max.	3	64.9	18.6	19.5		.9	1,150	
		Avg.	3	63.4	18.0	17.7		.9	1,080	
		Min.	3	16.8	48.5	13.8	12.7		.7	815
		As purchased	3	21.8	52.8	15.1	15.2		.8	900
			<b>19.2</b>	<b>51.3</b>	<b>14.6</b>	<b>14.2</b>		<b>.7</b>	<b>870</b>	

## Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbolydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
<i>Beef, fresh</i> —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>	
Side, Texas, not including tallow.	Edible portion	{ Min ..	3	67.3	17.1	5.9		.8	635	
		{ Max ..	3	72.4	20.8	14.8		1.0	945	
		{ Avg. ..	3	69.0	19.1	11.0		.9	820	
	As purchased..	{ Min ..	3	18.0	53.3	13.6	4.7		.6	505
		{ Max ..	3	21.2	57.0	16.4	11.7		.8	745
		{ Avg. ..	3	<b>20.0</b>	<b>55.2</b>	<b>15.3</b>	<b>8.8</b>		.7	<b>655</b>
Side, Colorado and native. <sup>1</sup>	Edible portion	{ Min ..	8	54.8	17.1	12.5		.8	880	
		{ Max ..	8	67.5	19.1	27.1		.9	1,370	
		{ Avg. ..	8	60.6	17.7	20.8		.9	1,205	
	As purchased..	{ Min ..	8	15.5	44.2	13.8	10.1		.6	715
		{ Max ..	8	21.8	54.9	15.5	21.9		.8	1,135
		{ Avg. ..	8	<b>18.3</b>	<b>49.7</b>	<b>14.5</b>	<b>16.8</b>		.7	<b>980</b>
Side: All analyses	Edible portion	{ Min ..	12	47.8	15.1	5.9		.7	635	
		{ Max ..	12	72.4	20.8	36.4		1.0	1,815	
		{ Avg. ..	12	61.7	17.8	19.6		.9	1,155	
	As purchased..	{ Min ..	12	13.2	41.5	13.1	4.7		.6	505
		{ Max ..	12	21.8	57.0	16.4	31.6		.8	1,575
		{ Avg. ..	12	<b>18.3</b>	<b>50.4</b>	<b>14.6</b>	<b>16.0</b>		.7	<b>945</b>
Hearts, as purchased.....	{ Min ..	2	56.5	15.8	14.6		.9	910		
	{ Max ..	2	68.7	16.3	26.2		1.0	1,410		
	{ Avg. ..	2	<b>62.6</b>	<b>16.0</b>	<b>20.4</b>		<b>1.0</b>	<b>1,160</b>		
Kidney, as purchased.....	{ Min ..	2	75.7	16.1	2.4		1.1	430		
	{ Max ..	2	78.7	17.6	7.1	1.3	1.3	600		
	{ Avg. ..	2	<b>76.7</b>	<b>16.9</b>	<b>4.8</b>	<b>.4</b>	<b>1.2</b>	<b>525</b>		
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	<b>69.8</b>	<b>21.6</b>	<b>5.4</b>	<b>1.8</b>	<b>1.4</b>	<b>665</b>		
Lungs, as purchased.....	{ Min ..	1	79.7	16.1	3.2		1.0	435		
Marrow, as purchased.....	{ Min ..	1	8.3	2.6	92.8		1.3	3,965		
Sweetbreads, as purchased.....	{ Min ..	1	70.9	15.4	12.1		1.6	795		
Tallow (kidney fat), as purchased.....	{ Min ..	7	8.2	1.6	70.7		.2	3,115		
	{ Max ..	7	21.9	7.2	88.9		.4	3,800		
	{ Avg. ..	7	<b>15.0</b>	<b>4.8</b>	<b>79.9</b>		<b>.3</b>	<b>3,460</b>		
Tongue.....	{ Edible portion	1	63.5	17.4	18.0		1.1	1,085		
	{ As purchased.....	1	<b>15.1</b>	<b>53.9</b>	<b>14.8</b>	<b>15.3</b>		.9	920	
<i>Beef, cooked.</i>										
Sandwich meats, as purchased.....	{ Min ..	3	56.3	27.2	8.0		2.5	850		
	{ Max ..	3	61.2	28.8	13.6		3.1	1,080		
	{ Avg. ..	3	<b>58.3</b>	<b>27.9</b>	<b>11.0</b>		<b>2.8</b>	<b>985</b>		
<i>Beef, canned.</i>										
Boiled, as purchased.....	{ Min ..	1	51.8	24.4	22.5		1.3	1,405		
Cheek, ox, as purchased.....	{ Min ..	1	66.1	22.3	8.4		3.2	770		
Chili con carne, as purchased.....	{ Min ..	1	75.4	13.3	4.6	4.0	2.7	515		
Collops, minced, as purchased.....	{ Min ..	1	72.3	17.9	6.8	1.1	1.9	645		
Corned, cooked:	{ Min ..	6	45.1	25.6	12.0		3.4	1,000		
	{ Max ..	6	58.3	34.2	16.4		7.3	1,215		
	{ Avg. ..	6	<b>53.1</b>	<b>28.5</b>	<b>14.0</b>		<b>4.4</b>	<b>1,120</b>		
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	1,355		
	{ Avg. ..	4	<b>51.6</b>	<b>24.7</b>	<b>20.7</b>		<b>3.0</b>	<b>1,330</b>		
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	<b>44.5</b>	<b>20.3</b>	<b>30.1</b>		<b>5.1</b>	<b>1,650</b>		
All analyses, as purchased.....	{ Min ..	12	43.2	19.6	12.0		2.0	1,000		
	{ Max ..	12	58.3	34.2	31.1		6.1	1,675		
	{ Avg. ..	12	<b>51.2</b>	<b>25.9</b>	<b>18.9</b>		<b>4.0</b>	<b>1,280</b>		
Dried, as purchased.....	{ Min ..	2	44.2	37.1	4.8		9.8	945		
	{ Max ..	2	45.3	40.1	6.1		12.6	950		
	{ Avg. ..	2	<b>44.8</b>	<b>38.6</b>	<b>5.4</b>		<b>11.2</b>	<b>950</b>		
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	<b>71.9</b>	<b>18.4</b>	<b>5.1</b>	<b>2.1</b>	<b>2.5</b>	<b>595</b>		
Luncheon, as purchased.....	{ Min ..	1	52.9	26.4	15.9		4.8	1,160		
Ox palate, as purchased.....	{ Min ..	2	69.6	15.9	9.4		.4	740		
	{ Max ..	2	73.1	19.0	10.6		2.0	750		
	{ Avg. ..	2	<b>71.4</b>	<b>17.4</b>	<b>10.0</b>		<b>1.2</b>	<b>745</b>		
Roast, as purchased.....	{ Min ..	4	55.6	19.3	9.0		1.2	935		
	{ Max ..	4	62.8	30.8	23.6		1.4	1,360		
	{ Avg. ..	4	<b>58.9</b>	<b>25.0</b>	<b>14.8</b>		<b>1.3</b>	<b>1,090</b>		
Steak, rump, as purchased.....	{ Min ..	1	56.3	23.5	18.7		1.5	1,225		
Sweetbreads, as purchased.....	{ Min ..	1	69.0	19.5	9.5		2.0	765		
Ox tails, as purchased.....	{ Min ..	1	67.9	24.6	6.3		1.2	725		

<sup>1</sup> Excepting native "extra fat."

## 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>Beef, canned—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>		
Tongue, ground, as purchased.....	{ Min ..	6	42.5	20.2	21.6	.....	2.9	1,300		
	{ Max ..	6	54.9	22.8	32.0	.....	5.1	1,750		
	{ Avg. .	6	<b>49.9</b>	<b>21.0</b>	<b>25.1</b>	.....	<b>4.0</b>	<b>1,450</b>		
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	<b>51.3</b>	<b>21.5</b>	<b>23.2</b>	.....	<b>4.0</b>	<b>1,380</b>		
Tripe, as purchased.....	{ Min ..	2	68.9	16.2	2.6	.....	.4	420		
	{ Max ..	2	80.2	16.6	14.5	.....	.6	915		
	{ Avg. .	2	<b>74.6</b>	<b>16.4</b>	<b>8.5</b>	.....	<b>.5</b>	<b>665</b>		
<i>Beef, corned and pickled.</i>										
Brisket, corned. {	Edible portion.....	1	50.9	18.7	24.7	.....	5.7	1,390		
	As purchased.....	1	<b>21.4</b>	<b>40.0</b>	<b>14.7</b>	<b>19.4</b>	.....	<b>4.5</b>	<b>1,090</b>	
Corned beef: All analyses {	Edible portion {	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	
	As purchased {	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	<b>9.4</b>	<b>49.6</b>	<b>14.2</b>	<b>22.8</b>	.....	<b>4.0</b>	<b>1,225</b>
Extra mess..... {	Edible portion.....	1	37.0	11.8	47.2	.....	4.0	2,210		
	As purchased.....	1	<b>10.4</b>	<b>35.1</b>	<b>10.6</b>	<b>42.3</b>	.....	<b>3.6</b>	<b>1,980</b>	
Flank, corned... {	Edible portion {	Min ..	2	43.2	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	1,660	
	As purchased {	Min ..	2	9.6	39.0	11.7	21.2	.....	2.5	1,140
		Max ..	2	14.6	48.3	13.2	37.2	.....	2.7	1,785
		Avg. .	2	<b>12.1</b>	<b>43.</b>	<b>12.4</b>	<b>29.2</b>	.....	<b>2.6</b>	<b>1,465</b>
Mess..... {	Edible portion {	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	<b>10.5</b>	<b>33.0</b>	<b>10.7</b>	<b>39.9</b>	.....	<b>5.9</b>	<b>1,885</b>
Plate, corned... {	Edible portion.....	1	40.1	13.3	41.9	.....	4.7	2,015		
	As purchased.....	1	<b>14.5</b>	<b>34.3</b>	<b>11.4</b>	<b>35.8</b>	.....	<b>4.0</b>	<b>1,720</b>	
Rump, corned... {	Edible portion {	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	<b>6.0</b>	<b>54.5</b>	<b>14.4</b>	<b>22.0</b>	.....	<b>3.1</b>	<b>1,195</b>
Spiced, rolled, as purchased.....	Min ..	1	<b>30.0</b>	<b>11.8</b>	<b>51.4</b>	.....	<b>6.8</b>	<b>2,390</b>		
	Max ..	2	50.9	8.0	15.3	.....	3.1	795		
Tongue, pickled. {	Edible portion {	Min ..	2	73.6	17.0	25.8	.....	6.3	1,405	
		Max ..	2	62.3	12.5	20.5	.....	4.7	1,100	
		Avg. .	2	2.1	45.8	7.8	15.0	.....	3.1	780
	As purchased {	Min ..	2	10.0	72.0	15.3	23.3	.....	5.6	1,265
		Max ..	2	<b>6.0</b>	<b>58.9</b>	<b>11.6</b>	<b>19.2</b>	.....	<b>4.3</b>	<b>1,025</b>
		Avg. .	2	84.0	7.2	.8	.....	.1	181	
Tripe, pickled, as purchased.....	Min ..	2	91.1	13.5	1.8	.5	.3	325		
	Max ..	2	<b>87.4</b>	<b>10.9</b>	<b>1.2</b>	<b>.3</b>	<b>.2</b>	<b>260</b>		
<i>Beef, dried, etc.</i>										
Dried and salted, Uruguay, as purchased.....	Min ..	1	<b>30.7</b>	<b>46.8</b>	<b>5.6</b>	.....	<b>16.9</b>	<b>1,110</b>		
	Max ..	2	14.4	47.0	11.8	.....	7.2	1,370		
	Avg. .	2	24.3	47.0	31.4	.....	16.9	2,200		
Dried in the sun, Mexico, as purchased.	Min ..	2	<b>19.4</b>	<b>47.0</b>	<b>21.6</b>	.....	<b>12.0</b>	<b>1,785</b>		
	Max ..	5	24.3	26.3	4.2	.2	6.3	740		
	Avg. .	5	59.2	47.0	11.8	2.7	16.9	1,370		
Dried, salted, and smoked, as purchased.	Min ..	5	<b>50.8</b>	<b>31.8</b>	<b>6.8</b>	<b>.6</b>	<b>10.0</b>	<b>890</b>		
	Max ..	5	.....	.....	.....	.....	.....	.....		
<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		
Lean..... {	Edible portion {	Min ..	2	70.3	20.7	8.0	.....	1.0	721	
		Max ..	2	15.1	46.8	15.4	5.5	.....	.7	521
		Avg. .	2	31.6	61.3	16.0	6.8	.....	.8	545
	As purchased {	Min ..	2	<b>23.4</b>	<b>54.0</b>	<b>15.7</b>	<b>6.2</b>	.....	<b>.7</b>	<b>555</b>
		Max ..	5	65.1	18.2	12.0	.....	1.0	850	
		Avg. .	5	68.4	19.4	15.4	.....	1.0	990	
Medium fat. {	Edible portion {	Min ..	5	66.4	18.8	13.8	.....	1.0	930	
		Max ..	5	15.7	48.5	14.0	9.4	.....	.7	670
	As purchased {	Min ..	5	25.4	55.7	16.2	12.8	.....	.8	825
		Avg. .	5	<b>20.6</b>	<b>52.7</b>	<b>14.9</b>	<b>11.0</b>	.....	<b>.8</b>	<b>740</b>

## 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>Veal, fresh</i> —Continued.										
Breast—Continued.										
All analyses	Edible portion.	Min..	7	65.1	18.2	8.0	.....	1.0	685	
		Max..	7	72.2	22.5	15.4	.....	1.1	990	
		Avg..	7	67.5	19.3	12.2	.....	1.0	875	
		Min..	7	15.1	46.8	14.0	5.5	.....	.7	520
		Max..	7	31.6	61.3	16.2	12.8	.....	.8	825
Avg..	7	21.4	53.1	15.1	9.6	.....	.8	685		
Chuck:										
Medium fat.	Edible portion.	Min..	6	71.5	18.2	5.1	.....	1.0	560	
		Max..	6	75.4	20.6	8.5	.....	1.1	700	
		Avg..	6	73.3	19.2	6.5	.....	1.0	630	
		Min..	6	17.6	57.9	14.5	4.2	.....	.8	455
		Max..	6	20.0	61.4	16.7	6.8	.....	.8	566
Avg..	6	18.9	59.5	15.6	5.2	.....	.8	510		
Flank:										
Medium fat, as purchased.....	Edible portion.	Min..	5	64.4	18.5	7.8	.....	.9	675	
		Max..	5	72.7	21.0	15.8	.....	1.1	1,020	
		Avg..	5	68.9	19.7	10.4	.....	1.0	805	
Fat, as purchased.....	Edible portion.	Min..	1	57.0	18.0	24.1	.....	.9	1,255	
		Max..	6	57.0	18.0	7.8	.....	.9	675	
All analyses, as purchased.....	Edible portion.	Min..	6	72.7	21.0	24.1	.....	1.1	1,020	
		Max..	6	66.9	19.4	12.7	.....	1.0	895	
		Avg..	6	.....	.....	.....	.....	.....	.....	.....
Leg:										
Lean .....	Edible portion.	Min..	8	71.8	19.3	1.1	.....	1.1	465	
		Max..	8	75.6	22.5	6.0	.....	1.3	645	
		Avg..	8	74.2	21.0	3.6	.....	1.2	545	
		Min..	8	2.1	63.4	16.5	1.1	.....	.9	445
		Max..	8	14.9	73.8	21.4	4.7	.....	1.2	610
Avg..	8	6.6	69.3	19.6	3.4	.....	1.1	510		
Medium fat.	Edible portion.	Min..	7	67.8	19.4	6.7	.....	1.0	655	
		Max..	7	72.1	20.7	11.6	.....	1.2	855	
		Avg..	7	70.4	20.1	8.4	.....	1.1	730	
		Min..	6	13.6	57.6	16.6	5.5	.....	.9	540
		Max..	6	19.3	60.5	17.4	9.9	.....	.9	730
Avg..	6	15.6	59.4	16.9	7.2	.....	.9	620		
All analyses	Edible portion.	Min..	15	67.8	19.3	1.1	.....	1.0	465	
		Max..	15	75.6	22.5	11.6	.....	1.3	855	
		Avg..	15	72.4	20.6	5.9	.....	1.1	630	
		Min..	14	2.1	57.6	16.5	1.1	.....	.9	445
		Max..	14	19.3	73.8	21.4	9.9	.....	1.2	730
Avg..	14	10.5	65.0	18.5	5.0	.....	1.0	555		
Leg, cutlets.....	Edible portion.	Min..	2	67.3	20.4	9.2	.....	1.0	765	
		Max..	2	69.3	21.1	10.6	.....	1.1	840	
		Avg..	2	68.3	20.8	9.9	.....	1.0	805	
		Min..	2	3.6	64.3	19.7	8.9	.....	.9	745
		Max..	2	4.5	66.8	20.2	10.1	.....	1.0	800
Avg..	2	4.0	65.6	20.0	9.5	.....	.9	775		
Loin:										
Lean .....	Edible portion.	Min..	4	71.3	18.6	4.8	.....	1.0	550	
		Max..	4	75.4	21.0	6.7	.....	1.2	670	
		Avg..	4	72.9	20.2	5.8	.....	1.1	620	
		Min..	4	17.4	55.9	14.7	3.8	.....	.8	435
		Max..	4	23.0	59.7	16.8	5.4	.....	1.0	545
Avg..	4	20.3	58.1	16.1	4.6	.....	.9	495		
Medium fat.	Edible portion.	Min..	5	68.5	18.8	10.1	.....	1.0	785	
		Max..	5	69.7	20.0	10.8	.....	1.1	820	
		Avg..	5	69.2	19.4	10.4	.....	1.0	800	
		Min..	5	13.6	55.3	15.4	8.2	.....	.8	630
		Max..	5	20.3	60.1	16.6	9.0	.....	.9	685
Avg..	5	17.3	57.2	16.0	8.6	.....	.9	660		
Fat.....	Edible portion.	Min..	2	61.3	18.3	18.3	.....	1.0	1,120	
		Max..	2	61.9	18.7	19.4	.....	1.1	1,160	
		Avg..	2	61.6	18.5	18.9	.....	1.0	1,140	
		Min..	2	16.3	48.9	14.6	15.4	.....	.8	925
		Max..	2	20.2	51.8	15.7	15.5	.....	.8	945
Avg..	2	18.3	50.4	15.1	15.4	.....	.8	930		
All analyses	Edible portion.	Min..	11	61.3	18.3	4.8	.....	1.0	550	
		Max..	11	75.4	21.0	19.4	.....	1.1	1,160	
		Avg..	11	69.2	19.5	10.2	.....	1.1	795	
		Min..	11	13.6	48.9	14.6	3.8	.....	.8	435
		Max..	11	23.0	60.1	16.8	15.5	.....	1.0	945
Avg..	11	18.6	56.2	15.9	8.4	.....	.9	650		
Loin, with kidney.										
Edible portion.....	As purchased.....	Min..	1	73.3	14.1	11.8	.....	.8	760	
		Max..	1	9.1	66.7	12.8	10.7	.....	.7	690

## 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>Veal, fresh—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>
Neck:		{ 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
Medium fat.	{	{ Min ..	6	23.5	34.8	10.0	3.1		385
	{	{ Max ..	6	50.0	56.1	14.5	6.2		530
	{	{ Avg ..	6	31.5	49.9	13.3	4.6		440
Rib:		{ Min ..	8		70.8	19.2	3.4		525
		{ Max ..	8		75.5	21.2	8.6		750
		{ Avg ..	8		72.5	20.2	6.2		635
Medium fat.	{	{ Min ..	8	22.7	42.2	12.4	2.5		390
	{	{ Max ..	8	41.3	58.3	15.7	6.8		555
	{	{ Avg ..	8	26.9	53.0	14.7	4.6		470
Fat.....	{	{ Edible portion ..	1		67.8	20.0	11.1		841
	{	{ As purchased ..	1	22.4	52.6	15.5	8.6		650
		{ Min ..	9		67.8	19.2	3.4		525
		{ Max ..	9		75.5	21.2	11.1		841
		{ Avg ..	9		72.0	20.1	6.8		660
All analyses	{	{ Min ..	9	22.4	42.2	12.4	2.5		390
	{	{ Max ..	9	41.3	58.3	15.7	8.6		655
	{	{ Avg ..	9	26.4	53.0	14.8	5.0		485
Rump.....	{	{ Edible portion ..	1		62.6	20.1	16.2		1,051
	{	{ As purchased ..	1	30.2	43.7	14.0	11.3		735
		{ Min ..	6		72.5	18.9	4.1		525
		{ Max ..	6		75.8	20.6	6.4		641
Shank, fore .....	{	{ Avg ..	6		74.0	19.8	5.2		590
	{	{ Min ..	6	20.4	35.1	9.0	2.2		281
	{	{ Max ..	6	52.5	58.6	16.0	4.2		471
	{	{ Avg ..	6	40.4	44.1	11.8	3.1		350
Shank, hind:		{ Min ..	6		73.4	17.9	3.0		511
		{ Max ..	6		76.2	20.5	6.7		611
		{ Avg ..	6		74.5	19.9	4.6		563
Medium fat.	{	{ Min ..	6	61.1	25.9	6.7	1.3		191
	{	{ Max ..	6	64.7	29.3	8.0	2.5		319
	{	{ Avg ..	6	62.7	27.8	7.4	1.7		211
Fat.....	{	{ Edible portion ..	1		68.1	20.0	10.7		821
	{	{ As purchased ..	1	51.4	33.1	9.7	5.2		401
		{ Min ..	7		68.1	17.9	3.0		511
		{ Max ..	7		76.2	20.5	10.7		821
		{ Avg ..	7		73.6	19.9	5.5		601
All analyses	{	{ Min ..	7	51.4	25.9	6.7	1.3		191
	{	{ Max ..	7	64.7	33.1	9.7	5.2		401
	{	{ Avg ..	7	61.1	28.6	7.7	2.2		231
Shoulder and flank.	{	{ Edible portion ..	1		65.6	19.7	13.5		931
	{	{ As purchased ..	1	24.3	49.7	14.9	10.2		711
		{ Min ..	2		64.7	19.0	6.2		641
		{ Max ..	2		71.9	20.7	15.2		991
		{ Avg ..	2		68.3	19.9	10.7		821
Shoulder .....	{	{ Min ..	2	11.5	50.6	14.8	5.5		571
	{	{ Max ..	2	21.8	63.7	18.3	11.9		781
	{	{ Avg ..	2	16.6	57.2	16.6	8.7		671
		{ Min ..	6		69.9	18.6	5.5		581
		{ Max ..	6		74.8	20.5	10.6		791
		{ Avg ..	6		71.7	19.4	8.0		701
Fore quarter.....	{	{ Min ..	6	19.3	51.8	13.7	4.1		431
	{	{ Max ..	6	26.0	56.6	15.9	7.8		581
	{	{ Avg ..	6	24.5	54.2	14.6	6.0		521
		{ Min ..	6		68.4	19.4	5.6		601
		{ Max ..	6		73.8	20.4	11.2		831
		{ Avg ..	6		70.9	19.8	8.3		721
Hind quarter .....	{	{ Min ..	6	19.0	53.7	15.3	4.4		541
	{	{ Max ..	6	24.0	58.4	16.2	9.2		681
	{	{ Avg ..	6	20.7	56.2	15.7	6.6		571
		{ Min ..	6		69.2	19.2	5.5		591
		{ Max ..	6		74.3	20.4	10.3		801
		{ Avg ..	6		71.3	19.6	8.1		701
Side .....	{	{ Min ..	6	18.6	53.3	14.7	4.3		461
	{	{ Max ..	6	24.9	57.3	15.9	8.4		681
	{	{ Avg ..	6	22.6	55.2	15.1	6.3		541

## 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>Veal, fresh</i> —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>	
Heart, as purchased	1	73.2	16.2	9.6	1.0	705			
Kidney, as purchased	1	74.7	16.6	7.4	1.3	625			
Liver, as purchased	{ Min. 2 { Max. 2 { Avg. 2	72.4	19.8	4.0	1.2	560			
		73.7	21.0	6.6	1.3	645			
		73.1	20.4	5.3	1.2	605			
Lungs, as purchased	1	76.8	17.1	5.0	1.1	530			
<i>Lamb, fresh.</i>									
Breast	{ Edible portion 1 { As purchased 1	56.2	19.2	23.6	1.0	1,355			
		19.1	45.5	15.5	19.1	.8	1,095		
Leg, hind:									
Medium fat.	{ Edible portion 2 { Max. 2 { Avg. 2 { As purchased 2 { Max. 2 { Avg. 2	63.1	18.1	15.3	1.1	1,000			
		64.7	18.9	17.6	1.2	1,080			
		63.9	18.5	16.5	1.1	1,040			
		17.0	52.4	15.0	12.6	.9	820		
		17.7	53.3	15.5	14.6	1.0	895		
		17.4	52.9	15.2	13.6	.9	855		
Fat	{ Edible portion 1 { As purchased 1	54.6	17.1	27.4	.9	1,475			
		13.4	47.3	14.8	23.7	.8	1,275		
Very fat	{ Edible portion 1 { As purchased 1	51.8	17.2	30.1	.9	1,590			
		7.0	48.2	16.0	23.0	.8	1,430		
All analyses	{ Min. 4 { Max. 4 { Avg. 4 { Min. 4 { Max. 4 { Avg. 4	51.8	17.1	15.3	.9	1,000			
		64.7	18.9	30.1	1.2	1,590			
		58.6	17.8	22.6	1.0	1,285			
		7.0	47.3	14.8	12.6	.8	820		
		17.7	53.3	16.0	28.0	1.0	1,480		
		13.8	50.3	15.3	19.7	.9	1,115		
Loin, without kidney and tallow:									
Medium fat.	{ Min. 4 { Max. 4 { Avg. 4 { Min. 4 { Max. 4 { Avg. 4	48.6	15.5	25.1	.8	1,410			
		54.8	19.0	35.1	1.1	1,770			
		53.1	17.6	28.3	1.0	1,520			
		12.2	40.8	13.0	21.1	.7	1,180		
		17.4	48.1	16.7	29.5	.9	1,485		
		14.8	45.3	15.0	24.1	.8	1,295		
Neck	{ Edible portion 1 { As purchased 1	56.7	17.5	24.8	1.0	1,375			
		17.7	46.7	14.4	20.4	.8	1,130		
Shoulder	{ Edible portion 1 { As purchased 1	51.8	17.5	29.7	1.0	1,580			
		20.3	41.3	14.0	23.6	.8	1,255		
Fore quarter	{ Edible portion 1 { As purchased 1	55.1	18.1	25.8	1.0	1,425			
		18.8	44.7	14.7	21.0	.8	1,160		
Hind quarter	{ Edible portion 1 { As purchased 1	60.9	19.0	19.1	1.0	1,160			
		15.7	51.3	16.0	16.1	.9	975		
Side, without kidney and tallow.	{ Min. 3 { Max. 3 { Avg. 3 { Min. 3 { Max. 3 { Avg. 3	56.8	16.5	21.2	1.0	1,225			
		60.0	18.5	25.7	1.1	1,490			
		58.2	17.6	23.2	1.0	1,305			
		17.3	46.1	13.4	16.6	.8	960		
		21.6	47.9	15.3	20.9	.9	1,130		
		19.3	47.0	14.2	18.7	.8	1,055		
<i>Lamb, canned.</i>									
Tongue	{ Edible portion 1 { As purchased 1	67.4	14.3	17.8	.5	1,015			
		2.6	65.7	13.9	17.3	.5	990		
<i>Mutton, fresh.</i>									
Chuck:									
Medium fat.	{ Min. 6 { Max. 6 { Avg. 6 { Min. 6 { Max. 6 { Avg. 6	47.9	13.6	26.0	.7	1,400			
		56.7	16.4	37.4	1.2	1,835			
		50.9	14.6	33.6	.9	1,690			
		14.4	36.6	10.5	20.6	.5	1,115		
		25.2	45.1	13.1	29.7	.7	1,485		
		21.3	39.9	11.5	26.7	.6	1,340		
Fat	{ Min. 2 { Max. 2 { Avg. 2 { Min. 2 { Max. 2 { Avg. 2	37.6	13.3	42.5	.7	2,040			
		43.5	14.2	47.2	1.0	2,255			
		40.6	13.7	44.9	.8	2,150			
		14.9	32.0	10.9	34.8	.6	1,670		
		18.1	35.6	12.1	40.1	.9	1,915		
		16.5	33.8	11.5	37.5	.7	1,795		
Very fat	{ Edible portion 1 { As purchased 1	29.9	9.4	60.1	.6	2,710			
		13.8	25.8	8.1	51.8	.5	2,335		

## Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
			<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>	
ANIMAL FOOD—continued.										
<i>Mutton, fresh—Continued.</i>										
Chuck—Continued.										
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	2,710	
	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 .....	Edible portion	Min ..	7	38.7	11.6	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 .....	Edible portion	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 .....	Edible portion	Min ..	9	25.0	9.5	32.1	.....	.5	1,650	
		Max ..	9	51.2	16.0	64.9	.....	.8	2,915	
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	12.1	.....	1.1	890	
	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	840
		Avg ..	3	16.8	56.1	15.9	10.3	.....	.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	1,160	
	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	Min ..	1	55.0	17.0	27.1	.....	.9	1,460	
		Max ..	1	12.4	48.2	14.8	23.8	.....	.8	1,280
All analyses	Edible portion	Min ..	14	55.0	17.0	11.9	.....	.9	865	
		Max ..	14	68.3	19.6	27.1	.....	1.2	1,460	
		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	1,160
		Max ..	11	19.3	46.8	14.9	32.9	.....	.8	1,615
		Avg ..	11	15.3	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	1,760
		Max ..	3	12.0	39.3	12.9	38.2	.....	.7	1,840
		Avg ..	3	11.7	38.3	12.5	36.8	.....	.7	1,785
Very fat .....	Edible portion	Min ..	1	30.8	10.0	58.7	.....	.5	2,665	
		Max ..	1	9.0	28.1	9.1	53.4	.....	.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	53.4	.....	.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	25.4	41.6	11.7	17.6	.....	.7	960
Very fat .....	Edible portion	Min ..	1	42.1	13.6	43.5	.....	.8	2,090	
		Max ..	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	36.5	.....	.7	1,750
		Avg ..	10	27.2	41.0	11.7	19.4	.....	.7	1,035

## 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</i> —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	<b>25.3</b>	<b>50.2</b>	<b>14.2</b>	<b>9.6</b>	.....	<b>670</b>
	{ Min.....	6	58.6	15.8	15.6	.....	.9	995
	{ Max.....	6	65.2	18.2	24.3	.....	1.0	1,320
Medium fat.	{ Edible portion.....	6	61.9	17.3	19.9	.....	.9	1,160
	{ As purchased.....	6	14.6	45.2	12.1	13.4	.....	.6
	{ Min.....	6	26.4	55.7	15.5	18.8	.....	.8
	{ Max.....	6	<b>21.7</b>	<b>48.5</b>	<b>13.5</b>	<b>15.6</b>	.....	<b>.7</b>
	{ Avg.....	6					.....	<b>910</b>
Fat.....	{ Edible portion.....	1	53.0	15.9	30.3	.....	.8	1,575
	{ As purchased.....	1	<b>19.5</b>	<b>42.7</b>	<b>12.8</b>	<b>24.4</b>	.....	<b>1,270</b>
Very fat.....	{ Edible portion.....	1	48.4	15.2	35.6	.....	.8	1,785
	{ As purchased.....	1	<b>18.7</b>	<b>39.3</b>	<b>12.4</b>	<b>28.9</b>	.....	<b>1,450</b>
	{ Min.....	9	48.4	15.2	12.9	.....	.8	895
	{ Max.....	9	67.2	18.9	35.6	.....	1.0	1,785
	{ Avg.....	9					.....	.9
All analyses	{ Edible portion.....	9	14.6	39.3	12.1	13.4	.....	.6
	{ As purchased.....	9	26.4	55.7	15.5	28.9	.....	.8
	{ Min.....	9	<b>21.5</b>	<b>47.0</b>	<b>13.4</b>	<b>17.4</b>	.....	<b>.7</b>
	{ Max.....	9					.....	<b>1,455</b>
	{ Avg.....	9					.....	<b>985</b>
Fore quarter.....	{ Edible portion.....	9	37.2	11.7	25.6	.....	.7	1,385
	{ As purchased.....	9	57.1	17.0	50.4	.....	1.1	2,345
	{ Min.....	9	51.7	15.0	32.4	.....	.9	1,645
	{ Max.....	9	15.7	31.4	9.9	20.0	.....	.5
	{ Avg.....	9	<b>21.1</b>	<b>40.6</b>	<b>11.9</b>	<b>25.7</b>	.....	<b>.8</b>
	{ Min.....	9					.....	<b>.7</b>
	{ Max.....	9					.....	<b>1,225</b>
	{ Avg.....	9					.....	<b>2,185</b>
Hind quarter, without tallow and kidney.	{ Edible portion.....	9	54.8	16.2	28.2	.....	.8	1,490
	{ As purchased.....	9	9.8	36.5	11.6	17.7	.....	.6
	{ Min.....	9	20.2	50.0	14.7	41.5	.....	.8
	{ Max.....	9	<b>16.7</b>	<b>45.6</b>	<b>13.5</b>	<b>23.5</b>	.....	<b>.7</b>
	{ Avg.....	9					.....	<b>1,965</b>
	{ Min.....	9					.....	<b>.6</b>
	{ Max.....	9					.....	<b>1,225</b>
	{ Avg.....	9					.....	<b>2,185</b>
Side, including tallow.	{ Edible portion.....	25	46.9	14.0	14.7	.....	.7	965
	{ As purchased.....	25	85.9	18.4	37.8	.....	1.0	1,865
	{ Min.....	25	54.2	16.0	28.9	.....	.9	1,515
	{ Max.....	25	13.0	38.8	11.7	11.2	.....	.6
	{ Avg.....	25	<b>22.8</b>	<b>55.2</b>	<b>14.0</b>	<b>33.1</b>	.....	<b>.8</b>
	{ Min.....	25	<b>18.1</b>	<b>45.4</b>	<b>12.7</b>	<b>23.1</b>	.....	<b>.7</b>
	{ Max.....	25					.....	<b>1,625</b>
	{ Avg.....	25					.....	<b>1,210</b>
Side, not including tallow.	{ Edible portion.....	9	38.8	12.3	23.4	.....	.7	1,305
	{ As purchased.....	9	58.8	16.9	48.2	.....	.9	2,260
	{ Min.....	9	53.1	15.6	30.5	.....	.8	1,580
	{ Max.....	9	12.9	33.8	10.7	18.8	.....	.6
	{ Avg.....	9	<b>22.7</b>	<b>47.3</b>	<b>14.0</b>	<b>42.0</b>	.....	<b>.8</b>
	{ Min.....	9	<b>19.0</b>	<b>43.0</b>	<b>12.7</b>	<b>24.6</b>	.....	<b>.7</b>
	{ Max.....	9					.....	<b>1,275</b>
	{ Avg.....	9					.....	<b>1,970</b>
Heart, as purchased.....	{ Min.....	2	67.4	15.6	11.9	.....	.9	790
	{ Max.....	2	71.6	18.3	13.4	.....	.9	905
	{ Avg.....	2	<b>69.5</b>	<b>17.0</b>	<b>12.6</b>	.....	<b>.9</b>	<b>845</b>
Kidney, as purchased.....	{ Min.....	1	78.7	16.8	3.2	.....	1.3	450
Kidney and kidney fat, as purchased.....	{ Min.....	1	18.8	4.3	76.5	.....	.4	3,305
	{ Max.....	2	2.9	1.1	94.9	.....	.1	4,025
	{ Avg.....	2	3.9	1.2	95.8	.....	.1	4,065
	{ Min.....	2	<b>3.4</b>	<b>1.1</b>	<b>95.4</b>	.....	<b>.1</b>	<b>4,045</b>
	{ Max.....	2	52.7	22.0	4.7	2.1	1.4	645
	{ Avg.....	2	<b>69.8</b>	<b>24.2</b>	<b>13.2</b>	<b>7.9</b>	<b>2.0</b>	<b>1,155</b>
Liver, as purchased.....	{ Min.....	2	61.2	23.1	9.0	5.0	1.7	900
	{ Max.....	2	74.6	18.8	2.6	.....	1.2	470
	{ Avg.....	2	<b>77.1</b>	<b>21.5</b>	<b>2.9</b>	.....	<b>1.3</b>	<b>510</b>
Lungs, as purchased.....	{ Min.....	2	75.9	20.1	2.8	.....	1.2	490
	{ Max.....	2					.....	
	{ Avg.....	2					.....	
<i>Mutton, canned.</i>								
Corned, as purchased.....		1	45.8	27.2	22.8	.....	4.2	1,470
Tongue, as purchased.....		1	47.6	23.6	24.0	.....	4.8	1,450
<i>Pork.</i>								
Chuck ribs and shoulder:								
Medium fat.	{ Edible portion.....	2	50.3	16.8	30.4	.....	.9	1,595
	{ As purchased.....	2	51.9	16.9	31.9	.....	.9	1,680
	{ Min.....	2	51.1	16.9	31.1	.....	.9	1,630
	{ Max.....	2	15.9	40.1	13.5	25.4	.....	.7
	{ Avg.....	2	<b>20.3</b>	<b>43.6</b>	<b>14.1</b>	<b>25.6</b>	.....	<b>.8</b>
	{ Min.....	2	<b>18.1</b>	<b>41.8</b>	<b>13.6</b>	<b>25.5</b>	.....	<b>.8</b>
	{ Max.....	2					.....	<b>1,335</b>
	{ Avg.....	2					.....	<b>1,340</b>



## Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
Pork—Continued.			Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
Flank cut .....	Edible portion	Min ..	3	58.0	16.2	19.4	.....	.9	1,175	
		Max ..	3	60.7	18.9	26.9	.....	1.0	1,430	
		Avg. ..	3	59.0	17.8	22.2	.....	1.0	1,265	
	As purchased ..	Min ..	3	68.6	14.8	4.5	5.0	.....	.2	295
		Max ..	3	75.5	18.5	5.8	8.4	.....	.3	455
	Avg. <sup>1</sup> ..	3	71.2	17.0	5.1	6.4	.....	.3	365	
Head .....	Edible portion	Min ..	3	38.4	10.5	34.5	.....	.6	1,720	
		Max ..	3	50.5	14.2	50.5	.....	.8	2,330	
		Avg. ..	3	45.3	12.7	41.3	.....	.7	1,980	
	As purchased ..	Min ..	3	51.7	10.7	3.0	8.2	.....	.2	410
		Max ..	3	77.2	18.5	5.1	24.4	.....	.3	1,125
	Avg. <sup>1</sup> ..	3	68.4	13.7	3.8	13.9	.....	.2	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	
		Avg. ..	2	46.0	20.2	30.4	.....	3.4	1,660	
	As purchased ..	1	12.1	42.3	18.6	24.0	.....	3.0	1,860	
Loin:										
Lean .....	Edible portion	Min ..	1	60.3	19.7	19.0	.....	1.0	1,161	
		Max ..	1	23.5	46.1	15.1	14.5	.....	.8	895
Medium fat.	Edible portion	Min ..	11	49.3	14.9	25.0	.....	.8	1,405	
		Max ..	11	55.2	19.5	35.2	.....	1.0	1,761	
		Avg. ..	11	52.0	16.8	30.3	.....	.9	1,590	
	As purchased ..	Min ..	11	11.5	40.5	13.0	20.8	.....	.7	1,170
		Max ..	11	19.3	46.9	16.3	31.1	.....	.8	1,555
	Avg. <sup>1</sup> ..	11	15.8	43.8	14.1	25.6	.....	.7	1,340	
Fat .....	Edible portion	Min ..	3	39.7	12.0	38.8	.....	.6	1,890	
		Max ..	3	46.7	13.7	48.6	.....	.8	2,241	
		Avg. ..	3	42.1	12.2	45.0	.....	.7	2,121	
	As purchased ..	Min ..	3	10.1	34.9	9.9	30.4	.....	.6	1,480
		Max ..	3	21.8	36.5	10.7	43.7	.....	.6	2,030
	Avg. <sup>1</sup> ..	3	14.6	35.7	10.4	38.7	.....	.6	1,825	
All analyses	Edible portion	Min ..	15	39.7	12.0	19.0	.....	.6	1,161	
		Max ..	15	60.3	19.7	48.6	.....	1.0	2,241	
		Avg. ..	15	50.5	16.1	32.5	.....	.9	1,671	
	As purchased ..	Min ..	15	10.1	34.9	9.9	14.5	.....	.6	891
		Max ..	15	23.5	46.1	16.3	43.7	.....	.7	2,030
	Avg. <sup>1</sup> ..	15	16.6	42.3	13.5	27.5	.....	.8	1,410	
Middle cuts.....	Edible portion	Min ..	3	46.0	14.5	34.9	.....	.7	1,751	
		Max ..	3	49.4	15.2	38.8	.....	.8	1,901	
		Avg. ..	3	48.2	14.8	36.3	.....	.7	1,811	
	As purchased ..	Min ..	3	79.0	11.6	3.6	8.2	.....	.2	410
		Max ..	3	76.4	13.8	4.4	11.6	.....	.2	571
	Avg. <sup>1</sup> ..	3	71.2	13.8	4.2	10.6	.....	.2	521	
Shoulder cut.....	Edible portion	Min ..	3	44.0	12.0	33.0	.....	.6	1,660	
		Max ..	3	51.7	14.5	42.1	.....	.8	2,021	
		Avg. ..	3	47.4	13.2	38.7	.....	.7	1,890	
	As purchased ..	Min ..	3	56.8	18.9	5.0	12.1	.....	.3	611
		Max ..	3	63.4	19.3	5.7	18.2	.....	.3	871
	Avg. <sup>2</sup> ..	3	59.6	19.1	5.3	15.7	.....	.3	760	
Tenderloin, as purchased.....	Edible portion	Min ..	3	62.4	18.8	12.3	.....	1.0	891	
		Max ..	3	66.4	20.3	17.1	.....	1.0	1,081	
		Avg. ..	3	65.1	19.5	14.4	.....	1.0	971	
Back fat, as purchased .....	Edible portion	Min ..	3	5.5	2.0	86.7	.....	.1	3,701	
		Max ..	3	10.5	2.7	92.4	.....	.2	3,931	
		Avg. ..	3	7.7	2.3	89.9	.....	.1	3,831	
Belly fat, as purchased .....	Edible portion	Min ..	3	11.0	3.2	78.6	.....	.2	3,401	
		Max ..	3	16.7	4.6	85.6	.....	.2	3,671	
		Avg. ..	3	13.8	4.1	81.9	.....	.2	3,530	
Ham fat, as purchased.....	Edible portion	Min ..	3	8.3	2.3	87.2	.....	.1	3,721	
		Max ..	3	10.2	3.3	89.2	.....	.2	3,811	
		Avg. ..	3	9.1	2.7	88.0	.....	.2	3,765	
Jowl fat, as purchased .....	Edible portion	Min ..	3	13.3	4.3	72.8	.....	.2	3,181	
		Max ..	3	21.2	5.7	82.2	.....	.3	3,551	
		Avg. ..	3	16.0	5.0	78.8	.....	.2	3,421	
Pork, ham and shoulder.										
Ham, fresh.....	Edible portion	Min ..	4	57.7	17.7	12.1	.....	.9	871	
		Max ..	4	67.6	19.3	22.4	.....	1.1	1,291	
		Avg. ..	4	62.8	18.5	17.7	.....	1.0	1,091	
	As purchased ..	Min ..	4	11.6	26.1	7.6	6.1	.....	.4	431
		Max ..	4	58.5	51.1	16.6	19.3	.....	.9	1,141
	Avg. <sup>1</sup> ..	4	42.4	35.7	10.7	10.6	.....	.6	641	

<sup>1</sup> Refuse includes fat trimmings.<sup>2</sup> Refuse mostly fat and 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.									
<i>Pork, ham and . . . . .</i> Continued.									
Ham, smoked:				<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	1,295
		{ 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	6.0	1,885
		{ Avg . . . . .	13	14.4	34.9	13.3	33.4	4.0	1,655
Fat . . . . .	Edible portion . . . . .	{ Min . . . . .	3	22.4	14.3	54.5	.6	2,585	
		{ Max . . . . .	3	29.7	16.7	56.8	6.5	2,674	
		{ Avg . . . . .	3	25.5	15.4	55.8	3.3	2,640	
	As purchased . . . . .	{ Min . . . . .	2	2.0	22.0	14.0	51.9	.5	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	17.0	.6	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	14.5	.5	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	40.3	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	18.5	.7	1,095	
		{ Max . . . . .	5	63.6	17.0	37.7	.9	1,880	
		{ Avg . . . . .	5	54.3	15.5	29.4	.8	1,530	
	As purchased . . . . .	{ Min . . . . .	5	7.1	28.4	7.6	8.2	.4	490
		{ Max . . . . .	5	55.4	49.4	13.8	31.9	.8	1,590
		{ Avg . . . . .	5	32.5	35.9	10.4	20.7	.5	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	26.5	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	65.0	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.	
<b>ANIMAL FOOD—continued.</b>									
<i>Pork, salted and pickled—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>	
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	6.6	62.3	5.3	2,805	
		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	1,130
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
Medium fat.	Edible portion	Min ..	12	7.7	6.8	57.4	2.7	2,640	
		Max ..	12	26.9	13.4	79.7	7.9	3,510	
		Avg ..	12	18.2	10.0	67.2	4.6	3,020	
	As purchased	Min ..	12	2.9	7.1	6.2	52.7	2.4	2,420
		Max ..	12	13.0	24.8	12.1	72.8	7.2	3,200
		Avg ..	12	8.0	16.8	9.2	61.8	4.2	2,780
All analyses	Edible portion	Min ..	13	7.7	6.8	45.2	2.7	2,210	
		Max ..	13	32.7	16.4	79.7	7.9	3,510	
		Avg ..	13	19.3	10.5	65.5	4.7	2,960	
	As purchased	Min ..	13	2.9	7.1	6.2	40.8	2.4	2,000
		Max ..	13	13.0	29.6	14.9	72.8	5.1	3,200
		Avg ..	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	4.5	1.4	1.4	610	
Lungs, as purchased	1	.....	83.8	11.8	4.0	.....	.9	390	
Pork side <sup>1</sup>	Edible portion	Min ..	3	26.2	7.8	59.1	.4	2,655	
		Max ..	3	31.8	8.9	65.6	.5	2,915	
		Avg ..	3	29.4	8.5	61.7	.4	2,760	
	As purchased	Min ..	3	7.9	24.1	7.2	51.7	.4	2,295
		Max ..	3	13.5	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	.....	62.7	17.9	15.7	3.7	995	
	As purchased	1	1.6	61.7	17.7	15.4	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	5.2	1,290
		Avg ..	7	59.5	18.6	18.2	.1	3.6	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 .. <sup>2</sup>	4	3.3	55.2	18.0	19.7	3.8	1,165

<sup>1</sup> Lard and other fats included.<sup>2</sup> Refuse, skin.

## 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>Sausage—Continued.</i>								
Bologna, dried and smoked, Swedish	{ Edible portion.....	1	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
	{ As purchased <sup>1</sup> .....	1	<b>3.0</b>	26.8	26.8	31.6	3.8	8.0
Bologna, cervelat, imported, as purchased	{ Edible portion.....	1		20.6	25.9	41.2	4.8	7.5
	{ As purchased.....	1		23.2	27.2	42.0		7.6
Farmer	{ Edible portion.....	1		3.9	22.2	26.2	40.4	7.3
	{ As purchased.....	1		22.2	26.2	40.4		7.3
Frankfort, as purchased	{ Min.....	6		40.3	17.9	14.8		.7
	{ Max.....	6		63.8	33.1	25.9	2.4	8.1
	{ Avg.....	6		55.5	21.7	18.8	.4	3.6
Holstein	{ Edible portion.....	1		2.2	25.6	29.4	37.3	3.4
	{ As purchased.....	1		25.1	28.7	36.5	3.3	4.2
Lyons	{ Edible portion.....	1		10.0	32.5	32.3	27.2	8.0
	{ As purchased.....	1		29.2	29.1	24.5		7.2
Pork, as purchased	{ Min.....	9		25.7	8.8	28.2		1.9
	{ Max.....	9		54.4	15.9	56.8	3.5	2.7
	{ Avg.....	9		38.7	12.8	45.4	.8	2.3
Pork sausage meat, as purchased	{ Min.....	1		46.2	17.9	32.5		3.4
	{ Max.....	2		28.6	22.5	37.8		6.9
	{ Avg.....	2		32.4	22.7	42.0		7.1
Salmi	{ Edible portion.....	2		30.5	22.6	39.9		7.0
	{ As purchased.....	2		7.5	26.5	20.2	33.6	6.4
	{ Min.....	2		11.0	28.8	20.8	38.8	6.4
	{ Max.....	2		9.3	27.6	20.5	36.2	6.4
	{ Avg.....	2		20.0	22.8	43.0		7.3
Summer	{ Edible portion.....	3		25.0	26.6	45.7		8.0
	{ As purchased.....	3		5.2	18.2	21.6	41.6	6.9
	{ Min.....	3		8.9	23.7	24.3	42.6	7.0
	{ Max.....	3		7.0	20.9	23.0	42.1	7.0
	{ Avg.....	3		46.4	17.3	33.1		3.2
Tongue, as purchased	{ Min.....	1		59.6	17.8	20.6		2.0
	{ Max.....	1		42.6	23.2	27.8		6.4
	{ Avg.....	1		72.7	14.6	9.9		2.8
Bologna (Italian), as purchased	{ Edible portion.....	1		28.9	9.9	58.5	.6	2.1
Frankfort, as purchased	{ As purchased.....	1		56.6	16.6	24.8		2.0
Oxford, as purchased	{ Edible portion.....	1		12.6	49.5	14.5	21.6	1.8
	{ As purchased.....	1		49.5	14.5	21.6		1.8
<i>Sausage, canned.</i>								
Beef, as purchased	{ Edible portion.....	1		59.6	17.8	20.6		2.0
	{ As purchased.....	1		42.6	23.2	27.8		6.4
Bologna (Italian), as purchased	{ Edible portion.....	1		72.7	14.6	9.9		2.8
Frankfort, as purchased	{ As purchased.....	1		28.9	9.9	58.5	.6	2.1
Oxford, as purchased	{ Edible portion.....	1		56.6	16.6	24.8		2.0
	{ As purchased.....	1		12.6	49.5	14.5	21.6	1.8
<i>Soups.</i>								
Asparagus, cream of, as purchased	{ Min.....	1		87.4	2.5	3.2	5.5	1.4
	{ Max.....	2		96.5	1.7		.1	.9
	{ Avg.....	2		96.6	2.4	.1	.3	1.4
Bouillon, as purchased	{ Min.....	2		96.5	2.0	.1	.2	1.2
	{ Max.....	2		88.6	2.1	2.8	5.0	1.5
	{ Avg.....	1		93.2	3.2		1.2	.9
Celery, cream of, as purchased	{ Min.....	2		94.5	3.9	.2	1.7	1.2
	{ Max.....	2		98.8	3.6	.1	1.5	1.0
	{ Avg.....	2		86.8	3.0	.2	3.8	1.3
Chicken, as purchased	{ Min.....	2		86.8	3.0	.2	3.8	1.3
	{ Max.....	2		91.7	4.6	1.7	5.5	1.4
	{ Avg.....	2		89.2	3.8	.9	4.7	1.4
Chicken gumbo, as purchased	{ Min.....	1		96.0	2.5		.4	1.1
	{ Max.....	1		84.8	2.5	1.9	7.8	1.0
	{ Avg.....	1		95.9	2.7		.5	.9
Cornomé, as purchased	{ Min.....	3		83.3	3.7	2.0	4.3	1.1
	{ Max.....	3		87.6	5.0	6.4	5.6	1.3
	{ Avg.....	3		85.7	4.5	3.5	5.1	1.2
Corn, cream of, as purchased	{ Min.....	2		88.9	4.5	.5	1.6	1.2
	{ Max.....	2		90.8	5.9	1.3	3.9	1.4
	{ Avg.....	2		89.8	5.2	.9	2.8	1.3
Julienne, as purchased	{ Min.....	2		87.2	3.3		3.8	1.1
	{ Max.....	2		91.3	4.1	.3	7.6	1.3
	{ Avg.....	2		89.3	3.7	.1	5.7	1.2
Meat stew, as purchased	{ Min.....	2		88.3	3.9	.5	4.2	1.3
	{ Max.....	2		89.4	4.1	2.1	4.3	1.9
	{ Avg.....	2		88.8	4.0	1.3	4.3	1.6
Mock turtle	{ Edible portion.....	1		1.8	87.8	3.8	.5	4.2
	{ As purchased.....	1		81.6	2.6		6.9	1.0
Pea, as purchased	{ Min.....	2		88.5	5.8	1.0	11.1	1.5
	{ Max.....	2		85.1	4.2	.5	9.0	1.2
	{ Avg.....	2		87.7	2.6	2.7	5.7	1.3
Pea, cream of green, as purchased	{ Min.....	1		89.7	1.7	.9	5.3	1.2
	{ Max.....	2		90.4	1.9	1.2	6.0	1.7
	{ Avg.....	2		90.0	1.8	1.1	5.6	1.5

<sup>1</sup> Refuse, skin or case.<sup>2</sup> Refuse, liquid.

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
		<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>	
<b>ANIMAL FOOD—continued.</b>									
<i>Soups—Continued.</i>									
Turtle, green, as purchased	1		86.6	6.1	1.9	3.9	1.5	270	
Vegetable, as purchased	1		95.7	2.9		.5	.9	65	
<i>Poultry and game, fresh.</i>									
Chicken	Edible portion	Min	72.2	21.1	1.6		1.0	460	
		Max	76.3	24.5	1.9		1.4	535	
		Avg	74.2	22.8	1.8		1.2	500	
	As purchased	Min	31.4	44.6	14.4	1.1		.7	315
		Max	38.2	52.4	15.1	1.2		.9	330
		Avg	34.8	48.5	14.8	1.1		.8	325
Fowl	Edible portion	Min	62.8	11.8	12.5		1.0	890	
		Max	71.0	21.1	15.9		1.3	1,020	
		Avg	65.2	19.3	14.4		1.1	965	
	As purchased	Min	18.0	38.3	9.7	7.2		.6	510
		Max	42.7	58.2	14.8	13.0		1.1	780
		Avg	30.0	45.6	13.4	10.2		.8	680
Goose	Edible portion	Min	37.9	9.8	36.2		.7	1,530	
		Max	46.7	16.3	51.6		.8	2,360	
		Avg	42.3	13.0	43.9		.8	2,095	
	As purchased	Min	17.6	27.8	7.2	29.8		.5	1,505
		Max	26.7	38.5	13.4	37.8		.7	1,730
		Avg	22.2	33.1	10.3	33.8		.6	1,620
Turkey	Edible portion	Min	49.5	18.9	8.7		.9	810	
		Max	66.1	23.9	30.7		1.3	1,650	
		Avg	55.5	20.6	22.9		1.0	1,350	
	As purchased	Min	17.1	41.1	15.5	5.9		.7	550
		Max	32.4	44.7	16.1	25.5		.9	1,305
		Avg	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	
Goose, gizzard, as purchased	1		73.8	19.4	5.8		1.0	605	
Goose, heart, 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	13.2		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	1,015	
<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	
		Avg	74.4	19.2	4.9		1.5	585	
	As purchased	Min	49.4	36.9	9.5	1.9		.8	255
		Max	49.5	38.3	9.9	3.0		.8	310
		Avg	49.5	37.6	9.7	2.4		.8	280
Bass, black, whole	Edible portion	Min	74.8	19.2	1.0		1.2	400	
		Max	78.6	21.5	2.5		1.2	505	
		Avg	76.7	20.4	1.7		1.2	450	
	As purchased	Min	53.6	34.6	8.5	.4		.5	175
		Max	56.0	34.7	10.0	1.1		.6	230
		Avg	54.8	34.6	9.3	.8		.5	205
Bass, red, whole	Edible portion	1		81.6	16.7	.5		1.2	330
As purchased	1		63.5	29.8	6.1	.2		.4	120
Bass, sea, whole	Edible portion	1		79.3	18.8	.5		1.4	370
As purchased	1		56.1	34.8	8.8	.2		.6	160
Bass, striped, whole	Edible portion	Min	75.8	16.9	2.1		.9	405	
		Max	79.6	19.3	4.6		1.4	525	
		Avg	77.7	18.3	2.8		1.2	480	
	As purchased	Min	48.6	32.5	7.2	.7		.5	170
		Max	57.1	39.7	9.7	1.6		.6	240
		Avg	55.0	35.1	8.3	1.1		.5	200
Bass, striped, entrails removed, as purchased	1		51.2	37.4	8.7	2.2		.5	255
Blackfish, whole	Edible portion	Min	77.0	17.4	.6		.7	350	
		Max	81.0	19.0	2.8		1.4	470	
		Avg	79.1	18.5	1.3		1.1	400	
	As purchased	Min	56.2	29.2	6.3	.2		.2	125
		Max	64.1	33.7	8.3	1.2		.6	205
		Avg	60.1	31.5	7.3	.7		.4	165

## 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>	
Blackfish, entrails removed, as purchased.	{ Min . . . 2 Max . . . 2 Avg . . . 2	53.6 57.8 55.7	33.5 36.4 35.0	7.9 8.7 8.3	.4 .7 .5	.....	.4 .6 .5	165 190 175	
Bluefish, entrails removed.	{ Edible portion . . . 1 As purchased . . . 1	78.5 48.6	19.0 40.3	9.8 9.8	1.2 .6	1.3 .7	1.3 .7	405 205	
Buffalo-fish, entrails removed.	{ Edible portion . . . 1 As purchased . . . 1	78.6 52.5	17.9 37.3	2.3 8.5	2.3 1.1	1.2 .6	1.2 .6	430 205	
Butter-fish, whole.	{ Edible portion . . . 1 As purchased . . . 1	70.0 42.8	17.8 40.1	8.0 10.2	11.0 6.8	1.2 .6	1.2 .6	795 455	
Cisco, whole.	{ Edible portion . . . 1 As purchased . . . 1	76.1 42.7	19.1 48.6	3.5 11.0	2.5 2.0	1.3 .7	1.3 .7	505 290	
Cod, whole.	{ Edible portion { Min . . . 5 Max . . . 5 Avg . . . 5	80.7 83.5 82.6	15.0 17.6 15.8	3 .5 .4	.....	1.0 1.3 1.2	1.0 1.3 1.2	285 340 310	
	{ As purchased { Min . . . 2 Max . . . 2 Avg . . . 2	48.5 56.5 52.5	35.1 42.3 38.7	7.7 8.3 8.0	1 .3 .2	.....	.6 .6 .6	145 165 155	
	{ 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, dressed, as purchased.	{ Min . . . 3 Max . . . 3 Avg . . . 3	81.8 83.5 82.5	15.0 17.2 16.3	1 .5 .3	.....	.8 1.0 .9	.8 1.0 .9	300 330 315	
Cod, sections, as purchased.	{ Min . . . 3 Max . . . 3 Avg . . . 3	81.8 83.5 82.5	15.0 17.2 16.3	1 .5 .3	.....	.8 1.0 .9	.8 1.0 .9	300 330 315	
Cod, steaks	{ Edible portion . . . 1 As purchased . . . 1	9.2 72.4	16.9 16.9	.5 .5	.....	1.0 1.0	1.0 1.0	365 335	
Cusk, entrails removed.	{ Edible portion . . . 1 As purchased . . . 1	40.3 49.0	10.1 10.1	.1 .1	.....	.5 .5	.5 .5	190 190	
Eels, salt water, dressed.	{ Edible portion { Min . . . 2 Max . . . 2 Avg . . . 2	69.8 73.4 71.6	17.6 19.0 18.3	7.9 10.3 9.1	.....	1.1 1.0 1.0	1.1 1.0 1.0	660 790 725	
	{ As purchased { Min . . . 2 Max . . . 2 Avg . . . 2	19.0 21.4 20.2	54.9 59.4 57.2	14.3 14.9 14.6	6.4 8.1 7.2	.....	.7 .9 .8	535 620 575	
	{ Min . . . 3	83.4	12.9	.4	.....	1.2	1.2	275	
	{ Max . . . 3	85.0	14.7	.7	.....	1.3	1.3	300	
	{ Avg . . . 3	84.2	13.9	.6	.....	1.3	1.3	285	
Flounder, whole	{ Edible portion . . . 3 As purchased . . . 2	56.2 66.8	27.2 37.0	5.2 6.1	2 .3	.....	.5 .5	120 130	
Flounder, entrails removed, as purchased.	{ Min . . . 2 Max . . . 2 Avg . . . 2	61.5 32.1 35.8	5.6 6.8 6.8	.3 .3 .3	.....	.5 .5 .6	.5 .5 .6	115 130 190	
Haddock, entrails removed.	{ Edible portion { Min . . . 4 Max . . . 4 Avg . . . 4	80.3 82.6 81.7	15.9 18.4 16.8	1 .4 .3	.....	1.0 1.6 1.2	1.0 1.6 1.2	305 350 325	
	{ As purchased { Min . . . 4 Max . . . 4 Avg . . . 4	48.0 52.9 51.0	38.5 42.9 40.0	7.8 8.9 8.2	1 .2 .2	.....	.5 .8 .6	150 170 160	
	{ Min . . . 1	83.1	15.2	.7	.....	1.0	1.0	310	
	{ As purchased { Min . . . 3 Max . . . 3 Avg . . . 3	52.5 70.1 79.2	39.5 17.5 19.4	7.2 2.2 10.6	.....	.5 .9 1.1	.5 .9 1.1	145 420 565	
	{ As purchased { Min . . . 3 Max . . . 3 Avg . . . 3	11.2 23.1 17.7	60.9 62.6 61.9	13.4 16.1 15.1	1.7 9.4 4.4	.....	.7 1.0 .9	.7 1.0 .9	320 695 465
Halibut, steaks or sections.	{ Min . . . 2 Max . . . 2 Avg . . . 2	69.0 76.0 72.5	18.5 19.2 18.9	3.2 3.2 7.1	.....	1.5 1.6 1.5	1.5 1.6 1.5	490 810 650	
Herring, whole.	{ Edible portion . . . 2 As purchased . . . 2	39.3 46.0	37.3 46.1	10.0 11.7	1.9 5.9	.....	.8 1.0	300 435	
Kingfish, whole.	{ Edible portion . . . 1 As purchased . . . 1	42.6 79.2	41.7 18.7	10.9 9	3.9 .9	.....	.9 1.2	370 385	
Lamprey, whole.	{ Edible portion . . . 1 As purchased . . . 1	56.6 71.1	34.4 14.9	8.1 13.3	4 .7	.....	.5 .7	170 840	
Mackerel, whole	{ Edible portion { Min . . . 6 Max . . . 6 Avg . . . 6	64.0 78.7 73.4	17.5 19.3 18.2	2.2 16.3 7.1	.....	1.0 1.5 1.3	1.0 1.5 1.3	430 1,025 640	
	{ As purchased { Min . . . 5 Max . . . 5 Avg . . . 5	33.8 57.9 44.6	35.8 48.5 40.4	8.4 12.1 10.0	1.4 10.7 4.3	.....	.6 1.0 .7	.6 1.0 .7	300 675 370
	{ Min . . . 1	40.7	48.7	11.4	8.5	.....	.7	.7	360
	{ As purchased { Edible portion . . . 1 Max . . . 1 Avg . . . 1	74.9 57.9 49.2	19.3 31.5 38.7	9.3 8.1 10.0	4.6 2.0 1.3	.....	1.2 .5 .8	1.2 .5 .8	555 235 470
	{ As purchased { Edible portion . . . 1 Max . . . 1 Avg . . . 1	76.3 19.6 19.6	19.6 19.6 19.6	1.3 1.3 1.3	.....	1.6 1.6 1.6	1.6 1.6 1.6	470 240 240	

## 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>Fish—Continued.</i>									
Perch, white, whole.	Edible portion	Min..	2	75.6	17.7	2.5		1.1	485
		Max..	2	75.8	20.4	5.6		1.3	565
		Avg..	2	75.7	19.1	4.0		1.2	525
	As purchased..	Min..	2	61.8	27.8	6.5	1.0	.4	185
		Max..	2	63.2	28.9	7.8	2.1	.5	210
	Avg..	2	<b>62.5</b>	<b>28.4</b>	<b>7.2</b>	<b>1.5</b>	<b>.4</b>	<b>196</b>	
Perch, pike (wall-eyed pike).	Edible portion	1	79.7	18.4	.5		1.4	365	
	As purchased..	1	<b>57.2</b>	<b>34.1</b>	<b>7.9</b>	<b>.2</b>	<b>.6</b>	<b>155</b>	
Perch, yellow, whole.	Edible portion	Min..	2	78.1	17.9	.6		1.1	360
		Max..	2	80.4	19.5	1.1		1.3	410
		Avg..	2	79.3	18.7	.8		1.2	385
	As purchased..	1	<b>62.7</b>	<b>30.0</b>	<b>6.7</b>	<b>.2</b>	<b>.4</b>	<b>135</b>	
	As purchased..	1	<b>35.1</b>	<b>50.7</b>	<b>12.6</b>	<b>.7</b>	<b>.9</b>	<b>265</b>	
Pickereel (pike), whole.	Edible portion	Min..	3	79.5	18.4	.5		1.0	365
		Max..	3	79.9	18.9	.6		1.2	375
		Avg..	3	79.8	18.6	.5		1.1	365
	As purchased..	Min..	2	45.4	40.8	9.7	.2	.6	190
		Max..	2	48.7	43.6	10.2	.3	.7	200
	Avg..	2	<b>47.1</b>	<b>42.2</b>	<b>9.8</b>	<b>.2</b>	<b>.7</b>	<b>190</b>	
Pickereel (pike), entrails removed, as purchased		1	<b>42.7</b>	<b>45.7</b>	<b>10.7</b>	<b>.3</b>	<b>.6</b>	<b>210</b>	
Pike, gray, whole.	Edible portion	1	80.8	17.3	.8		1.1	355	
	As purchased..	1	<b>63.2</b>	<b>29.7</b>	<b>6.4</b>	<b>.3</b>	<b>.4</b>	<b>130</b>	
Pollock, dressed	Edible portion	1	76.0	21.7	.8		1.5	440	
	As purchased..	1	<b>28.5</b>	<b>54.3</b>	<b>15.5</b>	<b>.6</b>	<b>1.1</b>	<b>315</b>	
Pompano, whole	Edible portion	Min..	2	67.4	18.1	1.6		1.0	405
		Max..	2	78.2	19.2	13.5		1.0	925
		Avg..	2	72.8	18.7	7.5		1.0	665
	As purchased..	Min..	2	42.4	38.8	9.9	.8	.5	220
		Max..	2	48.6	40.2	10.5	7.8	.5	525
	Avg..	2	<b>45.5</b>	<b>39.5</b>	<b>10.2</b>	<b>4.3</b>	<b>.5</b>	<b>370</b>	
Porgy, whole ...	Edible portion	Min..	3	72.0	17.5	1.5		1.4	390
		Max..	3	79.7	19.3	7.9		1.4	685
		Avg..	3	75.0	18.5	5.1		1.4	560
	As purchased..	Min..	3	57.3	27.8	6.1	.5	.5	135
		Max..	3	65.1	31.1	8.2	3.4	.6	295
	Avg..	3	<b>60.0</b>	<b>29.9</b>	<b>7.4</b>	<b>2.1</b>	<b>.6</b>	<b>225</b>	
Red grouper, entrails removed.	Edible portion	Min..	2	79.0	18.4	.5		1.1	365
		Max..	2	79.9	19.2	.7		1.2	385
		Avg..	2	79.5	18.8	.6		1.1	375
	As purchased..	Min..	2	55.8	34.8	8.2	.2	.5	160
		Max..	2	55.9	35.3	8.5	.3	.5	170
	Avg..	2	<b>55.9</b>	<b>35.0</b>	<b>8.4</b>	<b>.2</b>	<b>.5</b>	<b>165</b>	
Red snapper, whole.	Edible portion	Min..	3	77.3	18.3	.5		1.3	360
		Max..	3	79.8	19.9	1.9		1.3	440
		Avg..	3	78.5	19.2	1.0		1.3	400
	As purchased..	Min..	2	39.6	36.8	9.2	.4	.6	190
		Max..	2	52.5	47.2	12.0	.9	.8	260
	Avg..	2	<b>46.1</b>	<b>42.0</b>	<b>10.6</b>	<b>.6</b>	<b>.7</b>	<b>220</b>	
Red snapper, entrails and gills removed, as purchased		1	<b>45.3</b>	<b>43.7</b>	<b>10.0</b>	<b>.3</b>	<b>.7</b>	<b>200</b>	
Salmon, whole ..	Edible portion	Min..	7	61.0	17.3	10.2		1.1	855
		Max..	7	69.5	24.5	15.0		1.6	1,005
		Avg..	7	65.2	20.6	12.8		1.4	925
	As purchased..	Min..	5	30.8	30.0	7.7	5.4	.6	370
		Max..	5	56.3	45.0	14.8	10.0	1.0	670
	Avg..	5	<b>39.2</b>	<b>39.4</b>	<b>12.4</b>	<b>8.1</b>	<b>.9</b>	<b>570</b>	
Salmon, entrails removed, as purchased.	Edible portion	2	23.8	45.0	12.4	6.6	.9	510	
	Max..	2	35.2	51.2	14.6	9.5	.9	675	
	Avg..	2	<b>29.5</b>	<b>48.1</b>	<b>13.5</b>	<b>8.1</b>	<b>.8</b>	<b>590</b>	
Salmon, California, sections.	Edible portion	Min..	2	62.7	17.0	16.5		1.0	1,030
		Max..	2	64.5	18.0	19.2		1.1	1,125
		Avg..	2	63.6	17.5	17.9		1.0	1,030
	As purchased..	1	<b>10.3</b>	<b>57.9</b>	<b>16.1</b>	<b>14.8</b>	<b>.9</b>	<b>925</b>	
Shad, whole.....	Edible portion	Min..	7	65.3	17.8	6.5		.9	630
		Max..	7	73.6	20.0	13.6		1.5	940
		Avg..	7	70.6	18.6	9.5		1.3	745
	As purchased..	Min..	7	44.4	30.3	7.4	2.9	.6	260
		Max..	7	58.8	39.5	10.5	7.3	.8	505
	Avg..	7	<b>50.1</b>	<b>35.2</b>	<b>9.2</b>	<b>4.8</b>	<b>.7</b>	<b>375</b>	
Shad roe, as purchased		1	<b>71.2</b>	<b>20.9</b>	<b>3.8</b>	<b>2.6</b>	<b>1.5</b>	<b>600</b>	
Sheepshead, whole.	Edible portion	Min..	2	72.0	18.9	.7		1.1	380
		Max..	2	79.1	20.2	6.7		1.3	660
		Avg..	2	75.6	19.5	3.7		1.2	520
	As purchased..	1	<b>66.0</b>	<b>26.9</b>	<b>6.4</b>	<b>.2</b>	<b>.5</b>	<b>125</b>	

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.		
<b>ANIMAL FOOD—continued.</b>										
<i>Fish—Continued.</i>										
Sheepshead, entrails removed, as pur- chased.....	1	<i>Per ct.</i> 56.5	<i>Per ct.</i> 31.3	<i>Per ct.</i> 8.8	<i>Per ct.</i> 2.9	.....	.....	<i>Calories.</i> 285		
Skate, lobe of body.	{	Edible portion.....	82.2	15.3	1.4	.....	1.1	345		
		As purchased.....	51.0	40.2	7.5	.7	.6	170		
Smelt, whole....	{	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.....	2	34.8	39.9	9.6	.8	.7	215	
		Max.....	2	49.0	52.3	10.4	1.2	1.3	245	
Avg.....	2	41.9	46.1	10.0	1.0	1.0	230			
Spanish mack- erel, whole.....	{	Edible portion.....	68.1	21.0	9.4	.....	1.5	790		
		As purchased.....	34.6	44.5	19.7	6.2	1.0	515		
Sturgeon, ante- rior sections.	{	Edible portion.....	78.7	18.0	1.9	.....	1.4	415		
		As purchased.....	14.4	67.4	15.4	1.6	1.2	355		
Trout, brook, whole.	{	Edible portion { Min.....	3	75.8	18.4	.8	.....	1.0	380	
		Max.....	3	79.8	20.0	2.9	.....	1.4	495	
		Avg.....	3	77.8	18.9	2.1	.....	1.2	440	
		As purchased.. { Min.....	3	45.2	38.6	9.2	.4	.5	222	
		Max.....	3	50.1	43.8	10.2	1.5	.7	255	
Avg.....	3	48.1	40.4	9.8	1.1	.6	230			
Tomcod, whole.	{	Edible portion.....	81.5	17.1	.4	.....	1.0	335		
		As purchased.....	59.9	32.7	6.8	.2	.4	135		
Turbot, whole..	{	Edible portion.....	71.4	12.9	14.4	.....	1.3	850		
		As purchased.....	47.7	37.3	6.8	7.5	.7	440		
Weakfish, whole	{	Edible portion.....	79.0	17.4	2.4	.....	1.2	425		
		As purchased.....	51.9	38.0	8.4	1.1	.6	200		
Whitefish, whole	{	Edible portion.....	69.8	22.1	6.5	.....	1.6	685		
		As purchased.....	53.5	32.5	10.8	3.0	.7	325		
<i>Fish, preserved and canned.</i>										
Cod, salt.....	{	Edible portion { Min.....	2	53.5	21.2	.3	.....	24.3	405	
		Max.....	2	53.6	21.7	.4	.....	25.0	420	
		Avg.....	2	53.6	21.4	.4	.....	24.6	415	
		As purchased.. { Min.....	2	24.3	40.0	15.7	.3	.....	18.4	305
		Max.....	2	25.5	40.5	16.4	.4	.....	18.5	320
Avg.....	2	24.9	40.3	16.0	.4	.....	18.4	315		
Cod, boneless, salt, as purchased.....	1	54.4	22.2	.3	.....	23.1	425			
Haddock, smoked.	{	Edible portion.....	72.5	23.7	.2	.....	3.6	450		
		As purchased.....	32.2	49.2	16.1	.1	.....	2.4	305	
Haddock, smoked, canned, cooked, as pur- chased.....	{	Edible portion { Min.....	1	68.7	21.8	2.3	.....	7.2	505	
		Max.....	2	47.7	18.1	14.4	.....	14.9	995	
		Avg.....	2	51.1	23.0	15.6	.....	15.2	1,035	
		As purchased.. { Min.....	2	49.4	20.6	15.0	.....	15.0	1,015	
		Max.....	2	5.9	44.9	16.7	13.6	.....	13.9	920
Avg.....	2	8.0	47.0	21.6	14.4	.....	14.0	975		
Halibut, smoked	{	Edible portion { Min.....	2	46.0	19.1	14.0	.....	13.9	945	
		Max.....	2	34.6	36.4	15.8	.....	13.2	1,345	
Herring, smoked, entrails removed.	{	Edible portion.....	1	44.4	19.2	8.8	.....	7.4	745	
		As purchased.....	1	63.3	16.9	12.2	3.6	4.0	895	
Lamprey, canned, Russia.	{	Edible portion.....	1	18.2	51.7	13.8	10.0	3.0	3.3	735
		As purchased.....	1	42.2	22.0	22.6	.....	13.2	1,360	
Mackerel, salt, en- trails removed.	{	Edible portion.....	1	22.9	32.5	17.0	17.4	10.2	1,050	
		As purchased.....	1	43.2	16.9	24.9	.....	12.0	1,380	
Mackerel, salt, dressed.	{	Edible portion { Min.....	2	43.6	17.7	27.9	.....	13.8	1,490	
		Max.....	2	43.4	17.3	26.4	.....	12.9	1,435	
		Avg.....	2	17.0	35.8	13.7	19.3	.....	10.0	1,070
		As purchased.. { Min.....	2	22.4	35.8	14.0	23.2	.....	10.8	1,230
		Max.....	2	19.7	34.8	13.9	21.2	.....	10.4	1,150
Avg.....	2	68.2	19.9	8.7	.....	3.2	735			
Mackerel, salt, canned, as purchased.....	{	Edible portion.....	1	58.2	22.0	14.1	1.6	4.1	1,035	
		As purchased.....	1	181.5	39.9	15.0	9.7	1.1	2.8	710
Minogy, pickled, canned.	{	Edible portion.....	1	56.5	21.9	18.6	.....	3.0	1,190	
		As purchased.....	1	18.7	46.0	17.8	15.1	.....	2.4	970
Pilchard in tomatoes, canned, Russia, as purchased.....	{	Edible portion { Min.....	1	52.7	27.5	15.8	.....	4.0	1,180	
		Max.....	6	57.5	17.2	2.4	.....	1.8	420	
		Avg.....	6	71.1	23.7	21.5	7.1	2.5	1,265	
		As purchased.. { Min.....	3	11.7	54.6	18.8	7.0	.....	1.5	600
		Max.....	3	16.9	58.2	20.3	9.8	.....	2.4	765
		Avg.....	3	14.2	56.8	19.5	7.5	.....	2.0	680
Sardines, canned	{	Edible portion.....	1	56.4	25.3	12.7	.....	5.6	1,010	
		As purchased.....	1	5.0	53.6	24.0	12.1	.....	5.3	955

<sup>1</sup> Refuse, oil.<sup>2</sup> 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	.....	50.6	32.2	9.6	.....	7.6	1,005	
Russia, { As purchased .....	1	12.7	44.1	28.1	8.4	.....	6.7	875	
Sturgeon, caviare, pressed, Russia, as purchased .....	1	.....	38.1	30.0	19.7	7.6	4.6	1,530	
Tunny, canned, as purchased .....	1	.....	72.7	21.5	4.1	.....	1.7	575	
Tunny, canned, { Edible portion .....	1	.....	51.3	23.8	20.0	.6	4.3	1,295	
in oil, Russia, { As purchased .....	1	16.7	42.7	20.3	16.7	.....	3.6	1,085	
<i>Shellfish, etc., fresh.</i>									
Clams, long, in shell. { Edible portion { Min .....	4	.....	85.0	8.1	1.0	1.6	2.0	225	
	4	.....	86.1	9.0	1.2	2.5	3.0	255	
	4	.....	85.8	8.6	1.0	2.0	2.6	240	
	4	.....	39.9	47.2	4.4	.5	.9	1.2	120
As purchased { Min .....	4	.....	45.2	51.7	5.2	.7	1.5	1.7	150
	4	41.9	49.9	5.0	.6	1.1	1.5	140	
Clams, round, in shell. { Edible portion .....	1	.....	86.2	6.5	.4	4.2	2.7	215	
	1	67.5	28.0	2.1	1.1	1.4	.9	70	
Clams, round, from shell, as purchased .....	1	.....	80.8	10.6	1.1	5.2	2.3	340	
Crabs, hard, { Edible portion .....	1	.....	77.1	16.6	2.0	1.2	3.1	415	
whole, { As purchased .....	1	.....	52.4	36.7	7.9	.9	.6	1.5	195
Crayfish, a b o- { Edible portion .....	1	.....	81.2	16.0	.5	1.0	1.3	335	
men. { As purchased <sup>2</sup> .....	1	.....	86.6	10.9	2.1	.1	.2	45	
Lobster, whole. { Edible portion { Min .....	4	.....	68.6	11.6	1.5	.....	1.6	290	
	4	.....	84.3	25.4	2.5	.9	4.0	555	
	4	.....	79.2	16.4	1.8	.4	2.2	390	
	4	44.0	18.0	4.4	.5	.....	.6	115	
As purchased { Min .....	4	.....	73.7	47.2	6.5	.9	.4	1.1	165
	4	61.7	30.7	5.9	.7	.2	.8	145	
Mussels. { Edible portion .....	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	
Oysters in the shell. { Edible portion { Min .....	34	.....	80.5	4.2	.6	1.8	1.2	135	
	34	.....	90.9	10.0	1.9	6.7	2.8	360	
	34	.....	86.9	6.2	1.2	3.7	2.0	230	
	34	74.0	10.7	.5	.1	.2	.2	30	
As purchased { Min .....	34	.....	88.3	23.1	1.8	4	1.3	.6	65
	34	81.4	16.1	1.2	.2	.7	.4	45	
Oysters, "solids," as purchased. { Edible portion { Min .....	6	.....	85.2	5.7	.9	1.7	.7	175	
	6	.....	91.0	6.6	1.8	5.6	1.1	305	
	6	.....	88.3	6.1	1.4	3.3	.9	235	
	2	.....	77.8	14.5	.....	1.1	1.3	310	
Scallops, as purchased. { Max .....	2	.....	82.8	15.1	.3	5.6	1.5	385	
	2	.....	80.3	14.8	.1	3.4	1.4	345	
Terrapin. { Edible portion .....	1	.....	74.5	21.0	3.5	.....	1.0	540	
	1	75.4	18.3	5.2	.9	.....	.2	135	
Turtle, green, { Edible portion .....	1	.....	79.8	18.5	.5	.....	1.2	365	
	1	76.0	19.2	4.4	.1	.....	.3	85	
<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	
	2	.....	81.0	16.0	2.3	.7	2.1	410	
	2	.....	80.0	15.8	1.5	.7	2.0	370	
Lobsters, as purchased. { Min .....	5	.....	76.2	16.7	.5	.5	2.1	340	
	5	.....	79.4	19.5	1.7	.6	2.8	445	
	5	.....	77.8	18.1	1.1	.5	2.5	395	
Oysters, as purchased. { Min .....	3	.....	84.6	7.0	2.0	4.1	1.2	285	
	3	.....	86.0	8.0	2.2	5.2	1.4	310	
	3	.....	85.2	7.4	2.1	4.0	1.3	300	
Shrimps, as purchased .....	1	.....	70.8	25.4	1.0	.2	2.6	520	
<i>Eggs.</i>									
Hens' eggs. { Edible portion { Min .....	39	.....	68.2	9.8	9.1	.....	.6	650	
	39	.....	75.3	17.4	15.1	.....	1.6	885	
	39	.....	73.5	14.9	10.6	.....	1.0	725	
As purchased .....	.....	10.5	66.0	13.1	9.5	.....	.9	645	
<i>Dairy products, etc.</i>									
Butter .....	.....	.....	.....	.....	82.4	.....	.....	3,475	
Whole milk .....	.....	.....	87.0	3.3	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	

<sup>1</sup> Refuse, oil.<sup>2</sup> Refuse of whole.<sup>3</sup> Average per cent shell in several determinations.<sup>4</sup> 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.
<b>ANIMAL FOOD—continued.</b>								
<i>Dairy products, etc.—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>
Condensed milk	{ Min	7	25.7	6.0	.4	44.4	1.9	1,270
	{ Max	7	37.3	10.4	9.8	56.9	2.1	1,520
	{ Avg	7	30.5	8.2	7.1	52.3	1.9	1,425
Cream	{ Avg		74.0	2.5	18.5	4.5	.5	910
<b>Cheese:</b>								
American pale	1		31.6	28.8	36.2		3.4	2,060
American red	1		28.6	29.6	38.3		3.5	2,165
Boudard	1		55.2	15.4	21.7	.7	7.0	1,215
Cheddar	1		35.6	28.2	32.0		4.2	1,875
Cheshire	1		37.1	26.9	31.6		4.4	1,835
Crown brand	1		31.4	5.2	58.0	2.2	3.2	2,585
Dutch	1		35.2	37.1	17.7		10.0	1,435
Brie	1		60.2	15.9	21.0	1.4	1.5	1,210
Imitation old English	1		20.7	30.1	42.7	1.3	5.2	2,385
Limburger	1		42.1	28.0	29.4	.4	5.1	1,675
Neufchatel	{ Min	2	42.7	15.1	22.3	.2	2.3	1,275
	{ Max	2	57.2	22.3	32.5	2.9	2.5	1,790
	{ Avg	2	50.0	18.7	27.4	1.5	2.4	1,530
Pineapple	{ Min	5	11.8	27.0	33.3	2.2	5.1	1,965
	{ Max	5	31.0	34.5	45.2	3.1	6.2	2,600
	{ Avg	5	23.0	29.9	38.9	2.6	5.6	2,245
Roquefort	1		39.3	22.6	29.5	1.8	6.8	1,700
Swiss	{ Min	2	28.9	26.1	33.2	.9	4.4	1,920
	{ Max	2	33.8	29.1	36.7	1.7	5.2	2,105
	{ Avg	2	31.4	27.6	34.9	1.3	4.8	2,010
Whole milk <sup>2</sup>	{ Min	19	27.0	17.9	25.0		2.5	1,690
	{ Max	19	38.0	37.0	44.6	8.8	4.8	2,215
	{ Avg	19	33.7	26.0	34.2	2.3	3.8	1,965
Partly skimmed <sup>2</sup>	{ Min	3	34.8	23.5	23.7	2.3	3.2	1,580
	{ Max	3	42.0	27.6	34.5	4.9	3.4	1,965
	{ Avg	3	38.2	25.4	29.5	3.6	3.3	1,785
Skim-milk <sup>2</sup>	{ Min	9	41.2	26.3	6.8	2.0	2.4	1,010
	{ Max	9	53.1	38.4	27.8	9.0	5.1	1,740
	{ Avg	9	45.7	31.5	16.4	2.2	4.2	1,320
Imitation full cream, Oleo	1		37.9	25.9	31.7		4.5	1,820
<b>Miscellaneous.</b>								
Gelatine	{ Min	6	9.6	82.2			1.4	1,545
	{ Max	6	15.4	88.3	.4		4.4	1,655
	{ Avg	6	13.6	84.2	.1		2.1	1,570
Isinglass, sturgeon	1		19.0	77.4	1.6		2.0	1,510
Spinal column, sturgeon	1		17.7	76.9	.8		4.6	1,465
Mince-meat, commercial	{ Min	3	20.8	1.4	.8	56.7	1.1	1,125
	{ Max	3	39.7	14.6	2.2	67.4	7.1	1,420
	{ Avg	3	27.7	6.7	1.4	60.2	4.0	1,305
Mince-meat, homemade	{ Min	2	56.6	3.4	4.9	23.6	1.0	905
	{ Max	2	58.9	4.7	7.3	34.1	2.5	930
	{ Avg	2	56.8	4.0	6.1	31.3	1.8	915
<b>Animal and other fats, except butter:</b>								
Tallow, refined					100.0			4,220
Lard, refined					100.0			4,220
Cottolene					100.0			4,220
Oleomargarine	{ Min	35	6.9	.1	74.9		3.1	3,190
	{ Max	35	11.5	4.3	89.8		12.9	3,765
	{ Avg	35	9.3	1.3	82.7		6.7	3,515
<b>VEGETABLE FOOD.</b>								
<i>Wheat flours, meals, etc.</i>								
California fine flour	{ Min	3	12.4	7.2	1.2	73.9	.4	1,590
	{ Max	3	15.6	8.8	1.6	77.8	.5	1,660
	{ Avg	3	13.8	7.9	1.4	76.4	.5	1,625
Entire wheat flour	{ Min	5	10.1	13.1	1.9	69.5	1.0	1,635
	{ Max	5	13.1	15.5	2.1	72.1	1.5	1,700
	{ Avg	5	12.1	14.2	1.9	70.6	1.2	1,660
Graham flour	{ Min	6	10.3	11.3	1.5	66.0	1.7	1,615
	{ Max	6	13.7	15.5	3.6	72.0	2.4	1,710
	{ Avg	6	11.8	12.7	2.2	70.3	2.0	1,655
Graham flour, California	1		12.1	8.5	2.0	75.8	1.6	1,650
Low grade flour	{ Min	6	9.3	10.0	1.0	64.2	.7	1,640
	{ Max	6	12.6	17.9	3.9	75.9	2.0	1,735
	{ Avg	6	11.4	13.9	2.6	70.8	1.3	1,685
Roller process flour	{ Min	100	9.4	8.3	.6	70.0	.3	1,615
	{ Max	100	14.3	14.9	2.0	77.9	.8	1,705
	{ Avg	100	12.5	11.3	1.1	74.6	.5	1,645

<sup>1</sup> Protein by difference.

<sup>2</sup> American.

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
<i>Wheat flours, meals, etc.—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>	
Spring wheat flour .....	{ Min ..	19	8.8	8.6	.5	71.4	.3	1,630	
	{ Max ..	19	13.5	14.4	1.3	78.5	1.1	1,705	
	{ 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	.5	1,640	
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	1,730	
	{ Avg. ..	7	10.8	10.1	1.2	74.3	3.6	1,620	
Beck's Breakfastina .....	{	1	9.7	11.4	1.7	75.9	1.3	1,695	
Cerealine .....	{	1	10.6	9.4	1.0	78.6	.4	1,680	
Crushed wheat .....	{ Min ..	2	9.8	11.9	1.5	74.0	1.4	1,665	
	{ Max ..	2	11.1	12.0	1.8	75.1	1.4	1,695	
	{ Avg. ..	2	10.5	11.9	1.7	74.5	1.4	1,680	
Macaroni and vermicelli .....	{ Min ..	25	9.1	7.9		66.7	.3	1,540	
	{ Max ..	25	12.3	16.6	5.2	78.4	7.0	1,770	
	{ Avg. ..	25	10.8	11.7	1.6	72.9	3.0	1,640	
Rex wheat .....	{	1	10.4	11.4	2.1	74.5	1.6	1,685	
Wheat germ meal .....	{	1	11.7	11.4	2.2	73.7	1.0	1,675	
Wheatlet .....	{	1	10.4	12.3	1.4	75.0	.9	1,685	
White wheat farina .....	{ Min ..	2	8.7	10.4	1.0	77.0	.1	1,690	
	{ Max ..	2	10.7	11.7	1.8	78.2	.4	1,715	
	{ Avg. ..	2	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	8.9	2.2	75.1	.9	1,655	
Corn meal, un- bolted. {	{ Min ..	5	10.9	7.8	4.5	73.4	1.3	1,720	
	{ Edible portion ..	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	
As purchased ..	{ Min ..	5	14.2	9.2	3.5	55.7	1.0	1,305	
	{ Max ..	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	1,645	
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 .....	{	1	52.7	5.0	.1	41.9	.8	875	
Rice, flour .....	{ Min ..	5	3.7	4.7	1.7	57.3	6.6	1,590	
	{ Max ..	5	11.5	12.0	12.7	79.2	10.7	1,810	
	{ Avg. ..	5	9.1	9.1	7.4	65.9	8.5	1,705	

<sup>1</sup> 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.									
<i>Bread, crackers, and pastry—Continued.</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	1,880	
	{ 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	1		24.8	6.3	15.7	51.9	1.3	1,745	
Pie, apple	{ Min		41.8	2.6	7.7	40.3	.9	1,180	
	{ Max		45.5	3.8	11.3	43.3	2.8	1,295	
	{ Avg		43.2	3.3	9.8	41.7	2.0	1,250	
Pie, cream	{ Min		27.8	5.6	6.9	54.1	1.1	1,430	
	{ Max		30.9	7.0	9.3	55.8	1.5	1,535	
	{ Avg		29.4	6.3	8.1	54.9	1.3	1,480	
Pie, custard	1		62.4	4.2	6.3	26.1	1.0	830	
Pie, lemon	1		47.4	3.6	10.1	37.4	1.5	1,190	
Pie, mince	{ 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, squash	{ 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	4.4	8.4	21.7	1.3	840	
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	2		61.8	3.6	3.7	30.0	.9	780	
Wafers, vanilla	1		5.8	6.8	15.7	71.2	.5	2,115	
<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	2					98.0		1,825	
<i>Vegetables.<sup>1</sup></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		18.2	22.8	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	1		68.5	7.1	.7	22.0	1.7	570	
Beans, string, as purchased	{ Min		83.5	1.7	.3	6.2	.7	165	
	{ Max		91.0	2.8	.4	12.6	.8	300	
	{ Avg		87.3	2.2	.4	9.4	.7	235	
Beets	{ Min		83.0	.9	.1	4.0	.7	115	
	{ Edible portion		92.9	1.9	.2	13.7	1.3	300	
	{ As purchased		87.6	1.6	.1	9.6	1.1	210	
Brussels sprouts	{ Min		20.0	70.0	1.3	1.1	7.7	.9	170
	{ 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
Cabbage	{ Min		86.0	1.4	.1	3.4	.6	100	
	{ Edible portion		94.3	2.9	.7	8.0	2.7	225	
	{ As purchased		90.3	2.1	.4	5.8	1.4	185	
			15.0	76.8	1.8	.3	4.9	1.2	140

<sup>1</sup>Such 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>Calories.</i>		
Carrots .....	{ Edible portion ..	{ Min .. 17	83.1	.7	.....	6.5	.6	155		
		{ Max .. 17	91.1	2.0	.7	13.8	1.6	255		
		{ Avg .. 17	88.2	1.1	.4	9.2	1.1	210		
		{ As purchased ..	Avg .. 17	20.0	70.5	.9	.3	7.4	.9	170
Cauliflower, head, as purchased .....	{	1	90.8	1.6	.8	6.0	.8	175		
Celery, as purchased .....	{	1	94.4	1.4	.1	3.0	1.1	85		
Corn, green (sweet), edible portion .....	{ Min .. 1	81.3	2.8	1.1	14.1	.7	360			
	{ Max .. 2	95.7	.8	.2	2.2	.5	65			
Cucumbers .....	{ Edible portion ..	{ Max .. 2	96.3	.8	.2	2.8	.9	75		
		{ Avg .. 2	96.0	.8	.2	2.5	.5	70		
		{ As purchased ..	Avg .. 2	15.0	81.6	.7	.2	2.1	.4	60
Eggplant, as purchased .....	{ Min .. 1	92.9	1.2	.3	5.1	.5	130			
	{ Max .. 2	81.4	2.4	.8	7.1	2.5	265			
Greens, as purchased .....	{	{ Max .. 2	84.4	5.2	1.0	10.6	4.6	285		
		{ Avg .. 2	82.9	3.8	.9	8.9	3.5	275		
		{ Min .. 2	90.9	1.7	.1	5.4	1.3	140		
Kohl rabi, as purchased .....	{	{ Max .. 2	91.3	2.3	.1	5.6	1.3	145		
		{ Avg .. 2	91.1	2.0	.1	5.5	1.8	145		
		{ Min .. 1	91.8	1.2	.5	5.8	.7	150		
Leeks .....	{ Edible portion ..	1	91.8	1.2	.5	5.8	.7	150		
	{ As purchased ..	1	15.0	78.0	1.0	.4	5.0	.6	130	
Lentils, as purchased .....	{	1	10.7	26.0	1.5	58.6	3.2	1,635		
	{ Min .. 6	91.5	1.0	.2	2.1	.8	60			
Lettuce .....	{ Edible portion ..	{ Max .. 6	95.9	1.8	.6	4.9	1.2	150		
		{ Avg .. 6	94.0	1.3	.4	3.3	1.0	105		
		{ As purchased ..	Avg .. 6	18.0	77.1	1.1	.3	2.7	.8	85
Okra, as purchased .....	{	1	87.4	2.0	.4	9.5	.7	230		
	{ Min .. 8	81.5	2.2	.2	4.4	.4	120			
Onions .....	{ Edible portion ..	{ Max .. 8	93.5	4.4	.8	15.5	1.2	335		
		{ Avg .. 8	87.3	1.7	.4	9.9	.7	235		
		{ As purchased ..	Avg .. 8	10.0	78.6	1.5	.4	8.9	.6	210
Parsnips .....	{	{ Min .. 2	79.5	1.5	.4	15.5	1.5	340		
		{ Max .. 2	80.3	1.9	.8	16.7	1.9	375		
		{ Avg .. 2	79.9	1.7	.6	16.1	1.7	355		
Peas, dried as purchased .....	{	{ As purchased ..	Avg .. 2	20.0	63.9	1.3	.5	12.9	1.4	285
		{ Min .. 5	8.5	20.4	.9	50.1	2.2	1,555		
		{ Max .. 5	15.0	26.3	1.3	67.4	2.9	1,685		
Peas, cowpeas, dried, as purchased .....	{	{ Avg .. 5	10.8	24.1	1.1	61.5	2.5	1,640		
		{ Min .. 11	10.0	19.3	1.2	53.1	2.9	1,450		
		{ Max .. 11	20.9	23.0	1.6	65.4	3.8	1,650		
Peas, green .....	{	{ Avg .. 11	18.0	21.3	1.4	60.9	3.4	1,590		
		{ Edible portion ..	1	78.1	4.4	.5	16.1	.9	400	
		{ As purchased ..	1	50.0	39.0	2.2	.8	8.0	.5	200
Peas, sugar, green, as purchased .....	{	1	81.8	3.4	.4	13.7	.7	335		
Pickles, cucumber, as purchased .....	{	1	89.0	.5	.5	5.4	4.6	130		
Pickles, horse-radish, as purchased .....	{	1	87.5	1.2	.2	9.6	1.5	210		
Potatoes, boiled, as purchased .....	{	{ Min .. 3	69.7	2.6	.1	20.2	.9	430		
		{ Max .. 3	76.0	3.0	.4	25.5	1.4	545		
		{ Avg .. 3	73.7	2.7	.2	22.3	1.1	475		
Potato chips, fried, as purchased .....	{	1	1.8	7.6	35.5	50.6	4.5	2,580		
Potatoes, raw .....	{	{ Min .. 57	67.8	1.1	.....	15.6	.6	315		
		{ Edible portion ..	57	82.2	3.0	.2	27.4	1.9	570	
		{ Max .. 57	78.9	2.1	.1	18.0	.9	380		
		{ Avg .. 57	15.0	67.1	1.8	.1	15.3	.7	325	
Potatoes, sweet .....	{	{ As purchased ..	Avg .. 57	45.8	4.4	.2	17.1	.8	385	
		{ Min .. 88	79.0	3.6	1.3	49.1	2.0	1,175		
		{ Max .. 88	69.3	1.8	.7	27.1	1.1	565		
Pumpkins .....	{	{ Avg .. 88	15.0	58.9	1.5	.6	23.1	.9	480	
		{ Edible portion ..	3	92.3	.9	.1	3.9	.6	95	
		{ Max .. 3	94.4	1.1	.2	5.9	.7	135		
Rhubarb .....	{	{ Avg .. 3	93.1	1.0	.1	5.2	.6	120		
		{ As purchased ..	Avg .. 3	50.0	46.6	.5	.....	2.6	.3	60
		{ Min .. 3	86.6	.5	.....	5.4	.7	115		
Radishes .....	{	{ Edible portion ..	3	93.3	3.0	.3	8.3	1.8	225	
		{ Max .. 3	90.8	1.4	.1	6.6	1.1	155		
		{ Avg .. 3	30.0	63.6	1.0	.1	4.6	.7	110	
Rutabagas .....	{	{ As purchased ..	Avg .. 3	92.7	.3	.1	2.9	.6	65	
		{ Edible portion ..	2	96.1	.8	1.2	4.4	.9	145	
		{ Max .. 2	94.4	.6	.7	3.6	.7	105		
Rutabagas .....	{	{ Avg .. 2	40.0	56.6	.4	.4	2.2	.4	65	
		{ Min .. 5	87.1	.9	.1	6.2	.7	135		
		{ Max .. 5	91.8	2.0	.3	10.3	1.4	220		
Rutabagas .....	{	{ Edible portion ..	5	88.9	1.3	.2	8.5	1.1	190	
		{ Avg .. 5	30.0	62.2	.9	.1	6.0	.8	135	

<sup>1</sup> Refuse, pods.

## 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>Calories.</i>	
Sauerkraut, as purchased	1		86.3	1.5	.8	4.4	7.0	145	
Spinach, as purchased	1		92.4	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	Avg	7	50.0	43.3	.8	.3	5.2	.4	125
		7	77.7	2.0	.4	16.1	3.8	355	
Tomato catsup, as purchased	1		91.3	.7	.3	2.2	.3	75	
Tomatoes, as purchased	{	Min	96.3	1.0	.5	6.5	.7	160	
		Max	94.4	.8	.4	3.9	.5	105	
		Avg	70.1	.7	.1	4.3	.6	120	
Turnips	{ Edible portion..	Min	92.7	3.9	.4	23.8	2.1	520	
		Max	88.9	1.4	.2	8.7	.8	195	
		Avg	30.0	62.2	1.0	.1	6.1	.6	135
As purchased	Avg	14	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	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	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	42	
		Max	78.2	8.1	6.7	23.2	2.6	96	
		Avg	68.0	6.9	3.3	19.7	2.1	66	
Beans, string, as purchased	{	Min	77.3	.6		2.0	.5	41	
		Max	96.3	4.0	.5	13.5	4.7	34	
		Avg	93.6	1.1	.1	3.9	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	95.2	1.1	.1	2.5	1.1	70	
Beans, French string, "haricot flageolets," as purchased.	{	Min	80.4	4.0		10.8	1.0	28	
		Max	83.9	5.2	.1	13.4	1.0	35	
		Avg	81.6	4.6	.1	12.5	1.2	32	
Beans, French string, "haricot panachés," as purchased	{	Min	86.1	3.7		9.2	1.0	24	
		Max	75.7	3.2	.2	10.5	1.0	28	
Beans, Lima, as purchased	{	Min	83.9	5.6	.5	17.9	2.6	44	
		Max	79.5	4.0	.3	14.6	1.6	36	
		Avg	72.7	7.0	.2	18.5	1.6	48	
Brussels sprouts, as purchased	{	Min	93.7	1.5	.1	8.4	1.8	9	
		Max	68.3	2.2	.7	11.5	.5	31	
		Avg	83.7	3.7	1.9	23.5	1.6	61	
Corn, green, as purchased	{	Min	75.7	2.8	1.3	19.3	.9	46	
		Max	83.6	1.2	.4	6.4	.5	16	
		Avg	91.5	2.1	.4	12.7	1.2	29	
Corn and tomatoes, as purchased	{	Min	87.6	1.6	.4	9.6	.8	22	
		Max	91.5	.7		2.3	.8	5	
		Avg	95.9	1.7		5.7	1.2	13	
Macedoine, <sup>1</sup> as purchased	{	Min	93.1	1.4		4.5	1.0	11	
		Max	94.0	.5		3.3	.3	7	
		Avg	94.0	.9	.2	3.9	1.7	9	
Okra, as purchased	{	Min	94.4	.7	.1	3.6	1.2	8	
		Max	91.4	1.1	.2	4.8	1.4	12	
		Avg	92.3	1.2	.3	5.7	1.8	13	
Okra and tomatoes, as purchased	{	Min	91.8	1.1	.3	5.2	1.6	13	
		Max	77.5	1.6		4.9	.3	13	
		Avg	92.7	6.1	.8	17.4	2.0	41	
Peas, green ( <i>Pisum sativum</i> ), as purchased.	{	Min	85.3	3.6	.2	9.8	1.1	25	
		Max	42.0	1.3	.3	29.2	.8	56	
		Avg	68.4	2.6	.5	53.6	1.3	1,06	
Potatoes, sweet, as purchased	{	Min	55.2	1.9	.4	41.4	1.1	82	
		Max	88.2	.5	.1	4.7	.4	10	
		Avg	94.3	1.2	.4	9.6	1.5	20	
Pumpkin, as purchased	{	Min	91.6	.8	.2	6.7	.7	15	
		Max	85.6	.2	.1	8.2	.2	18	
		Avg	89.9	1.6	1.2	13.9	.7	26	
Squash, as purchased	{	Min	87.6	.9	.5	10.5	.5	23	
		Max	71.4	2.9	.7	14.9	.7	37	
		Avg	79.9	4.4	1.2	22.4	1.4	49	
Succotash, as purchased	{	Min	75.9	3.6	.9	18.7	.9	45	
		Max	93.0	.3	.2	2.3	.4	8	
		Avg	95.6	1.6	.3	5.2	1.2	13	
Tomatoes, as purchased	{	Min	94.0	1.2	.2	4.0	.6	10	
		Max							

<sup>1</sup> 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, canned.</i>											
Apples, crab, as purchased .....	1		<i>Per ct.</i> 42.4	<i>Per ct.</i> .8	<i>Per ct.</i> 2.4	<i>Per ct.</i> 54.4	<i>Per ct.</i> .5	1,120			
Blackberries, as purchased .....	1		40.0	.8	2.1	56.4	.7	1,150			
Blueberries, as purchased .....	2	} 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		93.7		.5	.2	5.3	.3	115		
Pineapples, as purchased .....	1		61.8	.4	.7	36.4	.7	715			
<i>Nuts.</i>											
Chestnuts, fresh {	} Edible portion	} {	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	Avg	16.0	32.4	5.8	6.7	37.7	1.4	1,090
			Chestnuts, dried {	} Edible portion	} {	Min	4.8	9.0	6.6	65.7	2.6
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	Avg	23.0				4.5	8.1	7.7	54.6	2.1	1,490
Cocoanut, prepared, as purchased {	} Edible portion	} {	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	3.5	6.3	57.4	31.5	1.3	3,125		
			Peanuts {	} Edible portion	} {	Min	4.9	19.5	32.3	15.3	1.9
Max	13.2	29.1				48.8	40.4	2.4	2,885		
As purchased	} Avg	} {	4	9.2	25.8	38.6	24.4	2.0	2,560		
			4	33.0	6.2	17.3	25.9	16.3	1.3	1,718	
<i>Miscellaneous.</i>											
Chocolate .....	1		10.3	12.5	47.1	26.8	3.3	2,720			
Cocoa .....	} {	} {	Min	3.2	20.6	27.1	35.3	5.4	2,295		
			Max	5.4	22.7	31.5	40.6	8.9	2,371		
			Avg	4.6	21.6	28.9	37.7	7.2	2,320		

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