

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

THE CHEMICAL COMPOSITION

OF

AMERICAN FOOD MATERIALS.

[Corrected April 14, 1906.]

BY

W. O. ATWATER, Ph. D.,

AND

A. P. BRYANT, M. S.



WASHINGTON:
GOVERNMENT PRINTING OFFICE.
1906.

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

THE CHEMICAL COMPOSITION
OF
AMERICAN FOOD MATERIALS.

[Corrected April 14, 1906.]

BY

W. O. ATWATER, PH. D.,

AND

A. P. BRYANT, M. S.



WASHINGTON:
GOVERNMENT PRINTING OFFICE.
1906.

FOR SALE BY THE SUPERINTENDENT
OF DOCUMENTS, WASHINGTON, D.C.
PRICE 10 CENTS

W. To enter on work sheets.

W ✓ Entered " " "

Od Omit data.

Oi " item.

O " data and item.

LETTER OF TRANSMITTAL.

U. S. DEPARTMENT OF AGRICULTURE,
OFFICE OF EXPERIMENT STATIONS,
Washington, D. C., March 31, 1899.

SIR: I have the honor to transmit herewith a tabulated summary of analyses made in the United States of materials used for the food of man, prepared by W. O. Atwater, Ph. D., and A. P. Bryant, M. S., under instructions from the Director of this Office. This compilation is a revision of an earlier bulletin of this Office bearing the same title. Since the first edition was published a large number of analyses of foods have been made in connection with the nutrition investigations conducted under the auspices of this Department. Other analyses have been reported by the experiment stations, as well as a large number by the Division of Chemistry of this Department.

In the present publication it is the intention to give the maximum, minimum, and average of all available analyses of American food products up to January 1, 1899, with the exception of milk, butter, and other dairy products, and sugars. The number of analyses of such products is so great and the literature of the subject so large that a compilation of the results might appropriately form the subject of a special publication.

The literature of the subject has been thoroughly gone over, and the present compilation is based upon over 4,000 analyses. A considerable number of these were made by Professor Atwater and his associates, in Middletown, Conn., and a large number by the Division of Chemistry of this Department. Especial credit is due Mr. R. D. Milner for assistance in compiling the results of analyses.

As a necessary basis of this tabulation the individual analyses have been collated in detail. In many cases the number of analyses of a single product was considerable, and it is believed that the averages which are given in the tables may be advantageously used in computing the composition of foods used in dietary studies, etc. In the present form this standard table of food analyses is more complete and satisfactory than any table which has preceded it, and its publication as a revision of Bulletin 28 of this Office is respectfully recommended.

Respectfully,

A. C. TRUE,
Director.

Hon. JAMES WILSON,
Secretary of Agriculture.

CONTENTS.

	Page.
Introduction.....	7
Brief history of food analysis.....	7
Explanation of terms.....	11
Composition of food materials.....	11
Cuts of meat.....	14
Table showing maximum, minimum, and average composition of American food materials.....	19
Animal food.....	19
Beef.....	19
Veal.....	31
Lamb.....	33
Mutton.....	34
Pork.....	37
Sausage.....	43
Poultry, etc.....	44
Fish.....	45
Shellfish, etc.....	52
Eggs.....	53
Dairy products.....	54
Miscellaneous.....	55
Vegetable food.....	56
Flours, meals, etc.....	56
Bread, crackers, and pastry.....	59
Sugars and starches.....	64
Vegetables, fresh.....	65
Vegetables, canned.....	69
Pickles and condiments.....	70
Fruits.....	71
Nuts.....	74
Miscellaneous.....	75
Unclassified.....	76
Soups.....	76
Miscellaneous.....	76
Index.....	79

ILLUSTRATIONS.

	Page
Fig. 1. Diagrams of cuts of beef.....	15
2. Diagrams of cuts of veal.....	16
3. Diagrams of cuts of lamb and mutton.....	17
4. Diagrams of cuts of pork.....	18

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. During the last two decades American investigations have accumulated and the results have been collated from time to time. Bulletin No. 28 of this Office, entitled *The Chemical Composition of American Food Materials*, and issued in 1896, gave minimum, maximum, and average figures from a compilation of the analyses of American food materials that were found on record up to July 1, 1895. Since that time the number of analyses of food materials has increased to such an extent that a revision of that bulletin seems desirable. The present bulletin includes American analyses of materials used as food by man, which the compilers have found on record up to January 1, 1899. This table is intended to replace previous ones, and to serve as a standard of reference until it shall, in its turn, be replaced by a larger and more complete compilation.

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 quantitative analyses of food materials which we have found are those of potatoes, reported by George Pearson in England in 1795.¹ In these Pearson estimated the proportions of water, starch, fibrous matter, extractive matters, and ash in kidney potatoes. He also recognized the presence of fat, acids, and sugar. In 1805 Einhoff² made somewhat similar analyses of potatoes and rye. In addition to the estimations made by Pearson, he attempted the separation of albumin. In the case of the potatoes he also deter-

¹ *Repert. Arts and Manufactures*, 3 (1795), pp. 383-400.

² *Gehlen's Neues Jour. Chem.*, 4 (1805), pp. 315, 455; 5 (1806), p. 131.

mined several of the constituents of the ash. The earliest European analyses made in such ways as to render them comparable with those of to-day are perhaps those of milk reported by Peligot in 1836,¹ those of feeding stuffs reported by Boussingault in 1836² and 1838,³ and those of milk reported by Boussingault and Le Bel in 1839.⁴ The methods of analyses at that time were naturally imperfect. Then, and for some years afterwards, the chief stress was laid upon the proportions of carbon and nitrogen, though efforts were made to determine the proportions of fats, carbohydrates, and nitrogenous compounds. Liebig and his followers—Playfair, Boeckman, and others—about 1840 and later, analyzed a considerable number of foods and feeding stuffs by methods more or less analogous to those now followed. Indeed, during the period from 1840 to 1865, many more or less accurate analyses of foods and food products were made. Often the elementary composition was determined, although many analyses are recorded in which the attempt was made to learn the proximate composition. The methods of determining inorganic compounds were more satisfactory than those for organic compounds, and the early literature reports many determinations of the ash constituents of foods and food products.

Much interest attaches to American work of this nature. The earliest which we have found is the ash analysis of rice, rice flour, husk, etc., reported by C. U. Shephard.⁵ He also reported ash analysis of Indian corn and sweet potatoes.⁶ In 1848 Salisbury published his prize essay entitled "Maize, or Indian corn."⁷ This is a very comprehensive study of the corn plant. A large number of ash analyses of the grain and different parts of the plant are reported, as well as proximate analyses of different sorts of corn. The constituents determined were starch, sugar and extract, fiber, "matter obtained from fiber by a weak solution of potash," albumin, casein, zein, gluten, oil, dextrin or gum, and water. Although these analyses have been superseded by those made in recent years by more accurate methods, it is interesting to compare Salisbury's results with the results of later analyses. For instance, if the sum of the nitrogenous constituents and of the carbohydrates (separately determined by Salisbury) are considered, the percentage composition of ash-free Pennsylvania yellow dent corn is as follows: Water, 10.2; protein, 9.4; fat, 3.7; and carbohydrates, 73.2. The corn was finely ground for analysis and the result may be fairly compared with that of unbolted corn meal (see p. 56). In 1848 and 1849 Beck⁸ reported the proximate composition of a large number of samples of wheat and

¹ Ann. Chim. et Phys., 2. ser., 62 (1836), p. 432.

² Ibid., 63 (1836), p. 225.

³ Ibid., 67 (1838), p. 408.

⁴ Ibid., 71 (1839), p. 55.

⁵ Trans. New York State Agr. Soc., 1844, p. 245; Amer. Quart. Jour. Agr. and Sci., 1 (1845), p. 122.

⁶ Amer. Quart. Jour. Agr. and Sci., 1 (1845), p. 130.

⁷ Trans. New York State Agr. Soc., 1848, p. 678.

⁸ U. S. Patent Office Rpts., Agr., 1848, p. 245; 1849, p. 49.

flour. The constituents determined were water, bran, gluten, starch and glucose, dextrin, etc.

In 1849 Emmons¹ published a considerable number of analyses similar to those made by Salisbury of oats, barley, millet, rye, corn, buckwheat, and wheat. Emmons also reported analyses of tomatoes, carrots, beets, parsnips, beans, squash, eggplant, potatoes, and sweet potatoes.² Analyses of several sorts of cabbage and of cauliflower and turnip-rooted cabbage (kohl-rabi) made by Salisbury are quoted in Emmons's report.³ In 1857 Jackson⁴ reported proximate analyses of several varieties of corn and of Chinese yam and potatoes.

Much of this earlier work is interesting to-day, chiefly from a historical standpoint. The analyses in most instances were very carefully made, but accurate methods of organic and analytical chemistry had not yet been developed. A great advance was possible when Henneberg and his associates elaborated the so called Weende method for proximate analysis. While this is based on earlier work, the methods were simplified and systematized. It was not until this new method 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 over thirty years in Europe, America, and other countries. 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 Government 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 these methods in the United States of which a record has been found were a series of analyses of Indian corn in 1869.⁵ 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 reasonably complete up to 1891.

Upward of 200 analyses of food fishes, oysters, etc., were published in the Report of the United States Commissioner of Fish and Fisheries for 1888, and a much larger number of analyses of canned vegetables, cereal products, etc., have been reported by the Division of

¹ Nat. Hist. New York, pt. 5, Agr., 2 (1849), p. 90.

² *Ibid.*, pp. 37, 55, 295.

³ *Ibid.*, p. 248.

⁴ U. S. Patent Office Rpts., Agr., 1857, pp. 160-165.

⁵ On the proximate composition of several varieties of American maize, by W. O. Atwater, *American Journal of Science and Arts*, 47 (1869), No. 11, p. 352.

Chemistry of the United States Department of Agriculture. Many analyses of animal and vegetable food materials have been made in connection with the nutrition investigations carried on under the direction of this Office. In the compilation from which the figures in the present bulletin are taken the results of all these have been included, as well as the analyses, made by W. O. Atwater and associates, of some 500 specimens of food materials at the instance of the World's Columbian Commission and not yet published in detail. Analyses of American food materials made in foreign countries and analyses of foreign food materials made in this country have been included only in exceptional cases.

In collating the material for the present compilation the results of over 1,000 unpublished analyses made in connection with the nutrition investigations conducted with the cooperation of the Storrs (Connecticut) Station and this Department at the chemical laboratory of Wesleyan University have been included, as well as a number of unpublished analyses made by the Maine Station.

No attempt has been made to collect all of the published analyses of milk, butter, and sugars. Such a task would be difficult, because of the large number of analyses made for inspection and otherwise and the number and diversity of the publications in which they are scattered. The figures given in the table on pages 54, 55, and 65 are estimates based upon the data conveniently at hand, and suffice to show the range of variation of the average composition.

The following tabular statement shows the number of specimens of each of the several classes of foods included in this compilation. As a rule figures for the composition of the quarters and sides of meat were calculated from the composition and weight of the cuts making up the larger portion, and are not included in the estimate as direct analyses. The number of sides thus analyzed were, beef, 13; veal, 6; lamb, 3; mutton, 32; pork, 11.

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

Food materials.	Food and nutrition investigations.		Division of Chemistry, U. S. Department of Agriculture.	Miscellaneous.	Total.
	Atwater and associates.	Other investigators.			
ANIMAL FOOD.					
Beef.....	379	148	0	8	535
Veal.....	91	18	0	0	107
Lamb and mutton.....	122	9	0	0	131
Pork.....	120	40	88	0	248
Sausage.....	40	6	0	0	46
Poultry and game.....	23	28	0	0	51
Fish.....	133	10	0	0	143
Shellfish.....	66	6	0	0	72
Eggs.....	20	17	0	53	90
Cheese.....	8	14	8	47	77
Condensed milk.....	4	1	0	28	33
Miscellaneous.....	17	16	0	52	85
Total animal-food materials.....	1,023	311	96	188	1,618

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

Food materials.	Food and nutrition investigations.		Division of Chemistry, U. S. Department of Agriculture.	Miscellaneous.	Total.
	Atwater and associates.	Other investigators.			
VEGETABLE FOOD.					
Flours, meals, etc.:					
Barley, buckwheat, corn, and rye.....	19	51	13	23	106
Oats.....	18	29	7	11	65
Rice.....	4	11	1	15	31
Wheat preparations, etc.....	9	34	16	15	74
Macaroni and vermicelli.....	24	8	4	1	32
Wheat flours.....	57	87	112	59	315
Bread, crackers, and pastry.....	87	262	159	0	508
Sugars and starches.....	4	10	22	12	48
Total flours, sugars, etc.....	222	487	334	136	1,179
Vegetables:					
Beans and other legumes.....	21	45	152	10	228
Roots.....	2	28	29	34	93
Potatoes and sweet potatoes.....	14	34	3	203	254
Other vegetables.....	16	51	125	52	244
Total vegetables.....	53	158	309	209	819
Fruits.....	19	82	16	170	287
Nuts.....	1	1	0	59	61
Total fruits and nuts.....	20	83	16	229	348
Miscellaneous.....	3	21	0	5	29
Total vegetable-food materials.....	298	749	659	666	2,375
UNCLASSIFIED.					
Soups.....	35	3	0	0	38
Miscellaneous.....	4	8	0	20	32
Total unclassified.....	39	11	0	20	70
Total food materials.....	1,360	1,071	755	877	4,063

EXPLANATION OF TERMS.

The terms used in reporting analyses of foods and feeding stuffs need some explanation. Some of these terms have a technical meaning which is well recognized and understood by scientists, although the dictionaries and similar books of reference have not yet included these uses in their definitions. In other cases the same word has been used by scientists in different ways. The more usual terms are defined and explained below in the sense in which they are employed in this bulletin and other publications of this Office.

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. This edible portion consists of water (usually

incorporated in the tissue and not visible as such), 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.—This term is used to include nominally the total nitrogenous substance of animal and vegetable food materials, exclusive of the so-called nitrogenous fats. Actually it is employed, in common usage, to designate the product of the total nitrogen by an empirical factor, generally 6.25.

This total nitrogenous substance consists of a great variety of chemical compounds, which are conveniently divided into two principal classes, proteids and nonproteids.

The term proteid, as here employed, includes (1) the simple proteids, e. g., albuminoids, globulins, and their derivatives, such as acid and alkali albumins, coagulated proteids, proteoses, and peptones; (2) the so-called combined or compound proteids; and (3) the so-called gelatinoids (sometimes called "glutinoids") which are characteristic of animal connective tissue.

The term albuminoids has long been used by European and American chemists and physiologists as a collective designation for the substances of the first two groups, though many apply it to all three of these groups. Of late a number of investigators and writers have employed it as a special designation for compounds of the third class.¹

The term nonproteid is here used synonymously with nonalbuminoid, and includes nitrogenous animal and vegetable compounds of simpler constitution than the proteids. The most important animal compounds of this class are the so-called "nitrogenous extractives" of muscular and connective tissue, such as creatin, creatinin, xanthin, hypoxanthin, and allied cleavage products of the proteids. To some of these the term "meat bases" has been applied. The latter, with certain mineral salts (potassium phosphates, etc.), are the most important constituents of beef tea and many commercial "meat extracts."

The nonproteid nitrogenous compounds in vegetable foods consist of amids and amido acids, of which asparagin and aspartic acid are familiar examples.

The ideal method of analysis of food materials would involve quantitative determinations of the amounts of each of the several kinds or groups of nitrogenous compounds. This, however, is seldom attempted. The common practice is to multiply the percentage of nitrogen by the factor 6.25 and take the product as representing the total nitrogenous

¹ U. S. Dept. Agr., Office of Experiment Stations Bul. 65, p. 118.

substance. For many materials, animal and vegetable, this factor would be nearly correct for the proteids, which contain, on the average, not far from 16 per cent of nitrogen, although the nitrogen content of the individual proteids is quite varied. The variations in the nitrogen of the nonproteids are wider, and they contain, on the average, more than 16 per cent of nitrogen. It is evident, therefore, that the computation of the total nitrogenous substance in this way is by no means correct. In the flesh of meats and fish, which contain very little of carbohydrates, the nitrogenous substance is frequently estimated by difference, i. e., by subtracting the ether extract and ash from the total water-free substance. While this method is not always correct, it is oftentimes more nearly so than the determination by use of the usual factor.

The distinction between protein and proteids is thus very sharp. The latter are definite chemical compounds, while the former is an entirely arbitrary term used to designate a group which is commonly assumed to include all of the nitrogenous matter of the food except the nitrogenous fats.

In the tables herewith the common usage is followed, by which the protein is given as estimated by factor, i. e., total nitrogen multiplied by 6.25. In the analyses of meats and fish, however, the figures for protein "by difference" are also given. Where the proteid and non-proteid nitrogenous matter have been estimated in a food material the proportions are indicated in a footnote.

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

Carbohydrates.—Carbohydrates are usually determined by difference. They include sugars, starches, cellulose, gums, woody fiber, etc. In many instances separate determinations of one or more of these groups have been made. The determinations of "fiber" in vegetable foods, i. e., substances allied to carbohydrates but insoluble in dilute acid and alkali, and somewhat similar to woody fiber, are given in a separate column. The figures in parentheses in the crude-fiber column show the number of analyses in which the fiber was determined. The figures for "total carbohydrates" include the fiber, as well as sugars, starches, etc. Where the sugars or starches have been determined separately footnotes are added giving the average results.

Ash or mineral matters.—Under this head are included phosphates, sulphates, chlorids, and other salts of potassium, sodium, magnesium, and other metallic elements. Where analyses of the mineral matters have been found they are added in the form of footnotes. These results usually give the percentage composition of the ash as produced by

incineration rather than the proportions in which the different mineral ingredients occur in the food material.

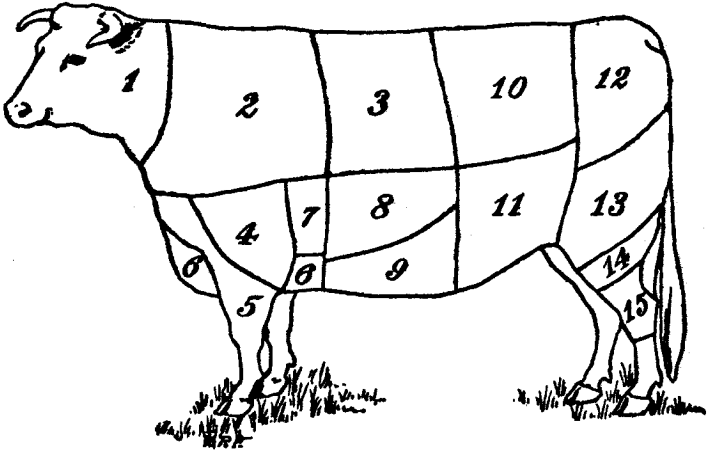
Fuel value.—By fuel value is meant the number of calories of heat equivalent to the energy which it is assumed the body would be able to obtain from one pound of a given food material, provided the nutrients of the latter were completely digested. The fuel values of the different food materials are calculated by use of the factors of Rubner, which allow 4.1 calories for a gram of protein, the same for a gram of carbohydrates, and 9.3 calories per gram of fats. These amounts correspond to 18.6 calories of energy for each hundredth of a pound of protein and of carbohydrates, and 42.2 calories for each hundredth of a pound of fat in the given food material. In the following table the fuel value per pound has been calculated by use of these factors. In these calculations the values of protein by factor have been used in all cases with the exception of salt cod (p. 50) and hens' eggs (p. 53), in which the value of protein by difference was used.

CUTS OF MEAT.

The methods of cutting sides of beef, veal, mutton, and pork into parts, and the terms used for the different "cuts," as these parts are commonly called, vary in different localities. The analyses here reported apply to cuts as indicated by the following diagrams. These show the positions of the different cuts, both in the live animal and in the dressed carcass as found in the markets. The lines of division between the different cuts will vary slightly, according to the usage of the local market, even where the general method of cutting is as here indicated. The names of the same cuts likewise vary in different parts of the country.

The cuts of beef.—The general method of cutting up a side of beef is illustrated in fig. 1, which shows the relative position of the cuts in the animal and in a dressed side. The neck piece is frequently cut so as to include more of the chuck than is represented by the diagrams. The shoulder clod is usually cut without bone, while the shoulder (not indicated in diagram) would include more or less of the shoulder blade and of the upper end of the fore shank. Shoulder steak is cut from the chuck. In many localities the plate is made to include all the parts of the fore quarter designated on the diagrams as brisket, cross-ribs, plate and navel, and different portions of the plate, as thus cut, are spoken of as the "brisket end of plate" and "navel end of plate." This part of the animal is largely used for corning. The ribs are frequently divided into first, second, and third cuts, the latter lying nearest the chuck and being slightly less desirable than the former. The chuck is sometimes subdivided in a similar manner, the third cut of the chuck being nearest the neck. The names applied to different portions of the loin vary considerably in different localities. The part nearest the ribs is frequently called "small end of loin" or "short

steak." The other end of the loin is called "hip sirloin" or "sirloin." Between the short and the sirloin is a portion quite generally called the "tenderloin," for the reason that the real tenderloin, the very tender



1. Neck.
2. Chuck.
3. Ribs.
4. Shoulder clod.
5. Fore shank.
6. Brisket.
7. Cross ribs.
8. Plate.
9. Navel.
10. Loin.
11. Flank.
12. Rump.
13. Round.
14. Second cut round.
15. Hind shank.

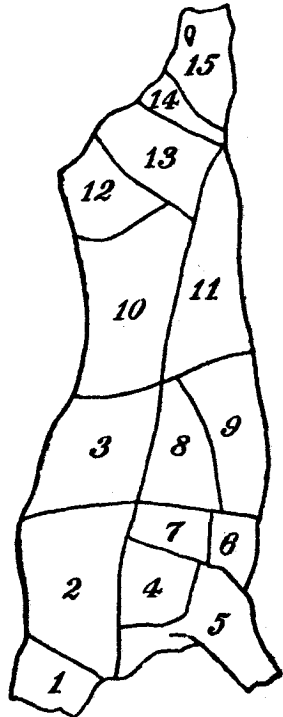


FIG. 1.—Diagrams of cuts of beef.

strip of meat lying inside the loin, is found most fully developed in this cut. Porterhouse steak is a term most frequently applied to either the short steak or the tenderloin. It is not uncommon to find the flank

cut so as to include more of the loin than is indicated in the figures, in which case the upper portion is called "flank steak." The larger part of the flank is, however, very frequently corned, as is also the case with the rump. In some markets the rump is cut so as to include a portion of the loin, which is then sold as "rump steak." The portion of the round on the inside of the leg is regarded as more tender than that on the outside, and is frequently preferred to the latter. As the leg lies upon the butcher's table this inside of the round is usually on the upper, or top, side, and is therefore called "top round." Occasionally the plate is called the "rattle."

The cuts of veal.—The method of cutting up a side of veal differs considerably from that employed with beef. This is illustrated by fig. 2, which shows the relative position of the cuts in the animal and

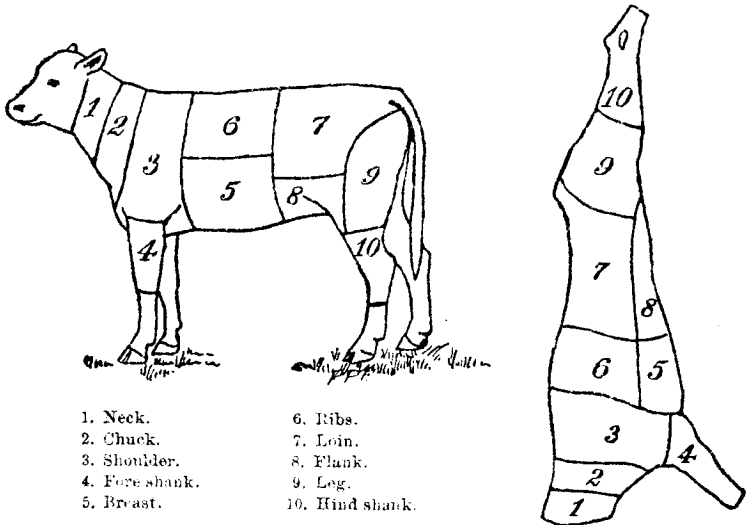


FIG. 2.—Diagrams of cuts of veal.

in a dressed side. The chuck is much smaller in proportion, and frequently no distinction is made between the chuck and the neck. The chuck is often cut so as to include a considerable of the portion here designated as shoulder, following more nearly the method adopted for subdividing beef. The shoulder of veal as here indicated includes, besides the portion corresponding to the shoulder in beef, the larger part of what is here classed as chuck in the adult animal. The under part of the fore quarter, corresponding to the plate in the beef, is often designated as breast in the veal. The part of the veal corresponding to the rump of beef is here included with the loin, but is often cut to form part of the leg. In many localities the fore and hind shanks of veal are called the "knuckles."

The cuts of lamb and mutton.—Fig. 3 shows the relative position of the cuts in a dressed side of mutton or lamb and in a live animal. The

cuts in a side of lamb and mutton number but six, three in each quarter. The chuck includes the ribs as far as the end of the shoulder blades, beyond which comes the loin. The flank is made to include all the under side of the animal. Some butchers, however, make a larger number of cuts in the fore quarter, including a portion of the cuts marked "loin" and "chuck" in fig. 3, to make a cut designated as "rib," and a portion of the "flank" and "shoulder" to make a cut designated as "brisket." The term "chops" is ordinarily used to designate portions of either the loin, ribs, chuck or shoulder, which are either cut or "chopped" by the butcher into pieces suitable for frying or broiling. The chuck and ribs are sometimes called the "rack."

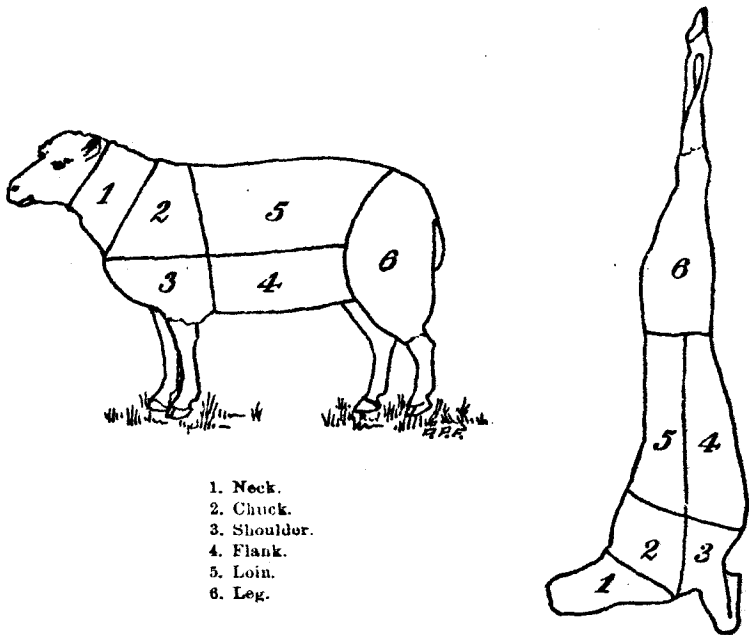


FIG. 3.—Diagrams of cuts of lamb and mutton.

The cuts of pork.—The method of cutting up a side of pork differs considerably from that employed with other meats. A large portion of the carcass of a dressed pig consists of almost clear fat. This furnishes the cuts which are used for "salt pork" and bacon. Fig. 4 illustrates a common method of cutting up pork, showing the relative position of the cuts in the animal and in the dressed side. The cut designated as "back cut" is almost clear fat and is used for salting and pickling. The "middle cut" is the portion quite generally used for bacon and for "lean ends" salt pork. The belly is salted or pickled or may be made into sausages.

Beneath the "back cut" are the ribs and loin, from which are obtained "spareribs," "chops," and roasting pieces, here designated

by dotted lines. The hams and shoulders are more frequently cured, but are also sold fresh as pork "steak." The tenderloin proper is a comparatively lean and very small strip of meat lying under the bones of the loin and usually weighing a fraction of a pound. Some fat is usually trimmed off from the hams and shoulders which is called "ham and shoulder fat" and is often used for sausages, etc. What is called

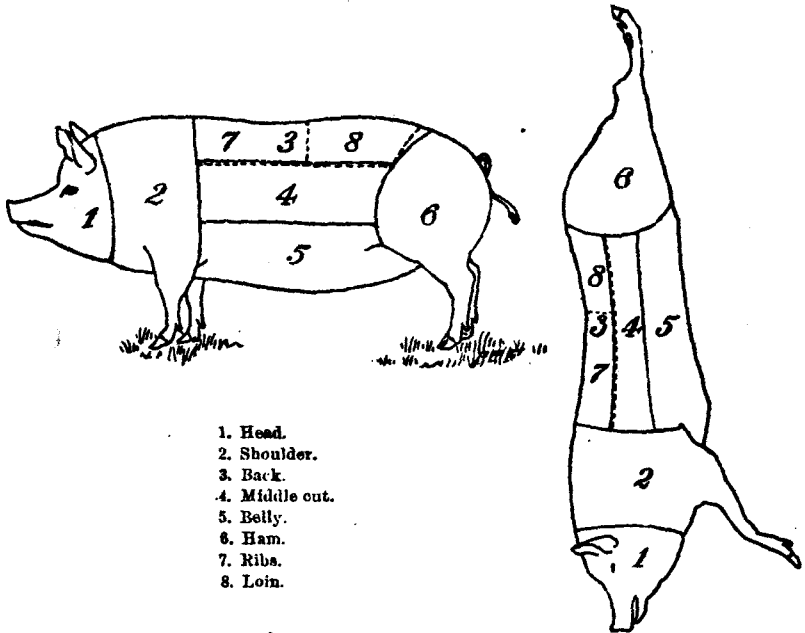


FIG. 4.—Diagrams of cuts of pork.

"leaf lard," at least in some localities, comes from the inside of the back. It is the kidney fat.

As stated above, cuts as shown in the diagrams herewith correspond to those of which analyses are reported in the table beyond, but do not attempt to show the different methods of cutting followed in markets in different parts of the United States.

CHEMICAL COMPOSITION OF AMERICAN FOOD MATERIALS.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo-hydrates.	Ash.	Fuel value per pound.
				N x 6.25.	By differ-ence.				
ANIMAL FOOD.									
BEEF, FRESH.									
Brisket, medium fat:									
Edible portion—		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Calo.
Minimum	2	47.4	13.7	14.6	22.5	0.8	1,245
Maximum	2	59.6	17.1	17.0	37.29	1,825
Average	2	54.6	15.6	16.0	29.59	1,496
As purchased—									
Minimum	3	14.2	39.5	11.5	11.4	18.16	950
Maximum	3	30.4	44.7	12.8	12.8	31.97	1,544
Average	3	23.8	41.6	12.0	12.2	23.36	1,165
Chuck, including shoulder, very lean:									
Edible portion	1	73.8	22.2	21.3	3.9	1.0	590
As purchased	1	18.4	60.2	18.2	17.4	3.28	475
Chuck, including shoulder, lean:									
Edible portion—									
Minimum	2	71.0	19.8	19.4	7.79	710
Maximum	2	71.7	20.6	19.6	8.7	1.0	735
Average	2	71.3	20.2	19.5	8.2	1.0	720
As purchased—									
Minimum	2	17.4	55.6	15.5	15.2	6.47	575
Maximum	2	21.7	59.2	17.0	16.2	6.88	585
Average	2	19.5	57.4	16.2	15.7	6.68	590
Chuck, including shoulder, medium fat:									
Edible portion—									
Minimum	4	67.1	19.1	18.0	18.19	890
Maximum	4	69.5	20.2	19.4	14.0	1.0	945
Average	4	68.3	19.6	18.9	11.99	865
As purchased—									
Minimum	4	11.8	56.8	15.5	15.2	8.87	630
Maximum	4	18.9	60.3	17.5	16.8	12.38	830
Average	4	15.2	57.9	16.6	16.0	10.18	735
Chuck, including shoulder, fat:									
Edible portion—									
Minimum	4	59.9	17.6	17.7	17.18	1,080
Maximum	4	64.2	19.5	18.2	21.1	1.0	1,215
Average	4	62.3	18.5	18.0	18.89	1,135
As purchased—									
Minimum	3	12.0	48.4	14.2	14.7	14.86	940
Maximum	3	19.2	55.9	17.0	16.0	17.18	985
Average	3	14.7	52.3	15.9	15.4	15.97	945
Chuck, including shoulder, very fat:									
Edible portion—									
Minimum	2	50.7	16.8	16.6	26.18	1,415
Maximum	2	55.7	17.5	17.3	31.69	1,670
Average	2	53.2	17.2	16.9	29.09	1,555
As purchased—									
Minimum	2	11.2	36.5	11.0	11.3	17.16	925
Maximum	2	34.5	43.0	15.5	14.8	28.37	1,480
Average	2	22.9	40.9	13.3	13.0	22.77	1,265
Chuck, including shoulder, all analyses:									
Edible portion	13	65.0	19.2	18.7	15.49	1,005
As purchased	12	17.3	54.0	15.8	15.5	12.57	820
Chuck rib, very lean:									
Edible portion	1	75.8	22.2	21.7	1.4	1.1	470
As purchased	1	16.7	63.1	18.6	18.1	1.29	395

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
BEEF, FRESH—continued.									
Chuck rib, lean:									
Edible portion—		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cals.
Minimum	11		69.7	14.0	14.0	5.8		0.8	622
Maximum	11		73.4	20.5	20.5	12.2		1.1	777
Average	11		71.3	19.5	19.4	8.3		1.0	712
As purchased—									
Minimum	11	16.1	47.6	11.7	11.7	4.5		.7	477
Maximum	11	33.1	61.1	17.0	16.9	10.3		.9	651
Average	11	22.7	55.1	16.1	15.0	6.4		.8	554
Chuck rib, medium fat:									
Edible portion—									
Minimum	7		56.9	17.3	16.9	13.9		.9	934
Maximum	7		67.0	19.5	19.5	25.3		1.1	1,394
Average	7		62.7	18.5	18.3	18.0		1.0	1,104
As purchased—									
Minimum	7	9.3	45.7	13.9	13.5	10.9		.7	721
Maximum	7	28.1	60.0	16.5	16.3	20.4		.9	1,121
Average	7	16.3	52.6	15.5	15.3	15.0		.8	924
Chuck rib, fat:									
Edible portion—									
Minimum	2		51.3	16.5	16.0	30.3		.7	1,581
Maximum	2		52.8	16.5	16.1	32.0		.8	1,631
Average	2		52.0	16.5	16.1	31.1		.8	1,624
As purchased—									
Minimum	2	5.4	43.4	14.0	13.6	27.2		.6	1,401
Maximum	2	15.0	50.0	15.6	15.2	28.6		.8	1,491
Average	2	10.2	46.8	14.8	14.4	27.9		.7	1,454
Chuck rib, all analyses:									
Edible portion	21		66.8	19.0	18.8	13.4		1.0	921
As purchased	21	19.1	53.8	15.3	15.2	11.1		.8	751
Chuck, free from all visible fat	1		74.1	22.6	22.0	2.8		1.1	541
Flank, very lean:									
Edible portion—									
Minimum	3		66.6	22.7	21.3	.7		.9	521
Maximum	3		72.1	28.5	27.4	8.3		1.3	771
Average	3		70.7	25.9	24.8	3.3		1.2	621
As purchased—									
Minimum	3	.7	67.1	22.5	21.0	.7		.9	481
Maximum	3	6.9	69.2	27.7	26.6	8.2		1.2	761
Average	3	3.5	68.2	24.9	23.9	3.3		1.1	601
Flank, lean:									
Edible portion—									
Minimum	3		66.0	20.4	19.4	7.8		.9	711
Maximum	3		70.8	21.2	20.4	13.7		1.0	961
Average	3		67.8	20.8	19.9	11.3		1.0	841
As purchased—									
Minimum	3		64.5	20.1	19.0	7.8		1.0	711
Maximum	3	2.3	70.8	21.9	20.4	13.2		1.0	931
Average	3	1.4	66.9	20.5	19.7	11.0		1.0	841
Flank, medium fat:									
Edible portion—									
Minimum	5		57.4	18.4	17.4	18.7		.8	1,141
Maximum	5		62.2	19.5	18.2	24.3		.9	1,371
Average	5		60.3	18.9	17.9	21.0		.9	1,241
As purchased—									
Minimum	5	1.1	39.8	11.9	11.6	12.2		.6	731
Maximum	5	35.8	61.4	19.3	18.0	24.0		.9	1,351
Average	5	10.2	54.0	17.0	16.1	19.0		.7	1,111
Flank, fat:									
Edible portion—									
Minimum	3		53.5	16.1	15.4	27.2		.8	1,471
Maximum	3		54.9	17.8	17.4	30.3		.8	1,581
Average	3		54.2	17.1	16.6	28.4		.8	1,511
As purchased—									
Minimum	3		49.1	14.8	14.2	26.7		.7	1,441
Maximum	3	8.3	54.2	17.0	17.4	27.7		.8	1,491
Average	3	8.3	52.4	16.5	16.2	27.3		.8	1,461
Flank, very fat:									
Edible portion—									
Minimum	2		27.4	12.5	12.0	43.8		.7	2,131
Maximum	2		41.9	15.5	13.6	59.9		.7	2,761
Average	2		34.7	14.0	12.8	51.5		.7	2,441

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
BEEF, FRESH—continued.									
Flank, very fat—Continued.									
As purchased—		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cals.
Minimum	2	0.4	24.3	11.0	10.6	43.6	0.6		2,125
Maximum	2	11.5	41.8	15.4	13.5	53.0	.7		2,440
Average	2	6.0	33.0	13.2	12.0	48.3	.7		2,275
Flank, all analyses:									
Edible portion	16		50.3	19.6	13.7	21.1	.9		1,255
As purchased	16	5.5	56.1	18.6	17.7	19.9	.8		1,185
Loin, very lean:									
Edible portion—									
Minimum	3		70.1	19.5	13.7	1.1	1.0		545
Maximum	3		71.3	27.4	27.4	3.0	1.4		745
Average	3		70.8	24.6	24.2	2.7	1.3		615
As purchased—									
Minimum	3	19.7	49.9	15.5	14.9	.8	.7		395
Maximum	3	28.8	57.1	21.5	21.9	7.2	1.1		590
Average	3	23.0	54.6	18.8	18.5	3.0	.9		475
Loin, lean:									
Edible portion—									
Minimum	12		64.6	13.4	13.1	11.4	.7		735
Maximum	12		74.7	24.2	23.1	15.0	1.1		1,000
Average	12		67.0	19.7	19.3	12.7	1.0		900
As purchased—									
Minimum	11	6.7	52.1	11.9	11.6	10.0	.6		650
Maximum	11	21.0	66.2	20.3	19.8	13.0	1.0		865
Average	11	13.1	58.2	17.1	16.7	11.1	.9		745
Loin, medium fat:									
Edible portion—									
Minimum	32		56.5	10.6	10.6	16.1	.5		1,040
Maximum	32		68.3	22.0	22.0	23.7	2.2		1,355
Average	32		60.6	18.5	18.3	20.2	1.0		1,190
As purchased—									
Minimum	32	4.1	44.4	8.5	8.5	13.7	.4		860
Maximum	32	25.8	58.1	19.3	19.1	23.7	1.9		1,300
Average	32	13.2	52.5	16.1	15.8	17.5	.9		1,040
Loin, fat:									
Edible portion—									
Minimum	6		52.1	16.0	15.8	25.1	.8		1,390
Maximum	6		56.9	18.7	17.8	29.6	1.0		1,575
Average	6		54.7	17.5	16.8	27.3	.9		1,430
As purchased—									
Minimum	6	5.9	44.3	14.1	13.8	23.6	.7		1,295
Maximum	6	15.0	53.6	16.5	16.1	25.9	.9		1,405
Average	6	10.2	49.2	15.7	15.0	24.8	.8		1,365
Loin, very fat:									
Edible portion—									
Minimum	3		46.3	17.2	16.3	31.5	.8		1,650
Maximum	3		51.3	18.9	18.5	33.8	.9		1,780
Average	3		49.7	17.8	17.1	32.3	.9		1,695
As purchased—									
Minimum	3	3.6	40.4	15.1	14.4	27.8	.7		1,455
Maximum	3	13.7	49.2	16.6	16.0	30.4	.9		1,590
Average	3	9.7	44.9	16.0	15.5	29.1	.8		1,525
Loin, all analyses:									
Edible portion	56		61.3	19.0	18.6	19.1	1.0		1,155
As purchased	55	13.3	52.9	16.4	16.9	16.9	.9		1,020
Loin, bon-less strip, as purchased: a									
Minimum	6		50.9	16.9	16.0	4.0	.7		515
Maximum	6		77.2	25.0	23.7	32.4	1.2		1,690
Average	6		66.3	17.8	16.2	16.7	.8		1,035
Loin, sirloin butt, as purchased: a									
Minimum	6		51.6	17.4	16.6	6.4	.8		665
Maximum	6		72.1	22.0	20.5	23.5	1.1		1,430
Average	6		62.5	19.7	18.9	17.7	.9		1,115
Loin, porterhouse steak: a									
Edible portion	7		60.0	21.9	18.6	20.4	1.0		1,270
As purchased	7	12.7	52.4	19.1	18.2	17.9	.8		1,110
Loin, sirloin steak: a									
Edible portion	21		61.9	18.9	18.6	18.5	1.0		1,130
As purchased	21	12.3	54.0	16.5	16.2	16.1	.9		985

a All loin parts are included under analyses of "loin."

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo-hydrates.	Ash.	Fuel value per pound.
				N x 6.25.	By differ-ence.				
ANIMAL FOOD—Continued.									
BEEF, FRESH—continued.									
Loin, top of sirloin: a									
Edible portion	1	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cal.
As purchased	1	3.2	40.9	13.3	18.9	42.3		.7	2,030
Loin, tenderloin, as purchased: a									
Minimum	6		33.5	12.2	11.9	17.2		.6	1,068
Maximum	6		66.5	18.3	17.6	29.9		1.0	1,554
Average	6		50.2	15.2	15.6	24.4		.8	1,320
Loin trimmings: a									
Edible portion	6		55.0	16.9	16.2	28.0		.8	1,486
As purchased	6	48.8	27.9	8.5	8.2	14.7		.4	780
Loin, free from all visible fat.	2		74.0	22.1	21.7	3.1		1.2	544
Neck, very lean:									
Edible portion	1		68.6	30.7	29.4	.6		1.4	568
As purchased	1	2.9	66.6	29.8	28.5	.6		1.4	564
Neck, medium fat:									
Edible portion	1		47.6	15.6	15.1	36.5		.8	1,836
As purchased	1	11.4	42.2	18.8	15.4	32.3		.7	1,626
Neck, very lean:									
Edible portion—									
Minimum	3		71.8	21.0	20.2	.7		1.0	606
Maximum	3		74.0	23.4	24.2	4.9		1.2	644
Average	3		73.2	22.5	22.5	3.2		1.1	654
As purchased—									
Minimum	3	22.5	18.8	6.2	6.0	.2		.3	122
Maximum	3	75.2	57.4	16.2	15.2	3.2		.9	474
Average	3	44.8	40.7	12.5	12.2	2.2		.6	322
Neck, lean:									
Edible portion—									
Minimum	2		69.3	21.3	20.0	8.0		1.0	736
Maximum	2		71.0	21.4	20.9	8.7		1.1	766
Average	2		70.1	21.4	20.5	8.4		1.0	754
As purchased—									
Minimum	2	29.0	48.5	15.0	14.9	5.7		.7	522
Maximum	2	30.0	50.4	15.1	14.6	6.1		.8	534
Average	2	29.5	49.5	15.1	14.4	5.9		.7	534
Neck, medium fat:									
Edible portion—									
Minimum	10		60.5	18.9	18.4	11.5		.8	876
Maximum	10		67.8	22.0	20.4	19.2		1.1	1,104
Average	10		63.4	20.1	19.2	16.5		.9	1,074
As purchased—									
Minimum	10	19.5	37.8	13.0	12.4	8.6		.5	634
Maximum	10	37.5	50.2	17.2	16.0	15.4		.8	924
Average	10	27.6	45.9	14.5	13.9	11.9		.7	774
Neck, all analyses:									
Edible portion	15		66.3	20.7	20.0	12.7		1.0	924
As purchased	15	31.2	45.3	14.2	13.6	9.2		.7	684
Plate, very lean:									
Edible portion—									
Minimum	3		67.0	19.5	18.8	.6		.9	544
Maximum	3		71.5	27.6	26.6	11.9		1.2	864
Average	3		69.1	23.8	22.1	7.7		1.1	754
As purchased—									
Minimum	3	18.3	25.5	9.8	9.5	.2		.5	194
Maximum	3	64.3	56.1	17.3	16.1	8.7		.8	684
Average	3	37.4	43.0	13.6	12.9	5.7		.7	494
Plate, lean:									
Edible portion—									
Minimum	3		60.8	8.9	8.6	16.5		.4	694
Maximum	3		74.5	19.1	17.8	20.8		.9	1,224
Average	3		65.9	15.6	14.6	18.8		.7	1,084
As purchased—									
Minimum	3	15.7	51.3	7.2	6.9	13.2		.3	604
Maximum	3	19.8	59.8	16.0	14.9	17.5		.7	1,034
Average	3	17.8	54.4	12.0	12.2	15.5		.6	894
Plate, medium fat:									
Edible portion—									
Minimum	7		48.7	14.8	14.7	23.2		.7	1,284
Maximum	7		59.9	18.0	16.7	35.6		.9	1,784
Average	7		54.4	16.5	15.7	29.1		.8	1,584

a All loin parts are included under analyses of "loin."

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbohydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By difference.				
ANIMAL FOOD—Continued.									
BEEF, FRESH—continued.									
Plate, medium fat—Continued.									
As purchased—		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cal.
Minimum	7	13.1	42.2	12.3	12.2	17.6	0.6	970
Maximum	7	24.2	49.0	14.8	14.1	30.98	1,500
Average	7	16.5	45.3	13.8	15.1	24.47	1,285
Plate, fat:									
Edible portion—									
Minimum	3	44.4	13.2	12.4	38.07	1,885
Maximum	3	46.3	15.2	15.4	41.98	2,015
Average	3	45.2	14.0	14.2	39.88	1,950
As purchased—									
Minimum	3	15.0	34.4	11.2	10.6	32.35	1,595
Maximum	3	17.9	39.2	12.4	12.6	35.67	1,710
Average	3	16.0	35.0	12.2	11.9	33.56	1,640
Plate, very fat:									
Edible portion	1	34.6	10.6	9.8	55.15	2,520
As purchased	1	9.0	31.4	9.7	8.9	50.25	2,300
Plate, all analyses:									
Edible portion	17	54.3	16.8	16.0	26.98	1,450
As purchased	17	19.8	44.4	13.1	12.5	22.76	1,200
Ribs, very lean:									
Edible portion—									
Minimum	4	65.7	21.9	21.1	1.17	455
Maximum	4	76.3	28.3	27.4	5.6	1.6	755
Average	4	70.0	25.0	24.4	3.5	1.2	615
As purchased—									
Minimum	4	16.5	52.1	16.2	14.7	.75	310
Maximum	4	31.7	57.8	23.3	22.8	4.4	1.3	615
Average	4	23.3	54.2	19.4	18.9	2.79	475
Ribs, lean:									
Edible portion—									
Minimum	6	68.6	16.5	16.9	9.88	790
Maximum	6	69.5	20.9	20.2	14.0	1.1	955
Average	6	67.9	19.6	19.1	12.0	1.0	870
As purchased—									
Minimum	6	12.8	44.7	12.1	12.4	6.86	555
Maximum	6	32.6	60.7	17.5	17.1	11.09	750
Average	6	22.6	52.6	15.2	14.8	9.37	675
Ribs, medium fat:									
Edible portion—									
Minimum	15	49.9	16.2	15.9	18.07	1,110
Maximum	15	62.0	18.8	18.1	32.9	1.1	1,700
Average	15	55.5	17.5	17.0	26.69	1,450
As purchased—									
Minimum	15	15.3	48.2	12.2	12.0	12.84	1,780
Maximum	15	28.7	49.9	14.9	14.6	28.59	1,370
Average	15	20.5	43.8	13.9	13.5	21.27	1,155
Ribs, fat:									
Edible portion—									
Minimum	9	47.4	12.0	12.2	22.96	1,710
Maximum	9	51.7	16.8	16.5	26.39	1,845
Average	9	48.5	15.0	15.2	25.67	1,780
As purchased—									
Minimum	8	14.3	34.3	11.4	10.4	26.85	1,325
Maximum	8	22.0	47.8	16.0	15.6	30.97	1,750
Average	8	18.8	39.6	12.7	12.4	28.66	1,525
Ribs, very fat:									
Edible portion	1	45.9	14.6	14.8	38.76	1,905
As purchased	1	6.4	42.9	13.7	13.9	34.26	1,780
Ribs, all analyses:									
Edible portion	35	57.0	17.8	17.5	24.69	1,370
As purchased	34	20.1	45.3	14.4	13.9	20.07	1,110
Rib rolls, very lean, as purchased:									
Minimum	2	73.3	19.6	19.6	4.6	1.0	595
Maximum	2	74.0	22.0	21.1	5.4	1.0	605
Average	2	73.7	20.8	20.3	5.0	1.0	600
Rib rolls, lean, as purchased:									
Minimum	3	67.3	19.3	19.5	8.49	740
Maximum	3	70.5	20.8	20.1	13.3	1.0	820
Average	3	69.0	20.2	19.5	10.5	1.0	820
Rib rolls, medium fat, as purchased:									
Minimum	4	60.7	18.5	18.0	15.39	1,010
Maximum	4	65.6	20.1	19.1	20.49	1,205
Average	4	63.9	19.3	18.5	16.79	1,065

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbohydrates.	Ash.	Fuel value per pound.	
				N × 6.25.	By difference.					
										P. ct.
ANIMAL FOOD—Continued.										
BEEF, FRESH—continued.										
Rib rolls, fat, as purchased:		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cals.	
Minimum	2	50.5	16.4	16.3	30.5	0.8	1,590	
Maximum	2	52.4	18.0	16.6	32.18	1,690	
Average	2	51.5	17.2	16.4	31.38	1,640	
Rib rolls, all analyses, as purchased	11	64.8	19.4	18.8	15.59	1,015	
Rib trimmings, all analyses:										
Edible portion—										
Minimum	11	33.9	11.2	10.7	6.55	690	
Maximum	11	71.6	22.4	20.9	54.9	1.0	2,525	
Average	11	54.7	16.9	16.1	23.48	1,515	
As purchased—										
Minimum	11	20.9	26.8	8.6	8.4	3.74	390
Maximum	11	44.8	49.2	13.0	12.6	43.56	2,000
Average	11	34.1	36.7	11.0	10.5	19.25	1,015
Ribs, cross, very lean:										
Edible portion	1	65.8	18.0	18.4	14.99	960	
As purchased	1	12.8	57.4	15.6	16.1	13.07	840
Ribs, cross, medium fat:										
Edible portion	1	43.9	13.8	13.7	41.68	2,010	
As purchased	1	12.2	38.6	12.1	15.0	36.57	1,760
Ribs, cross, all analyses:										
Edible portion	2	54.9	15.9	16.1	28.28	1,480	
As purchased	2	12.5	48.0	13.8	14.0	24.87	1,300
Round, very lean:										
Edible portion—										
Minimum	6	72.2	21.1	21.1	1.1	1.0	450	
Maximum	6	75.4	24.6	24.4	4.5	1.9	600	
Average	6	73.6	22.6	22.3	2.8	1.3	540	
As purchased—										
Minimum	6	3.4	61.5	18.4	18.3	.9	1.0	420
Maximum	6	17.4	72.8	21.0	21.4	3.7	1.3	530
Average	6	10.6	65.9	20.2	19.9	2.4	1.2	470
Round, lean:										
Edible portion—										
Minimum	31	65.8	18.8	19.0	5.13	580	
Maximum	31	73.6	24.1	23.8	10.0	1.3	830	
Average	31	70.0	21.3	21.0	7.9	1.1	730	
As purchased—										
Minimum	29	2.8	57.2	17.4	16.9	4.63	560
Maximum	29	17.3	68.8	22.9	22.6	9.4	1.2	790
Average	29	8.1	64.4	19.5	19.2	7.3	1.0	670
Round, medium fat:										
Edible portion—										
Minimum	18	61.9	18.6	18.6	10.69	830	
Maximum	18	68.4	22.4	21.6	17.8	1.2	1,090	
Average	18	65.5	20.3	19.8	13.6	1.1	950	
As purchased—										
Minimum	14	1.2	57.2	17.4	16.8	10.18	790
Maximum	14	11.2	65.9	21.6	20.9	16.6	1.2	1,070
Average	14	7.2	60.7	19.0	18.3	12.8	1.0	890
Round, fat:										
Edible portion—										
Minimum	5	57.8	18.3	17.9	16.79	1,050	
Maximum	5	64.5	21.4	20.9	22.3	1.0	1,300	
Average	5	60.4	19.5	19.1	19.5	1.0	1,180	
As purchased—										
Minimum	3	6.0	47.8	16.7	16.1	14.78	940
Maximum	3	20.0	58.0	18.8	18.5	18.59	1,130
Average	3	12.0	54.0	17.5	17.1	16.18	1,000
Round, very fat:										
Edible portion—										
Minimum	2	54.9	17.2	16.7	24.77	1,400	
Maximum	2	56.8	19.1	17.6	27.79	1,490	
Average	2	55.9	18.2	17.1	26.28	1,445	
As purchased—										
Minimum	2	6.4	45.9	14.4	13.9	23.16	1,240
Maximum	2	16.4	53.2	17.8	16.5	23.28	1,300
Average	2	11.4	49.6	16.1	15.2	23.17	1,270
Round, all analyses:										
Edible portion	62	67.8	20.9	20.5	16.6	1.1	830	
As purchased	54	8.5	62.5	19.2	18.8	9.2	1.0	740
Round, free from all visible fat	4	78.5	23.2	23.8	2.5	1.2	530	

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
BEEF, FRESH—continued.									
Round, second cut:									
Edible portion—		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cals.
Minimum	2	69.5	20.1	20.4	8.6	1.0	735		
Maximum	2	70.0	20.7	20.6	8.6	1.3	745		
Average	2	69.8	20.4	20.5	8.6	1.1	740		
As purchased—									
Minimum	2	6.9	47.2	14.1	14.0	5.8	.9	505	
Maximum	2	32.1	65.2	18.7	19.0	8.0	.9	685	
Average	2	19.5	56.2	16.4	16.5	6.9	.9	595	
Rump, very lean:									
Edible portion—									
Minimum	4	68.8	21.7	21.9	.7	1.1	526		
Maximum	4	74.2	26.5	25.9	8.9	1.4	730		
Average	4	71.2	23.0	22.5	5.1	1.2	645		
As purchased—									
Minimum	4	1.5	51.4	18.0	17.8	.5	1.0	375	
Maximum	4	28.6	67.8	21.5	20.9	8.7	1.1	765	
Average	4	14.2	60.9	19.5	19.1	4.6	1.1	555	
Rump, lean:									
Edible portion—									
Minimum	4	62.1	17.5	17.7	10.0	.9	840		
Maximum	4	68.3	22.7	21.5	17.7	1.1	1,170		
Average	4	65.7	20.9	19.6	12.7	1.0	965		
As purchased—									
Minimum	3	1.5	46.8	14.5	13.8	.7	.7	571	
Maximum	3	31.5	66.4	22.0	21.2	16.1	1.1	1,060	
Average	3	14.0	56.6	19.1	17.5	11.0	.9	820	
Rump, medium fat:									
Edible portion—									
Minimum	10	52.4	16.0	15.8	20.2	.8	1,190		
Maximum	10	60.3	19.5	18.1	29.9	1.0	1,571		
Average	10	54.7	17.4	16.9	25.5	.9	1,404		
As purchased—									
Minimum	10	6.0	39.9	11.8	11.5	15.3	.6	920	
Maximum	10	27.8	52.8	15.8	25.0	25.0	.9	1,365	
Average	10	20.7	45.0	12.8	13.4	20.2	.7	1,110	
Rump, fat:									
Edible portion—									
Minimum	5	42.1	14.7	14.5	23.3	.7	1,711		
Maximum	5	49.9	22.7	22.4	26.4	1.2	1,945		
Average	5	47.1	16.8	16.4	25.7	.8	1,824		
As purchased—									
Minimum	5	17.9	38.5	10.7	10.8	23.1	.5	1,171	
Maximum	5	31.3	39.7	17.6	17.4	32.2	.9	1,600	
Average	5	23.0	36.2	12.9	12.6	27.6	.6	1,400	
Rump, very fat:									
Edible portion	1	46.2	15.0	14.7	44.2	.8	2,150		
As purchased	1	16.2	33.7	12.6	12.3	37.2	.6	1,804	
Rump, all analyses:									
Edible portion	24	57.9	18.7	18.1	23.1	.9	1,322		
As purchased	23	19.0	46.9	15.2	14.7	12.6	.8	1,060	
Rump, free from all visible fat	1	73.9	21.2	21.3	3.8	1.1	554		
Shank, fore, very lean:									
Edible portion—									
Minimum	4	73.5	21.3	20.8	1.5	1.0	490		
Maximum	4	75.9	22.9	22.7	4.0	1.2	562		
Average	4	74.4	22.1	21.7	2.3	1.1	534		
As purchased—									
Minimum	4	35.9	36.5	10.5	10.6	.8	.5	244	
Maximum	4	50.4	47.9	13.9	13.6	2.3	.7	354	
Average	4	44.1	41.6	12.3	12.1	1.6	.6	298	
Shank, fore, lean:									
Edible portion—									
Minimum	5	69.9	20.9	20.1	5.3	.9	611		
Maximum	5	73.2	24.4	23.5	7.9	1.1	734		
Average	5	71.6	22.0	21.4	6.1	1.0	663		
As purchased—									
Minimum	5	25.6	36.4	11.5	11.7	3.3	.4	360	
Maximum	5	48.0	52.3	18.1	17.4	5.2	.8	504	
Average	5	36.5	45.4	14.0	13.6	3.9	.6	424	

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbohydrate.	Ash.	Fuel value per pound.
				N x 6.25.	By difference.				
ANIMAL FOOD—Continued.									
BEEF, FRESH—continued.									
Shank, fore, medium fat:									
Edible portion—									
Minimum	5		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	<i>Cal.</i>
Maximum	5		65.5	19.9	19.9	9.9		9.9	806
Average	5		70.0	21.0	20.3	14.3		1.6	970
As purchased—			67.9	20.4	19.6	11.6		.9	879
Minimum	5		33.0	39.3	11.9	11.6	6.1		495
Maximum	5		40.0	45.3	13.4	15.1	8.5		585
Average	5		36.9	42.9	12.6	12.3	7.3		545
Shank, fore, very fat:									
Edible portion	1		59.0	29.1	13.6	21.6		.8	1,285
As purchased	1		30.9	40.7	13.9	19.9	14.9		393
Shank, fore, all analyses:									
Edible portion	15		70.3	21.4	20.7	8.1		.9	749
As purchased	15		33.3	43.2	13.2	12.7	5.2		495
Shank, hind, very lean:									
Edible portion	1		71.2	26.6	25.3	1.7		1.3	565
As purchased	1		50.0	35.6	13.3	12.9	.8		280
Shank, hind, lean:									
Edible portion—									
Minimum	6		71.3	29.3	20.4	4.3		.9	590
Maximum	6		73.6	29.1	21.6	7.3		1.2	715
Average	6		72.5	21.9	21.1	5.4		1.0	635
As purchased—									
Minimum	6		50.0	22.3	6.6	6.7	1.7		295
Maximum	6		63.3	36.4	11.2	10.7	3.3		315
Average	6		59.5	30.1	9.1	8.3	2.2		300
Shank, hind, medium fat:									
Edible portion—									
Minimum	6		65.3	19.0	12.5	9.6		.8	300
Maximum	6		69.5	21.8	20.6	15.4		1.9	1,035
Average	6		67.3	20.9	19.3	11.3		.9	375
As purchased—									
Minimum	6		52.0	29.3	8.3	3.6	4.5		379
Maximum	6		56.0	33.1	10.1	9.6	7.1		490
Average	6		53.9	31.3	9.6	3.1	5.3		405
Shank, hind, fat:									
Edible portion	1		61.4	29.4	12.3	12.3		.9	1,170
As purchased	1		51.6	29.7	9.9	9.3	9.1		570
Shank, hind, all analyses:									
Edible portion	14		69.6	21.7	20.7	3.7		1.0	770
As purchased	14		55.4	31.0	9.7	9.3	3.9		345
Shoulder and clod, very lean: a									
Edible portion—									
Minimum	4		75.1	20.3	20.4	.8		1.1	430
Maximum	4		77.7	21.6	22.4	1.5		1.2	460
Average	4		76.1	21.3	21.5	1.3		1.1	450
As purchased—									
Minimum	4		12.5	46.1	12.3	12.5	.6		275
Maximum	4		39.3	65.3	18.3	12.6	1.2		395
Average	4		23.3	53.3	16.3	16.5	1.0		345
Shoulder and clod, lean:									
Edible portion—									
Minimum	5		71.4	19.2	19.7	4.7		1.0	555
Maximum	5		74.5	22.1	21.9	9.7		1.1	690
Average	5		73.1	20.4	20.4	5.4		1.1	605
As purchased—									
Minimum	4		5.8	69.4	9.2	9.3	2.6		290
Maximum	4		53.4	34.3	13.3	12.3	6.1		615
Average	4		18.3	59.4	16.4	16.5	4.4		490
Shoulder and clod, medium fat:									
Edible portion—									
Minimum	14		64.0	17.4	17.3	7.1		.8	625
Maximum	14		74.5	20.7	20.7	16.4		1.4	1,030
Average	14		68.3	19.6	19.3	11.3		1.1	845
As purchased—									
Minimum	12		7.0	50.7	14.5	14.3	5.6		530
Maximum	12		27.7	62.3	18.6	18.4	14.4		925
Average	12		16.4	56.3	16.4	16.1	9.3		730

a The "clod" usually contains no refuse.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N x 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
BEEF, FRESH—continued.									
Shoulder and clod, fat:									
Edible portion—		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cals.
Minimum	5	56.9	18.1	17.1	18.5	0.9	1,124
Maximum	5	62.1	21.9	21.0	21.6	1.2	1,328
Average	5	60.4	19.5	18.8	19.8	1.0	1,200
As purchased—									
Minimum	3	11.0	49.9	17.7	14.8	16.58	1,022
Maximum	3	13.3	54.8	19.4	18.6	19.2	1.0	1,176
Average	3	11.9	52.9	17.7	16.7	17.79	1,074
Shoulder and clod, all analyses:									
Edible portion	23	68.9	20.0	19.7	10.3	1.1	804
As purchased	23	17.4	57.0	16.5	16.3	8.49	694
Shoulder, free from all visible fat.	1	74.6	21.6	21.5	2.7	1.2	511
Socket:									
Edible portion	1	57.1	16.9	16.7	25.2	1.0	1,330
As purchased	1	35.8	36.7	10.8	10.7	16.26	882
Forequarter, very lean:									
Edible portion—									
Minimum	2	72.3	21.9	20.8	1.19	461
Maximum	2	76.0	22.3	21.8	6.0	1.1	601
Average	2	74.1	22.1	21.3	3.6	1.0	561
As purchased—									
Minimum	2	23.2	47.5	14.0	13.7	.77	290
Maximum	2	37.4	55.5	16.8	16.0	4.67	550
Average	2	30.8	51.5	15.4	14.8	2.77	460
Forequarter, lean:									
Edible portion—									
Minimum	4	67.5	16.5	16.1	11.47	811
Maximum	4	71.1	20.0	19.4	12.79	911
Average	4	68.6	18.0	18.4	12.28	864
As purchased—									
Minimum	4	19.7	52.1	12.4	12.1	8.75	611
Maximum	4	24.9	54.3	16.0	15.3	10.07	729
Average	4	22.3	53.2	14.7	14.3	9.56	671
Forequarter, medium fat:									
Edible portion—									
Minimum	10	64.1	17.2	15.9	17.18	1,077
Maximum	10	63.6	19.1	18.4	27.6	1.0	1,450
Average	10	60.4	17.9	17.3	21.49	1,220
As purchased—									
Minimum	10	16.3	44.1	13.7	13.2	13.66	685
Maximum	10	23.9	51.9	15.3	14.6	22.58	1,211
Average	10	18.7	49.1	14.5	14.0	17.67	1,011
Forequarter, fat:									
Edible portion	1	53.5	15.0	15.8	30.07	1,560
As purchased	1	31.7	41.9	12.5	12.4	23.46	1,220
Forequarter, very fat:									
Edible portion	1	44.6	15.0	14.0	40.77	1,360
As purchased	1	12.6	41.5	12.4	13.6	31.76	1,570
Forequarter, all analyses:									
Edible portion	18	62.5	18.3	17.7	18.99	1,120
As purchased	18	30.6	49.5	14.4	14.1	15.17	960
Hind quarter, very lean:									
Edible portion—									
Minimum	2	71.7	21.8	20.8	1.1	1.1	530
Maximum	2	72.4	26.3	25.8	5.8	1.4	650
Average	2	72.0	24.0	23.3	3.5	1.2	600
As purchased—									
Minimum	2	18.8	55.1	17.8	16.9	.88	410
Maximum	2	23.2	58.7	20.1	19.9	4.8	1.0	530
Average	2	21.0	56.9	19.0	18.4	2.89	470
Hind quarter, lean:									
Edible portion—									
Minimum	4	64.6	19.3	18.8	12.2	1.0	890
Maximum	4	67.5	20.6	19.5	14.9	1.0	960
Average	4	66.2	19.9	19.3	13.4	1.0	920
As purchased—									
Minimum	4	16.2	53.8	16.0	15.6	10.28	770
Maximum	4	17.6	56.5	17.3	16.3	12.49	820
Average	4	16.6	55.3	16.7	16.1	11.28	780

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
BEEF, FRESH—continued.									
Hind quarter, medium fat:									
Edible portion—									
Minimum.....	11			55.7	17.2	15.9	16.8	0.8	1,070
Maximum.....	11			63.9	19.5	18.7	26.6	1.0	1,430
Average.....	11			59.8	18.3	17.7	21.6	.9	1,250
As purchased—									
Minimum.....	11	13.8	44.4	13.7	15.6	14.3		.6	910
Maximum.....	11	20.2	54.3	16.5	15.8	22.6		.8	1,205
Average.....	11	15.7	50.4	15.4	14.9	19.3		.7	1,060
Hind quarter, fat:									
Edible portion.....	1		52.1	17.7	16.4	30.7		.8	1,625
As purchased.....	1	12.4	45.6	15.5	14.4	26.9		.7	1,425
Hind quarter, all analyses:									
Edible portion.....	13		62.2	19.3	18.6	18.3		.9	1,130
As purchased.....	18	16.3	52.0	16.1	15.5	15.4		.8	950
Sides, very lean:									
Edible portion—									
Minimum.....	2		72.4	21.8	20.8	1.1		.9	500
Maximum.....	2		73.8	24.3	23.9	5.9		1.2	655
Average.....	2		73.1	23.0	22.5	3.5		1.1	575
As purchased—									
Minimum.....	2	21.2	51.1	16.9	16.4	.7		.7	345
Maximum.....	2	30.7	57.0	17.2	16.6	4.7		.9	520
Average.....	2	26.0	54.0	17.0	16.5	2.7		.8	430
Sides, lean:									
Edible portion—									
Minimum.....	4		66.5	17.6	17.1	12.3		.8	905
Maximum.....	4		67.5	20.3	19.3	14.8		1.0	950
Average.....	4		67.2	19.3	18.7	13.2		.9	915
As purchased—									
Minimum.....	4	18.0	52.9	13.9	13.6	10.1		.6	730
Maximum.....	4	20.8	55.3	16.5	15.8	11.7		.8	755
Average.....	4	19.5	54.1	15.5	15.1	10.6		.7	735
Sides, medium fat:									
Edible portion—									
Minimum.....	11		54.5	17.3	16.5	15.7		.8	1,020
Maximum.....	11		64.9	19.3	18.6	27.1		.9	1,465
Average.....	11		59.7	18.1	17.4	22.0		.9	1,265
As purchased—									
Minimum.....	11	15.5	44.2	13.9	13.7	12.7		.7	830
Maximum.....	11	21.8	53.1	15.8	15.1	21.9		.8	1,185
Average.....	11	17.4	49.4	14.8	14.4	18.1		.7	1,040
Sides, very fat:									
Edible portion.....	1		47.8	16.2	15.1	36.4		.7	1,835
As purchased.....	1	13.2	41.5	14.0	13.1	31.6		.6	1,595
Sides, all analyses:									
Edible portion.....	18		62.2	18.8	18.1	18.8		.9	1,145
As purchased.....	18	18.6	50.5	15.2	14.7	15.5		.7	935
Miscellaneous cuts, free from all visible fat:	11		73.8	22.4	22.1	2.9		1.2	540
Clear fat.....	7		13.4	4.1	4.1	82.1		.4	3,540
Soup stock.....	1		89.1		5.8	1.5		3.6	170
BEEF ORGANS.									
Brain, edible portion.....	1		80.6	8.8	9.0	9.3		1.1	555
Heart:									
Edible portion—									
Minimum.....	2		54.5	15.7	15.3	14.6		.9	920
Maximum.....	2		68.7	16.3	16.3	23.2		1.0	1,395
Average.....	2		62.6	16.0	16.0	20.4		1.0	1,160
As purchased.....	1	5.9	53.2	14.8	15.3	24.7		.9	1,320
Kidney:									
Edible portion—									
Minimum.....	3		75.7	15.8	16.1	2.4		1.1	420
Maximum.....	3		78.7	17.1	17.6	7.1		1.2	595
Average.....	3		76.7	16.6	16.9	4.8	.4	1.2	520
As purchased.....	1	19.9	63.1	13.7	14.1	1.9		1.0	335
Beef liver:									
Edible portion—									
Minimum.....	6		69.5	18.1	18.3	3.3	1.0	1.3	520
Maximum.....	6		75.0	23.1	23.4	5.7	3.5	2.5	670
Average.....	6		71.2	20.4	21.0	4.5	1.7	1.6	605
As purchased.....	1	7.3	65.6	20.2	20.3	3.1	2.5	1.3	555

a Includes those given under "buck," "round," "loin," etc.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N x 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
BEEF ORGANS—continued.									
Lungs, as purchased	1		79.7	16.4	16.1	3.2	1.0	449	
Marrow, as purchased	1		3.3	2.3	2.0	92.3	1.3	2,365	
Sweetbreads, as purchased	1		70.9	16.8	15.4	12.1	1.6	325	
Suet, as purchased:									
Minimum	9		4.3	1.1	1.0	70.7	.2	2,110	
Maximum	9		21.9	7.5	7.3	94.5	.7	4,078	
Average	9		15.7	4.7	4.2	81.9	.5	2,540	
Tongue:									
Edible portion—									
Minimum	3		63.5	17.0	17.4	.3	.9	445	
Maximum	3		76.3	23.2	21.9	18.0	1.1	1,075	
Average	3		70.8	18.9	19.0	9.3	1.0	740	
As purchased—									
Minimum	3	2.2	32.4	7.8	7.9	.7	.4	315	
Maximum	3	55.3	69.2	29.3	19.9	15.3	1.0	915	
Average	3	20.5	51.8	14.1	14.8	6.7	.3	545	
BEEF, COOKED.									
Cut not given, boiled, as purchased	1		33.1	26.2	26.1	34.9	.2	2,302	
Scraps, as purchased:									
Minimum	2		4.5	16.3	19.0	27.7	.7	1,009	
Maximum	2		41.9	24.4	24.3	75.8	6.1	3,509	
Average	2		22.2	21.4	21.6	51.7	5.5	2,520	
Roast, as purchased:									
Minimum	7		32.7	15.1	14.5	19.6	.7	1,210	
Maximum	7		59.5	29.0	29.7	41.4	2.7	2,039	
Average	7		48.2	22.3	21.9	29.6	1.8	1,620	
Pressed, as purchased	1		44.1	23.6	26.7	27.7	1.5	1,619	
Round steak, fat removed, as purchased:									
Minimum	18		52.5	19.4	20.3	3.3	1.1	615	
Maximum	18		72.3	34.1	34.1	16.9	2.1	1,170	
Average	18		63.0	27.0	27.5	7.7	1.9	840	
Sirloin steak, baked, as purchased	1		63.7	23.9	24.7	10.3	1.4	575	
Loin steak, tenderloin, broiled, edible portion:									
Minimum	6		42.7	19.8	20.6	11.3	1.9	325	
Maximum	6		64.5	26.7	26.8	35.7	1.4	1,375	
Average	6		54.3	22.5	22.6	29.4	1.3	1,200	
Sandwich meat, as purchased:									
Minimum	2		54.3	27.1	27.2	2.0	2.5	370	
Maximum	2		61.2	29.0	28.5	12.9	2.1	1,070	
Average	2		56.8	28.0	27.9	11.0	2.3	925	
BEEF, CANNED.									
Boiled beef, as purchased	1		51.2	25.5	24.4	22.5	1.3	1,420	
Cheek, ox, as purchased	1		64.1	22.2	22.2	2.4	2.2	705	
Chili-con-carne, as purchased	1		75.4	13.2	12.2	4.0	2.2	515	
Collage, minced, as purchased	1		72.3	17.9	17.9	6.5	1.1	640	
Corned beef:									
Minimum	15		43.2	29.7	29.6	11.7	2.0	1,000	
Maximum	15		52.3	35.1	34.2	31.1	7.3	1,000	
Average	15		51.3	30.3	29.5	18.7	4.0	1,200	
Dried beef, as purchased:									
Minimum	2		44.2	30.0	27.1	6.1	9.5	925	
Maximum	2		45.3	40.4	40.1	4.3	12.8	905	
Average	2		44.5	39.2	38.6	5.4	11.2	940	
Kidneys, stewed, as purchased:									
Minimum	2		70.9	14.0	4.9	2.1	500	
Maximum	2		72.9	23.1	5.4	4.3	600	
Average	2		71.9	18.4	5.1	2.5	600	
Luncheon beef, as purchased	1		52.9	27.6	26.4	15.9	4.5	1,125	
Palaten, ox, as purchased:									
Minimum	2		69.6	16.4	15.9	9.4	.4	750	
Maximum	2		73.1	19.3	19.0	10.6	2.0	750	
Average	2		71.4	17.8	17.4	10.0	1.3	750	
Roast beef, as purchased:									
Minimum	4		55.3	29.3	29.3	3.0	1.3	925	
Maximum	4		62.2	29.3	30.0	22.6	1.4	1,375	
Average	4		58.9	25.9	25.0	14.8	1.3	1,100	
Rump steak, as purchased	1		58.3	21.3	22.5	18.7	1.5	1,240	
Sweetbreads, as purchased	1		60.0	20.2	20.5	9.5	2.0	775	

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N x 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
BEEF, CANNED—continued.									
Tails, ox:									Calo.
Edible portion.....	1		P. ct. 67.9	P. ct. 26.3	P. ct. 24.6	P. ct. 6.3	P. ct. 1.2		755
As purchased.....	1		47.7	18.5	17.3	4.5	.8		585
Tongue, ground, as purchased:									
Minimum.....	6		42.5	20.1	20.3	21.6	2.9		1,805
Maximum.....	6		54.9	23.6	22.8	32.6	5.1		1,750
Average.....	6		49.3	21.4	21.0	25.1	4.0		1,455
Tongue, whole, as purchased:									
Minimum.....	5		42.4	10.8	18.6	15.7	3.0		865
Maximum.....	5		57.4	23.4	23.0	32.7	6.3		1,725
Average.....	5		51.3	19.5	21.5	23.2	4.0		1,340
Tripe, as purchased:									
Minimum.....	2		68.9	16.5	16.2	2.6	.4		422
Maximum.....	2		80.2	17.0	16.6	14.5	.6		920
Average.....	2		74.6	16.8	16.4	8.5	.5		676
BEEF, CORNED AND PICKLED.									
Brisket:									
Edible portion.....	1		50.9	18.3	22.7	24.7	5.7		1,200
As purchased.....	1		21.4	40.0	14.4	14.7	19.4	4.5	1,020
Flank:									
Edible portion—									
Minimum.....	2		43.2	13.1	19.9	24.9	2.8		1,354
Maximum.....	2		56.5	16.1	15.5	41.1	3.1		1,904
Average.....	2		49.9	14.6	14.2	33.0	2.9		1,634
As purchased—									
Minimum.....	2	9.6	39.0	11.9	11.7	21.2	2.5		1,154
Maximum.....	2	14.6	48.3	13.8	13.2	37.2	2.7		1,704
Average.....	2	12.1	43.7	12.9	12.4	29.2	2.6		1,474
Plate:									
Edible portion.....	1		40.1	13.7	13.3	41.9	4.7		2,024
As purchased.....	1	14.5	34.3	11.7	11.4	35.8	4.0		1,734
Rump:									
Edible portion—									
Minimum.....	3		50.2	13.3	13.3	13.0	2.0		884
Maximum.....	3		65.9	17.6	18.1	30.2	4.9		1,554
Average.....	3		58.1	15.3	15.3	23.3	3.3		1,274
As purchased—									
Minimum.....	3	5.0	47.5	12.6	12.6	12.1	1.9		814
Maximum.....	3	7.7	60.8	16.4	16.7	28.5	4.7		1,464
Average.....	3	6.9	54.5	14.3	14.4	23.0	3.1		1,194
Extra family beef:									
Edible portion.....	1		37.0	12.3	11.8	47.2	4.0		2,224
As purchased.....	1		10.4	33.1	11.1	10.6	42.3	3.6	1,904
Meas beef, salted:									
Edible portion—									
Minimum.....	2		31.7	11.3	10.6	40.2	4.1		1,954
Maximum.....	2		42.4	13.8	13.2	48.7	9.0		2,264
Average.....	2		37.6	12.6	12.0	44.5	6.5		2,114
As purchased—									
Minimum.....	2	7.1	29.5	10.5	9.8	34.6	3.5		1,684
Maximum.....	2	13.8	36.6	11.9	11.5	45.3	3.8		2,104
Average.....	2	10.5	33.0	11.2	10.7	39.9	3.9		1,894
Corned beef, all analyses:									
Edible portion.....	10		53.6	15.6	15.3	26.2	4.9		1,394
As purchased.....	10	8.4	49.2	14.3	14.0	23.3	4.6		1,274
Spiced beef, rolled, as purchased:	1		30.0	12.0	11.8	51.4	6.8		2,394
Tongue, pickled:									
Edible portion—									
Minimum.....	2		50.9	8.3	8.0	15.3	3.1		804
Maximum.....	2		73.6	17.3	17.0	25.8	6.3		1,414
Average.....	2		62.3	12.8	12.5	20.5	4.7		1,104
As purchased—									
Minimum.....	2	2.1	45.8	8.2	7.8	15.0	3.1		784
Maximum.....	2	10.0	72.0	15.6	15.3	23.3	5.6		1,274
Average.....	2	6.0	58.9	11.9	11.6	19.2	4.3		1,034
Tripe, as purchased:									
Minimum.....	4			7.1	7.2	.9	0.4		184
Maximum.....	4			18.6	18.3	1.8	.5		334
Average.....	4			11.7	11.8	1.2	.3		274

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N x 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
BEEF, DRIED, ETC.									
Dried, salted, and smoked:									
Edible portion—		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Calz.</i>
Minimum	7	24.3	24.4	24.4	2.8	6.3	570
Maximum	7	65.4	47.8	47.0	11.8	2.7	18.9	926
Average	7	54.8	30.0	29.7	6.5	(?)4	9.1	840
As purchased—									
Minimum	2	4.4	52.2	25.6	25.0	6.0	7.8	766
Maximum	2	5.0	55.1	37.3	36.7	7.8	10.0	805
Average	2	4.7	53.7	26.4	25.8	6.9	8.9	786
VEAL, FRESH.									
Breast, very lean:									
Edible portion	1	73.2	23.1	23.1	2.5	1.2	585
As purchased	1	48.8	38.9	12.3	12.3	1.37	285
Breast, lean:									
Edible portion—									
Minimum	3	68.4	19.6	18.8	8.0	1.0	700
Maximum	3	72.2	22.9	22.5	8.0	1.1	765
Average	3	70.8	21.2	20.7	8.0	1.0	739
As purchased—									
Minimum	3	15.1	46.8	15.4	15.7	5.57	525
Maximum	3	31.0	61.3	16.0	16.6	6.88	595
Average	3	23.4	54.0	15.7	16.1	6.27	569
Breast, medium fat:									
Edible portion—									
Minimum	5	65.1	19.1	18.2	12.0	1.0	879
Maximum	5	68.4	19.9	19.4	15.4	1.0	1,016
Average	5	66.4	19.4	18.8	13.8	1.0	939
As purchased—									
Minimum	5	15.7	48.5	14.2	14.0	9.47	690
Maximum	5	25.4	56.7	16.9	16.2	12.38	858
Average	5	20.6	52.7	15.6	14.9	11.08	740
Breast, all analyses:									
Edible portion	8	68.2	20.3	19.8	11.0	1.0	840
As purchased	8	24.5	51.3	15.3	14.8	8.68	645
Chuck, lean:									
Edible portion	1	76.3	20.6	1.9	1.2	465
As purchased	1	19.0	61.8	16.7	1.69	380
Chuck, medium fat:									
Edible portion—									
Minimum	6	71.5	19.1	18.2	5.1	1.0	570
Maximum	6	75.4	21.1	20.6	8.5	1.0	715
Average	6	73.8	19.7	19.2	6.5	1.0	640
As purchased—									
Minimum	6	17.6	57.9	15.4	14.5	4.28	465
Maximum	6	20.0	61.4	17.1	16.2	6.88	583
Average	6	18.9	59.5	16.0	15.6	5.28	515
Chuck, all analyses:									
Edible portion	7	73.8	19.7	19.4	5.8	1.0	610
As purchased	7	19.0	59.8	16.0	15.7	4.78	495
Flank, medium fat, as purchased:									
Minimum	5	64.4	19.4	18.5	7.89	690
Maximum	5	72.7	21.5	21.0	15.3	1.1	1,035
Average	5	68.9	20.5	19.7	10.4	1.0	820
Flank, fat, as purchased	1	57.0	18.1	18.0	24.19	1,355
Flank, all analyses, as purchased	6	66.9	20.1	19.4	12.7	1.0	910
Leg, lean:									
Edible portion—									
Minimum	9	71.5	20.3	19.3	1.1	1.1	465
Maximum	9	75.6	22.6	22.5	6.4	1.3	660
Average	9	73.5	21.3	21.2	4.1	1.2	570
As purchased—									
Minimum	9	4.5	53.3	16.5	16.5	3.59	445
Maximum	9	25.5	71.6	21.4	21.4	6.0	1.2	620
Average	9	9.1	64.8	19.4	19.3	3.7	1.1	520
Leg, medium fat:									
Edible portion—									
Minimum	10	67.8	18.2	18.2	6.7	1.0	670
Maximum	10	72.1	21.4	20.7	11.7	1.2	1,780
Average	10	70.0	20.2	19.8	9.0	1.2	755
As purchased—									
Minimum	9	6.9	55.7	14.6	14.9	5.59	545
Maximum	9	19.3	64.4	18.3	18.7	10.9	1.0	1,055
Average	9	14.2	60.1	15.5	15.9	7.99	620

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo-hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ-ence.				
ANIMAL FOOD—Continued.									
VEAL, FRESH—continued.									
Leg, all analyses:		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Edible portion.....	19		71.7	20.7	20.5	6.7		1.1	670
As purchased.....	18	11.7	63.4	18.3	18.1	5.8		1.0	585
Leg, cutlets:									
Edible portion—									
Minimum.....	3		67.3	20.1	20.1	3.3		1.0	515
Maximum.....	3		75.4	20.5	21.1	10.6		1.2	830
Average.....	8		70.7	20.3	20.5	7.7		1.1	705
As purchased—									
Minimum.....	3	2.1	64.3	19.6	19.6	3.3		.9	505
Maximum.....	3	4.5	73.8	21.1	20.2	10.1		1.2	790
Average.....	3	3.4	68.3	20.1	19.8	7.5		1.0	690
Loin, lean:									
Edible portion—									
Minimum.....	5		71.3	18.8	18.6	4.8		1.0	565
Maximum.....	5		75.4	21.5	21.0	6.7		1.2	680
Average.....	5		73.3	20.4	19.9	5.6		1.2	615
As purchased—									
Minimum.....	5	17.4	53.2	13.4	13.5	3.5		.8	395
Maximum.....	5	29.0	59.7	17.7	16.8	5.4		1.0	555
Average.....	5	22.0	57.1	15.9	15.6	4.4		.9	480
Loin, medium fat:									
Edible portion—									
Minimum.....	6		67.9	18.3	18.1	10.1		1.0	805
Maximum.....	6		69.7	20.3	20.0	13.0		1.1	890
Average.....	6		69.0	19.9	19.2	10.8		1.0	825
As purchased—									
Minimum.....	6	12.2	55.3	16.0	15.4	8.2		.8	645
Maximum.....	6	20.3	60.1	17.5	16.6	11.4		.9	780
Average.....	6	16.5	57.6	16.6	16.0	9.0		.9	690
Loin, fat:									
Edible portion—									
Minimum.....	2		61.3	18.0	18.3	18.3		1.0	1,130
Maximum.....	2		61.9	19.3	18.7	19.4		1.1	1,155
Average.....	2		61.6	18.7	18.5	18.9		1.0	1,145
As purchased—									
Minimum.....	2	16.3	48.9	14.4	14.6	15.4		.8	920
Maximum.....	2	20.2	51.8	16.2	15.7	15.5		.8	950
Average.....	2	18.8	50.4	15.3	15.1	15.4		.8	935
Loin, all analyses:									
Edible portion.....	13		69.5	19.9	19.4	10.0		1.1	790
As purchased.....	13	18.9	56.3	16.1	15.7	8.2		.9	645
Loin, with kidney:									
Edible portion.....	1		73.3	14.7	14.1	11.8		.8	770
As purchased.....	1	9.1	66.7	13.4	12.8	10.7		.7	700
Neck:									
Edible portion—									
Minimum.....	6		69.8	19.9	18.7	4.3		.9	555
Maximum.....	6		75.8	20.8	20.0	9.2		1.1	775
Average.....	6		72.6	20.8	19.5	6.9		1.0	670
As purchased—									
Minimum.....	6	23.5	34.8	10.4	10.0	3.1		.6	385
Maximum.....	6	50.0	56.1	15.2	14.5	6.2		.8	540
Average.....	6	31.5	49.9	13.9	13.3	4.6		.7	455
Rib, medium fat:									
Edible portion—									
Minimum.....	9		70.4	20.0	19.2	3.4		1.0	530
Maximum.....	9		75.5	21.7	21.2	9.3		1.2	770
Average.....	9		72.7	20.7	20.1	6.1		1.1	640
As purchased—									
Minimum.....	9	12.7	42.2	12.7	12.4	2.5		.7	390
Maximum.....	9	41.3	64.5	17.3	16.8	6.8		1.1	565
Average.....	9	25.3	54.3	15.5	15.0	4.6		.8	480
Rib, fat:									
Edible portion—									
Minimum.....	3		50.1	16.2	17.5	11.1		.9	840
Maximum.....	3		67.8	20.0	20.0	31.5		1.1	1,630
Average.....	8		60.9	18.7	18.8	19.3		1.0	1,160
As purchased—									
Minimum.....	3	22.4	37.4	12.1	13.1	8.6		.6	650
Maximum.....	3	25.4	52.6	15.5	15.5	23.5		.9	1,215
Average.....	8	24.3	46.2	14.2	14.2	14.5		.8	875

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
VEAL, FRESH—continued.									
Rib, all analyses:									
Edible portion	12		P. ct. 69.8	P. ct. 20.2	P. ct. 19.7	P. ct. 9.4		P. ct. 1.1	Cals. 775
As purchased	12	25.0	52.3	15.2	14.8	7.1		.8	580
Rump:									
Edible portion	1		62.6	19.8	20.1	16.2		1.1	1,050
As purchased	1	30.2	43.7	13.8	14.0	11.3		.8	735
Shank, fore:									
Edible portion—									
Minimum	6		72.5	19.8	18.9	4.1		1.0	540
Maximum	6		75.8	21.4	20.6	6.4		1.0	655
Average	6		74.0	20.7	19.8	5.2		1.0	605
As purchased—									
Minimum	6	20.4	35.1	9.5	9.0	2.2		.5	295
Maximum	6	52.5	58.6	16.7	16.0	4.2		.8	490
Average	6	40.4	44.1	12.2	11.8	3.1		.6	360
Shank, hind, medium fat:									
Edible portion—									
Minimum	6		73.4	18.9	17.9	3.0		.9	520
Maximum	6		76.2	21.6	20.9	6.7		1.1	635
Average	6		74.5	20.7	19.9	4.6		1.0	580
As purchased—									
Minimum	6	61.1	25.9	7.1	6.7	1.2		.4	195
Maximum	6	84.7	29.3	8.2	8.0	2.5		.4	235
Average	6	62.7	27.8	7.7	7.4	1.7		.4	215
Shank, hind, fat:									
Edible portion	1		68.1	20.5	20.0	10.7		1.2	835
As purchased	1	51.4	33.1	10.0	9.7	5.2		.6	405
Shank, hind, all analyses:									
Edible portion	7		73.6	20.7	19.9	5.5		1.0	615
As purchased	7	61.1	28.6	8.0	7.7	2.2		.4	240
Shoulder, lean:									
Edible portion—									
Minimum	2		71.9	20.7	20.7	3.1		1.2	515
Maximum	2		74.9	20.7	20.7	6.2		1.3	635
Average	2		73.4	20.7	20.7	4.6		1.3	585
As purchased—									
Minimum	2	11.5	56.1	15.5	15.5	2.3		1.0	385
Maximum	2	25.1	63.7	18.3	18.3	5.5		1.0	575
Average	2	18.3	59.9	16.9	16.9	3.9		1.0	480
Shoulder and flank, medium fat:									
Edible portion—									
Minimum	2		64.7	19.3	19.0	13.5		1.1	945
Maximum	2		65.6	20.1	19.7	15.2		1.2	1,005
Average	2		65.2	19.7	19.3	14.4		1.1	975
As purchased—									
Minimum	2	21.8	49.7	15.0	14.8	10.2		.9	715
Maximum	2	24.3	50.6	15.2	14.9	11.9		.9	785
Average	2	23.0	50.2	15.1	14.9	11.0		.9	745
Forequarter:									
Edible portion—									
Minimum	6		69.9	19.5	18.6	5.5		.8	595
Maximum	6		74.8	20.9	20.5	10.6		1.1	815
Average	6		71.7	20.0	19.4	8.0		.9	710
As purchased—									
Minimum	6	19.3	51.8	14.5	13.7	4.1		.6	445
Maximum	6	26.0	56.6	16.1	15.9	7.8		.8	605
Average	6	24.5	54.2	15.1	14.6	6.0		.7	535
Hind quarter:									
Edible portion—									
Minimum	6		68.4	19.6	19.4	5.6		.8	625
Maximum	6		73.8	20.8	20.4	11.2		1.2	835
Average	6		70.9	20.7	19.8	8.3		1.0	735
As purchased—									
Minimum	6	18.0	53.7	15.7	15.3	4.4		.6	495
Maximum	6	24.0	58.4	18.8	18.2	9.2		.9	695
Average	6	20.7	56.2	16.2	15.7	6.6		.8	585
Side, with kidney, fat, and tallow:									
Edible portion—									
Minimum	6		69.2	19.8	19.2	5.5		.9	605
Maximum	6		74.3	20.7	20.4	10.3		1.1	805
Average	6		71.3	20.2	19.6	8.1		1.0	715
As purchased—									
Minimum	6	18.6	53.3	15.4	14.7	4.3		.7	475
Maximum	6	24.9	57.3	16.1	15.9	8.4		.9	655
Average	6	22.6	55.2	15.6	15.1	6.3		.8	555

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbohydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By difference.				
ANIMAL FOOD—Continued.									
VEAL ORGANS.									
Heart, as purchased	1	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cals.
Kidneys, as purchased:									
Minimum	2		74.7	16.6	16.4	5.4		1.3	545
Maximum	2		76.8	17.1	16.6	7.4		1.4	620
Average	2		75.8	16.9	16.5	6.4		1.3	585
Liver, as purchased:									
Minimum	2		72.4	18.4	19.8	4.0		1.2	535
Maximum	2		73.7	19.6	21.0	6.6		1.3	620
Average	2		73.0	19.0	20.4	5.3		1.3	575
Lungs, as purchased	1		76.8	17.1	17.1	5.0		1.1	530
LAMB, FRESH.									
Breast or chuck:									
Edible portion	1		56.2	19.1	19.2	23.6		1.0	1,350
As purchased	1	19.1	45.5	15.4	15.5	19.1		.8	1,090
Leg, hind, medium fat:									
Edible portion—									
Minimum	2		63.1	18.7	18.1	15.3		1.1	1,010
Maximum	2		64.7	19.7	18.9	17.6		1.2	1,090
Average	2		63.9	19.2	18.5	16.5		1.1	1,066
As purchased—									
Minimum	2	17.0	52.4	15.5	15.0	12.6		.9	830
Maximum	2	17.7	53.3	16.2	16.5	14.6		1.0	905
Average	2	17.4	52.9	15.9	15.2	13.6		.9	870
Leg, hind, fat									
Edible portion	1		54.6	18.3	17.1	27.4		.9	1,490
As purchased	1	13.4	47.3	15.8	14.8	23.7		.8	1,290
Leg, hind, very fat:									
Edible portion	1		51.8	17.6	17.2	30.1		.9	1,560
As purchased	1	7.0	48.2	16.4	16.0	28.0		.8	1,480
Leg, hind, all analyses:									
Edible portion	4		58.6	18.6	17.8	22.6		1.0	1,300
As purchased	4	13.8	50.3	16.0	15.3	19.7		.9	1,130
Leg, free from all visible fat, as purchased	1		72.3	25.3	23.6	2.7		1.4	580
Loin, without kidney and tallow:									
Edible portion—									
Minimum	4		48.6	16.9	15.5	25.1		.8	1,420
Maximum	4		54.8	20.2	19.0	35.1		1.1	1,790
Average	4		53.1	18.7	17.6	28.8		1.0	1,540
As purchased—									
Minimum	4	12.2	40.8	14.2	13.0	21.1		.7	1,200
Maximum	4	17.4	48.1	17.1	16.7	29.5		.9	1,510
Average	4	14.8	45.3	16.0	15.0	24.1		.8	1,310
Neck:									
Edible portion	1		56.7	17.7	17.5	24.8		1.0	1,370
As purchased	1	17.7	46.7	14.6	14.4	20.4		.8	1,130
Shoulder:									
Edible portion	1		51.3	18.1	17.5	29.7		1.0	1,590
As purchased	1	20.3	41.3	14.4	14.0	23.6		.8	1,260
Forequarter:									
Edible portion	1		55.1	18.3	18.1	25.8		1.0	1,430
As purchased	1	18.8	44.7	14.9	14.7	21.0		.8	1,160
Hind quarter:									
Edible portion	1		60.9	18.6	19.0	19.1		1.0	1,170
As purchased	1	15.7	51.3	16.5	16.0	16.1		.9	980
Side, without tallow:									
Edible portion—									
Minimum	3		56.8	17.0	16.5	21.2		1.0	1,230
Maximum	3		60.0	18.9	18.5	25.7		1.1	1,400
Average	3		58.2	17.6	17.5	23.1		1.1	1,300
As purchased—									
Minimum	3	17.3	46.1	13.8	13.4	16.6		.8	960
Maximum	3	21.6	47.9	15.6	15.3	20.9		.9	1,140
Average	3	19.3	47.0	14.1	14.2	18.7		.8	1,050
LAMB, COOKED.									
Chops, broiled:									
Edible portion—									
Minimum	4		43.4	19.2	19.2	24.3		1.1	1,490
Maximum	4		50.4	25.2	23.6	34.7		1.7	1,860
Average	4		47.6	21.7	21.2	29.9		1.3	1,560
As purchased	1	13.5	40.1	18.4	18.5	26.7		1.2	1,470
Cut not given, as purchased	1		47.1	23.7	22.1	29.4		1.4	1,680
Leg, roast	1		67.1	19.7	19.4	12.7		.8	900

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
LAMB, CANNED.									
Tongue, spiced and cooked:									
Edible portion	1		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cals.
As purchased	1	2.6	67.4	13.9	14.3	17.8	0.5	1,010
MUTTON, FRESH.									
Chuck, lean:									
Edible portion	1		64.7	17.8	18.1	16.39	1,020
As purchased	1	19.5	52.1	14.3	14.5	13.18	820
Chuck, medium fat:									
Edible portion—									
Minimum	6		47.9	14.4	15.6	26.07	1,400
Maximum	6		56.7	16.3	16.4	37.4	1.2	1,845
Average	6		50.9	15.1	14.6	33.69	1,700
As purchased—									
Minimum	6	14.4	36.6	11.2	10.6	20.66	1,110
Maximum	6	25.2	45.1	13.0	13.1	30.69	1,500
Average	6	21.8	39.9	11.9	11.5	26.76	1,359
Chuck, fat:									
Edible portion—									
Minimum	2		37.6	13.7	13.3	42.57	2,055
Maximum	2		43.5	14.0	14.2	47.2	1.0	2,245
Average	2		40.6	13.9	13.7	44.98	2,155
As purchased—									
Minimum	2	14.9	32.0	11.5	10.9	34.86	1,685
Maximum	2	18.1	35.6	11.7	12.1	40.19	1,910
Average	2	16.5	33.8	11.6	11.6	37.57	1,809
Chuck, very fat:									
Edible portion	1		29.9	9.6	9.4	60.18	2,715
As purchased	1	13.8	25.8	8.3	8.1	51.85	2,340
Chuck, all analyses:									
Edible portion	10		48.2	14.6	14.2	36.88	1,825
As purchased	10	19.4	38.5	11.7	11.4	30.07	1,485
Flank, medium fat:									
Edible portion—									
Minimum	8		38.7	12.4	11.9	32.15	1,670
Maximum	8		51.2	17.1	16.0	45.08	2,190
Average	8		46.2	15.2	14.8	38.37	1,900
As purchased—									
Minimum	2	2.2	37.8	12.2	11.8	29.65	1,475
Maximum	2	17.7	40.2	15.3	15.4	44.17	2,145
Average	2	9.9	39.0	13.8	13.6	36.96	1,815
Flank, very fat, as purchased:									
Minimum	2		25.0	8.6	9.5	54.76	2,545
Maximum	2		32.7	12.8	12.0	64.96	2,900
Average	2		28.9	10.7	10.7	59.86	2,725
Flank, all analyses:									
Edible portion	10		42.7	14.3	14.0	42.67	2,065
As purchased	2	9.9	39.0	13.8	13.6	36.96	1,815
Leg, hind, lean:									
Edible portion—									
Minimum	3		66.6	19.3	18.5	11.9	1.1	875
Maximum	3		68.3	20.2	19.6	13.0	1.2	920
Average	3		67.4	19.8	19.1	12.4	1.1	890
As purchased—									
Minimum	3	3.4	51.0	14.7	14.1	9.38	665
Maximum	3	23.7	65.0	19.5	19.0	11.5	1.1	850
Average	3	16.8	56.1	16.5	15.9	10.39	740
Leg, hind, medium fat:									
Edible portion—									
Minimum	11		58.4	17.4	17.3	14.69	955
Maximum	11		65.3	19.4	19.0	22.5	1.0	1,295
Average	11		62.8	18.5	18.2	18.0	1.0	1,105
As purchased—									
Minimum	11	9.8	48.0	13.8	13.4	11.07	730
Maximum	11	26.0	55.7	17.5	17.1	19.39	1,105
Average	11	18.4	51.2	15.1	14.9	14.78	900
Leg, hind, fat:									
Edible portion	1		55.0	17.3	17.0	27.19	1,465
As purchased	1	12.4	48.2	15.2	14.8	23.38	1,290
Leg, hind, all analyses:									
Edible portion	15		63.2	18.7	18.3	17.5	1.0	1,085
As purchased	15	17.7	51.9	15.4	15.1	14.58	900

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
MUTTON, FRESH—continued.									
Loin, without kidney or tallow, medium fat:									
Edible portion—		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	13		44.9	13.7	13.8	25.9		0.7	1,430
Maximum	13		55.9	19.6	19.5	37.6		1.0	1,860
Average	13		50.2	16.0	15.9	33.1		.8	1,635
As purchased—									
Minimum	12	11.7	38.1	11.3	11.5	20.9		.5	1,155
Maximum	12	23.8	46.8	14.7	14.9	32.9		.9	1,640
Average	12	16.0	42.0	13.5	13.0	28.3		.7	1,445
Loin, without kidney or tallow, fat:									
Edible portion—									
Minimum	3		42.0	14.5	13.9	40.9		.7	1,995
Maximum	3		44.3	15.1	14.6	43.3		.8	2,100
Average	3		43.8	14.7	14.2	41.7		.8	2,035
As purchased—									
Minimum	3	11.3	37.1	12.8	12.3	36.0		.6	1,770
Maximum	3	12.0	39.3	13.3	12.9	38.2		.7	1,850
Average	3	11.7	38.3	13.0	12.5	36.8		.7	1,795
Loin, without kidney or tallow, very fat:									
Edible portion	1		30.8	10.6	10.0	58.7		.5	2,675
As purchased	1	9.0	28.1	9.6	9.1	53.4		.4	2,435
Loin, without kidney or tallow, all analyses:	17		47.8	15.5	15.2	36.2		.8	1,815
As purchased	16	14.8	40.4	13.1	12.7	31.5		.6	1,575
Loin, free fat removed	1		56.5	23.7	23.9	18.5		1.1	1,225
Neck, medium fat:									
Edible portion—									
Minimum	10		54.7	12.8	12.4	17.8		.8	1,125
Maximum	10		61.9	20.0	19.2	29.5		1.1	1,540
Average	10		58.1	16.9	16.3	24.6		1.0	1,355
As purchased—									
Minimum	10	17.2	38.4	8.4	8.1	14.0		.6	840
Maximum	10	34.9	48.6	15.7	15.1	24.5		.8	1,220
Average	10	27.4	42.1	12.3	11.9	17.9		.7	985
Neck, very fat:									
Edible portion	1		42.1	13.9	13.6	43.5		.8	2,095
As purchased	1	16.1	35.3	11.7	11.4	36.5		.7	1,760
Neck, all analyses:	11		56.6	16.7	16.1	26.3		1.0	1,420
As purchased	11	26.4	41.5	12.2	11.8	19.6		.7	1,055
Shoulder, lean:									
Edible portion	1		67.2	19.5	18.9	12.9		1.0	905
As purchased	1	25.3	50.2	14.6	14.2	9.6		.7	675
Shoulder, medium fat:									
Edible portion—									
Minimum	7		58.6	16.6	15.8	15.6		.9	1,115
Maximum	7		65.2	18.3	18.2	24.3		.9	1,335
Average	7		61.9	17.7	17.3	19.9		.9	1,170
As purchased—									
Minimum	7	14.6	45.0	12.6	12.1	13.4		.6	835
Maximum	7	27.2	55.7	15.5	15.5	18.8		.8	1,075
Average	7	22.5	47.9	13.7	13.4	15.6		.7	910
Shoulder, fat:									
Edible portion	1		53.0	16.2	15.9	30.3		.8	1,580
As purchased	1	19.5	42.7	13.0	12.8	24.4		.6	1,270
Shoulder, very fat:									
Edible portion	1		48.4	15.6	15.2	35.6		.8	1,790
As purchased	1	18.7	39.3	12.7	12.4	28.9		.7	1,455
Shoulder, all analyses:									
Edible portion	10		60.2	17.5	17.1	21.8		.9	1,245
As purchased	10	22.1	46.8	13.7	13.3	17.1		.7	975
Forequarter:									
Edible portion—									
Minimum	10		37.2	12.1	11.7	17.1		.7	1,040
Maximum	10		64.3	17.2	17.6	50.4		1.1	2,350
Average	10		52.9	15.6	15.3	36.9		.9	1,595
As purchased—									
Minimum	10	15.7	31.4	10.2	9.9	13.3		.5	810
Maximum	10	24.9	50.0	13.8	13.7	42.4		.8	1,980
Average	10	21.2	41.6	12.3	12.0	24.5		.7	1,265
Hind quarter:									
Edible portion—									
Minimum	10		40.4	13.2	12.9	21.4		.6	1,235
Maximum	10		60.4	18.2	17.4	46.1		1.0	2,190
Average	10		54.8	16.7	16.3	28.1		.8	1,465

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbohydrates.	Ash.	Fuel value per pound.
				N x 6.25.	By difference.				
ANIMAL FOOD—Continued.									
MUTTON, FRESH—continued.									
Hind quarter—Continued.									
As purchased—		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	10	9.8	36.5	11.9	11.6	17.7		0.6	1,020
Maximum	10	22.4	50.0	15.7	14.7	41.5		.8	1,975
Average	10	17.2	45.4	13.8	13.5	23.2		.7	1,235
Side, including tallow:									
Edible portion—									
Minimum	25		47.2	14.5	14.0	14.7		.7	965
Maximum	25		55.9	18.9	18.4	38.0		1.0	1,860
Average	25		54.2	16.3	16.0	28.9		.9	1,520
As purchased—									
Minimum	25	13.0	40.7	12.2	11.7	11.2		.6	730
Maximum	25	22.8	55.2	14.9	14.4	33.1		.8	1,625
Average	25	18.1	45.4	13.0	12.7	23.1		.7	1,215
Side, not including tallow:									
Edible portion—									
Minimum	10		38.8	12.6	12.3	23.3		.7	1,295
Maximum	10		58.8	17.4	17.4	48.2		.9	2,265
Average	10		53.6	16.2	15.8	29.8		.8	1,560
As purchased—									
Minimum	10	12.0	33.8	11.0	10.7	18.1		.6	1,005
Maximum	10	22.7	47.3	14.7	13.8	42.0		.8	1,975
Average	10	19.3	43.3	13.0	12.7	24.0		.7	1,255
MUTTON, COOKED.									
Mutton, leg roast, edible portion:									
Minimum	2		50.8	23.3	23.2	20.5		1.2	1,380
Maximum	2		51.0	27.8	27.4	24.6		1.3	1,470
Average	2		50.9	25.0	25.3	22.6		1.2	1,420
MUTTON, ORGANS.									
Heart, as purchased:									
Minimum	2		67.4	15.8	15.6	11.9		.9	795
Maximum	2		71.6	18.0	18.3	13.4		.9	890
Average	2		69.5	16.9	17.0	12.6		.9	845
Kidneys, as purchased	1		78.7	16.5	16.8	3.2		1.3	440
Kidney and kidney fat, as purchased	1		18.8	6.2	4.3	76.5		.4	3,345
Kidney fat, as purchased:									
Minimum	2		2.9	1.7	1.1	94.9		.1	4,035
Maximum	2		3.9	1.8	1.2	95.8		.1	4,075
Average	2		3.4	1.8	1.1	95.4		.1	4,060
Liver, as purchased:									
Minimum	2		52.7	23.1		4.7	2.1	1.4	645
Maximum	2		69.8	24.2		13.2	7.9	2.0	1,155
Average	2		61.2	23.1		9.0	5.0	1.7	906
Lungs, as purchased:									
Minimum	2		74.6	19.0	18.8	2.6		1.2	475
Maximum	2		77.1	21.4	21.5	2.9		1.3	505
Average	2		75.9	20.2	20.1	2.8		1.2	495
MUTTON, CANNED.									
Corned, as purchased									
Minimum	1		45.8	28.8	27.2	22.8		4.2	1,500
Maximum	1		47.6	24.4	23.6	24.0		4.8	1,465
PORK, FRESH.									
Chuck ribs and shoulder:									
Edible portion—									
Minimum	2		50.3	17.2	16.8	30.4		.9	1,605
Maximum	2		51.9	17.3	16.9	31.9		.9	1,665
Average	2		51.1	17.3	16.9	31.1		.9	1,635
As purchased—									
Minimum	2	15.9	40.1	13.7	13.5	25.4		.7	1,325
Maximum	2	20.3	43.6	14.5	14.1	25.6		.8	1,350
Average	2	18.1	41.8	14.1	13.8	25.5		.8	1,340
Flank:									
Edible portion—									
Minimum	3		56.0	17.2	16.2	19.4		.9	1,180
Maximum	3		60.7	19.5	18.9	26.9		1.0	1,455
Average	3		59.0	18.5	17.8	22.2		1.0	1,280
As purchased—									
Minimum	3	11.3	45.4	13.9	12.3	15.0		.6	900
Maximum	3	23.9	54.0	16.5	15.3	22.0		.8	1,160
Average	3	18.0	48.6	15.1	14.3	18.6		.7	1,065

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
PORK, FRESH—continued.									
Ham, fresh, lean:									
Edible portion—		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cal.</i>
Minimum	2	55.6	19.8	18.8	13.0	1.0	1,035
Maximum	2	64.4	30.2	30.2	15.8	1.6	1,110
Average	2	60.0	25.0	24.3	14.4	1.3	1,075
As purchased—									
Minimum	2	55.6	19.4	18.5	13.09	1,015
Maximum	2	1.8	63.3	30.2	29.8	15.5	1.6	1,110
Average	2	.9	59.4	24.8	24.2	14.2	1.3	1,060
Ham, fresh, medium fat: a									
Edible portion—									
Minimum	10	37.3	9.9	12.8	21.26	1,225
Maximum	10	60.3	20.3	22.0	39.4	1.3	2,070
Average	10	53.9	15.3	16.4	28.98	1,505
As purchased									
Minimum	10	4.6	34.1	8.7	11.3	19.46	1,120
Maximum	10	14.2	54.7	18.5	20.0	36.0	1.2	1,890
Average	10	10.7	48.0	13.5	14.6	25.98	1,345
Ham, fresh, fat: b									
Edible portion—									
Minimum	5	30.4	10.7	8.0	43.85	2,030
Maximum	5	44.3	14.2	12.1	61.18	2,825
Average	5	38.7	12.4	10.6	50.07	2,345
As purchased—									
Minimum	5	9.7	25.9	9.5	6.8	37.84	1,790
Maximum	5	16.3	40.0	12.2	10.4	52.27	2,410
Average	5	13.2	33.6	10.7	9.2	43.55	2,025
Ham, fresh, average all analyses:									
Edible portion	17	50.1	15.7	15.6	33.49	1,700
As purchased	17	10.3	45.1	14.3	14.1	29.78	1,520
Ham, fresh, visible fat largely removed	3	64.5	19.2	18.4	16.29	1,040
Head:									
Edible portion—									
Minimum	3	38.4	11.6	10.5	34.56	1,725
Maximum	3	50.5	14.5	14.2	50.58	2,350
Average	3	45.8	13.4	12.7	41.87	1,990
As purchased—									
Minimum	3	51.7	10.7	3.2	3.0	8.22	410
Maximum	3	77.2	18.5	5.6	5.1	24.43	1,135
Average	3	68.4	13.8	4.1	3.8	13.82	660
Head cheese:									
Edible portion—									
Minimum	3	38.1	17.4	18.4	27.4	3.0	1,555
Maximum	3	48.1	21.5	21.7	40.5	3.4	2,035
Average	3	43.8	19.5	19.9	33.8	3.3	1,790
As purchased	1	12.1	42.3	18.9	18.6	24.0	3.0	1,365
Loin (chops), lean:									
Edible portion	1	60.3	20.3	19.7	19.0	1.0	1,180
As purchased	1	23.5	48.1	15.5	15.1	14.58	900
Loin (chops), medium fat:									
Edible portion— c									
Minimum	19	49.1	13.8	14.9	25.08	1,415
Maximum	19	55.2	19.4	18.9	35.2	1.1	1,785
Average	19	52.0	16.6	16.9	30.1	1.0	1,590
As purchased—									
Minimum	19	11.5	36.3	10.6	11.7	20.06	1,090
Maximum	19	28.2	46.9	16.1	16.3	31.18	1,575
Average	19	19.7	41.8	13.4	13.5	24.28	1,270
Loin (chops), fat:									
Edible portion—									
Minimum	4	39.7	11.3	11.0	38.86	1,995
Maximum	4	46.7	19.3	15.8	48.67	2,260
Average	4	41.8	14.5	13.1	44.47	2,145
As purchased—									
Minimum	4	10.1	32.0	10.2	9.9	30.46	1,560
Maximum	4	22.2	36.5	15.1	12.3	43.76	2,035
Average	4	16.5	34.8	11.9	10.9	37.26	1,790
Loin (chops), average all analyses:									
Edible portion	24	50.7	16.4	16.4	32.09	1,655
As purchased	24	19.3	40.8	13.2	13.1	26.08	1,340

a Seven samples contained an average of lecithin 0.32, gelatinoids 0.8, and "flesh bases 1.23 per cent."

b One sample contained lecithin 0.45, gelatinoids 0.9, and "flesh bases 0.8 per cent."

c Eight samples contained an average of lecithin 0.35, gelatinoids 1.0, and "flesh bases 1.5 per cent."

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
PORK, FRESH—continued.									
Loin, tenderloin, as purchased: <i>a</i>		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	11	62.4	15.8	16.6	9.3	0.9	770		
Maximum	11	72.8	20.5	21.4	17.1	1.2	1,100		
Average	11	66.5	18.9	19.5	12.0	1.0	900		
Middle cuts:									
Edible portion—									
Minimum	3	46.0	15.7	14.5	34.9	.7	1,760		
Maximum	3	49.4	15.7	15.2	38.8	.8	1,925		
Average	3	48.2	15.7	14.8	36.3	.7	1,825		
As purchased—									
Minimum	3	12.7	35.5	12.1	11.3	26.5	.6	1,345	
Maximum	3	23.5	42.8	13.7	13.2	30.5	.8	1,510	
Average	3	19.7	38.6	12.7	12.1	28.9	.7	1,455	
Shoulder:									
Edible portion— <i>b</i>									
Minimum	19	44.0	9.4	10.4	18.5	.6	1,105		
Maximum	19	63.6	17.4	17.0	49.3	.9	2,260		
Average	19	51.2	13.3	13.8	34.2	.8	1,690		
As purchased—									
Minimum	19	3.9	36.1	8.3	9.5	14.6	.5	870	
Maximum	19	21.1	56.0	16.3	16.1	45.1	.9	2,065	
Average	19	12.4	44.9	12.0	12.2	29.8	.7	1,480	
Side, lard and other fat included:									
Edible portion—									
Minimum	3	26.2	8.4	7.8	59.1	.4	2,675		
Maximum	3	31.8	9.9	8.9	65.6	.5	2,925		
Average	3	29.4	9.4	8.5	61.7	.4	2,780		
As purchased—									
Minimum	3	7.9	24.1	7.8	7.2	51.1	.4	2,315	
Maximum	3	13.5	27.5	8.5	7.8	60.4	.4	2,695	
Average	3	11.2	26.1	8.3	7.5	54.8	.4	2,465	
Side, not including lard and kidney:									
Edible portion— <i>c</i>									
Minimum	11	29.4	7.1	8.1	44.0	.4	2,060		
Maximum	11	43.1	11.0	12.2	64.4	.7	2,680		
Average	11	34.4	9.1	9.8	55.3	.5	2,505		
As purchased—									
Minimum	11	8.2	26.6	6.4	7.3	38.8	.4	1,815	
Maximum	11	14.2	38.0	9.0	10.8	59.1	.6	2,645	
Average	11	11.5	30.4	8.0	8.6	49.0	.5	2,215	
Clear backs:									
Edible portion— <i>d</i>									
Minimum	8	20.2	4.9	5.6	57.8	.3	2,595		
Maximum	8	32.3	8.4	9.4	74.4	.5	3,235		
Average	8	25.1	6.4	6.9	67.6	.4	2,970		
As purchased—									
Minimum	8	4.2	19.3	4.7	4.8	54.8	.3	2,460	
Maximum	8	7.1	19.6	8.0	8.2	70.9	.5	3,080	
Average	8	5.7	18.7	6.0	6.4	63.8	.4	2,805	
Clear bellies:									
Edible portion— <i>e</i>									
Minimum	3	21.5	3.5	4.5	52.1	.2	2,360		
Maximum	3	37.3	8.8	10.0	74.4	.6	3,560		
Average	3	31.4	6.9	7.8	60.4	.4	2,675		
As purchased—									
Minimum	8	4.9	20.3	3.3	4.0	49.1	.2	2,225	
Maximum	8	8.6	35.2	8.3	9.4	69.3	.6	3,005	
Average	8	6.2	29.5	6.5	7.3	56.6	.4	2,510	
Back fat, as purchased:									
Minimum	3	5.5	3.2	2.0	86.7	.1	3,730		
Maximum	3	10.5	4.1	2.7	92.4	.2	3,955		
Average	3	7.7	3.6	2.5	89.9	.1	3,860		
Belly fat, as purchased:									
Minimum	3	11.0	3.9	3.2	78.6	.2	3,430		
Maximum	3	16.7	6.1	4.6	85.6	.2	3,685		
Average	3	13.8	5.2	4.1	81.9	.2	3,555		

a Eight samples contained an average of lecithin 0.51, gelatinoids 0.6, and "flesh bases" 0.2 per cent.

b Eight samples contained an average of lecithin 0.25, gelatinoids 0.8, and "flesh bases" 1.1 per cent.

c Eight samples contained an average of lecithin 0.35, gelatinoids 1, and "flesh bases" 1.5 per cent.

d Eight samples contained an average of lecithin 0.21, gelatinoids 0.6, and "flesh bases" 0.8 per cent.

e Eight samples contained an average of lecithin 0.18, gelatinoids 0.6, and "flesh bases" 0.9 per cent.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
PORK, FRESH—continued.									
Ham fat, as purchased:		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	3		8.3	3.1	2.5	87.2		0.1	3,740
Maximum	3		10.2	3.7	3.5	89.2		.2	3,825
Average	3		9.1	3.5	2.7	88.0		.2	3,780
Jowl fat, as purchased:									
Minimum	3		13.3	5.1	4.5	72.8		.2	3,200
Maximum	3		21.2	6.9	5.7	82.2		.3	3,575
Average	3		16.0	5.9	5.0	78.8		.2	3,435
Feet:									
Edible portion—<i>a</i>									
Minimum	8		50.7	8.3	11.2	17.4		.4	1,090
Maximum	8		61.3	19.2	20.5	31.5		.9	1,630
Average	8		55.4	15.8	17.5	26.3		.8	1,405
As purchased—									
Minimum	8		65.6	8.7	2.4	3.0	3.7	.1	235
Maximum	8		84.0	17.3	5.6	5.3	19.8	.3	560
Average	8		74.1	14.3	4.1	4.5	6.9	.2	865
Tails:									
Edible portion—<i>b</i>									
Minimum	8		11.5	2.9	3.6	67.2		.2	2,940
Maximum	8		25.8	6.8	7.2	84.7		.4	3,630
Average	8		17.4	4.8	5.2	77.1		.3	3,540
As purchased—									
Minimum	8		8.7	10.0	2.5	3.9	54.9	.2	2,320
Maximum	8		19.9	21.8	5.5	5.3	74.2	.3	3,200
Average	8		13.3	15.0	4.1	4.5	66.9	.3	2,900
Trimmings:									
Edible portion—									
Minimum	8		16.5	3.9	4.3	62.1		.3	2,750
Maximum	8		29.7	7.2	7.9	78.9		.4	3,465
Average	8		23.3	5.4	6.3	70.2		.3	3,060
As purchased—									
Minimum	8		5.3	15.5	3.7	4.0	58.0	.3	2,570
Maximum	8		10.4	27.8	6.7	7.3	74.2	.4	3,200
Average	8		7.4	21.6	5.0	5.7	65.0	.3	2,835
PORK ORGANS, ETC.									
Brains, as purchased	1		75.8	11.7	12.3	10.3		1.6	655
Heart, as purchased	1		75.8	11.1	17.1	6.3		1.0	585
Kidneys, as purchased:									
Minimum	2		76.1	16.2	15.2	4.1		1.2	455
Maximum	2		79.5	15.9	17.2	5.5		1.2	530
Average	2		77.8	15.5	16.2	4.8		1.2	490
Liver, as purchased	1		71.4	21.3	21.3	4.5	1.4	1.4	615
Lungs, as purchased	1		83.3	11.9	11.8	4.0		.9	390
Marrow, as purchased:									
Minimum	6		13.2	1.5	2.2	78.4			3,360
Maximum	6		16.7	3.2	5.8	84.5		(c)	4,095
Average	6		14.6	2.3	4.2	81.2			3,470
Skin, as purchased:									
Minimum	7		35.5	18.5	37.4	14.4		.5	1,140
Maximum	7		55.4	33.3	33.5	35.3		.8	1,560
Average	7		46.3	26.4	30.4	22.7		.6	1,450
PORK, PICKLED, SALTED, AND SMOKED.									
Ham, smoked, lean:									
Edible portion—									
Minimum	3		49.5	19.5	19.8	17.0		5.4	1,080
Maximum	3		57.4	20.2	20.7	24.4		5.3	1,105
Average	3		53.5	19.9	20.2	20.8		5.5	1,245
As purchased—									
Minimum	3		8.4	45.3	16.7	17.0	14.5	4.8	925
Maximum	3		14.3	49.2	18.5	18.0	22.3	5.0	1,285
Average	3		11.5	47.2	17.5	17.9	18.5	4.9	1,105

c Eight samples contained an average of lecithin 0.32, gelatinoids 3.5, and "fresh bases" 2 per cent.

d Eight samples contained an average of lecithin 0.20, gelatinoids 0.6, and "fresh bases" 0.6 per cent.

e Ash not determined.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N x 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
PORK, PICKLED, SALTED AND SMOKED—cont'd.									
Ham, smoked, medium fat:									
Edible portion—		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum.....	14		34.7	12.5	11.8	30.3			2.7
Maximum.....	14		45.6	22.9	24.5	44.7			7.4
Average.....	14		40.3	16.3	16.1	38.8		4.8	1,940
As purchased—									
Minimum.....	14	4.5	27.3	10.2	10.2	24.5			2.4
Maximum.....	14	28.4	42.5	21.9	23.4	39.9			6.0
Average.....	14	13.6	34.8	14.2	14.0	33.4		4.2	1,675
Ham, smoked, fat:									
Edible portion—									
Minimum.....	4		22.4	12.0	14.3	42.0			.6
Maximum.....	4		34.9	19.5	18.2	56.8			6.5
Average.....	4		27.9	14.8	16.1	52.3			3.7
As purchased—									
Minimum.....	12	2.0	22.0	11.4	14.0	51.9			.5
Maximum.....	12	4.8	28.3	13.4	14.5	55.6			6.4
Average.....	12	3.4	25.2	12.4	14.2	53.7			3.5
Ham, smoked, all analyses:									
Edible portion.....	21		39.8	16.5	16.7	38.8			4.7
As purchased.....	19	12.2	35.8	14.5	14.0	33.2			4.2
Ham skin, as purchased.....	1		27.2	15.4	16.0	53.7			3.1
Ham, smoked, boiled, as purchased:									
Minimum.....	2		39.2	18.1	18.2	7.8			5.6
Maximum.....	2		63.4	22.2	22.2	37.0			6.6
Average.....	2		51.3	20.2	20.3	22.4			6.1
Ham, smoked, fried, as purchased.....	1		36.6	22.2	24.4	33.2			5.8
Ham, boneless, raw:									
Edible portion—									
Minimum.....	4		40.3	10.0	11.4	17.3			4.4
Maximum.....	4		55.9	17.3	19.4	38.9			6.6
Average.....	4		50.1	14.9	15.4	28.5			6.0
As purchased—									
Minimum.....	4	2.2	38.1	9.7	11.1	16.9			4.3
Maximum.....	4	5.6	54.7	16.9	18.9	36.7			7.3
Average.....	4	3.3	48.5	14.3	14.9	27.5			5.8
Ham, luncheon, cooked:									
Edible portion—									
Minimum.....	12		47.8	19.5	23.8	19.4			5.0
Maximum.....	12		50.5	25.5	25.1	22.7			6.7
Average.....	12		49.2	22.5	24.0	21.0			5.8
As purchased—									
Minimum.....	12	1.5	46.5	19.0	22.2	19.1			4.9
Maximum.....	12	2.3	49.7	25.1	24.8	22.0			6.5
Average.....	12	2.0	47.1	22.1	22.5	20.6			5.7
Shoulder, smoked, medium fat:									
Edible portion—									
Minimum.....	3		41.5	14.2	14.6	28.8			5.5
Maximum.....	3		49.6	17.1	16.5	35.0			8.2
Average.....	3		45.9	15.9	15.8	32.5			6.7
As purchased—									
Minimum.....	3	17.4	39.2	11.7	11.7	23.7			4.5
Maximum.....	3	13.1	40.8	14.1	15.6	28.2			6.8
Average.....	3	18.2	36.8	13.0	12.9	26.6			5.5
Shoulder, smoked, fat:									
Edible portion—									
Minimum.....	2		22.6	14.2	14.5	49.0			4.7
Maximum.....	2		30.4	15.9	14.9	58.2			5.7
Average.....	2		26.5	15.1	14.7	53.6			5.2
As purchased—									
Minimum.....	2	14.1	16.7	10.5	10.7	42.1			3.5
Maximum.....	2	26.0	26.1	13.7	12.8	43.1			4.9
Average.....	2	20.0	21.4	12.1	11.8	42.6			4.2
Shoulder, smoked, all analyses:									
Edible portion.....	5		37.6	15.5	15.3	41.0			6.1
As purchased.....	5	18.9	30.7	13.6	12.4	33.3			5.0
Pigs' tongues, pickled:									
Edible portion—									
Minimum.....	2		51.8	17.0	17.0	16.5			.5
Maximum.....	2		65.4	18.3	18.4	23.1			6.7
Average.....	2		68.6	17.7	18.0	19.8			3.6

a Refuse, case.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N x 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
PORK, CANNED—continued.									
Boars' heads, as purchased:									
Minimum	2			P. ct. 50.5	P. ct. 19.8	P. ct. 17.8	P. ct. 19.3	P. ct. 2.8	Cals. 1,180
Maximum	2			60.1	21.6	29.7	25.0	3.8	1,455
Average	2			55.3	20.7	19.2	22.2	3.3	1,320
Ham, deviled, as purchased:									
Minimum	6			38.4	16.5	16.9	29.5	2.3	1,610
Maximum	6			49.4	21.4	20.5	38.9	4.4	1,975
Average	6			44.1	19.0	18.5	34.1	3.3	1,790
SAUSAGE, C									
Arles:									
Edible portion	1			17.2	26.8	24.9	50.6	7.3	2,635
As purchased	1	5.2		16.3	25.4	23.6	48.0	6.9	2,495
Banquet:									
Edible portion	1			62.7	18.3	17.9	15.7	3.7	1,005
As purchased	1	1.6		61.7	18.0	17.7	15.4	3.6	985
Bologna:									
Edible portion—									
Minimum	8			53.5	15.3	15.0	11.1	0.2	820
Maximum	8			67.0	21.2	20.7	24.0	5.2	1,320
Average	8			60.0	18.7	18.4	17.6	3.7	1,095
As purchased—									
Minimum	4	2.4		51.6	14.9	14.6	13.9	3.0	925
Maximum	4	4.5		59.9	20.5	20.0	23.4	5.0	1,270
Average	4	3.3		55.2	18.2	18.0	19.7	3.8	1,170
Farmer:									
Edible portion	1			23.2	29.0	27.2	42.0	7.6	2,310
As purchased	1	3.9		22.2	27.9	26.2	40.4	7.3	2,225
Frankfort, as purchased:									
Minimum	8			40.3	14.6	15.4	14.3	2.4	7 985
Maximum	8			64.8	26.9	26.9	25.9	8.6	8.1 1,595
Average	8			57.2	19.6	19.7	18.6	1.1	3.4 1,170
Holsteiner:									
Edible portion	1			25.6	29.4	29.4	37.3	3.4	4.3 2,220
As purchased	1	2.2		25.1	28.7	28.7	36.5	3.3	4.2 2,135
Lyon, pure ham:									
Edible portion	1			32.5	32.3	32.3	27.2	8.0	1,750
As purchased	1	10.0		29.2	29.1	29.1	24.5	7.2	1,575
Pork, as purchased:									
Minimum	11			25.7	7.3	7.3	28.2	1.0	1,485
Maximum	11			54.4	19.0	16.9	50.6	8.6	2,635
Average	11			39.8	13.0	12.7	44.2	1.1	2.2 2,125
Pork sausage meat, as purchased	1			46.2	17.4	17.9	32.5	3.4	1,695
Pork and beef chopped together, as purchased	1			55.4	19.4	19.5	24.1	1.3	1,380
Salami:									
Edible portion—									
Minimum	2			28.6	23.4	22.5	37.8	6.9	2,055
Maximum	2			32.4	24.9	23.7	42.0	7.1	2,205
Average	2			30.5	24.1	23.0	39.9	7.0	2,130
As purchased—									
Minimum	2	7.5		26.5	21.6	20.2	33.6	6.4	1,830
Maximum	2	11.0		28.8	22.1	20.8	38.8	6.4	2,040
Average	2	9.3		27.6	21.8	20.5	36.2	6.4	1,935
Summer:									
Edible portion—									
Minimum	3			20.9	23.5	22.8	43.0	7.3	2,280
Maximum	3			25.9	29.4	26.6	45.7	8.0	2,480
Average	3			23.2	26.0	24.6	44.5	7.7	2,360
As purchased—									
Minimum	2	5.2		18.2	22.3	21.6	41.6	6.9	2,215
Maximum	2	8.9		23.7	26.8	24.3	42.6	7.0	2,245
Average	2	7.0		20.9	24.5	23.0	42.1	7.0	2,230
Tongue, as purchased	1			46.3	20.1	17.3	33.1	3.2	1,770
Wienerwurst, as purchased	1			43.9	28.0		22.1	1.6	4.4 1,485
SAUSAGE, CANNED.									
Beef, as purchased	1			59.6	17.9	17.8	20.6	2.0	1,200
Bologna, Italian, as purchased	1			42.6	24.9	23.3	27.8	6.4	1,635

In some cases the sum of the percentages of water, protein, fat, and ash in sausage does not make 100. In such cases the difference is estimated as carbohydrates. There are, however, no tests showing the presence of these, and it may be more nearly correct to give no value for carbohydrates.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N X 6.25.	By differ- ences.				
ANIMAL FOOD—Continued.									
SAUSAGE, CANNED—continued.									
Frankfort, as purchased.....	1		<i>P. ct.</i> 72.7	<i>P. ct.</i> 14.9	<i>P. ct.</i> 14.6	<i>P. ct.</i> 9.9		<i>P. ct.</i> 2.8	<i>Cal.</i> 695
Oxford, as purchased.....	1		28.9	9.9	9.9	58.5	0.6	2.1	2,665
Pork:									
Edible portion.....	1		56.6	16.6	16.6	24.8		2.0	1,355
As purchased.....	1	12.6	49.5	14.5	14.5	21.6		1.8	1,180
POULTRY AND GAME, FRESH.									
Chicken, broilers:									
Edible portion—									
Minimum.....	3		72.2	19.0	19.0	1.6		1.0	440
Maximum.....	3		76.3	25.4	24.5	4.0		1.4	550
Average.....	3		74.8	21.5	21.6	2.5		1.1	505
As purchased—									
Minimum.....	3	31.4	44.6	9.0	8.5	1.1		.5	245
Maximum.....	3	55.1	52.4	15.7	15.1	1.8		.9	365
Average.....	3	41.6	48.7	12.8	12.6	1.4		.7	296
Fowls:									
Edible portion—									
Minimum.....	26		54.1	15.5	14.8	9.7		.8	770
Maximum.....	26		70.7	21.8	21.7	28.3		1.5	1,520
Average.....	26		63.7	19.3	19.0	16.3		1.0	1,045
As purchased—									
Minimum.....	26	18.0	38.3	11.5	11.0	6.9		.5	515
Maximum.....	26	42.7	53.7	16.0	15.8	21.5		1.1	1,155
Average.....	26	25.9	47.1	13.7	14.0	12.3		.7	775
Goose, young:									
Edible portion.....	1		46.7	16.3	16.3	36.2		.8	1,330
As purchased.....	1	17.6	38.5	13.4	13.4	29.8		.7	1,505
Turkey:									
Edible portion—									
Minimum.....	3		49.5	19.0	18.9	8.7		.9	830
Maximum.....	3		66.1	24.9	23.9	30.7		1.3	1,650
Average.....	3		55.5	21.1	20.6	22.9		1.0	1,360
As purchased—									
Minimum.....	3	17.1	41.1	15.8	15.5	5.9		.7	565
Maximum.....	3	32.4	44.7	16.8	16.1	25.5		.9	1,370
Average.....	3	22.7	42.4	16.1	15.7	18.4		.8	1,075
Chicken gizzard, as purchased.....	1		72.5	24.7	24.7	1.4		1.4	590
Chicken heart, as purchased.....	1		72.0	20.7	21.1	5.5		1.4	615
Chicken liver, as purchased.....	1		69.3	22.4		4.2	2.4	1.7	640
Goose gizzard.....	1		73.8	19.6	19.4	5.8		1.0	610
Goose liver, as purchased.....	1		62.6	16.6		15.9	3.7	1.2	1,050
Turkey gizzard, as purchased.....	1		62.7	20.5		14.5	1.2	1.1	1,015
Turkey heart, as purchased.....	1		68.6	16.8	17.2	13.2		1.0	870
Turkey liver, as purchased.....	1		69.6	22.9		5.2	.6	1.7	655
POULTRY AND GAME, COOKED.									
Capon:									
Edible portion.....	1		59.9	27.0	27.3	11.5		1.3	985
As purchased.....	1	10.4	53.6	24.2	24.5	10.3		1.2	835
Capon, with stuffing:									
Edible portion.....	1		62.1	21.8		10.9	3.8	1.4	935
As purchased.....	1	7.7	57.2	20.1		10.3	3.5	1.2	875
Chicken, fricasseed, edible portion.....	1		67.5	17.6		11.5	2.4	1.0	895
Turkey, roast, edible portion.....	1		52.0	27.8	28.4	18.4		1.2	1,295
Turkey, roast, light and dark meat and stuff- ing, edible portion.....	1		65.0		17.1	10.8	5.5	1.6	870
POULTRY AND GAME, CANNED.									
Chicken, sandwich, as purchased.....	1		48.9	20.8	20.5	30.0		2.6	1,655
Turkey, sandwich, as purchased.....	1		47.4	20.7	20.7	29.2		2.7	1,615
Plover, roast as purchased.....	1		57.7	22.4		10.2	7.6	2.1	985
Quail, as purchased.....	1		66.9	21.8		8.0	1.7	1.6	775

a Refuse liquid.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
FISH, FRESH. a									
Alewife, whole:									
Edible portion—		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cals.
Minimum	2	73.0	19.0	18.8	3.8	1.4	515
Maximum	2	75.9	19.7	19.5	6.0	1.5	620
Average	2	74.4	19.4	19.2	4.9	1.5	570
As purchased—									
Minimum	2	49.4	36.9	9.6	9.5	1.98	260
Maximum	2	49.5	38.3	10.0	9.9	3.08	315
Average	2	49.5	37.6	9.8	9.7	2.49	286
Bass, black, whole:									
Edible portion—									
Minimum	2	74.8	19.4	19.2	1.0	1.2	405
Maximum	2	78.6	21.7	21.5	2.5	1.2	510
Average	2	76.7	20.6	20.4	1.7	1.2	455
As purchased—									
Minimum	2	53.6	34.6	8.5	8.5	.45	175
Maximum	2	56.0	34.7	10.1	10.0	1.16	235
Average	2	54.8	34.6	9.3	9.3	.86	206
Bass, red, whole:									
Edible portion	1	81.6	16.9	16.7	.5	1.2	335
As purchased	1	63.5	29.8	6.2	6.1	.24	125
Bass, sea, whole:									
Edible portion	1	79.3	19.8	18.8	.5	1.4	390
As purchased	1	56.1	34.8	8.7	8.5	.26	170

Date OK
 Dec 1937
 Bull

✓

✓

a A considerable number of determinations of phosphorus, sulphur, and chlorine have been made in the flesh of fresh fish. These are recorded in the following table in terms of phosphoric anhydrid (P₂O₅), sulphuric anhydrid (SO₃), and chlorine (Cl), and in percentages of the total weight of "edible portion" or flesh:

Phosphoric anhydrid, sulphuric anhydrid, and chlorine in samples of fresh fish.

Kind of fish.	Phosphoric anhy- drid.		Sulphuric anhydrid.		Chlorin.	
	Number of deter- minations.	Average.	Number of deter- minations.	Average.	Number of deter- minations.	Average.
Alewife	1	Per cent. 0.50				
Bass:						
Black	1	.44	1	0.89		
Striped	2	.48	1	.47		
Blackfish	1	.52	1	.46	1	0.24
Bluish	1	.62				
Cod	2	.45				
Eels, salt water	1	.51				
Flounder	2	.40	2	.42		
Haddock	2	.47	1	.41		
Hallbut	2	.44	1	.49		
Herring	1	.55	1	.55		
Mackerel	4	.56	2	.47		
Muskellunge	1	.52	1	.37		
Perch:						
White	2	.44	2	.65		
Pike	1	.46	1	.90		
Porgy	2	.59	1	.52		
Red snapper	2	.47	2	.47		
Salmon	2	.57	1	.61		
Landlocked	2	.51	2	.40		
California	1	.69	1	.43		
Shad	2	.60	1	.52		
Sheepshead	1	.45	1	.48		
Smelt	1	.81	1	.55		
Spanish mackerel	1	.60	1	.56		
Front brook	1	.61	1	.48		
Turbot	1	.48	1	.32		
Whitefish	1	.71	1	.41		

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water	Protein.		Fat.	Total carbohydrates.	Ash.
				N × 6.25.	By difference.			
ANIMAL FOOD—Continued.								
FISH, FRESH—continued.								
Bass, striped, whole:								
Edible portion—								
Minimum	6		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.
Maximum	6		75.8	17.1	16.9	1.6		0.9
Average	6		79.6	18.5	18.3	4.6		1.4
As purchased—			77.7	18.6	18.3	2.8		1.2
Minimum	5	48.6	32.5	7.4	7.2	.7		.5
Maximum	5	57.1	39.7	9.8	9.7	1.6		.6
Average	5	55.0	35.1	8.4	8.3	1.1		.5
Bass, striped, entrails removed, as purchased.	1	51.2	37.4	8.8	8.7	2.2		.5
Blackfish, whole:								
Edible portion—								
Minimum	4		76.9	17	17.4	.6		.6
Maximum	4		81.4	19	19.0	2.8		1.4
Average	4		79.1	18	18.6	1.3		1.1
As purchased—								
Minimum	2	56.2	29.2	6.5	6.3	.2		.2
Maximum	2	64.1	33.7	8.5	8.3	1.2		.6
Average	2	60.2	31.4	7.4	7.3	.7		.4
Blackfish, entrails removed, as purchased:								
Minimum	2	53.6	33.5	8.0	7.9	.4		.4
Maximum	2	57.8	36.4	8.8	8.7	.7		.6
Average	2	55.7	35.0	8.4	8.3	.5		.5
Bluefish, entrails removed:								
Edible portion	1		78.5	19.4	19.0	1.2		1.5
As purchased	1	48.6	40.3	10.0	9.8	.6		.7
Buffalo fish, entrails removed:								
Edible portion	1		78.6	18.0	17.9	2.3		1.2
As purchased	1	52.5	37.7	8.5	8.5	1.1		.6
Butterfish, whole:								
Edible portion	1		70.0	18.0	17.8	11.0		1.2
As purchased	1	42.8	40.1	10.3	10.2	6.3		.6
Catfish:								
Edible portion	1		64.1	14.4	14.4	20.6		.9
As purchased	1	19.4	51.7	11.6	11.6	16.6		.7
Ciscoe, whole:								
Edible portion—								
Minimum	4		72.3	17.7	17.6	3.5		.9
Maximum	3		76.1	19.3	19.1	9.2		1.3
Average	3		74.0	18.5	18.1	6.8		1.1
As purchased	1	42.7	43.6	11.1	11.0	2.0		.7
Ciscoe, entrails removed, as purchased:								
Minimum	2	6.5	62.4	15.3	15.4	7.2		.8
Maximum	2	13.7	68.8	17.2	16.5	7.8		1.0
Average	2	10.1	65.6	16.8	15.9	7.5		.9
Cod, whole:								
Edible portion—								
Minimum	5		80.7	15.5	14.9	.3		1.0
Maximum	5		83.5	18.3	17.6	.5		1.4
Average	5		82.6	16.5	16.8	.4		1.2
As purchased—								
Minimum	2	48.5	35.1	8.0	7.7	.1		.6
Maximum	2	56.5	42.3	8.7	8.3	.3		.6
Average	2	52.5	38.7	8.4	8.0	.2		.6
Cod, dressed, as purchased:								
Minimum	3	25.5	55.3	10.3	9.9	.2		.8
Maximum	3	33.7	62.1	11.8	11.4	.3		.9
Average	3	29.9	58.5	11.1	10.6	.2		.8
Cod, sections, edible portion:								
Minimum	3		81.8	15.6	15.0	.1		.8
Maximum	3		83.5	17.7	17.2	.5		1.0
Average	3		82.5	16.7	16.3	.3		.9
Cod, steaks:								
Edible portion	1		79.7	18.7	18.6	.5		1.2
As purchased	1	9.2	72.4	17.0	16.9	.5		1.0
Cusk, entrails removed:								
Edible portion	1		82.0	17.0	16.9	.2		.9
As purchased	1	40.3	49.0	10.1	10.1	.1		.5
Eels, salt water, head, skin, and entrails removed:								
Edible portion—								
Minimum	2		69.8	17.8	17.6	7.9		.9
Maximum	2		73.4	19.3	19.0	10.3		1.1
Average	2		71.6	18.6	18.3	9.1		1.0

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
FISH, FRESH—continued.									
Perch, white, whole—Continued.									
As purchased—			P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cal.
Minimum	2		61.8	27.8	6.6	6.5	1.0	0.4	190
Maximum	2		63.2	28.9	7.9	7.8	2.1	.5	210
Average	2		62.5	28.4	7.3	7.2	1.5	.4	200
Perch, pike (Wall-eyed pike)									
Edible portion—			79.7	18.6	18.4	.5		1.4	365
As purchased	1		57.3	34.0	7.9	7.9	.2	.6	155
Perch, yellow, whole:									
Edible portion—									
Minimum	2		78.1	17.8	17.9	.6		1.1	355
Maximum	2		80.4	19.7	19.5	1.1		1.3	410
Average	2		79.3	18.7	18.7	.8		1.2	350
As purchased	1		62.7	30.0	6.6	6.7	.2	.4	130
Perch, yellow, dressed, as purchased	1		35.1	50.7	12.8	12.6	.7	.9	365
Pickeral, pike, whole:									
Edible portion—									
Minimum	3		79.5	18.4	18.4	.5		1.1	365
Maximum	3		79.9	19.0	18.9	.6		1.2	375
Average	3		79.8	18.7	18.6	.5		1.1	370
As purchased—									
Minimum	2		45.4	40.8	9.8	9.7	.2	.6	190
Maximum	2		48.7	43.6	10.0	10.0	.3	.7	200
Average	2		47.1	42.2	9.9	9.9	.2	.6	190
Pickeral, pike, entrails removed, as purchased	1		42.7	45.7	10.7	10.7	.3	.6	210
Pike, gray, whole:									
Edible portion	1			80.8	17.9	17.5	.8	1.1	365
As purchased	1		63.2	29.7	6.6	6.4	.3	.4	135
Pollock, dressed:									
Edible portion	1			76.0	21.6	21.7	.8	1.6	435
As purchased	1		28.5	54.3	15.4	15.5	.6	1.1	310
Pompano, whole:									
Edible portion—									
Minimum	2		67.4	18.4	18.1	1.6		1.0	425
Maximum	2		78.2	19.3	19.2	13.5		1.0	910
Average	2		72.8	18.8	18.7	7.5		1.0	665
As purchased—									
Minimum	2		42.4	38.8	9.9	9.9	.8	.5	220
Maximum	2		48.6	40.2	10.6	10.5	7.8	.5	525
Average	2		45.5	39.5	10.3	10.2	4.3	.5	375
Porgy, whole:									
Edible portion—									
Minimum	3		72.0	17.4	17.4	1.5		1.3	365
Maximum	3		79.7	19.4	19.3	7.9		1.4	685
Average	3		75.0	18.6	18.5	5.1		1.4	560
As purchased—									
Minimum	3		57.3	27.8	6.1	6.1	.5	.5	135
Maximum	3		65.1	31.1	8.2	8.2	3.4	.6	295
Average	3		60.0	29.9	7.4	7.4	2.1	.6	225
Red grouper, entrails removed:									
Edible portion—									
Minimum	2		79.0	18.7	18.4	.5		1.1	370
Maximum	2		79.9	18.8	19.2	.7		1.2	395
Average	2		79.5	19.3	19.3	.6		1.1	365
As purchased—									
Minimum	2		55.8	34.8	8.8	8.2	.2	.5	190
Maximum	2		55.9	35.3	8.7	8.5	.3	.5	170
Average	2		55.9	35.0	8.5	8.4	.2	.5	165
Red snapper, whole:									
Edible portion—									
Minimum	3		77.4	19.3	19.4	.5		1.3	380
Maximum	3		79.8	20.2	19.9	1.9		1.3	445
Average	3		78.6	19.7	19.2	1.0		1.3	410
As purchased—									
Minimum	2		39.6	36.8	9.4	9.2	.4	.6	215
Maximum	2		52.5	47.2	12.2	12.0	.9	.8	245
Average	2		46.1	42.0	10.8	10.6	.6	.7	225
Red snapper, entrails and gills removed, as purchased	1		45.3	43.7	10.6	10.0	.3	.7	210
Salmon, whole:									
Edible portion—									
Minimum	6		61.0	19.4	19.1	10.2		1.1	790
Maximum	6		60.5	25.2	24.5	15.0		1.6	1,035
Average	6		64.6	22.0	21.2	12.8		1.4	960

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo-hydrates.	Ash.	Fuel value per pound.	
				N × 6.25.	By differ-ence.					
ANIMAL FOOD—Continued.										
FISH, FRESH—continued.										
Salmon, whole—Continued.										
As purchased—										
Minimum	4	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Calcs.	
Maximum	4	30.8	39.5	14.4	13.3	7.9	0.9	1.0	510	
Average	4	34.9	40.9	15.3	14.4	8.9	.9	1.0	690	
Salmon, entrails removed, as purchased:										
Minimum	2	23.8	45.0	12.6	12.4	6.6	.8	.9	510	1 incl. fat
Maximum	2	35.2	51.2	15.0	14.6	9.5	.9	.9	680	1 shown in section
Average	2	29.5	48.1	13.8	13.5	8.1	.8	.8	600	2 to be multiplied
Salmon, landlocked, whole, spent:										
Edible portion—										
Minimum	4		75.3	16.6	16.8	2.0		1.1	395	
Maximum	4		79.2	19.1	19.2	4.4		1.2	500	
Average	4		77.7	17.8	17.8	3.3		1.2	470	
As purchased—										
Minimum	4	43.5	40.2	8.9	8.7	1.0		.6	205	
Maximum	4	48.4	44.2	10.7	10.3	2.5		.7	305	
Average	4	45.5	42.3	9.7	9.8	1.8		.6	255	
Salmon, California, anterior sections:										
Edible portion—										
Minimum	2		62.7	17.0	17.0	16.5		1.0	1,040	1 to add
Maximum	2		64.5	18.6	18.0	19.2		1.1	1,125	
Average	2		63.6	17.8	17.5	17.8		1.1	1,030	
As purchased	1	10.3	57.9	16.7	16.1	14.8		.9	935	
Shad, whole:										
Edible portion—										
Minimum	7		65.2	18.1	17.7	6.5		.9	635	
Maximum	7		73.6	20.1	20.0	13.6		1.5	945	
Average	7		70.6	18.8	18.6	9.5		1.3	750	
As purchased—										
Minimum	7	44.4	30.3	7.5	7.4	2.9		.5	260	
Maximum	7	58.8	39.5	10.7	10.5	7.3		.8	505	
Average	7	50.1	35.2	9.4	9.3	4.8		.7	380	
Shad, roe, as purchased.	1		71.2	20.9		3.8	2.6	1.5	600	
Sheepshead, whole:										
Edible portion—										
Minimum	2		72.0	19.4	18.9	.7		1.1	390	
Maximum	2		79.1	20.8	20.2	6.7		1.3	670	
Average	2		75.6	20.1	19.5	8.7		1.2	530	1 to add
As purchased—										
Minimum	1	66.0	26.9	6.6	6.4	.2		.5	130	
Average	1	56.6	31.2	9.0	8.8	2.9		.5	290	1 to add
Skate, lobe of body:										
Edible portion	1		82.2	18.2	15.3	1.4		1.1	400	
As purchased	1	51.0	40.2	8.9	7.5	.7		.6	195	
Smelt, whole:										
Edible portion—										
Minimum	2		78.2	16.5	15.9	1.6		1.4	385	
Maximum	2		80.2	18.7	18.8	1.9		2.0	415	
Average	2		79.2	17.6	17.3	1.9		1.7	405	
As purchased—										
Minimum	2	34.8	39.9	9.5	9.6	.8		.7	210	
Maximum	2	49.0	52.3	10.8	10.4	1.2		1.3	250	
Average	2	41.9	46.1	10.1	10.0	1.0		1.0	230	
Spanish mackerel, whole:										
Edible portion	1		68.1	21.5	21.0	9.4		1.5	795	3 to add
As purchased	1	34.6	44.5	14.1	13.7	6.2		1.0	525	1 to add
Burgeoon, anterior sections:										
Edible portion	1		78.7	18.1	18.0	1.9		1.4	415	
As purchased	1	14.4	67.4	15.1	15.4	1.6		1.2	350	
Comcod, whole:										
Edible portion	1		81.5	17.2	17.1	.4		1.0	335	
As purchased	1	59.9	32.7	6.9	6.8	.2		.4	135	
Crout, brook, whole:										
Edible portion—										
Minimum	3		75.8	18.6	18.4	.8		1.0	385	
Maximum	3		79.8	20.3	20.0	2.9		1.4	500	
Average	3		77.8	19.2	18.9	2.1		1.2	445	
As purchased—										
Minimum	3	45.2	38.6	9.3	9.2	.4		.5	210	
Maximum	3	50.1	43.8	10.1	10.2	1.5		.7	255	
Average	3	48.1	40.4	9.9	9.8	1.1		.6	230	

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
FISH, FRESH—continued.									
Trout, salmon or lake:									
Edible portion—		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	2	68.8	17.6	17.5	8.1	1.0	675		
Maximum	2	72.9	17.9	18.0	12.6	1.3	860		
Average	2	70.8	17.8	17.7	10.3	1.2	765		
As purchased—									
Minimum	2	40.7	30.0	7.7	7.7	4.8	370		
Maximum	2	56.3	43.2	10.6	10.7	5.4	400		
Average	2	48.5	36.6	9.1	8.2	5.1	385		
Turbot:									
Edible portion	1	71.4	14.8	13.9	14.4	1.3	885		
As purchased	1	47.7	37.3	7.7	6.8	7.5	460		
Weakfish, whole:									
Edible portion	1	79.0	17.8	17.4	2.4	1.2	430		
As purchased	1	51.9	38.0	8.6	8.4	1.1	205		
Whitefish, whole:									
Edible portion	1	69.8	22.9	22.1	6.5	1.6	700		
As purchased	1	53.5	32.5	10.6	10.3	3.0	325		
FISH, COOKED.									
Bluefish, cooked, edible portion									
Edible portion	1	68.2	25.9	26.1	4.5	1.2	670		
Spanish mackerel, broiled:									
Edible portion	1	68.9	23.7	23.2	6.5	1.4	715		
As purchased	1	7.9	63.5	21.8	21.4	5.9	655		
FISH, PRESERVED AND CANNED. a									
Cod, salt: b									
Edible portion—									
Minimum	2	53.5	24.9	21.2	.2	24.4	405		
Maximum	2	53.6	25.9	21.7	.4	25.0	420		
Average	2	53.5	25.4	21.5	.3	24.7	410		
As purchased—									
Minimum	2	24.3	40.0	18.5	15.7	18.4	300		
Maximum	2	25.5	40.5	19.6	16.4	18.5	320		
Average	2	24.9	40.2	19.6	16.0	18.5	315		

a A considerable number of determinations of phosphorus, sulphur, and chlorine have been made in the flesh of preserved and canned fish. These are recorded in the following table in terms of phosphoric anhydride (P₂O₅), sulphuric anhydride (SO₂), and chlorine (Cl), and in percentages of the total weight of "edible portion" or flesh:

Phosphoric anhydride, sulphuric anhydride, and chlorine in samples of preserved and canned fish.

Kind of fish.	Phosphoric anhy- drid.		Sulphuric anhy- drid.		Chlorin.	
	Number of de- termina- tions.	Average.	Number of de- termina- tions.	Average.	Number of de- termina- tions.	Average.
Cod, salt.	2	<i>Per cent.</i> 0.25	2	<i>Per cent.</i> 0.74	2	<i>Per cent.</i> 11.92
Cod, salt, boneless	1	.36	1	.68	1	11.19
Halibut, smoked	1	.47	1	.44	1	8.66
Herring, smoked	1	.84	1	1.24	1	7.21
Mackerel, salt.	1	.35	1	.61		
Salmon, canned	1	.61	1	.44		

b It is observable that in salt cod the proportion of protein by difference is much smaller than by factor. The former value is apparently more nearly correct, and has been used in estimating the fuel value per pound.

c Two samples averaged 23 per cent common salt.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
FISH, PRESERVED AND CANNED—continued.									
Cod, salt, "boneless":									
Edible portion—		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.		Cals.
Minimum	2		54.4	26.3	22.3	0.3		14.9	425
Maximum	2		55.7	28.2	29.1	.3		23.1	555
Average	2		55.0	27.3	25.7	.3		19.0	490
As purchased	1	1.6	54.8	27.7	23.6	.3		14.7	545
Haddock, smoked:									
Edible portion	1		72.5	23.3	23.7	.2		3.6	440
As purchased	1	32.2	49.2	15.8	16.1	.1		2.4	305
Haddock, smoked, cooked, canned, as pur- chased	1		68.7	22.3	21.8	2.3		7.2	510
Hahbut, smoked:									
Edible portion—									
Minimum	2		47.7	18.5	18.1	14.4		14.9	1,000
Maximum	2		51.1	23.0	23.0	15.6		15.2	1,035
Average	2		49.4	20.7	20.6	15.0		15.0	1,020
As purchased—									
Minimum	2	5.9	44.9	17.0	16.7	13.6		13.9	925
Maximum	2	8.0	47.0	21.6	21.6	14.4		14.0	975
Average	2	7.0	46.0	19.3	19.1	14.0		13.9	950
Herring, smoked:									
Edible portion	1		34.6	36.9	36.4	15.8		13.2	1,355
As purchased	1	44.4	19.2	20.5	20.2	8.8		7.4	750
Lamprey, canned:									
Edible portion	1		63.3	16.9		12.2	3.6	4.0	895
As purchased	1	d18.2	51.7	13.8		10.0	3.0	3.3	735
Mackerel, salt, entrails removed:									
Edible portion	1		42.2	21.1	22.0	22.6		13.2	1,345
As purchased	1	22.9	32.5	16.3	17.0	17.4		10.2	1,035
Mackerel, salt, canned, as purchased	1		68.2	19.6	19.9	8.7		3.2	730
Mackerel, salt, canned in oil:									
Edible portion	1		58.3	25.4	23.5	14.1		4.1	1,065
As purchased	1	d31.5	39.9	17.4	16.1	9.7		2.8	735
Mackerel, salt, dressed:									
Edible portion—									
Minimum	2		43.2	16.6	16.9	24.9		12.0	1,345
Maximum	2		43.6	17.9	17.7	27.9		13.8	1,485
Average	2		43.4	17.3	17.3	26.4		12.9	1,435
As purchased—									
Minimum	2	17.0	33.8	13.8	13.7	19.3		10.0	1,075
Maximum	2	22.4	35.8	13.9	14.0	23.2		10.8	1,285
Average	2	19.7	34.8	13.9	13.9	21.2		10.4	1,155
Minogy, pickled, canned:									
Edible portion	1		56.5	22.0	21.9	18.6		3.0	1,195
As purchased	1	g18.7	46.0	17.9	17.8	15.1		2.4	970
Pilchard in tomatoes, canned, Russia, as pur- chased	1		52.7	27.9	27.5	15.8		4.0	1,185
Salmon, canned:									
Edible portion—									
Minimum	7		57.5	19.5	19.2	5.3		1.8	675
Maximum	7		67.1	24.3	24.3	21.5		3.5	1,270
Average	7		63.5	21.8	21.8	12.1		2.6	915
As purchased—									
Minimum	3	11.7	54.6	18.6	18.8	5.6		1.5	615
Maximum	3	16.9	58.2	20.2	20.3	9.8		2.4	760
Average	3	14.2	56.8	19.5	19.5	7.5		2.0	680
Sardines, canned:									
Edible portion—									
Minimum	2		48.2	21.2	19.4	12.7		5.6	1,000
Maximum	2		56.4	24.9	25.3	26.7		5.7	1,520
Average	2		52.3	23.0	22.4	19.7		5.6	1,260
As purchased	1	d5.0	53.6	23.7	24.0	12.1		5.3	950
Sturgeon, dried, Russia:									
Edible portion	1		50.6	31.8	32.2	9.6		7.6	995
As purchased	1	12.7	44.1	27.8	28.1	8.4		6.7	870
Sturgeon, caviare, pressed, Russian, as pur- chased	1		38.1	30.0		19.7	7.6	4.6	1,530

a One sample contained 19.1 per cent common salt.

b One sample contained 12.1 per cent common salt.

c Contained 11.7 per cent common salt.

d Refuse, oil.

e Contained 9.2 per cent common salt.

f Contained 10.4 per cent common salt.

g Refuse, liquids.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
ANIMAL FOOD—Continued.									
FISH, PRESERVED AND CANNED—continued.									
Trout, brook:									
Edible portion.....	1		P. ct. 68.4	P. ct. 22.3	P. ct. 22.8	P. ct. 6.1		P. ct. 3.7	Cals. 670
As purchased.....	1	3.5	66.1	21.5	20.9	5.9		3.6	650
Tunney, as purchased.....	1		72.7	21.7	21.5	4.1		1.7	575
Tunney, canned in oil, Russia:									
Edible portion.....	1		51.3	23.8	20.0	0.6	4.3	1,300
As purchased.....	1	16.7	42.7	20.3	16.7	3.6	1,085
AMPHIBIA.									
Frogs' legs:									
Edible portion—									
Minimum.....	2		81.2	13.2	12.8	.2		.8	255
Maximum.....	2		86.2	17.7	17.4	.2		1.2	335
Average.....	2	0	83.7	16.5	15.1	.2		1.0	295
As purchased—									
Minimum.....	2	31.8	54.8	9.1	8.8	.1		.6	175
Maximum.....	2	32.6	59.1	12.0	11.7	.2		.8	225
Average.....	2	32.0	56.9	10.5	10.3	.1		.7	200
SHELLFISH, ETC., FRESH. ^b									
Clams, long, in shell:									
Edible portion—									
Minimum.....	4		85.0	8.1	1.0	1.6	2.0	225
Maximum.....	4		86.1	9.0	1.2	2.5	3.0	255
Average.....	4		85.8	8.6	1.0	2.0	2.6	240
As purchased—									
Minimum.....	4	39.9	47.2	4.45	.9	1.2	120
Maximum.....	4	45.2	51.7	5.27	1.5	1.7	150
Average.....	4	41.0	49.2	5.06	1.1	1.5	140
Clams, round, in shell:									
Edible portion.....	1		86.2	6.54	4.2	2.7	215
As purchased.....	1	67.5	28.0	2.11	1.4	.9	70
Crabs, round, removed from shell, as pur- chased.....	1		80.8	10.6	1.4	5.2	2.3	340
Crabs, hardshell, whole:									
Edible portion.....	1		77.1	16.8	2.0	1.2	3.1	415
As purchased.....	1	52.4	36.7	7.99	.6	1.5	195
Crayfish, abdomen, whole:									
Edible portion.....	1		81.2	16.05	1.0	1.3	340
As purchased.....	1	36.6	10.9	2.11	.1	.2	45

^a Refuse, oil.

^b A considerable number of determinations of phosphorus and sulphur have been made in the flesh of shellfish. These are recorded in the following table in terms of phosphoric anhydride (P₂O₅) and sulphuric anhydride (SO₃) and in percentages of the total weight of "edible portion" or flesh:

Phosphoric anhydride and sulphuric anhydride in samples of shellfish.

Kind of fish.	Phosphoric anhy- drid.		Sulphuric anhy- drid.	
	Number of deter- minations.	Average.	Number of deter- minations.	Average.
		Per cent.		Per cent.
Clams, long.....	2	0.18	2	0.56
Clams, round.....	1	.40	1	.36
Crayfish.....	1	.53	1	.26
Lobster.....	3	.38	3	.42
Oysters.....	11	.30	14	.58
Scallops.....	2	.18	2	.19
Lobster, canned.....	1	.23	1	.48
Oysters, canned.....	1	.35	1	.20

^c Refuse of whole.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbohydrates.	Ash.	Fuel value per pound.
				N x 6.25.	By difference.				
ANIMAL FOOD—Continued.									
SHELLFISH, ETC., FRESH—continued.									
Lobster, whole:									
Edible portion—		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	5		68.6	11.6		1.5		1.6	345
Maximum	5		84.3	25.4		2.5	0.9	4.0	555
Average	5		79.2	16.4		1.8	.4	2.2	390
As purchased—									
Minimum	5	44.0	18.0	4.4		.5		.6	115
Maximum	5	73.7	47.2	6.7		.9	.4	1.0	165
Average	5	61.7	30.7	5.9		.7	.2	.8	140
Mussels in shell:									
Edible portion	1		84.2	8.7		1.1	4.1	1.9	285
As purchased	1	46.7	44.9	4.6		.6	2.2	1.0	150
Oysters in shell:									
Edible portion—									
Minimum	34		81.7	4.2		.6	1.8	1.2	135
Maximum	34		91.4	10.0		1.9	6.7	2.8	370
Average	34		86.9	6.2		1.2	2.7	2.0	235
As purchased—									
Minimum	34	74.0	10.7	.7		.1	.2	.2	15
Maximum	34	88.3	23.1	1.8		.4	1.3	.6	65
Average	34	81.4	16.1	1.2		.2	.7	.4	45
Oysters, solids, as purchased:									
Minimum	9		82.2	4.5		.5	1.5	.7	135
Maximum	9		92.4	7.3		1.8	6.2	2.5	325
Average	9		88.8	6.0		1.3	3.3	1.1	230
Scallops, as purchased:									
Minimum	2		77.8	14.5			1.1	1.3	305
Maximum	2		82.8	15.1		.3	5.6	1.5	385
Average	2		80.3	14.8		.1	3.4	1.4	345
Terrapin:									
Edible portion	1		74.5	21.2	27.0	3.5		1.0	545
As purchased	1	75.4	18.3	5.2	5.2	.9		.2	135
Turtle, green, whole:									
Edible portion	1		79.8	19.8	18.5	.5		1.2	390
As purchased	1	76.0	19.2	4.7	4.4	.1		.3	90
SHELLFISH, ETC., CANNED.									
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:									
Minimum	2		78.9	15.6		.8	.7	1.8	340
Maximum	2		81.0	16.0		2.3	.8	2.1	410
Average	2		80.0	15.8		1.5	.7	2.0	370
Lobster, as purchased:									
Minimum	2		76.2	16.7		.5	.5	2.1	345
Maximum	2		79.4	19.5		1.7	.6	2.8	445
Average	2		77.8	18.1		1.1	.5	2.5	390
Oysters, as purchased:									
Minimum	4		78.1	7.0		2.0	2.6	1.2	280
Maximum	4		86.0	13.0		3.4	5.2	1.9	310
Average	4		83.4	8.9		2.4	3.9	1.5	335
Shrimp, as purchased	1		70.8	25.4		1.0	.2	2.6	520
EGGS.									
Hens', uncooked: a									
Edible portion—									
Minimum	60		67.2	11.6	11.4	8.6		.8	660
Maximum	60		75.8	16.0	17.4	15.1		1.6	910
Average	60		73.7	13.4	14.8	10.5		1.0	720
As purchased		611.2	65.5	11.9	13.1	9.3		.9	635
Hens', boiled:									
Edible portion—									
Minimum	19		68.6	10.0	10.3	9.1		.6	575
Maximum	19		79.9	15.6	16.8	14.7		1.1	880
Average	19		73.2	13.2	14.0	12.0		.8	765
As purchased		611.2	65.0	11.7	12.4	10.7		.7	680

a Eggs are difficult of analysis and the discrepancy between the protein by factor and by difference may be due in part to incomplete determination of nitrogen and fat. It is also probable that the factor 6.25 is not correct for eggs. The value of protein by difference is perhaps the more nearly correct and has been used in the computation of the fuel value per pound.

b Average percentage refuse (shell) in 34 samples.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein			Total carbohydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By difference.	Fat.			
ANIMAL FOOD—Continued.									
EGGS—continued.									
Hens, boiled whites:									
Edible portion— <i>a</i>		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	11	83.1	11.6	12.3	0.1	235
Maximum	11	87.1	14.8	15.4	0.3	1.0	295
Average	11	86.2	12.3	15.0	.26	250
Hens', boiled yolks:									
Edible portion— <i>b</i>									
Minimum	11	48.4	15.3	15.5	32.2	1.0	1,685
Maximum	11	50.2	16.8	18.0	34.4	1.4	1,745
Average	11	49.5	15.7	16.1	33.8	1.1	1,705
DAIRY PRODUCTS, ETC.									
Butter, as purchased <i>c</i>			11.0	1.0	85.0	3.0	3,605
Buttermilk, as purchased			91.0	3.05	4.8	.7	165
Cheese, American, pale, as purchased <i>d</i>	1		81.6	28.8	35.9	e.3	3.4	2,055
Cheese, American, red, as purchased <i>f</i>	1		28.6	29.6	38.3	3.5	2,165
Cheese, Boudon, as purchased <i>g</i>	1		55.2	15.4	20.8	h1.6	7.0	1,195
Cheese, California flat, as purchased	4		34.0	24.3	33.4	4.5	3.8	1,945
Cheese, Cheddar, as purchased <i>i</i>	6		27.4	27.7	36.8	4.1	4.0	2,145
Cheese, Cheshire, as purchased <i>j</i>	1		37.1	26.9	30.7	e.9	4.4	1,810
Cheese, cottage, as purchased:									
Minimum	2		67.0	16.14	3.7	1.6	435
Maximum	2		77.0	25.7	1.6	4.9	2.0	585
Average	2		72.0	20.9	1.0	4.3	1.8	510
Cheese, Crown brand cream, as purchased <i>k</i>	1		31.4	5.2	58.0	2.2	3.2	2,585
Cheese, Dutch, as purchased:									
Minimum	2		27.6	29.6	16.3	8.7	1,240
Maximum	2		42.7	44.7	19.0	11.4	1,630
Average	2		35.3	37.1	17.7	10.0	1,485
Cheese, Fromage de Brie, as purchased <i>l</i>	1		60.2	15.9	21.0	1.4	1.5	1,210
Cheese, full cream, as purchased: <i>m</i>									
Minimum	25		27.0	17.9	24.5	1.2	2.5	1,790
Maximum	25		44.1	37.0	44.6	4.0	4.9	2,430
Average	25		34.2	25.9	33.7	2.4	3.8	1,960
Cheese, imitation full cream, Ohio, as purchased	1		37.9	25.9	31.7	4.5	1,820
Cheese, imitation old English, as purchased <i>n</i>	1		20.7	30.1	42.7	1.3	5.2	2,385
Cheese, Limburger, as purchased <i>o</i>	1		42.1	23.0	29.4	.4	5.1	1,675
Cheese, Neuchâtel, as purchased: <i>p</i>									
Minimum	2		42.7	15.1	22.3	.2	2.3	1,275
Maximum	2		57.2	22.3	32.5	2.9	2.5	1,790
Average	2		50.0	18.7	27.4	1.5	2.4	1,530

- a* The ash of the whites of 73 eggs contained 3.3 per cent phosphoric anhydrid.
b The ash of the yolks of 73 eggs contained 57.2 per cent phosphoric anhydrid.
c The averages given for butter, buttermilk, cream, skimmed milk, and whole milk are assumed from the most reliable data available, but are not averages of all analyses.
d Contained 0.82 per cent common salt.
e Lactic acid.
f Contained 0.72 per cent common salt.
g Contained 3.16 per cent common salt.
h Milk sugar 0.7 per cent; lactic acid 0.9 per cent.
i One sample contained 0.45 per cent lactic acid and 1.43 per cent common salt.
j Contained 1.69 per cent common salt.
k Contained 2.73 per cent common salt.
l Contained 0.49 per cent common salt.
m Four cheeses were analyzed when 1, 3, and 5 weeks old. The average composition is as follows: When 7 days old, water 35.4, protein 21.6, fat 35.8, carbohydrates 3.9, and ash 3.3 per cent; when 21 days old, water 34.7, protein 22.7, fat 36.6, carbohydrates 2.1, and ash 3.9 per cent; when 35 days old, water 34.9, protein 23.3, fat 36.7, carbohydrates 0.7, and ash 4.4 per cent. The average of 20 analyses in which protein and carbohydrates were determined by difference gives: Water 28.3, protein and carbohydrates 38, fat 32.7, and ash 4 per cent. The average of 78 analyses in which the carbohydrates and ash were determined by difference gives: Water 24.9, protein 35, fat 32.7, carbohydrates and ash 4.4 per cent. The average of 148 analyses of green cheese in which the carbohydrates and ash were determined by difference gives: Water 33, protein 28.6, fat 33.7, carbohydrates and ash 4.7 per cent.
n Contained 1.47 per cent common salt.
o Contained 3.51 per cent common salt.
p The average of 10 analyses in which protein and sugar were not determined gives: Water 53.6, protein and sugar (by difference) 18.9, fat 27.7, lactic acid 1.2, and ash 2.6 per cent (including 1.4 per cent common salt).

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbohydrates.	Ash.	Fuel value per pound.
				N x 6.25.	By difference.				
ANIMAL FOOD—Continued.									
DAIRY PRODUCTS, ETC.—continued.									
Cheese, partly skimmed milk, as purchased: <i>a</i>		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	3		34.8	23.5	23.7	2.3	3.2	3.2	1,580
Maximum	3		42.0	27.6	34.5	4.9	3.4	1.970	
Average	3		38.9	25.4	29.5	3.6	3.3	1,785	
Cheese, pineapple, as purchased: <i>b</i>									
Minimum	5		11.6	27.0	33.3	2.2	5.1	1,965	
Maximum	5		31.0	34.5	45.2	3.1	6.2	2,600	
Average	5		23.0	29.9	38.9	2.6	5.6	2,245	
Cheese, Roquefort, as purchased: <i>c</i>	1		39.3	22.6	29.5	1.8	6.8	1,700	
Cheese, skimmed milk, as purchased: <i>d</i>									
Minimum	9		37.3	26.3	6.8		2.4	1,090	
Maximum	9		53.1	36.4	27.8	9.0	5.1	1,740	
Average	9		45.7	31.5	16.4	2.2	4.2	1,320	
Cheese, Swiss, as purchased: <i>e</i>									
Minimum	2		28.9	26.1	33.2	.9	4.4	1,920	
Maximum	2		35.8	29.1	36.7	1.7	5.2	2,105	
Average	2		31.4	27.6	34.9	1.3	4.8	2,010	
Cheese, whole milk. (See Full cream cheese.)									
Cream, as purchased: <i>f</i>			74.0	2.5	18.5	4.5	.5	910	
Koumiss, as purchased: <i>g</i>									
Minimum	8		88.8	2.6	1.7	5.1	.4	215	
Maximum	8		90.0	3.0	2.4	5.9	.4	285	
Average	8		89.3	2.8	2.1	5.4	.4	240	
Milk, condensed, sweetened, as purchased: <i>h</i>									
Minimum	24		21.6	5.9	.4	44.4	1.5	1,270	
Maximum	24		37.3	16.6	10.6	56.9	2.1	1,650	
Average	24		26.9	8.3	8.3	54.1	1.9	1,520	
Milk, condensed, unsweetened, "evaporated cream," as purchased:									
Minimum	6		66.3	8.6	7.8	10.4	1.5	740	
Maximum	6		69.6	10.5	10.4	12.2	2.1	835	
Average	6		68.2	9.6	9.3	11.2	1.7	780	
Milk, skimmed, as purchased: <i>f</i>			90.5	3.4	.3	5.1	.7	170	
Milk, whole, as purchased: <i>f</i>			87.0	5.3	4.0	5.0	1.7	325	
Whey, as purchased			93.0	1.6	.3	5.0	.7	125	
MISCELLANEOUS.									
Gelatin, as purchased:									
Minimum	6		9.6	89.3	88.2		1.4	1,660	
Maximum	6		15.4	97.5	84.8	.4	4.4	1,830	
Average	6		13.6	91.4	86.2	.1	2.1	1,705	
Calf's-foot jelly, as purchased	1		77.6	4.3		17.4	.7	405	
Isinglass, sturgeon, as purchased	1		19.0	89.3	77.4	1.6	2.0	1,730	
Spinal column, sturgeon, as purchased	1		17.7	59.8		17.1	4.0	1,850	
Lard, refined, as purchased	1				100.0			4,220	
Lard, unrefined, as purchased:									
Minimum	3		3.1	1.7	.9	92.0	.1	3,895	
Maximum	3		6.6	2.9	1.5	95.9	.1	4,065	
Average	3		4.8	2.2	1.1	94.0	.1	4,010	
Tallow, refined, as purchased	1				100.0			4,220	
Cottolene, as purchased	1				100.0			4,220	
Geomargarine, as purchased	41		9.5	1.2	83.0		6.3	3,525	
Beef juice, as purchased	1		93.0	4.9	.6		1.5	115	

a Three cheeses were analyzed when 1, 3, and 5 weeks old. The average composition is as follows: When 1 week old, water 38.4, protein 25, fat 30, carbohydrates 3.3, and ash 3.3 per cent; when 3 weeks old, water 38.4, protein 25.3, fat 29, carbohydrates 4, and ash 3.3 per cent; when 5 weeks old, water 37.7, protein 26, fat 29.7, carbohydrates 3.2, and ash 3.4 per cent.

b Four samples contained an average of 2.13 per cent common salt.

c Contained 5.3 per cent common salt.

d Two samples contained an average of 1.5 per cent common salt.

e Contained 1.9 per cent common salt.

f The averages given for butter, buttermilk, cream, skim milk, and whole milk are assumed from the most reliable data available, but are not averages of all analyses.

g Contained, on the average, 4.4 per cent cane sugar and 0.76 per cent alcohol. Ash not reported, but assumed from European analyses.

h Sixteen samples contained, on the average, 43.6 per cent cane sugar.

i According to Farrington and Woll the ash of cows' milk contains, on the average, K₂O 25.6, Na₂O 12.5, CaO 24.6, P₂O₅ 21.2, and Cl 13.3 per cent.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Total carbohydrate (including fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD.									
FLOURS, MEALS, ETC.									
Barley, granulated	1	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cal.
Barley meal and flour:									
Minimum	3		9.9	9.0	1.5	70.4	5.9	1.6	1,535
Maximum	3		13.6	12.7	3.2	74.5	7.0	3.8	1,680
Average	3		11.9	10.5	2.2	72.8	(³)6.5	2.6	1,640
Barley, pearled:									
Minimum	3		9.8	7.0	.7	77.3		.6	1,635
Maximum	3		12.9	10.1	1.5	78.1		1.6	1,675
Average	3		11.5	8.5	1.1	77.8	(¹)3	1.1	1,650
Buckwheat flour:									
Minimum	17		11.2	4.9	.5	71.6	.2	.5	1,560
Maximum	17		17.6	10.4	2.3	81.5	.7	1.8	1,650
Average	17		13.6	6.4	1.2	77.9	(³)4	.9	1,620
Buckwheat preparations:									
Farina and groats—									
Minimum	2		10.6	3.3	.3	83.4	.1	.4	1,650
Maximum	2		11.2	4.8	.6	84.8	.3	.6	1,665
Average	2		10.9	4.1	.4	84.1	.2	.5	1,660
Self-raising—									
Minimum	14		9.8	5.5	.3	70.1		4.4	1,515
Maximum	14		13.6	11.1	1.4	77.3		7.0	1,600
Average	14		11.6	8.2	1.2	73.4	(¹)4	5.6	1,570
Corn flour: <i>a</i>									
Minimum	3		12.0	5.9	1.0	76.9	.6	.5	1,630
Maximum	3		13.0	8.5	1.8	79.6	1.2	.8	1,665
Average	3		12.6	7.1	1.3	78.4	.9	.6	1,645
Corn meal, granular: <i>b</i>									
Minimum	19		8.8	6.7	1.0	68.4		.5	1,550
Maximum	19		17.9	11.6	5.3	80.6		1.9	1,720
Average	19		12.5	9.2	1.9	75.4	(¹)1.0	1.0	1,655
Corn meal, unbolted:									
Edible portion—									
Minimum	7		10.9	7.8	4.5	71.9		1.2	1,720
Maximum	7		12.4	9.3	5.2	75.4		1.4	1,740
Average	7		11.6	8.4	4.7	74.0		1.3	1,730
As purchased—									
Minimum	7	c4.2	9.2	6.5	3.5	55.7		1.0	1,305
Maximum	7	24.1	10.8	8.0	4.5	72.2		1.3	1,670
Average	7	10.9	10.3	7.5	4.2	65.9		1.2	1,545
Pop corn:									
Minimum	2		4.1	10.3	4.7	78.6	1.3	1.3	1,870
Maximum	2		4.4	11.1	5.4	78.7	1.4	1.4	1,880
Average	2		4.3	10.7	5.0	78.7	1.4	1.3	1,875
Corn preparations.									
Cerealine <i>d</i> —									
Minimum	5		9.5	9.1	.9	76.6	.2	.2	1,635
Maximum	5		11.0	9.9	1.3	79.2	.7	2.3	1,710
Average	5		10.3	9.6	1.1	78.3	(⁴)4	.7	1,680
Hominy—									
Minimum	17		9.2	6.3	.2	77.3	.2	.1	1,610
Maximum	17		13.4	9.5	1.0	81.4	1.0	.7	1,700
Average	17		11.8	8.3	.6	79.0	(¹²)3	.3	1,650
Hominy, cooked	1		79.3	2.2	.2	17.8		.5	380
Parboiled—									
Minimum	2		4.9	11.1	8.2	71.1		1.7	1,895
Maximum	2		5.6	11.8	8.7	73.4		3.5	1,930
Average	2		5.2	11.5	8.4	72.3		2.6	1,915
Kafr corn	1		16.8	6.6	3.8	70.6	1.1	2.2	1,595
Oatmeal: <i>e</i>									
Minimum	16		2.0	12.9	6.0	63.8	.6	1.5	1,605
Maximum	16		8.8	20.8	8.8	70.2	1.3	2.2	1,720
Average	16		7.3	16.1	7.2	67.5	(³)3	1.9	1,665
-Oatmeal, boiled	1		84.5	2.8	.5	11.5		.7	285

a Average of 77 analyses of corn meal used for fodder gives water 15, protein 8.2, fat 3.8, carbohydrates 68.7, fiber 1.9, and ash 1.4 per cent, and fuel value 1,610 calories.

b The ash of 1 sample contained 0.185 per cent phosphorus.

c Refuse, bran removed by sifting.

d The ash of 1 sample contained 0.192 per cent phosphorus.

e The ash of 1 sample contained 0.414 per cent phosphorus.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Total carbohydrate (including fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
FLOURS, MEALS, ETC.—continued.									
Oatmeal gruel:		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>		<i>Cals.</i>
Minimum	2	87.5	0.9	0.2	2.9	0.8	80
Maximum	2	85.7	1.6	.5	9.68	230
Average	2	91.6	1.2	.4	6.35	155
Oatmeal water:									
Minimum	2	94.0	.4	.1	1.31	35
Maximum	2	98.1	.9	.1	4.55	105
Average	2	96.0	.7	.1	2.93	70
Oats, other preparations: <i>a</i>									
Rolled oats—									
Minimum	20	5.5	13.6	5.6	62.8	1.2	1.6	1,755
Maximum	20	11.2	19.1	8.8	70.8	1.4	4.7	1,885
Average	20	7.7	16.7	7.3	66.2	(⁷)1.3	2.1	1,850
Miscellaneous—									
Minimum	26	6.4	13.7	6.1	63.9	.6	1.3	1,830
Maximum	26	9.2	18.4	8.2	70.5	1.7	1.9	1,890
Average	26	7.9	16.3	7.3	66.8	(²⁰) .9	1.7	1,855
All analyses, average <i>b</i>	46	7.8	16.5	7.3	66.5	(²²)1.0	1.9	1,850
Rice:									
Minimum	21	9.1	5.9	.1	75.4	.1	.2	1,600
Maximum	21	14.0	11.3	.7	81.9	.4	.6	1,690
Average	21	12.3	8.0	.3	79.0	(¹³) .2	.4	1,630
Rice, boiled:									
Minimum	3	52.7	1.6	15.51	330
Maximum	3	82.7	5.0	.1	41.93	875
Average	3	72.5	2.8	.1	24.42	510
Rice, flaked:									
Minimum	2	9.4	7.5	.3	81.4	.1	.3	1,690
Maximum	2	9.7	8.3	.5	82.2	.2	.4	1,690
Average	2	9.5	7.9	.4	81.9	.2	.3	1,685
Rice flour: <i>c</i>									
Minimum	4	3.7	4.7	1.7	58.3	9.1	6.6	1,635
Maximum	4	10.9	12.0	10.4	79.2	28.3	10.7	1,785
Average	4	8.5	8.6	6.1	68.0	16.1	8.8	1,680
Rye flour:									
Minimum	8	11.9	4.9	.2	77.6	.4	.6	1,615
Maximum	8	13.6	8.8	1.3	80.2	.5	.9	1,650
Average	8	12.9	6.8	.9	78.7	(⁴) .4	.7	1,630
Rye meal:	1	11.4	13.6	2.0	71.5	1.8	1.5	1,665
Wheat flour, California fine: <i>d</i>									
Minimum	3	12.4	7.2	1.2	73.94	1,590
Maximum	3	15.6	8.8	1.6	77.85	1,660
Average	3	13.8	7.9	1.4	76.45	1,625
Wheat flour, entire wheat:									
Minimum	9	6.4	12.2	1.5	69.5	.5	.6	1,635
Maximum	9	13.1	14.6	2.1	77.0	1.2	1.5	1,760
Average	9	11.4	13.8	1.9	71.9	(³) .0	1.0	1,675
Wheat flour, gluten:									
Minimum	5	10.5	12.8	1.1	69.65	1,635
Maximum	5	13.0	15.0	2.4	72.8	.6	1.3	1,690
Average	5	12.0	14.2	1.8	71.1	(¹) .6	.9	1,665
Wheat flour, Graham:									
Minimum	13	9.9	8.5	1.5	66.0	1.8	1.0	1,615
Maximum	13	13.7	17.7	3.6	75.8	2.0	2.7	1,710
Average	13	11.3	12.3	2.2	71.4	(²)1.9	1.8	1,670
Wheat flour, prepared (self-raising): <i>e</i>									
Minimum	29	8.0	8.0	.6	67.4	.4	1.5	1,550
Maximum	29	13.0	13.3	2.2	78.6	.5	7.1	1,730
Average	29	10.8	10.2	1.2	73.0	(³) .4	4.8	1,600

a The preparations analyzed include a considerable number of brands, each of which varies in composition only slightly from the average.

b The ash of 5 samples contained an average of 0.418 per cent phosphorus.

c Rice flour is used mainly as a fodder, and varies considerably in composition. The ash of 2 samples contained an average of P_2O_5 29.1, K_2O 12.6, CaO 1, MgO 7.6, and SO_2 0.3 per cent. Two samples contained an average of protein ($N \times 6.25$) 11.8, and proteids 11.6 per cent.

d The ash of 3 complete samples contained an average of 49.3 per cent P_2O_5 .

e The flours analyzed included 18 varieties or brands. The variation between different samples of the same brand is as wide as that between the averages of the different brands. The widest variation is in the ash, which of course depends upon the mineral matters added for raising.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Total carbohydrate (including fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
FLOURS, MEALS, ETC.—continued.									
Wheat flour, patent roller process, bakers' grade:		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	14		10.1	10.3	0.9	70.3	0.3	0.5	1,640
Maximum	14		13.3	14.9	2.0	75.5	1.5	.9	1,705
Average	14		11.9	13.8	1.5	72.7	(⁵) .7	.6	1,665
Wheat flour, patent roller process, family and straight grade:									
Spring wheat—									
Minimum	3		10.3	9.6	1.0	72.7		.4	1,635
Maximum	3		13.1	13.3	1.2	78.5		.6	1,680
Average	3		11.9	10.9	1.1	75.6	(¹) .1	.5	1,655
Winter wheat— <i>a</i>									
Minimum	6		11.7	10.8	1.0	72.1	.2	.3	1,615
Maximum	6		14.0	13.7	1.3	73.7	.4	.6	1,655
Average	6		13.1	12.3	1.1	73.0	(⁵) .3	.5	1,635
Undesignated—									
Minimum	19		9.4	9.3	.8	72.8		.3	1,610
Maximum	19		14.1	12.6	1.6	77.9		.6	1,705
Average	19		12.9	10.4	1.0	75.2	(¹) .1	.5	1,635
All analyses, average	28		12.8	10.8	1.1	74.8	(⁶) .2	.5	1,640
Wheat flour, patent roller process, grade not indicated:									
Minimum	111		8.2	8.4	.3	70.3	.1	.3	1,640
Maximum	111		13.9	14.7	1.6	80.0	.3	.8	1,730
Average	111		11.5	11.4	1.0	75.6	(¹⁶) .2	.5	1,660
Wheat flour, patent roller process, high grade:									
Spring wheat—									
Minimum	23		8.8	8.7	.7	71.7	.1	.3	1,615
Maximum	23		14.3	13.8	1.9	78.1	.2	.5	1,715
Average	23		12.3	11.7	1.1	74.5	(⁷) .1	.4	1,650
Winter wheat— <i>b</i>									
Minimum	6		12.1	9.3	.8	71.6	.2	.3	1,615
Maximum	6		14.0	14.9	1.0	75.5	.4	.6	1,645
Average	6		13.3	11.0	.9	74.4	.3	.4	1,625
Undesignated—									
Minimum	28		9.6	8.2	.7	72.4		.3	1,615
Maximum	28		13.3	14.5	1.9	77.5		.6	1,700
Average	28		12.5	10.8	1.0	75.2	(¹) .1	.5	1,640
All analyses, average	57		12.4	11.2	1.0	74.9	(¹⁴) .2	.5	1,645
Average of all analyses of high and medium grades and grade not indicated.	210		12.0	11.4	1.0	75.1	(¹¹) .3	.5	1,650
Wheat flour, patent roller process, low grade: <i>c</i>									
Minimum	13		9.3	10.0	.8	64.2	.5	.5	1,645
Maximum	13		13.9	17.9	3.9	75.9	.9	2.0	1,735
Average	13		12.0	14.0	1.9	71.2	(⁷) .8	.9	1,665
Wheat flour, unclassified process, grade not indicated:									
Spring wheat— <i>d</i>									
Minimum	4		11.4	9.6	.6	73.5	.4	.5	1,610
Maximum	4		13.5	12.1	1.3	77.4	.8	.9	1,650
Average	4		12.4	10.5	1.0	75.4	(³) .5	.7	1,640
Winter wheat— <i>e</i>									
Minimum	21		9.9	8.5	.4	73.2	.2	.3	1,605
Maximum	21		14.4	12.5	1.5	78.2	.5	1.8	1,680
Average	21		11.9	10.7	1.0	75.8	(⁶) .4	.6	1,650
Undesignated— <i>f</i>									
Minimum	8		6.7	8.7	.6	75.3	.3	.4	1,645
Maximum	8		11.7	11.4	1.8	82.1	1.8	.9	1,760
Average	8		9.4	10.4	1.2	78.4	(⁵) .9	.6	1,715
All analyses, average.	33		11.4	10.6	1.1	76.3	(¹⁰) .3	.6	1,665

a The ash of 1 sample contained K₂O 36.3, CaO 5.7, MgO 6.4, and P₂O₅ 49.3 per cent. In 1 sample protein (N × 6.25) 11.4 and proteids 10.8 per cent.

b The ash of 1 sample contained K₂O 38.5, CaO 5.6, MgO 4.4, P₂O₅ 48.1, and SO₃ 0.2 per cent. In 1 sample protein (N × 6.25) 10.6 and proteids 10.3 per cent.

c The ash of 1 sample contained K₂O 32.3, CaO 4.5, MgO 9.3, and P₂O₅ 53.1 per cent. In 1 sample protein (N × 6.25) 14.1 and proteids 13.8 per cent.

d Three samples contained an average of starch 70.8, dextrin 1.5, and sugar, etc., 1.8 per cent.

e Four samples contained an average of starch 71.9, dextrin 2.3, and sugar, etc., 1.6 per cent.

f Three samples contained an average of starch 71.8, dextrin 2, and sugar, etc., 1.7 per cent.

Chemical composition of American food materials—Continued.

Food materials.	Number of analy- ses.	Refuse.	Water.	Protein.	Fat.	Total carbohy- drates (includ- ing fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
FLOURS, MEALS, ETC.—continued.									
Wheat preparations, breakfast foods: a									
Cracked and crushed—b		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cals.
Minimum	11		8.9	9.5	1.3	73.7	1.2	1.4	1,645
Maximum	11		11.7	12.9	2.2	77.2	2.0	2.2	1,710
Average	11		10.1	11.1	1.7	75.5	(7)1.7	1.6	1,685
Farina—c									
Minimum	9		6.1	10.4	.8	74.6	.3	.1	1,630
Maximum	9		13.2	11.7	3.8	78.5	.6	.7	1,825
Average	9		10.9	11.0	1.4	76.3	(7).4	.4	1,685
Flaked—d									
Minimum	7		7.9	9.7	1.1	69.7	1.3	1.2	1,640
Maximum	7		10.1	15.6	1.5	77.8	2.2	3.3	1,705
Average	7		8.7	13.4	1.4	74.3	1.8	2.2	1,600
Germs—d									
Minimum	10		9.1	8.6	1.2	73.1	.3	.5	1,665
Maximum	10		12.3	13.4	2.5	80.0	1.2	1.6	1,720
Average	10		10.4	10.5	2.0	76.0	(8).9	1.1	1,695
Glutens—e									
Minimum	3		6.8	12.7	.7	69.2	.5	.7	1,695
Maximum	3		11.1	14.4	3.3	78.8	2.5	2.0	1,730
Average	3		8.9	13.6	1.7	74.6	1.3	1.2	1,715
Miscellaneous—f									
Minimum	22		3.8	10.4	1.3	70.5	.5	.9	1,665
Maximum	22		11.9	16.6	4.0	81.0	1.6	1.8	1,820
Average	22		9.4	13.1	2.1	74.1	(16).9	1.3	1,710
Parched and toasted—g									
Minimum	6		6.4	11.8	.9	72.3	.1	.2	1,660
Maximum	6		11.5	15.5	3.7	76.9	1.4	1.6	1,800
Average	6		8.6	13.6	2.4	74.5	.8	.9	1,740
Shredded—									
Minimum	6		7.2	9.6	1.3	75.0	1.4	1,670
Maximum	6		10.7	11.4	1.6	79.7	3.3	1,720
Average	6		8.1	10.5	1.4	77.9	(3)1.7	2.1	1,700
All analyses, average	74		9.6	12.1	1.8	75.2	1.0	1.3	1,700
Wheat preparations:									
Macaroni—									
Minimum	11		7.0	7.9	.0	67.23	1,540
Maximum	11		12.3	16.6	4.9	78.4	7.0	1,775
Average	11		10.3	13.4	.9	74.1	1.3	1,665
Macaroni, cooked	1		78.4	3.0	1.5	15.8	1.3	415
Noodles—									
Minimum	2		10.6	11.7	.5	74.7	.3	.5	1,665
Maximum	2		10.7	11.7	1.5	76.0	.4	1.5	1,670
Average	2		10.7	11.7	1.0	75.6	.4	1.0	1,665
Spaghetti—									
Minimum	3		10.0	11.2	.1	74.9	.5	.6	1,845
Maximum	3		11.1	13.3	.8	77.1	.7	.7	1,680
Average	3		10.6	12.1	.4	76.3	(7).4	.6	1,660
Vermicelli—									
Minimum	15		9.4	7.9	.3	66.75	1,540
Maximum	15		12.3	16.4	5.2	76.5	6.8	1,730
Average	15		11.0	10.9	2.0	72.0	4.1	1,625
BREAD, CRACKERS, PASTRY, ETC.									
Bread, brown, as purchased:									
Minimum	2		40.0	5.0	1.2	43.6	1.9	970
Maximum	2		47.2	5.8	2.4	50.7	2.2	1,135
Average	2		43.6	5.4	1.8	47.1	2.1	1,050
Bread, cassava, as purchased	1		10.5	9.1	.3	79.0	1.1	1,650

a The different groups of wheat breakfast foods contain various brands, which have been arranged as far as possible according to similarity in method of preparation. The varieties under each group differ only slightly from the average in percentage composition.

b The ash of 2 samples contained an average of 0.282 per cent of phosphorus.

c The ash of 1 sample contained 0.153 per cent of phosphorus.

d The ash of 2 samples contained an average of 0.247 per cent of phosphorus.

e The ash of 1 sample contained 0.251 per cent of phosphorus.

f The ash of 4 samples contained an average of 0.35 per cent of phosphorus.

g The ash of 1 sample contained 0.283 per cent of phosphorus.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Total carbonates (including fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
BREAD, CRACKERS, PASTRY, ETC.—continued.									
Bread, corn (johnnycake), as purchased: <i>a</i>		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	5	28.4	6.5	2.3	40.3	0.8	975	
Maximum	5	48.0	10.1	9.8	54.3	4.1	1,330	
Average	5	38.9	7.9	4.7	46.8	2.2	1,205	
Bread, rye, as purchased:									
Minimum	21	20.6	6.4	.1	45.6	.1	.6	1,020	
Maximum	21	44.0	11.1	1.4	65.8	1.0	2.7	1,440	
Average	21	35.7	9.0	.6	53.2	(²) .5	1.5	1,180	
Bread, rye, black, as purchased	1	36.9	9.6	.6	48.9	4.0	1,115	
Bread, rye, whole, as purchased:									
Minimum	2	49.8	11.8	.5	35.0	.8	.9	895	
Maximum	2	51.6	12.0	.6	36.8	1.6	1.0	930	
Average	2	50.7	11.9	.6	35.9	1.2	.9	915	
Bread, rye and wheat, as purchased	1	35.3	11.9	.3	51.5	1.0	1,190	
Bread, wheat:									
Buns, as purchased	1	29.0	6.3	6.5	57.3	.4	.9	1,455	
Buns, cinnamon, as purchased	1	23.6	9.4	7.2	59.17	1,575	
Buns, currant, as purchased	1	27.5	6.7	7.6	57.6	1.1	.6	1,515	
Buns, hot cross, as purchased	1	36.7	7.9	4.8	49.79	1,275	
Buns, sugar, as purchased: <i>b</i>									
Minimum	3	26.6	7.6	4.5	49.08	1,340	
Maximum	3	35.3	8.4	9.4	58.5	1.6	1,575	
Average	3	29.6	8.1	6.9	54.2	(¹) .3	1.2	1,450	
Gluten bread, as purchased—									
Minimum	6	34.8	8.2	.7	44.68	1,085	
Maximum	6	43.1	11.1	2.4	53.0	2.2	1,210	
Average	6	38.2	9.3	1.4	49.8	1.3	1,160	
Graham bread, as purchased— <i>c</i>									
Minimum	27	27.8	6.8	.4	38.6	.6	.7	880	
Maximum	27	42.4	10.9	3.8	59.1	1.9	3.0	1,350	
Average	27	35.7	8.9	1.8	52.1	(¹¹) 1.1	1.5	1,210	
Biscuit, homemade, as purchased— <i>d</i>									
Minimum	3	30.7	7.8	2.0	53.7	.4	.1	1,280	
Maximum	3	34.7	10.2	3.3	56.6	.9	.9	1,325	
Average	3	32.9	8.7	2.6	55.3	(²) .7	.5	1,300	
Biscuit, Maryland, as purchased— <i>e</i>									
Minimum	2	24.2	7.5	4.3	59.3	.6	1.2	1,490	
Maximum	2	25.0	9.3	6.8	61.0	2.1	1.4	1,530	
Average	2	24.6	8.4	5.6	60.1	1.9	1.3	1,510	
Biscuit, soda, as purchased	1	22.9	9.3	13.7	52.6	1.5	1,730	
Rolls, French, as purchased— <i>f</i>									
Minimum	2	31.9	8.0	2.3	55.2	.3	1.2	1,290	
Maximum	2	32.2	9.0	2.7	56.2	.9	1.3	1,310	
Average	2	32.0	8.5	2.5	55.7	.6	1.3	1,300	
Rolls, plain, as purchased—									
Minimum	5	18.4	8.6	.4	56.7	.3	.7	1,340	
Maximum	5	28.4	11.9	9.4	64.7	.3	1.4	1,635	
Average	5	25.2	9.7	4.2	59.9	(²) .3	1.0	1,470	
Rolls, Vienna, as purchased	1	31.7	8.5	2.2	56.5	.4	1.1	1,300	
Rolls, water, as purchased—									
Minimum	2	31.2	8.5	2.0	62.5	1.1	1,300	
Maximum	2	34.0	9.6	3.9	55.8	1.4	1,300	
Average	2	32.6	9.0	3.0	64.2	1.2	1,300	
Rolls, all analyses, as purchased	20	29.2	8.9	4.1	58.7	(¹²) .6	1.1	1,395	
Rolls, large cheap, as purchased	1	29.4	9.4	.8	59.4	1.0	1,315	
Toasted bread, as purchased—									
Minimum	5	15.3	10.6	.6	58.7	1.4	1,340	
Maximum	5	28.6	12.8	3.2	67.1	2.0	1,620	
Average	5	24.0	11.5	1.8	61.2	1.7	1,420	
White bread, biscuit, as purchased—									
Minimum	3	31.2	7.8	.6	50.1	.5	.5	1,110	
Maximum	3	39.7	8.3	2.1	58.3	.3	1.4	1,295	
Average	3	35.2	8.0	1.4	54.3	(²) .3	1.1	1,220	

a Corn bread (johnnycake), made of Indian meal mixed with sour milk or buttermilk.

b One sample contained sugar 7.9, dextrin 3.2, and starch 47 per cent.

c Two samples contained an average of sugar 3.2, dextrin 3.1, and starch 40.8 per cent.

d Two samples contained an average of sugar 2.7, dextrin 5.5, and starch 41.5 per cent.

e One sample contained sugar 3.9, dextrin 2.8, and starch 52.2 per cent.

f One sample contained sugar 2.9, dextrin 2.8, and starch 48.6 per cent.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Total carbohydrate (including fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
BREAD, CRACKERS, PASTRY, ETC.—continued.									
Bread, wheat—Continued.		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Calcs.</i>
White bread, butter, as purchased.....	1	32.2	7.9	1.1	57.7	0.4	1.1	1,295
White bread, cheap grade, as purchased—									
Minimum.....	6	27.9	8.7	.5	44.3	1.0	1,105
Maximum.....	6	40.7	16.3	2.1	60.4	1.3	1,370
Average.....	6	33.2	10.9	1.3	53.6	1.0	1,255
White bread, cream, as purchased—									
Minimum.....	6	29.3	6.5	.2	50.88	1,150
Maximum.....	6	38.2	15.4	1.9	60.9	(²)	1.6	1,335
Average.....	6	33.2	9.8	.9	55.0	(¹)	1.1	1,246
White bread, home-made, as purchased—									
Minimum.....	38	29.8	6.8	.4	47.6	.1	.4	1,115
Maximum.....	38	40.4	11.0	3.5	58.0	.3	2.0	1,360
Average.....	38	35.0	9.1	1.6	53.3	(³)	1.0	1,225
White bread, milk, as purchased—									
Minimum.....	8	34.1	8.8	.3	49.09	1,110
Maximum.....	8	39.8	10.8	2.8	53.7	2.0	1,235
Average.....	8	36.5	9.6	1.4	51.1	1.4	1,190
White bread, miscellaneous, as purchased—									
Minimum.....	103	25.8	7.0	.0	42.0	.5	.6	940
Maximum.....	103	49.1	13.9	3.7	61.5	.9	3.0	1,415
Average.....	103	35.6	9.3	1.2	52.7	(⁴)	1.2	1,205
White bread, New England, as purchased—									
Minimum.....	7	33.1	8.5	.6	48.88	1,095
Maximum.....	7	40.5	9.9	2.1	55.3	1.3	1,245
Average.....	7	36.6	9.1	1.2	52.1	1.0	1,190
White bread, Quaker, as purchased—									
Minimum.....	4	31.1	7.0	.8	49.1	.9	.9	1,230
Maximum.....	4	40.4	9.8	1.8	58.1	.3	1.3	1,305
Average.....	4	35.8	8.3	1.1	53.7	(⁵)	1.1	1,200
White bread, split, as purchased—									
Minimum.....	3	32.2	9.0	.6	52.48	1,200
Maximum.....	3	35.4	9.6	1.5	56.2	1.3	1,345
Average.....	3	34.6	9.3	1.0	54.1	(¹)	1.0	1,220
White bread, Vienna, as purchased—									
Minimum.....	25	27.1	8.1	.1	48.4	.2	.9	1,110
Maximum.....	25	39.7	11.0	3.8	60.3	.3	1.5	1,380
Average.....	25	34.2	9.4	1.2	54.1	(¹)	1.1	1,230
White bread, all analyses, as purchased, average ^b	198	35.3	9.2	1.3	53.1	(²⁷)	1.1	1,215
Whole wheat bread, as purchased—									
Minimum.....	12	32.3	8.1	.4	37.28	895
Maximum.....	12	51.0	11.7	2.7	56.2	1.9	1,260
Average.....	12	38.4	9.7	.9	49.7	(¹)	1.3	1,140
Zwieback, as purchased—									
Minimum.....	4	5.0	8.6	8.1	72.18	1,915
Maximum.....	4	7.7	11.7	11.3	74.2	1.0	2,015
Average.....	4	6.8	9.8	9.9	73.5	1.0	1,970
Crackers:									
Boston (split) crackers, as purchased—									
Minimum.....	2	6.8	10.7	7.1	68.8	1.4	1,475
Maximum.....	2	8.2	11.3	9.9	73.4	.8	2.4	1,895
Average.....	2	7.5	11.0	8.5	71.1	(¹)	1.9	1,885

^a Four samples contained an average of sugar 2.3, dextrin 4.2, and starch 48.2 per cent.

^b Analyses of similar bread made from different grades of flour, from high to low grade:

	Water.	Protein.	Fat.	Carbohydrates.	Fiber.	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>
White bread from high-grade patent flour.....	32.9	8.7	1.4	56.5	0.5	1,270
White bread from regular patent flour.....	34.1	9.0	1.3	54.97	1,245
White bread from baker's flour.....	39.1	10.0	1.2	48.39	1,145
White bread from low-grade flour.....	40.7	12.6	1.1	44.3	1.3	1,105

Chemical composition of American food materials—Continued.

Food materials.	Number of analy- ses.	Refuse.	Water.	Protein.	Fat.	Total carbohy- drates (Includ- ing fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
BREAD, CRACKERS, PASTRY, ETC.—continued.									
Crackers—Continued.									
Butter crackers, as purchased—		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	3		5.2	9.2	8.0	78.3	0.3	0.9	1,840
Maximum	3		9.5	11.2	13.6	69.4	.4	2.5	2,250
Average	3		7.2	9.6	10.1	71.6	(³) .4	1.5	1,985
Cream crackers, as purchased—									
Minimum	9		4.3	8.6	10.7	68.0	.3	1.1	1,945
Maximum	9		8.9	11.2	13.8	72.4	1.1	2.6	2,080
Average	9		6.8	9.7	12.1	69.7	(⁵) .6	1.7	1,990
Egg crackers, as purchased—									
Minimum	2		5.4	12.4	11.9	63.7	.3	.8	2,100
Maximum	2		6.3	12.8	16.0	69.5	.5	1.2	2,025
Average	2		5.8	12.6	14.0	66.6	.4	1.0	2,060
Flatbread, as purchased—									
Minimum	3		9.4	13.5	.2	72.75	1,660
Maximum	3		10.5	15.6	.7	75.3	1.5	1,675
Average	3		9.8	14.9	.5	73.6	1.2	1,665
Graham crackers, as purchased—									
Minimum	4		3.1	7.4	1.1	69.7	.6	1.2	1,705
Maximum	4		8.4	14.4	13.6	77.2	2.4	1.9	2,050
Average	4		5.4	10.0	9.4	73.8	(²) 1.5	1.4	1,955
Miscellaneous, as purchased—									
Minimum	21		3.1	7.1	.5	63.5	.1	.4	1,840
Maximum	21		11.8	14.2	12.8	82.2	.9	3.7	2,010
Average	21		7.1	10.2	8.8	72.4	(¹⁷) .4	1.5	1,905
Oatmeal crackers, as purchased—									
Minimum	2		4.9	10.4	8.5	68.3	1.4	1,870
Maximum	2		7.8	13.1	13.7	69.6	2.3	2,065
Average	2		6.3	11.8	11.1	69.0	(¹) 1.9	1.8	1,970
Oyster crackers, as purchased—									
Minimum	7		3.8	9.1	4.8	69.19	1,855
Maximum	7		6.5	17.3	13.0	77.5	5.9	2,655
Average	7		4.8	11.8	10.5	70.5	(¹) .2	2.9	1,965
Pilot bread, as purchased—									
Minimum	3		7.9	10.4	.5	70.3	.3	.9	1,665
Maximum	3		9.9	12.4	10.2	78.0	.3	1.1	1,930
Average	3		8.7	11.1	5.0	74.2	(²) .3	1.0	1,800
Pretzels, as purchased—									
Minimum	2		8.1	9.1	3.9	71.1	.4	3.2	1,655
Maximum	2		11.0	10.3	3.9	74.5	.5	4.9	1,740
Average	2		9.6	9.7	3.9	72.8	(²) .5	4.0	1,700
Saltines, as purchased—									
Minimum	2		4.6	9.9	12.7	67.1	.3	2.3	1,995
Maximum	2		6.7	11.2	12.8	69.9	.6	2.8	2,025
Average	2		5.6	10.6	12.7	68.5	.5	2.6	2,005
Soda crackers, as purchased—									
Minimum	5		3.7	8.8	7.7	70.5	1.8	1,850
Maximum	5		8.4	10.7	10.0	75.4	2.6	1,980
Average	5		5.9	9.8	9.1	73.1	(¹) .3	2.1	1,925
Water crackers, as purchased—									
Minimum	6		4.7	10.4	.2	72.9	.2	.5	1,730
Maximum	6		9.5	12.5	10.1	80.8	.8	2.0	1,910
Average	6		6.4	11.7	5.0	75.7	.4	1.2	1,835
All analyses, as purchased, average	71		8.8	10.7	8.8	71.9	(⁴⁵) .5	1.8	1,905
Cracker meal, as purchased—									
Minimum	2		9.2	9.6	.6	68.3	.1	.5	1,690
Maximum	2		9.3	12.2	11.3	77.4	.3	1.6	1,925
Average	2		9.2	16.9	6.0	72.9	.2	1.0	1,810
Cake:									
Baker's cake, as purchased—									
Minimum	2		28.3	4.6	3.4	53.37	1,285
Maximum	2		34.4	8.0	5.9	60.59	1,460
Average	2		31.4	6.3	4.6	56.98	1,370
Chocolate layer cake, as purchased	1		20.5	6.2	8.1	64.1	1.1	1,660
Coffee cake, as purchased—									
Minimum	5		11.0	4.9	4.7	52.4	.3	.6	1,395
Maximum	5		32.0	9.0	10.5	78.8	.6	1.1	1,820
Average	5		21.3	7.1	7.5	63.2	(⁴) .4	.9	1,625
Cup cake, as purchased—									
Minimum	2		14.8	5.2	2.5	63.28	1,600
Maximum	2		16.3	6.6	15.6	73.8	1.2	1,920
Average	2		15.6	5.9	9.0	68.5	(¹) .3	1.0	1,785

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Total carbonyl- dextrates (includ- ing fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
BREAD, CRACKERS, PASTRY, ETC.—continued.									
Cake—Continued.		P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	P. ct.	Cals.
Drop cake, as purchased	1	16.6	7.6	14.7	60.3	0.1	0.8	1,886
Frosted cake, as purchased—									
Minimum	7	11.4	5.0	7.5	58.3	1.0	1,545
Maximum	7	26.5	7.5	10.6	71.0	3.4	1,835
Average	7	18.2	5.9	9.0	64.8	2.1	1,695
Fruit cake, as purchased—									
Minimum	4	14.4	4.8	9.3	60.9	1.4	1,720
Maximum	4	18.4	6.7	12.6	67.5	2.2	1,790
Average	4	17.3	5.9	10.9	64.1	1.8	1,760
Gingerbread, as purchased—									
Minimum	2	16.1	5.4	8.4	62.3	1.5	1,680
Maximum	2	21.5	6.3	9.5	64.7	4.3	1,705
Average	2	18.8	5.8	9.0	68.5	(1) .9	2.9	1,670
Miscellaneous, as purchased—									
Minimum	4	12.0	5.1	6.7	53.6	1.1	1,380
Maximum	4	33.2	7.1	14.7	64.7	2.3	1,940
Average	4	21.9	5.9	10.6	60.1	1.5	1,675
Sponge cake, as purchased—									
Minimum	3	6.3	5.7	6.4	57.3	1.2	1,665
Maximum	3	22.7	7.3	13.0	71.1	2.5	1,985
Average	3	15.3	6.8	10.7	65.9	1.8	1,795
All analyses, except fruit, as purchased, average	27	19.9	6.3	9.0	63.3	(7) .4	1.5	1,675
Cookies, cakes, etc.:									
Molasses cookies, as purchased a—									
Minimum	6	4.0	6.0	3.9	70.3	1.5	1,725
Maximum	6	10.2	9.7	11.8	78.4	3.0	1,995
Average	6	6.2	7.2	8.7	75.7	2.2	1,910
Miscellaneous cookies, as purchased—									
Minimum	5	5.5	4.3	4.8	61.3	.1	.5	1,760
Maximum	5	19.7	9.0	14.2	77.3	2.3	1,955
Average	5	10.3	6.7	9.6	72.4	1.2	1.0	1,875
Sugar cookies, as purchased b—									
Minimum	9	4.3	4.5	4.8	69.1	.3	.6	1,715
Maximum	9	13.3	8.0	16.7	84.4	2.9	3.4	2,135
Average	9	8.3	7.0	10.2	78.2	(9) 1.1	1.3	1,920
All analyses, as purchased, average	20	8.1	7.0	9.7	73.7	.5	1.3	1,910
Fig biscuits or bars, as purchased	1	17.9	4.6	6.6	69.8	1.7	1.1	1,860
Ginger snaps, as purchased—									
Minimum	7	4.3	5.8	2.3	71.9	.4	1.8	1,695
Maximum	7	9.7	7.3	15.4	80.8	.9	3.7	2,100
Average	7	6.3	6.5	8.6	76.0	(5) .7	2.6	1,895
Lady fingers, as purchased—									
Minimum	3	10.5	6.8	3.1	67.9	.1	.5	1,513
Maximum	3	21.7	10.5	7.6	72.9	.4	.6	1,835
Average	3	15.0	8.8	5.0	70.6	(2) .2	.0	1,685
Macaroons, as purchased—									
Minimum	4	5.9	3.1	9.6	57.1	.6	.4	1,565
Maximum	4	27.5	10.6	21.5	71.4	1.8	1.0	2,220
Average	4	12.3	6.5	15.2	65.2	1.1	.8	1,975
Wafers, miscellaneous, as purchased—									
Minimum	5	5.3	7.6	2.5	62.5	.2	.6	1,780
Maximum	5	8.5	10.4	14.7	81.3	.5	2.9	1,995
Average	5	6.6	8.7	8.6	74.5	.4	1.6	1,910
Wafers, vanilla, as purchased—									
Minimum	6	4.8	5.6	6.4	65.0	.1	.5	1,850
Maximum	6	9.3	2.5	19.6	77.9	.4	1.5	2,150
Average	6	6.7	8.6	14.0	71.6	(3) .5	1.1	2,045
Wafers, all analyses, as purchased, average	11	6.6	7.6	11.6	72.9	(10) .3	1.3	1,985
Miscellaneous cakes, as purchased—									
Minimum	17	3.2	4.2	1.7	62.9	.2	.6	1,560
Maximum	17	17.9	13.1	17.0	84.6	.7	1.9	2,060
Average	17	5.2	7.6	9.0	74.0	(16) .3	1.2	1,900
Doughnuts, as purchased:									
Minimum	9	11.0	5.1	16.4	45.8	.6	.3	1,795
Maximum	9	25.8	7.6	25.7	63.2	.8	1.9	2,155
Average	9	18.3	6.7	21.0	53.1	(3) .7	.9	2,000

a One sample contained sugar 32.4, dextrin 3.2, and starch 40.8 per cent.

b One sample contained sugar 25.2, dextrin 1.8, and starch 42.7 per cent.

✓ Max. prot. in vanilla wafers
should be 7.8.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Total carbohydrate (including fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
BREAD, CRACKERS, PASTRY, ETC.—continued.									
Jumbles, as purchased:		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cal.</i>
Minimum	4		6.7	6.3	10.9	51.9	0.3	0.6	1,745
Maximum	4		24.8	7.9	15.7	72.1	1.0	1.3	2,025
Average	4		14.3	7.4	18.5	68.7	(?) .5	1.1	1,890
Pie, apple, as purchased:									
Minimum	4		40.2	2.6	7.7	40.3		.9	1,180
Maximum	4		45.5	3.8	11.3	46.2		2.8	1,320
Average	4		42.5	8.1	9.8	42.8		1.8	1,270
Pie, cream, as purchased:									
Minimum	3		27.8	2.1	6.9	42.3		.5	1,425
Maximum	3		37.2	5.6	17.9	55.8		1.5	1,580
Average	3		32.0	4.4	11.4	51.2		1.0	1,515
Pie, custard, as purchased	1		62.4	4.2	6.3	26.1		1.0	830
Pie, lemon, as purchased	1		47.4	3.6	10.1	37.4		1.5	1,190
Pie, mince, as purchased:									
Minimum	3		34.1	4.5	9.7	30.4		1.3	1,115
Maximum	3		51.1	7.5	14.5	44.0		4.4	1,535
Average	3		41.3	5.8	12.3	38.1		2.5	1,365
Pie, raisin, as purchased	1		37.0	3.0	11.3	47.2		1.6	1,410
Pie, squash, as purchased	1		61.2	4.4	8.4	21.7		1.3	840
Pudding, Indian meal, as purchased	1		60.7	5.5	4.8	27.5		1.5	815
Pudding, rice custard, as purchased	1		59.4	4.0	4.6	31.4		.6	825
Pudding, tapioca, as purchased:									
Minimum	3		52.0	2.8	2.3	21.9		.5	570
Maximum	3		71.6	4.2	4.8	38.1		.9	990
Average	3		64.5	3.3	3.2	28.3		.8	720
Pudding, tapioca, with apples, as purchased	1		70.1	.3	.1	29.3		.2	555
SUGARS, STARCHES, ETC.									
Candy, as purchased <i>a</i>						96.0			1,785
Honey, as purchased: <i>b</i>									
Minimum	17		14.3	.2		77.3		.1	1,450
Maximum	17		21.8	1.1		85.4		.8	1,590
Average	17		18.2	.4		81.2		.2	1,526
Molasses, cane, as purchased:									
Minimum	15		19.0	(5)		58.8		.6	1,180
Maximum	15		33.6	5.1	.2	76.7		7.2	1,345
Average	15		25.1	2.4		69.3		3.2	1,290
Starch, arrowroot, as purchased	1		2.3			97.5		.2	1,815
Starch, cornstarch, as purchased	1					90.0		.9	1,675
Starch, manioc, as purchased	1		10.5	.5	.1	88.8		.1	1,665
Starch, sago, as purchased	1		12.2	9.0	.4	78.1		.3	1,635

a Average composition of some common candies.

	Number of analyses.	Water.	Su- crose.	Invert sugar.	Ash.	Insoluble in cold water.	Remarks.
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per cent.</i>	
Broken candy	8	4.6	75.3	14.0	2.7	0.9 in one sample.	
Cream candy	20	5.3	77.1	8.7	.1	.2 in one sample.	
Marshmallows	3	5.6	33.3	24.1	1.1	27.0	One sample contained 44.8 per cent insoluble matter (starch and flour).
Carameis	3	3.3	37.5	15.2	1.4	32.2	One sample contained 66.3 per cent insoluble matter (starch and flour).
Chocolate creams	1	3.8	58.2	13.8	.5	15.4	

b Contained an average of cane sugar 2.8 and reducing sugar 71.1 per cent. The reducing sugar was composed of about equal amounts of glucose (dextrose) and fruit sugar (levulose).

c Nitrogenous matter, probably not protein.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Total carbohydrate (including fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
SUGARS, STARCHES, ETC.—continued.									
Starch, tapioca, as purchased:		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	7		10.3	0.2		86.6	0.1		1,633
Maximum	7		12.3	.6	0.3	89.0	.2	0.3	1,656
Average	7		11.4	.4	.1	88.0	(5).1	.1	1,650
Sugar, coffee or brown sugar, as purchased	328					95.0			1,765
Sugar, granulated sugar, as purchased						100.0			1,860
Sugar, maple, as purchased:									
Minimum	17					74.0			1,375
Maximum	17					85.2			1,770
Average	17					82.8			1,540
Sugar, powdered, as purchased						100.0			1,860
Sirup, maple, as purchased:									
Minimum	50					45.9			855
Maximum	50					81.9			1,525
Average	50					71.4			1,330
VEGETABLES. <i>g</i>									
Artichokes, as purchased: <i>b</i>									
Minimum	2		77.5	2.2	.1	15.3	.8	.9	330
Maximum	2		81.5	2.9	.2	18.3	.9	1.1	395
Average	2		79.5	2.6	.2	16.7	.8	1.0	365
Asparagus, fresh, as purchased: <i>c</i>									
Minimum	3		93.6	1.6	.2	3.6	.7	.5	104
Maximum	3		94.3	2.1	.3	3.1	.8	1.0	110
Average	3		94.0	1.8	.2	3.3	.8	.7	105
Asparagus, cooked, as purchased	1		91.6	2.1	3.3	2.2		.8	220
Beans, butter, green:									
Edible portion	1		58.9	9.4	.6	29.1		2.0	740
As purchased	1	50.0	29.4	4.7	.3	14.6		1.0	370
Beans, dried, as purchased:									
Minimum	11		9.6	19.9	1.4	57.2	5.2	2.7	1,540
Maximum	11		15.5	26.6	3.1	63.5	7.2	4.4	1,690
Average	11		12.6	22.5	1.8	59.6	(4)4.4	3.5	1,605
Beans, frijoles (New Mexico), as purchased:									
Minimum	4		6.3	20.9	1.0	60.7		4.0	1,625
Maximum	4		9.9	24.4	1.5	66.9		4.4	1,695
Average	4		7.5	21.9	1.3	65.1		4.2	1,675
Beans, Lima, dried, as purchased:									
Minimum	4		8.3	12.8	.6	61.6		3.6	1,600
Maximum	4		12.2	24.5	1.9	70.1		4.7	1,645
Average	4		10.4	18.1	1.5	65.9		4.1	1,625
Beans, Lima, fresh: <i>d</i>									
Edible portion	1		68.5	7.1	.7	22.0	1.7	1.7	570
As purchased		55.0	30.8	3.2	.3	9.9	.8	.8	255
Beans, mesquite, dry, as purchased	1		4.8	12.2	2.5	77.1		3.1	1,765
Beans, string, cooked, edible portion	1		95.3	.8	1.1	1.9		.9	95
Beans, string, fresh: <i>e</i>									
Edible portion—									
Minimum	5		83.5	1.7	.2	5.1	1.2	.7	185
Maximum	5		91.7	2.8	.4	12.6	2.6	.9	300
Average	5		89.2	2.3	.3	7.4	(7)1.9	.8	195
As purchased		7.0	83.0	2.1	.3	6.9	1.8	.7	180
Beets, cooked, edible portion	1		58.6	2.3	.1	7.4		1.6	185
Beets, fresh: <i>f</i>									
Edible portion—									
Minimum	24		79.5	.9	.1	3.8	.6	.7	95
Maximum	24		94.1	3.0	.2	16.3	1.7	2.0	365
Average	24		87.5	1.6	.1	9.7	(18).9	1.1	215
As purchased		20.0	70.0	1.3	.1	7.7		.9	170

a Such vegetables as potatoes, squash, beets, etc., have a certain amount of inedible material, skin, seeds, etc. The amount varies with the method of preparing the vegetables, and can not be accurately estimated. The figures given for refuse of vegetables, fruits, etc., are assumed to represent approximately the amount of refuse in these foods as ordinarily prepared.

b In one sample, protein ($N \times 6.25$) 2.2 and proteids 1.2 per cent.

c Two samples contained an average of 0.23 per cent free acid. Three samples contained an average protein ($N \times 6.25$) 1.83 and proteids 0.94 per cent.

d Contained protein ($N \times 6.25$) 7.1 and proteids 5.7 per cent.

e One sample contained free acid 0.49, protein ($N \times 6.25$) 1.7, and proteids 0.87 per cent.

f The ash of 8 samples contained an average of CaO 6.2, K_2O 4.4, MgO 3.1, P_2O_5 9.4, Na_2O 10.3, and Fe_2O_3 0.3 per cent. Seven samples contained an average of protein ($N \times 6.25$) 1.6, and proteids 0.55 per cent.

Chemical composition of American food materials—Continued.

Food materials.	Number of analy- ses.	Refuse.	Water.	Protein.	Fat.	Total carbohy- drates (includ- ing fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
VEGETABLES—continued.									
Cabbage: <i>a</i>									
Edible portion—		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cal.</i>
Minimum	16	86.0	0.2	0.1	3.4	0.5	0.4	190	
Maximum	16	94.3	2.9	.7	8.0	1.6	2.4	225	
Average	16	91.5	1.6	.3	5.6	(⁶)1.1	1.0	145	
As purchased		15.0	77.7	1.4	.2	4.8	.9	125	
Cabbage, curly, as purchased	1		87.3	4.1	.6	6.2	1.8	215	
Cabbage sprouts:									
Edible portion	1		88.2	4.7	1.1	4.3	1.7	215	
As purchased	1	61.8	33.7	1.8	.4	1.7	.6	80	
Carrots, fresh: <i>b</i>									
Edible portion—									
Minimum	18		83.1	.7		6.5	.6	155	
Maximum	18		91.1	2.0	.7	13.8	1.6	295	
Average	18		88.2	1.1	.4	9.3	(¹⁰)1.1	210	
As purchased		20.0	70.6	.9	.2	7.4	.9	160	
Carrots, evaporated, edible portion	1		3.5	7.7	3.6	80.3	4.9	1,790	
Cauliflower, as purchased: <i>c</i>									
Minimum	2		90.8	1.6	.2	3.4	.6	110	
Maximum	2		93.8	2.0	.8	6.0	.8	175	
Average	2		92.8	1.8	.5	4.7	(¹)1.0	140	
Celery:									
Edible portion—									
Minimum	5		93.1	1.0	.1	3.0	.9	75	
Maximum	5		95.0	1.4	.2	4.6	1.1	115	
Average	5		94.5	1.1	.1	3.3	1.0	85	
As purchased		20.0	75.6	.9	.1	2.6	.8	70	
Collards: <i>d</i>									
Edible portion—									
Minimum	2		85.8	3.3	.5	6.2	1.4	205	
Maximum	2		88.3	5.7	.7	6.5	1.6	250	
Average	2		87.1	4.5	.6	6.3	1.5	225	
As purchased	1	55.3	39.5	1.5	.2	2.9	.6	90	
Corn, green: <i>e</i>									
Edible portion—									
Minimum	3		72.1	2.8	1.0	14.1	.7	360	
Maximum	3		81.3	3.7	1.1	22.6	.8	530	
Average	3		75.4	2.1	1.1	19.7	(¹)1.5	470	
As purchased		61.0	29.4	1.2	.4	7.7	.3	180	
Cucumbers: <i>f</i>									
Edible portion—									
Minimum	4		94.7	.5	.1	2.2	.5	65	
Maximum	4		96.3	.9	.5	4.0	.9	95	
Average	4		95.4	.8	.2	3.1	(⁷)1.7	80	
As purchased		15.0	81.1	.7	.2	2.6	.4	70	
Eggplant, edible portion <i>g</i>	1		92.9	1.2	.3	5.1	.8	130	
Greens, beet, cooked, as purchased	1		89.5	2.2	3.4	3.2	1.7	245	
Greens, dandelion, as purchased	1		81.4	2.4	1.0	10.6	4.6	285	
Greens, turnip-salad, as purchased:									
Minimum	2		84.4	3.2	.5	5.5	1.8	180	
Maximum	2		89.0	5.2	.8	7.1	2.5	265	
Average	2		86.7	4.2	.6	6.3	2.2	220	
Kohl-rabi, edible portion: <i>h</i>									
Minimum	2		90.9	1.7	.1	5.4	1.1	140	
Maximum	2		91.3	2.3	.1	5.6	1.4	145	
Average	2		91.1	2.0	.1	5.5	1.3	145	

a The ash of 2 samples contained an average of CaO 4.7, MgO 1.9, P₂O₅ 5.5, Na₂O 6.3, and K₂O 61.5 per cent. Five samples contained an average of protein (N×6.25) 2.4 and proteids 1.4 per cent.

b The ash of 1 sample contained CaO 7.3, K₂O 53.7, MgO 2.8, P₂O₅ 9.8, Na₂O 1.4, and Fe₂O₃ 0.8 per cent. One sample contained protein (N×6.25) 1 and proteids 0.5 per cent. One sample contained cane sugar 3.6 and fruit sugar 3 per cent.

c One sample contained free acid 0.6, protein (N×6.25) 1.6, and proteids 1 per cent.

d One sample contained protein (N×6.25) 5.7 and proteids 2.9 per cent.

e One sample contained free acid 0.01, protein (N×6.25) 2.8, and proteids 2.2 per cent.

f One sample contained 0.02 per cent free acid. Two samples contained an average of protein (N×6.25) 0.8, and proteids 0.4 per cent.

g Contained free acid 0.01, protein (N×6.25) 1.2, and proteids 0.6 per cent.

h Two samples contained an average of protein (N×6.25) 2 and proteids 0.5 per cent.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Total carbohydrate (including fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
VEGETABLES—continued.									
Leeks:		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cal.</i>
Edible portion	1		91.8	1.2	0.5	5.8		0.7	150
As purchased	1	15.0	78.0	1.0	.4	5.0	0.6	.6	130
Lentils, dried, as purchased:									
Minimum	3		6.4	24.5	.7	58.6		3.2	1,595
Maximum	3		10.7	26.6	1.5	59.8		8.6	1,635
Average	8		8.4	25.7	1.0	59.2		5.7	1,620
Lettuce: a									
Edible portion—									
Minimum	8		91.5	.7	.1	1.6	.4	.5	65
Maximum	8		97.0	1.8	.6	4.9	1.1	1.2	150
Average	8		94.7	1.2	.3	2.9	(?) .7	.9	90
As purchased		15.0	80.5	1.0	.2	2.5		.8	75
Mushrooms, as purchased: b									
Minimum	11		70.8	1.7	.2	2.4	.1	.7	90
Maximum	11		94.4	6.0	.9	20.3	2.0	2.2	525
Average	11		88.1	3.5	.4	6.8	(?) .8	1.2	210
Okra:									
Edible portion—									
Minimum	2		87.4	1.2	.1	5.3		.5	125
Maximum	2		92.9	2.0	.4	9.5		.7	230
Average	2		90.2	1.6	.3	7.4	(?) 5.4	.6	175
As purchased		12.5	78.9	1.4	.2	6.5		.5	155
Onions, fresh: c									
Edible portion—									
Minimum	15		81.5	.2	.1	4.2	.7	.1	90
Maximum	15		95.2	4.4	.8	15.5	1.3	1.2	335
Average	15		87.6	1.6	.3	9.9	(?) .8	.6	225
As purchased		10.0	78.9	1.4	.3	8.9		.5	205
Onions, cooked, prepared, as purchased.	1		91.2	1.2	1.8	4.9		.9	190
Onions, green (New Mexico):									
Edible portion—									
Minimum	2		85.4	.8	.1	9.9		.5	205
Maximum	2		88.7	1.3	.2	12.4		.7	265
Average	2		87.1	1.0	.1	11.2		.6	230
As purchased		51.0	42.6	.5	.1	5.5		.3	115
Paranipe: d									
Edible portion—									
Minimum	3		79.5	1.4	.2	8.5		.7	190
Maximum	3		89.3	1.9	.8	16.7		1.9	375
Average	3		83.0	1.6	.5	13.5	(?) 2.5	1.4	300
As purchased		20.0	66.4	1.3	.4	10.8		1.1	240
Peas, dried, as purchased:									
Minimum	8		6.9	20.4	.8	58.0	1.2	2.2	1,570
Maximum	8		15.0	28.0	1.3	67.4	7.9	4.3	1,670
Average	8		9.5	24.6	1.0	62.0	(?) 4.5	2.9	1,655
Peas, green: e									
Edible portion—									
Minimum	5		71.6	4.4	.3	13.4		.9	400
Maximum	5		79.1	8.0	.6	18.9		1.2	520
Average	5		74.6	7.0	.5	16.9	(?) 1.7	1.0	465
As purchased		45.0	40.8	3.6	.2	9.8		.6	255
Peas, green, cooked, as purchased	1		73.8	6.7	3.4	14.6		1.5	540
Peas, sugar, green, edible portion	1		81.8	3.4	.4	13.7	1.6	.7	335
Cowpeas, dried, as purchased:									
Minimum	13		10.0	19.3	1.1	53.1	3.4	2.9	1,450
Maximum	13		20.9	23.0	1.6	65.4	5.0	3.8	1,650
Average	13		13.0	21.4	1.4	60.8	4.	3.4	1,590
Cowpeas, green, edible portion.	1		65.9	9.4	.6	22.7		8.4	620

a The ash of 2 samples contained an average of CaO 5.1, K₂O 46.6, MgO 0.8, P₂O₅ 5.3, and Na₂O 3.3 per cent. Five samples contained an average of protein (N×6.25) 1.4 and proteids 0.8 per cent.

b Eight samples contained an average of 3.1 protein (N×6.25) and 2.2 per cent proteids.

c The ash of 1 sample contained CaO 6.4, K₂O 30.2, MgO 2.9, and P₂O₅ 12.4 per cent. Four samples contained an average of protein (N×6.25) 1.3 and proteids 0.6 per cent.

d One sample contained CaO 6, K₂O 42.2, MgO 3.1, P₂O₅ 12.8, Na₂O 0.4, and Fe₂O₃ 0.3 per cent.

e One sample contained protein (N×6.25) 4.4, and proteids 4.3 per cent.

f Refuse, pods.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Total carbohydrate (including fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
VEGETABLES—continued.									
Potatoes, raw or fresh: <i>a</i>									
Edible portion—		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cal.</i>
Minimum	136	67.8	1.1	13.5	0.3	0.5	285
Maximum	136	84.0	3.0	0.2	27.4	.9	1.9	570
Average	136	78.8	2.2	.1	18.4	(53). 4	1.0	385
As purchased		20.0	62.6	1.8	.1	14.78	310
Potatoes, evaporated, as purchased:									
Minimum	3	4.8	7.3	.4	79.5	2.7	1,640
Maximum	3	8.7	9.5	.4	82.2	3.6	1,725
Average	3	7.1	8.5	.4	80.9	3.1	1,680
Potatoes, cooked, boiled, as purchased: <i>b</i>									
Minimum	11	69.7	1.8	.0	16.17	340
Maximum	11	81.0	3.1	.4	26.5	1.4	545
Average	11	75.5	2.5	.1	20.9	(1). 6	1.0	440
Potatoes, cooked, chips, as purchased:									
Minimum	2	1.8	6.0	35.5	42.7	4.5	2,580
Maximum	2	2.6	7.6	44.2	50.6	4.5	2,770
Average	2	2.2	6.8	39.8	46.7	4.5	2,675
Potatoes, cooked, mashed, and creamed, as purchased:									
Minimum	4	68.9	2.0	1.0	13.9	1.1	420
Maximum	4	78.0	3.6	4.5	22.4	2.0	615
Average	4	75.1	2.6	3.0	17.8	1.5	505
Potatoes, sweet, raw, or fresh: <i>c</i>									
Edible portion—									
Minimum	95	45.8	.4	.2	17.1	.6	.7	385
Maximum	95	79.0	3.7	1.4	49.1	4.6	2.0	915
Average	95	69.0	1.8	.7	27.4	(86). 1.3	1.1	570
As purchased		20.0	55.2	1.4	.6	21.99	460
Potatoes, sweet, cooked and prepared, as purchased	1	51.9	3.0	2.1	42.19	925
Pumpkins:									
Edible portion—									
Minimum	3	92.3	.9	.1	3.9	.9	.6	85
Maximum	3	94.4	1.1	.2	5.9	1.1	.7	135
Average	3	93.1	1.0	.1	5.2	1.2	.6	120
As purchased		50.0	46.5	.5	.1	2.63	60
Radishes:									
Edible portion—									
Minimum	4	86.6	.5	.0	3.4	.7	.7	85
Maximum	4	94.8	3.0	.3	8.3	.7	1.8	225
Average	4	91.8	1.8	.1	5.8	(2). 7	1.0	185
As purchased		30.0	64.3	.9	.1	4.07	95
Rhubarb: <i>d</i>									
Edible portion—									
Minimum	2	92.7	.3	.1	2.96	65
Maximum	2	96.1	.8	1.2	4.49	145
Average	2	94.4	.6	.7	3.6	(1). 1.1	.7	105
As purchased		40.0	56.6	.4	.4	2.24	66
Ruta-bagas: <i>e</i>									
Edible portion—									
Minimum	5	87.1	.9	.1	6.2	1.1	.7	135
Maximum	5	91.8	2.0	.3	10.3	1.4	1.4	220
Average	5	88.9	1.8	.2	8.5	1.2	1.1	190
As purchased		30.0	62.2	.9	.1	6.08	135

a One sample contained 0.02 per cent free acid. In 4 samples the average amount of protein nitrogen was 57 per cent of the total nitrogen. Twenty samples contained an average of 0.8 per cent malic acid, pectose substances, etc. The ash of 40 samples contained an average of CaO 1, K₂O 59.2, MgO 4.5, P₂O₅ 13.8, Na₂O 4, and SO₃ 6.5 per cent.

b One sample contained cane sugar 0.2, glucose 0.2, and starch 17.4 per cent.

c The edible portion of 26 samples contained an average of cane sugar 2.5 and invert sugar 3.4 per cent. Two samples contained, in the edible portion, an average of protein (N×6.25) 1.8 and proteids 1.3 per cent.

d The edible portion of 1 sample contained free acid 0.5, protein (N×6.25) 0.7, and proteids 0.4 per cent.

e The ash of the edible portion of 3 samples contained an average of CaO 9.4, K₂O 43.6, MgO 2.8, P₂O₅ 11.7, Na₂O 10.2, and Fe₂O₃ 0.5 per cent. One sample contained protein (N×6.25) 2 and proteids 0.9 per cent.

Chemical composition of American food materials—Continued.

Food materials.	Number of analy- ses.	Refuse.	Water.	Protein.	Fat.	Total carbohy- drates (includ- ing fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
VEGETABLES—continued.									
Sauerkraut, as purchased:		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Calcs.</i>
Minimum	2		86.3	1.5	0.2	3.3		3.3	105
Maximum	2		91.3	1.9	.8	4.4		7.0	145
Average	2		86.8	1.7	.5	3.8		5.2	126
Spinach, fresh, as purchased: <i>a</i>									
Minimum	3		91.6	1.8	.2	3.1	0.7	1.9	100
Maximum	3		92.8	2.4	.5	3.4	1.0	2.4	120
Average	3		92.3	2.1	.3	3.2	.9	2.1	110
Spinach, cooked, as purchased	1		89.8	2.1	4.1	2.6		1.4	260
Squash: <i>b</i>									
Edible portion—									
Minimum	10		78.9	.6	.1	3.5	.5	.4	90
Maximum	10		95.2	3.1	1.4	16.1	1.2	1.6	385
Average	10		85.3	1.4	.5	9.0	(⁵)1.8	.8	215
As purchased		50.0	44.2	.7	.2	4.5		.4	105
Tomatoes, fresh, as purchased: <i>c</i>									
Minimum	27		91.3	.3	.2	2.2	.5	.3	75
Maximum	27		96.3	1.3	1.4	6.5	1.2	.8	160
Average	27		94.3	.9	.4	3.9	(²²)1.6	.5	105
Tomatoes, dried, as purchased	1		7.3	12.9	8.1	62.3		9.4	1,740
Turnips: <i>d</i>									
Edible portion—									
Minimum	19		70.1	.7	.1	2.8	.8	.5	100
Maximum	19		95.7	3.9	.4	23.8	3.2	2.1	520
Average	19		89.6	1.3	.2	8.1	(⁹)1.3	.8	185
As purchased		30.0	62.7	.9	.1	5.7		.6	125
VEGETABLES, CANNED.									
Artichokes, as purchased:									
Minimum	3		80.2	.5		3.7	.5	1.4	85
Maximum	3		93.9	1.0		6.8	.6	2.2	140
Average	3		92.5	.8		5.0	.6	1.7	110
Asparagus, as purchased:									
Minimum	14		92.9	.9	.0	2.2	.4	.8	70
Maximum	14		95.4	2.4	.2	4.1	.8	1.8	120
Average	14		94.4	1.5	.1	2.8	.5	1.2	85
Beans, baked, as purchased:									
Minimum	21		59.9	5.1	.3	13.1	1.3	1.4	425
Maximum	21		78.2	8.1	6.8	23.2	4.5	1.6	870
Average	21		68.9	6.9	2.5	19.6	(¹²)2.5	2.1	600
Beans, string, as purchased:									
Minimum	29		77.3	.6	.0	2.0	.4	.5	50
Maximum	29		96.3	4.0	.5	13.5	.8	4.7	345
Average	29		93.7	1.1	.1	8.8	(¹⁸)1.5	1.3	95
Beans, little green, as purchased	1		93.3	1.2	.1	3.4	.6	1.5	90
Beans, wax, as purchased	1		94.5	1.0	.1	3.1	.6	1.2	80
Beans, haricots verts, as purchased:									
Minimum	7		94.3	.9	.0	2.1	.4	.9	55
Maximum	7		96.1	1.4	.3	3.0	.5	1.3	95
Average	7		95.2	1.1	.1	2.5	.5	1.1	70
Beans, haricots flageolets, as purchased:									
Minimum	3		80.4	4.0	.0	10.8	1.0	.9	280
Maximum	3		83.9	5.2	.1	13.4	1.0	1.7	350
Average	3		81.6	4.6	.1	12.5	1.0	1.2	320
Beans, haricots panaches, as purchased	1		86.1	3.7		9.2	1.0	1.0	240
Beans, Lima, as purchased:									
Minimum	16		75.7	3.2	.2	10.5	.9	1.0	280 ^c
Maximum	16		83.9	5.6	6	17.9	1.4	2.6	445
Average	16		79.5	4.0	.3	14.6	(¹⁵)1.2	1.6	360

a The ash of 2 samples contained an average of CaO 2.6, K₂O 39.9, MgO 2.2, P₂O₅ 2.2, and Na₂O 9.4 per cent. One sample contained 0.01 per cent free acid. One sample contained protein (N×6.25) 2.1 and proteids 1.3 per cent.

b The edible portion of 2 samples contained an average of protein (N×6.25) 0.6 and proteids 0.5 per cent.

c The ash of 1 sample contained CaO 5.8, K₂O 68.1, MgO 3.7, and P₂O₅ 8.7 per cent. Six samples contained an average of protein (N×6.25) 0.8 and proteids 0.5 per cent.

d The ash of the edible portion of 4 samples contained an average of CaO 8.8, K₂O 43, MgO 2.7, P₂O₅ 11.4, and Na₂O 8.3 per cent. One sample contained protein (N×6.25) 0.8 and proteids 0.2 per cent. One sample contained 4.4 per cent sugar.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Total carbohydrate (including fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.	
VEGETABLE FOOD—Continued.										
VEGETABLES, CANNED—continued.										
		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>	
Beans, red kidney, as purchased <i>a</i>	1	72.7	7.0	0.2	18.5	1.3	1.6	480	
Brussels sprouts, as purchased	1	93.7	1.5	.1	3.4	.5	1.3	95	
Corn, green, as purchased: <i>b</i>										
Minimum	52	68.3	2.0	.5	9.8	.4	.5	250	
Maximum	52	86.1	3.7	1.9	25.8	1.3	1.6	610	
Average	52	76.1	2.8	1.2	19.0	(¹³) .8	.9	455	
Corn and tomatoes, as purchased:										
Minimum	2	83.6	1.2	.4	6.4	.4	.5	160	
Maximum	2	91.5	2.1	.4	12.7	.6	1.2	295	
Average	2	87.6	1.6	.4	9.6	.5	.8	225	
Macedoine (mixed vegetables), as purchased:										
Minimum	5	91.5	.7	2.3	.4	.8	55	
Maximum	5	95.9	1.7	5.7	.7	1.2	135	
Average	5	93.1	1.4	4.5	.6	1.0	110	
Okra, as purchased: <i>c</i>										
Minimum	4	94.0	.5	.0	3.3	.4	.3	75	
Maximum	4	94.9	.9	.2	3.9	1.4	1.7	95	
Average	4	94.4	.7	.1	3.6	.7	1.2	85	
Okra and tomatoes, as purchased: <i>d</i>										
Minimum	3	91.4	1.1	.2	4.8	.4	1.4	125	
Maximum	3	92.3	1.2	.3	5.7	.6	1.8	135	
Average	3	91.8	1.1	.3	6.2	.5	1.6	120	
Peas, green, as purchased: <i>e</i>										
Minimum	88	77.5	1.6	.0	4.9	.6	.3	130	
Maximum	88	92.7	6.1	.8	17.4	1.5	2.0	405	
Average	88	85.8	3.6	.2	9.8	(¹²) 1.2	1.1	255	
Potatoes, sweet, as purchased:										
Minimum	2	42.0	1.3	.3	29.28	580	
Maximum	2	68.4	2.6	.5	53.6	1.3	1,065	
Average	2	56.2	1.9	.4	41.4	(¹) .8	1.1	820	
Pumpkins, as purchased:										
Minimum	7	89.2	.5	1.1	4.7	.6	.4	100	
Maximum	7	94.3	1.2	.4	9.6	1.5	1.5	205	
Average	7	91.6	.8	.2	6.7	(⁵) 1.1	.7	150	
Squash, as purchased:										
Minimum	5	85.6	.2	.1	8.2	.5	.2	185	
Maximum	5	89.9	1.6	1.2	13.9	1.1	.7	265	
Average	5	87.8	.9	.5	10.5	(²) .7	.5	235	
Succotash, as purchased:										
Minimum	12	71.4	2.9	.7	14.9	.7	.4	375	
Maximum	12	79.9	4.4	1.7	22.4	1.1	1.4	540	
Average	12	75.9	3.6	1.0	18.6	(¹⁰) .9	.9	455	
Tomatoes, as purchased: <i>f</i>										
Minimum	19	92.5	.3	.1	1.4	.4	.2	80	
Maximum	19	97.9	1.7	.3	8.1	.7	1.2	135	
Average	19	94.0	1.2	.2	4.0	(¹¹) .5	.6	105	
PICKLES, CONDIMENTS, ETC.										
Catsup, tomato, as purchased:										
Minimum	2	77.7	1.1	.1	8.5	2.5	185	
Maximum	2	87.8	2.0	.4	16.1	3.8	355	
Average	2	82.8	1.5	.2	12.3	3.2	265	
Horse-radish, as purchased:										
Minimum	2	85.4	1.2	.1	9.6	1.5	210	
Maximum	2	87.5	1.6	.2	11.3	1.6	245	
Average	2	86.4	1.4	.2	10.5	1.5	230	
Horse-radish, evaporated, as purchased	1	4.3	11.0	.8	77.7	6.2	1,685	
Olives, green:										
Edible portion	1	58.0	1.1	27.6	11.6	1.7	1,400	
As purchased	1	27.0	42.3	.8	20.2	8.5	1.2	1,025
Olives, ripe:										
Edible portion	1	64.7	1.7	25.9	4.3	3.4	1,205	
As purchased	1	19.0	52.4	1.4	21.0	3.5	2.7	975
Peppers (paprika), green, dried, as purchased	1	5.0	15.5	8.5	63.0	8.0	1,820	

a Shelled.*b* Thirty-two samples contained an average of 0.4 per cent NaCl.*c* Three samples contained an average of 1.1 per cent NaCl.*d* Three samples contained an average of 1 per cent NaCl.*e* Eighty samples contained an average of 0.7 per cent NaCl.*f* Seven samples contained an average of 0.1 per cent NaCl.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Total carbohydrate (including fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
PICKLES, CONDIMENTS, ETC.—continued.									
Peppers, red chili, as purchased: <i>a</i>		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cal.</i>
Minimum	5	3.9	8.2	6.3	67.3			7.4	1,770
Maximum	5	6.4	11.1	10.3	71.9			8.0	1,895
Average	5	5.8	9.4	7.7	70.0			7.6	1,800
Pickles, cucumber, as purchased:									
Minimum	3		89.0	.4	1.3			2.7	35
Maximum	3		95.5	.7	5.4			4.6	130
Average	3		92.9	.5	2.7			3.6	79
Pickles, mixed, as purchased	1		93.8	1.1	4.0			.7	110
Pickles, spiced, as purchased	1		77.1	.4	1.1	20.7		1.7	395
FRUITS, BERRIES, ETC., FRESH.^b									
Apples: <i>c</i>									
Edible portion—									
Minimum	29		77.3	.1	1	8.8	0.9	.2	175
Maximum	29		90.9	.8	1.4	21.3	1.4	.6	420
Average	29		84.6	.4	.5	14.2	(¹) 1.2	.3	290
As purchased		25.0	63.3	.3	.3	10.8		.3	220
Apricots: <i>d</i>									
Edible portion, average	11		85.0	1.1		18.4		.5	270
As purchased		6.0	79.9	1.0		12.6		.5	255
Bananas, yellow: <i>e</i>									
Edible portion—									
Minimum	6		66.3	1.0	.0	16.3		.5	330
Maximum	6		81.6	1.6	1.4	29.8		1.1	640
Average	6		75.2	1.3	.6	22.0	(¹) 1.6	.8	460
As purchased		35.0	48.9	.8	.4	14.3		.6	300
Blackberries, as purchased: <i>f</i>									
Minimum	9		78.4	.9	.5	7.5		.4	245
Maximum	9		88.9	1.5	2.9	16.7		.9	455
Average	9		86.3	1.3	1.0	16.9	(¹) 3.5	.5	270
Cherries: <i>g</i>									
Edible portion—									
Minimum	16		78.9	.7	.8	11.4		.5	320
Maximum	16		88.1	1.1	.8	20.6		1.0	430
Average	16		80.9	1.0	.8	16.7	(¹) .2	.6	365
As purchased		5.0	76.8	.9	.8	15.9		.6	345
Cranberries, as purchased:									
Minimum	3		87.6	.4	.4	9.3	1.2	.2	200
Maximum	3		89.5	.5	.9	10.9	1.7	.2	245
Average	3		88.9	.4	.6	9.9	(²) 1.5	.2	215
Currants, as purchased	1		85.0	1.5		12.8		.7	265
Figs, fresh, as purchased, average ^h	28		79.1	1.5		18.8		.6	390
Grapes: <i>i</i>									
Edible portion, average	5		77.4	1.3	1.6	19.2	(¹) 4.3	.5	450
As purchased		25.0	58.0	1.0	1.2	14.4		.4	335
Huckleberries, edible portion	1		81.9	.6	.6	16.6		.3	345

^a Refuse, seeds and stem.

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

^c The edible portion of 1 sample contained glucose 6.4, cane sugar 6, and starch, acids, etc., 1.2 per cent. The edible portion of 1 sample contained protein (N×6.25) 0.6 and proteids 0.4 per cent.

^d The edible portion of 1 sample contained 11.9 per cent sugar. The fat was not determined.

^e The edible portion of 1 sample contained protein (N×6.25) 1.4 and proteids 1.2 per cent. The edible portion of 1 sample contained 0.1 per cent free acid.

^f One sample contained protein (N×6.25) 0.9 and proteids 0.7 per cent.

^g The ash of 1 sample contained CaO 4.2, K₂O 57.7, MgO 5.5, P₂O₅ 15.1, Na₂O 6.8, and SO₃ 5.8 per cent. The edible portion of 1 sample contained protein (N×6.25) 1.1 and proteids 0.4 per cent. The edible portion of 1 sample contained 0.1 per cent free acid. Six samples contained an average of 11 per cent sugar.

^h The ash of 3 samples contained an average of CaO 2.4, K₂O 55.8, MgO 5.6, P₂O₅ 12.4, and SO₃ 3.9 per cent. Fat not determined.

ⁱ The ash of 5 samples contained an average of CaO 5, K₂O 50.9, MgO 3, P₂O₅ 21.2, and SO₃ 4.3 per cent.

Chemical composition of American food materials—Continued.

Food materials.	Number of analy- ses.	Refuse.	Water.	Protein.	Fat.	Total carbohy- drates (includ- ing fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
FRUITS; BERRIES, ETC., FRESH—continued.									
Lemons: <i>a</i>									
Edible portion—									
Minimum.....	4		88.4	0.8	0.1	8.2	0.9	0.5	180
Maximum.....	4		90.2	1.1	1.5	9.0	1.3	.5	240
Average.....	4		89.8	1.0	.7	8.6	(¹)1.1	.5	206
As purchased.....		30.0	62.5	.7	.5	5.9		.4	145
Lemon juice.....	22					9.8			180
Muskmelons:									
Edible portion.....	1		89.5	.6		9.3	2.1	.6	185
As purchased.....	1	50.0	44.8	.3		4.6		.3	90
Nectarines: <i>c</i>									
Edible portion.....	1		82.9	.6		15.9		.6	305
As purchased.....	1	6.6	77.4	.6		14.8		.6	285
Oranges: <i>d</i>									
Edible portion—									
Minimum.....	23		80.0	.8	.1	11.6		.5	215
Maximum.....	23		88.3	1.1	.3	18.5		.5	375
Average.....	23		86.9	.8	.2	11.6		.5	240
As purchased.....		27.0	63.4	.6	.1	8.5		.4	170
Peaches:									
Edible portion—									
Minimum.....	2		89.3	.4	.1	9.3		.4	185
Maximum.....	2		89.6	.9	.1	9.4		.5	195
Average.....	2		89.4	.7	.1	9.4	(¹)3.6	.4	190
As purchased.....	2	18.0	73.3	.5	.1	7.7		.3	155
Pears: <i>e</i>									
Edible portion—									
Minimum.....	2		83.9	.6	.1	14.1		.4	275
Maximum.....	2		84.8	.6	.8	14.2		.5	310
Average.....	2		84.4	.6	.6	14.1	(¹) 3.7	.4	295
As purchased.....		10.0	76.0	.5	.4	12.7		.4	260
Persimmons, edible portion <i>f</i>	1		66.1	.8	.7	31.5	1.8	.9	630
Pineapple, edible portion <i>g</i>	1		89.3	.4	.3	9.7	.4	.3	200
Plums: <i>h</i>									
Edible portion, average.....	3		78.4	1.0		20.1		.5	395
As purchased.....		5.0	74.5	.9		19.1		.5	370
Pomegranates, edible portion: <i>i</i>									
Minimum.....	2		75.4	1.3	1.2	18.5	2.6	.5	420
Maximum.....	2		78.2	1.6	2.1	20.4	2.3	.8	495
Average.....	2		76.8	1.5	1.6	19.5	2.7	.6	460
Prunes: <i>j</i>									
Edible portion, average.....	24		79.6	.9		18.9		.6	370
As purchased.....	20	5.8	75.6	.7		17.4		.5	335
Raspberries, red, as purchased <i>k</i>	1		85.8	1.0		12.6	2.2	.6	255
Raspberries, black, edible portion:									
Minimum.....	3		82.2	1.5		11.7		.4	245
Maximum.....	3		86.4	2.1	1.7	13.6		.7	350
Average.....	3		84.1	1.7	1.0	12.6		.6	310
Raspberry juice, edible portion.....	1		49.3	.5		149.9		.3	935
Strawberries: <i>m</i>									
Edible portion—									
Minimum.....	22		85.4	.6	.4	4.4	.7	.4	180
Maximum.....	22		94.0	1.2	1.1	12.3	2.5	.9	235
Average.....	22		90.4	1.0	.6	7.4	(¹⁰)1.4	.6	180
As purchased.....		5.0	85.9	.9	.6	7.0		.6	175

a The ash of 2 samples contained an average of CaO 29.9, K₂O 48.3, MgO 4.4, P₂O₅ 11.1, and SO₂ 2.8 per cent. Two samples contained an average of protein (N×6.25) 0.9 and proteids 0.5 per cent.

b Sugar 2.3, citric acid 7.5 per cent.

c Fat not determined.

d The ash of 9 samples contained an average of CaO 22.7, K₂O 48.9, MgO 5.4, P₂O₅ 12.4, and SO₂ 5.2 per cent. Fat determined in 8 samples, the mean of these assumed to be an average. Eight samples contained an average of 9 per cent sugar.

e One sample contained protein (N×6.25) 0.6 and proteids 0.3 per cent.

f Contained glucose 13.5, cane sugar 1 per cent.

g Contained protein (N×6.25) 0.4 and proteids 0.1 per cent.

h The edible portion contained 13.2 per cent sugar. Fat not determined.

i Two samples contained an average of glucose 11, of cane sugar 0.7 per cent.

j The ash of the edible portion of 3 samples contained an average of CaO 4.7, K₂O 63.8, MgO 5.5, P₂O₅ 14.1, and SO₂ 2.7 per cent. Edible portion of 20 samples contained an average of 16.1 per cent sugar. Fat was not determined.

k Fat not determined.

l Probably sweetened.

m Four samples contained an average of protein (N×6.25) 0.7 and proteids 0.5 per cent. Fifteen samples contained an average of glucose 5.5 and free acid, calculated as malic acid, 1.4 per cent.

Chemical composition of American food materials—Continued.

Food materials.	Number of analy- ses.	Refuse.	Water.	Protein.	Fat.	Total carbohy- drates (includ- ing fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
FRUITS, BERRIES, ETC., FRESH—continued.									
Watermelons: <i>a</i>									
Edible portion—		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	2		92.0	0.3	0.1	6.5		0.2	125
Maximum	2		92.9	.6	.2	6.9		.3	160
Average	2		92.4	.4	.2	6.7		.3	140
As purchased		59.4	37.5	.3	.1	2.7		.1	60
Whortleberries, as purchased <i>b</i>	1		82.4	.7	3.0	13.5	3.3	.4	390
FRUITS, ETC., DRIED.									
Apples, as purchased: <i>c</i>									
Minimum	3		8.6	1.2	.1	48.6		1.4	985
Maximum	3		47.4	2.5	5.0	86.9		2.7	1,630
Average	3		28.1	1.6	2.2	66.1		2.0	1,350
Apricots, as purchased: <i>d</i>									
Minimum	2		36.4	2.9	1.0	62.7		1.4	1,230
Maximum	2		32.4	6.4	1.1	63.3		3.4	1,330
Average	2		29.4	4.7	1.0	62.5		2.4	1,290
Citron, as purchased:									
Minimum	2		12.4	.4	.6	72.5		.8	1,380
Maximum	2		25.6	.6	2.5	83.7		.9	1,675
Average	2		19.0	.5	1.5	78.1		.9	1,525
Currants, Zante, as purchased:									
Minimum	4		5.3	1.0	.4	60.0		2.2	1,195
Maximum	4		35.1	4.7	4.7	85.3		9.1	1,690
Average	4		17.2	2.4	1.7	74.2		4.5	1,495
Dates:									
Edible portion—									
Minimum	2		9.9	2.1	.6	70.4		1.1	1,565
Maximum	2		20.8	2.2	5.1	86.3		1.5	1,670
Average	2		15.4	2.1	2.8	78.4		1.3	1,615
As purchased		10.0	13.8	1.9	2.5	70.6		1.2	1,450
Figs, as purchased: <i>e</i>									
Minimum	3		11.6	2.6	.3	68.3		2.2	1,355
Maximum	3		25.0	5.7	.3	83.1		2.5	1,595
Average	3		18.8	4.3	.8	74.2		2.4	1,475
Grapes, ground, as purchased <i>f</i>	1		34.8	2.8	.6	60.5	3.7	1.2	1,205
Pears, as purchased	1		16.5	2.8	5.4	72.9		2.4	1,635
France: <i>g</i>									
Edible portion—									
Minimum	15		16.9	1.4		68.1		1.5	1,340
Maximum	15		27.5	3.2		78.6		3.0	1,500
Average	15		22.3	2.1		73.3		2.3	1,400
As purchased		15.0	19.0	1.8		62.2		2.0	1,190
Raisins:									
Edible portion—									
Minimum	3		7.1	2.3	.5	71.3		2.0	1,540
Maximum	3		21.0	3.0	7.2	78.8		5.0	1,805
Average	3		14.6	2.6	3.3	79.1		3.4	1,605
As purchased		10.0	13.1	2.3	3.0	68.5		3.1	1,445
Raspberries, as purchased	1		8.1	7.3	1.8	80.2		2.6	1,705
FRUITS, ETC., CANNED; AND JELLIES, PRE- SERVES, ETC.									
Apples, crab, as purchased	1		42.4	.3	2.4	54.4		.5	1,120
Apple sauce, as purchased	1		61.1	.2	.8	37.2		.7	730
Apricots, as purchased	1		81.4	.9		17.3		.4	340
Apricot sauce, as purchased	1		45.2	1.9	1.3	48.8		2.8	1,000
Blackberries, as purchased	1		40.0	.8	2.1	56.4		.7	1,150

a In one melon the rind was 56.8 of the whole, the pulp 6.9, the seeds 2.2, and the juice 35.1 per cent.

The edible portion of 1 sample contained protein ($N \times 6.25$) 0.9 and proteids 0.3 per cent.

b Contained protein ($N \times 6.25$) 0.7 and proteids 0.5 per cent.

c One sample contained 2 per cent free acid calculated as sulphuric acid.

d One sample contained 1.5 per cent free acid calculated as sulphuric acid.

e One sample contained 0.4 per cent free acid calculated as sulphuric acid.

f Contained 0.8 per cent free acid calculated as sulphuric acid and 1.3 per cent tannin.

g The percentage of fat given is evidently too high.

h Twelve samples contained an average of sugar 25.4 and free acid 0.3 per cent, calculated as sulphuric acid. Fat not determined.

Chemical composition of American food materials—Continued.

Food materials.	Number of analy- ses.	Refuse.	Water.	Protein.	Fat.	Total carbohy- drates (includ- ing fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued									
FRUITS, CANNED; AND JELLIES, PRE- SERVES, ETC.—continued.									
Blueberries, as purchased:		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cal.</i>
Minimum	3	84.9	0.4	0.4	12.2	0.2	360
Maximum	3	86.4	.8	.9	13.85	280
Average	3	85.6	.6	.6	12.94	275
Cherries, as purchased	1	77.2	1.1	1	21.15	415
Cherry jelly:									
1st quality, as purchased	1	21.0	1.1	77.27	1,455
2d quality, as purchased	1	38.4	1.2	59.86	1,135
Figs, stewed, as purchased	1	56.5	1.2	.3	40.9	1.1	785
Grape butter, as purchased	1	36.7	1.2	1	58.5	3.5	1,115
Marmalade (orange peel), as purchased	1	14.5	.6	1	84.53	1,585
Peaches, as purchased:									
Minimum	3	81.4	.5	5.33	115
Maximum	3	93.7	.9	2	17.84	340
Average	3	88.1	.7	1	10.83	220
Pears, as purchased:									
Minimum	4	79.01	15.62	300
Maximum	4	83.69	19.53	400
Average	4	81.1	.5	.3	18.03	355
Pineapples, as purchased	1	61.8	4	.7	36.47	715
Prune sauce, as purchased	1	76.6	.5	1	22.35	430
Strawberries, stewed, as purchased	1	74.8	.7	24.05	460
Tomato preserves, as purchased	1	40.9	.7	1	57.67	1,090
NUTS.									
Almonds: <i>b</i>									
Edible portion—									
Minimum	11	2.0	16.6	48.9	12.8	1.6	1.6	2.870	
Maximum	11	5.3	25.3	60.0	21.4	2.5	2.5	3,145	
Average	11	4.8	21.0	54.9	17.8	2.0	2.0	3,080	
As purchased	11	45.0	2.7	11.5	30.2	1.1	1,660
Beechnuts:									
Edible portion	1	4.0	21.9	57.4	13.2	3.5	3,075
As purchased	1	40.8	2.3	13.0	34.0	7.8	2.1	1,820
"Bites" (acorns), (<i>Quercus emoryi</i>):									
Edible portion	1	4.1	8.1	37.4	48.0	2.4	2,620
As purchased	1	35.6	2.6	5.2	24.1	30.9	1.6	1,690
Brazil nuts (<i>Bertholletia excelsa</i>):									
Edible portion	1	5.3	17.0	66.8	7.0	3.9	3,265
As purchased	1	49.6	2.6	8.6	33.7	3.5	2.0	1,655
Butternuts (<i>Juglans cinerea</i>):									
Edible portion	1	4.4	27.9	61.2	3.5	2.9	3,165
As purchased	1	86.4	.6	3.8	8.3	.54	430
Chestnuts, fresh: <i>c</i>									
Edible portion—									
Minimum	9	29.2	4.1	2.0	36.9	1.4	.7	895	
Maximum	9	53.8	8.0	10.8	54.0	2.5	1.8	1,480	
Average	9	45.0	6.2	5.4	42.1	1.8	1.3	1,125	
As purchased	9	16.0	37.8	5.2	4.5	35.4	1.1	945
Chestnuts, dried:									
Edible portion—									
Minimum	8	4.8	8.2	3.9	65.7	2.4	1.5	1,815	
Maximum	8	6.6	13.5	15.3	80.3	3.0	2.9	2,085	
Average	8	5.9	10.7	7.0	74.2	2.7	2.2	1,874	
As purchased	8	21.0	4.5	8.1	5.3	56.4	1.7	1,425
Cocoanuts:									
Edible portion	1	14.1	5.7	50.6	27.9	1.7	2,760
As purchased	1	48.8	7.2	2.9	25.9	14.39	1,418
Cocanut without milk, as purchased	1	37.3	8.9	3.6	31.7	17.5	1.0	1,730
Cocanut milk, as purchased	1	92.7	.4	1.5	4.68	155
Cocanut, prepared, as purchased:									
Minimum	2	2.8	6.0	51.0	24.1	1.2	2,990
Maximum	2	4.3	6.5	63.7	39.0	1.4	3,260
Average	2	3.5	6.3	57.4	31.5	1.3	3,125

a Fifteen samples of marmalade contain an average of water 30.8, sugar 32.8, invert sugar 32.3, glucose 14.2, acid 0.5, and undetermined 3.6 per cent.

b Fresh almonds contain from 40 to 42 per cent water. The ash of the kernel contains CaO 14.5, MgO 18.3, Na₂O 1.8, K₂O 11, MnO₂ 0.3, Fe₂O₃ + Al₂O₃ 0.8, P₂O₅ 48.1, SO₂ 4.6, SiO₂ 0.2, and Cl 0.3 per cent.

c The ash of 2 samples contained an average of CaO 4.6, MgO 8, Na₂O 1.2, K₂O 48.7, MnO₂ 0.2, Fe₂O₃ + Al₂O₃ 0.4, P₂O₅ 23.5, SO₂ 12.8, SiO₂ 0.2, and Cl 0.3 per cent.

d Milk and shell. *e* Shell only.

Chemical composition of American food materials—Continued.

Food materials.	Number of analy- ses.	Refuse.	Water.	Protein.	Fat.	Total carbohy- drates (includ- ing fiber).	Fiber (number of determinations in parentheses).	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued.									
NUTS—continued.									
Filberts:		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Edible portion	1		3.7	15.6	65.3	13.0		2.4	3,290
As purchased	1	52.1	1.8	7.5	31.3	6.2		1.1	1,575
Hickory nuts:									
Edible portion	1		3.7	15.4	67.4	11.4		2.1	3,345
As purchased	1	62.2	1.4	5.8	25.5	4.3		.8	1,265
Lichi nuts:									
Edible portion	1		17.9	2.9	.2	77.5		1.5	1,505
As purchased	1	41.6	10.5	1.7	.1	45.2		.9	875
Peanuts:									
Edible portion—									
Minimum	4		4.9	19.5	32.3	15.3	2.0	1.9	2,415
Maximum	4		13.2	29.1	48.8	40.4	3.0	2.4	2,885
Average	4		9.2	25.8	38.6	24.4	2.5	2.0	2,560
As purchased	2	24.5	6.9	19.5	29.1	18.5		1.5	1,935
Peanut butter, as purchased	2		2.1	29.3	46.5	17.1		65.0	2,825
Pecans, polished:									
Edible portion	1		3.0	11.0	71.2	13.3		1.5	3,455
As purchased	1	53.2	1.4	5.2	33.3	6.2		.7	1,620
Pecans, unpolished:									
Edible portion	1		2.7	9.6	70.5	15.3		1.9	3,435
As purchased	1	46.3	1.5	5.1	37.9	8.2		1.0	1,846
Pine nuts:									
Pignolias, edible portion	1		6.4	33.9	49.4	6.9		3.4	2,845
Piniones (<i>Pinus monophylla</i>)—									
Edible portion	1		3.8	6.5	60.7	26.2		2.8	3,170
As purchased	1	41.7	2.2	3.8	35.4	15.3		1.6	1,850
Pinon (<i>Pinus edulis</i>)—									
Edible portion	1		3.4	14.6	61.9	17.3		2.8	3,205
As purchased	1	40.6	2.0	8.7	36.8	10.2		1.7	1,905
Sabine pine nut (<i>Pinus sabiniana</i>)—									
Edible portion	1		5.1	28.1	58.7	8.4		4.7	2,945
As purchased	1	77.0	1.2	6.5	12.3	1.9		1.1	675
Pistachios:									
First quality, shelled, edible portion	1		4.2	22.3	54.0	16.3		3.2	2,995
Second quality, shelled, edible portion	1		4.3	22.8	54.9	14.9		3.0	3,020
Walnuts, California: <i>b</i>									
Edible portion	1		2.5	18.4	64.4	13.0	1.4	1.7	3,300
As purchased	1	73.1	.7	4.9	17.3	3.5		.5	885
Walnuts, California, black:									
Edible portion—									
Minimum	2		2.5	24.9	54.7	7.4	1.6	1.8	3,070
Maximum	2		2.5	30.3	57.8	16.1	1.8	2.0	3,140
Average	2		2.5	27.6	56.3	11.7	1.7	1.9	3,105
As purchased	2	74.1	.6	7.2	14.6	3.0		.5	805
Walnuts, California, soft shell:									
Edible portion—									
Minimum	4		2.5	14.3	60.0	14.5	1.4	1.2	3,195
Maximum	4		2.5	20.4	67.0	19.1	3.2	1.6	3,470
Average	4		2.6	16.6	63.4	16.1	2.6	1.4	3,285
As purchased	1	58.1	1.9	6.9	26.6	6.8		.6	1,375
"Malted nuts," as purchased	1		2.6	23.7	27.6	43.9		2.2	2,240
MISCELLANEOUS.									
Chocolate, as purchased:									
Minimum	2		1.5	12.5	47.1	26.8		1.1	2,720
Maximum	2		10.3	13.4	50.2	33.8		3.4	2,995
Average	2		5.9	12.9	48.7	30.3		2.2	2,560
Cocoa, as purchased:									
Minimum	3		3.2	20.6	27.1	35.3		5.4	2,235
Maximum	3		5.4	22.7	31.5	40.6		8.9	2,370
Average	3		4.6	21.6	28.9	37.7		7.2	2,320
Cereal coffee infusion (1 part boiled in 20 parts water) <i>c</i>	5		98.2	0.2		1.4		0.2	30
Yeast, compressed, as purchased	1		65.1	11.7	.4	21.0		1.8	625

a 4.1 per cent salt.

b Fresh walnuts contain from 20 to 27 per cent water. The ash of 7 samples of kernel contained the average of CaO 5.6, MgO 16.6, Na₂O 1, K₂O 12.7, MnO₂ 0.3, Fe₂O₃+Al₂O₃ 3.2, P₂O₅ 57.8, SO₃ 1.3, SiO₂ 0.7, and Cl 0.7 per cent.

c The average of five analyses of cereal coffee grain is: Water 6.2, protein 13.3, fat 3.4, carbohydrates 72.6, and ash 4.5 per cent. Only a portion of the nutrients, however, enter into the infusion. The average in the table represents the available nutrients in the cereal coffee infusion. Infusion of genuine coffee and of tea contain practically no nutrients.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
UNCLASSIFIED FOOD MATERIALS.									
ANIMAL AND VEGETABLE.									
<i>Soups, homemade.</i>									
Beef soup, as purchased:									
Minimum	2		P. ct. 92.3	P. ct. 2.7	P. ct. .5	P. ct. 0.3	P. ct. 1.1	P. ct. 1.1	Cals. 110
Maximum	2		93.5	6.2	.5	2.2	1.2	1.2	130
Average	2		92.9	4.4	.4	1.1	1.2	1.2	120
Bean soup, as purchased	1		84.3	3.2	1.4	9.4	1.7	2.0	295
Chicken soup, as purchased	1		84.3	10.5	.8	2.4	2.0		275
Clam chowder, as purchased:									
Minimum	2		81.6	.7	.5	2.5	.6		90
Maximum	2		95.7	2.9	1.1	11.0	3.4		305
Average	2		88.7	1.8	.8	6.7	2.0		195
Meat stew, as purchased:									
Minimum	5		82.6	3.7	2.0	4.3	1.0		255
Maximum	5		87.6	5.6	6.4	7.9	1.3		445
Average	5		84.5	4.6	4.3	5.5	1.1		370
<i>Soups, canned.</i>									
Asparagus, cream of, as purchased	1		87.4	2.5	3.2	5.5	1.4		285
Bouillon, as purchased:									
Minimum	3		96.5	1.7	.1	.4			40
Maximum	3		96.7	2.6	.2	1.4			50
Average	3		96.6	2.2	.1	.9			50
Celery, cream of, as purchased	1		82.6	2.1	2.8	5.0	1.5		250
Chicken gumbo, as purchased:									
Minimum	2		86.8	3.0	.2	3.8	1.3		135
Maximum	2		91.7	4.6	1.7	5.5	1.4		260
Average	2		89.2	3.8	.9	4.7	1.4		195
Chicken soup, as purchased:									
Minimum	2		93.2	3.2	1.2	.9			90
Maximum	2		94.5	3.9	.2	1.7	1.2		105
Average	2		93.8	3.6	.1	1.5	1.0		100
Consommé, as purchased	1		96.0	2.5	.4	1.1			55
Cream, corn of, as purchased	1		86.8	2.5	1.9	7.8	1.0		270
Julienne, as purchased	1		95.9	2.7	.5	.9			60
Mock turtle, as purchased:									
Minimum	2		88.9	4.5	.5	1.6	1.2		160
Maximum	2		90.8	5.9	1.3	3.9	1.4		210
Average	2		89.8	5.2	.9	2.8	1.3		185
Mulligatawny, as purchased:									
Minimum	2		87.2	3.3	3.8	1.1			145
Maximum	2		91.3	4.1	.3	7.6	1.3		215
Average	2		89.8	3.7	.1	5.7	1.2		180
Oxtail:									
Edible portion—									
Minimum	2		88.3	3.9	5	4.2	1.3		175
Maximum	2		89.4	4.1	2.1	4.3	1.9		245
Average	2		88.8	4.0	1.8	4.3	1.6		210
As purchased	1	1.8	87.8	3.8	.5	4.2	1.9		170
Pea soup, as purchased:									
Minimum	4		81.6	1.5	5.1	.7			220
Maximum	4		91.7	5.8	1.6	11.1	1.5		315
Average	4		86.9	3.6	.7	7.6	1.2		235
Pea, cream of green, as purchased	1		87.7	2.6	2.7	5.7	1.3		270
Tomato soup, as purchased:									
Minimum	2		89.7	1.7	.9	5.3	1.2		180
Maximum	2		90.4	1.9	1.2	6.0	1.7		185
Average	2		90.0	1.8	1.1	5.6	1.5		185
Turtle, green, as purchased	1		86.6	6.1	1.9	3.9	1.5		265
Vegetable, as purchased	1		95.7	2.9	.5	.9			65
<i>Miscellaneous.</i>									
Hash, as purchased	1		80.3	6.0	1.9	0.4	2.4		365
"Infants' and invalids' foods," as purchased: a									
Minimum	22		2.4	2.0	.3	66.9	.3		1,615
Maximum	22		12.3	22.5	10.9	89.4	4.5		1,985
Average	22		6.0	12.7	3.3	76.2	1.8		1,795

a This includes malted milk, infants' foods, and similar preparations which are sold under various trade names but are similar in composition.

Chemical composition of American food materials—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.		Fat.	Total carbo- hydrates.	Ash.	Fuel value per pound.
				N × 6.25.	By differ- ence.				
UNCLASSIFIED FOOD MATERIALS—Cont'd.									
ANIMAL AND VEGETABLE—cont'd.									
<i>Miscellaneous—cont'd.</i>									
Mince-meat, commercial, as purchased:		<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>P. ct.</i>	<i>Cals.</i>
Minimum	3	20.8	1.48	56.7	1.1	1,125
Maximum	3	39.7	14.6	2.2	67.4	7.1	1,420
Average	3	27.7	6.7	1.4	60.2	4.0	1,305
Mince-meat, homemade, as purchased:									
Minimum	3	49.6	3.4	4.9	28.6	1.0	900
Maximum	3	56.9	6.3	8.1	34.1	2.5	1,080
Average	3	54.4	4.8	6.7	32.1	2.0	970
Salad, ham, as purchased	1	69.4	15.4	7.6	5.6	2.0	710
Sandwich, egg, as purchased	1	41.4	9.6	12.7	34.5	1.8	1,355
Sandwich, chicken, as purchased	1	48.5	12.3	5.4	32.1	1.7	1,055

INDEX.

	Page.		Page.
Acorns.....	74	Beef, fore quarter	27
Alewife.....	45	shank.....	25, 26
Almonds.....	74	fresh.....	19-29
American pale cheese	54	heart.....	28
red cheese.....	54	hind quarter	27, 28
Apple pie.....	64	shank.....	26
sauce, canned.....	73	juice.....	55
tapioca pudding.....	64	kidney.....	28
Apples.....	71	liver.....	28
dried.....	73	loin.....	21, 22
Apricot sauce, canned.....	73	trimmings.....	22
Apricots.....	71	luncheon.....	29
canned.....	73	lungs.....	29
dried.....	73	marrow.....	29
Arles sausage.....	43	mess.....	30
Arrowroot.....	64	navel.....	22
Artichokes.....	65	neck.....	22
canned.....	69	plate.....	22, 23
Asparagus.....	65	corned.....	30
canned.....	69	porterhouse steak.....	21
cooked.....	65	pressed.....	29
soup, canned.....	76	rib rolls.....	23, 24
Bacon, smoked.....	42	trimmings.....	24
Baked beans, canned.....	69	ribs.....	23
sirloin steak.....	29	roast.....	29
Baker's cake.....	62	round.....	24, 25
Bananas.....	71	rump.....	25
Barley, granulated.....	56	corned.....	30
meal and flour.....	56	sandwich meat.....	29
pearled.....	56	scraps, cooked.....	29
Bass, black.....	45	shoulder.....	27
red.....	45	and clod.....	26, 27
sea.....	45	sides.....	28
striped.....	46	sirloin butt.....	21
Bean soup.....	76	steak.....	21
Beans.....	65, 69, 70	socket.....	27
Beechnuts.....	74	soup.....	76
Beef, boiled.....	29	stock.....	28
brains.....	28	spiced.....	30
brisket.....	19	sweetbreads.....	29
corned.....	30	canned.....	28
canned.....	29, 30	suet.....	29
chuck.....	19, 20	tenderloin.....	22
ribs.....	19, 20	broiled.....	29
cooked.....	29	top of sirloin.....	22
corned.....	30	tongue.....	29
and pickled.....	30	canned.....	30
crose ribs.....	24	pickled.....	30
dried, salted, and smoked.....	31	Beet greens, cooked.....	66
fat.....	28	Beets.....	65
flank.....	20, 21	cooked.....	65
corned.....	30	Berries.....	71-74

	Page		Page
Bloties.....	74	Canned baked beans.....	69
Biscuit.....	60, 63	beef.....	29, 30
Black bass.....	45	sausage.....	43
Blackberries.....	71	sweetbreads.....	29
canned.....	73	tongue.....	30
Blackfish.....	46	blackberries.....	73
Blueberries, canned.....	74	blueberries.....	74
Bluefish.....	46	boars' brains.....	42
cooked.....	50	heads.....	43
Boars brains, canned.....	42	boiled beef.....	29
heads, canned.....	43	brook trout.....	52
Boiled beef.....	29	brussels sprouts.....	70
canned.....	29	cherries.....	74
eggs.....	53	chicken gunbo.....	76
potatoes.....	68	sandwich.....	44
rice.....	57	soup.....	76
smoked ham.....	41	collops.....	29
Bologna sausage.....	43	consomme.....	76
Boneless ham.....	41	corn and tomatoes.....	70
salt cod.....	51	corned beef.....	29
Boston crackers.....	61	mutton.....	37
Boudon cheese.....	54	crabapples.....	73
Bouillon.....	76	crabs.....	53
Brains, beef.....	28	cream of asparagus.....	76
boars', canned.....	42	celery.....	76
pork.....	40	corn soup.....	76
Brazil nuts.....	74	pea soup.....	76
Bread.....	59-61	deviled ham.....	43
Breakfast foods.....	59	dried beef.....	29
Brisket, beef.....	19, 30	figs.....	74
Broiled lamb chops.....	34	Frankfort sausage.....	44
Spanish mackerel.....	50	green beans.....	69
tenderloin steak.....	29	corn.....	70
Brook trout.....	49	turtle soup.....	76
canned.....	52	haricots flageolets.....	69
Brussels sprouts, canned.....	70	panaches.....	69
Brown bread.....	59	verts.....	69
sugar.....	85	Italian Bologna sausage.....	43
Buckwheat farina and groats.....	56	julienne soup.....	76
flour.....	56	kidney beans.....	70
self-raising.....	56	lamb.....	35
Buffale fish.....	46	tongue.....	35
Buns.....	60	lamprey.....	51
Butter.....	54	lima beans.....	69
beans.....	65	lobster.....	53
crackers.....	62	long olams.....	53
white bread.....	61	luncheon beef.....	29
Butter-fish.....	46	macedoine.....	70
Buttermilk.....	54	mock turtle soup.....	76
Butternuts.....	74	mulligatawny soup.....	76
Cabbage.....	66	okra.....	70
curly.....	66	and tomatoes.....	70
sprouts.....	66	ox cheek.....	29
Cake.....	62, 63	palates.....	29
Calf's-foot jelly.....	55	tails.....	30
California flat cheese.....	54	Oxford sausage.....	44
salmon.....	49	oxtail soup.....	76
wheat flour.....	57	oysters.....	53
Candy.....	64	peaches.....	74
Canned and preserved fish.....	50	peas.....	76
apple sauce.....	73	pears.....	74
apricot sauce.....	73	peas.....	70
apricots.....	73	pickled minogy.....	51
artichokes.....	69	pilchard.....	51
asparagus.....	69	pineapples.....	74

	Page.		Page.
Canned pork	42, 43	Cheshire cheese.....	56
sausage	44	Cherries.....	71
poultry and game.....	44	canned	74
prune sauce.....	74	Cherry jelly.....	74
pumpkins.....	70	Chestnuts.....	74
quail.....	44	dried	74
roast beef.....	29	Chicken broilers.....	44
plover.....	44	fricasseed.....	44
round clams.....	53	gizzard.....	44
rump steak.....	29	gumbo, canned.....	76
salmon.....	51	heart.....	44
salt mackerel.....	51	liver.....	44
sardines.....	51	sandwich.....	77
sausage.....	43, 44	canned.....	44
shrimp.....	53	soup.....	76
smoked haddock.....	51	canned.....	76
soups.....	76	Chill-con-carne.....	29
squash.....	70	Chili peppers.....	71
stewed kidneys.....	29	Chocolate.....	75
strawberries.....	74	creams.....	64
string beans.....	69	layer cake.....	62
succotash.....	70	Chuck, beef.....	19, 20
sweet potatoes.....	70	mutton.....	35
tomato soup.....	76	ribs and shoulder, pork.....	37
tomatoes.....	70	veal.....	31
tongue, mutton.....	37	Cinnamon buns.....	60
tripe.....	30	Ciscoe.....	46
turkey sandwich.....	44	Citron, dried.....	73
tunny.....	52	Clam chowder.....	76
vegetable soup.....	76	Clams, long, canned.....	53
vegetables.....	69, 70	in shell.....	52
wax beans.....	69	round, canned.....	53
Capon, cooked.....	44	in shell.....	52
with stuffing.....	44	Cocoa.....	75
Caramels.....	64	Cococanut, prepared.....	74
Carrots.....	66	Cococanuts.....	74
cooked.....	66	Cod, dressed.....	46
Cassava bread.....	59	salt.....	50
Catfish.....	46	boneless.....	51
Cauliflower.....	66	steak.....	46
Calery.....	66	whole.....	46
soup, canned.....	76	Coffee cake.....	62
Cereal coffee.....	75	Collards.....	66
Cerealine.....	56	Collops, canned.....	29
Cheddar cheese.....	54	Condensed milk.....	55
Cheese, American pale.....	54	Condiments.....	70, 71
red.....	54	Consommé, canned.....	76
Boudon.....	54	Cooked asparagus.....	65
California flat.....	54	beef.....	29
Cheddar.....	54	beet greens.....	66
Cheshire.....	54	beets.....	65
cottage.....	54	bluefish.....	50
cream.....	54	capon.....	44
Dutch.....	54	carrots.....	66
Fromage de Brie.....	54	fish.....	50
full-cream.....	54	green peas.....	67
imitation full-cream.....	54	hominy.....	56
old English.....	54	lamb.....	34
Limburger.....	54	mutton.....	37
Neuchatel.....	54	onions.....	67
pineapple.....	55	pork steak.....	42
Roquefort.....	55	poultry and game.....	44
skim-milk.....	55	round steak.....	29
Swiss.....	55	spinach.....	69
whole-milk.....	54	string beans.....	65

	Page.		Page.
Cooked sweet potatoes.....	68	Dried tomatoes.....	69
Cookies.....	63	Drop cake.....	63
Corn and tomatoes, canned.....	70	Dutch cheese.....	54
bread.....	60	Eels, salt-water.....	46, 47
flour.....	56	Egg crackers.....	62
meal, granular.....	56	sandwich.....	77
unbolted.....	56	Eggplant.....	66
preparations.....	56	Eggs, cooked.....	53, 54
Corned beef, brisket.....	30	uncooked.....	53
canned.....	29	Evaporated horse-radish.....	70
flank.....	30	potatoes.....	68
plate.....	30	Farina.....	56, 59
rump.....	30	Fig biscuits.....	63
mutton, canned.....	37	Figs, cauned.....	74
Cornstarch.....	64	dried.....	73
Cottage cheese.....	54	fresh.....	71
Cottolene.....	55	Fish, cooked.....	50
Cowpeas, dried.....	67	fresh.....	45-50
green.....	67	preserved and cannod.....	50-52
Crabapples, canned.....	73	Filberts.....	75
Crabs, canned.....	53	Flaked rice.....	57
hardshell.....	52	wheat.....	59
Cracked wheat.....	59	Flank, beef.....	20, 21, 30
Cracker meal.....	62	mutton.....	35
Crackers.....	61, 62	pork.....	37
Cranberries.....	71	veal.....	31
Crayfish.....	52	Flatbread.....	62
Cream.....	55	Flat cheese, California.....	54
candy.....	64	Flounder.....	47
cheese.....	54	Flour.....	56-58
crackers.....	62	Fore quarter, beef.....	27
of pea soup, canned.....	76	lamb.....	34
pie.....	64	mutton.....	36
white bread.....	61	veal.....	33
Cross ribs, beef.....	24	Fore shank, beef.....	25, 26
Cucumber pickles.....	71	veal.....	33
Cucumbers.....	66	Fowls.....	44
Cup cake.....	62	Frankfort sausage.....	43
Currant buns.....	60	French rolls.....	60
Currants.....	71	Fricassee chicken.....	44
dried.....	73	Fried ham, smoked.....	41
Cusk.....	46	Frijoles.....	65
Custard pie.....	64	Frogs' legs.....	52
Dairy products.....	54, 55	Fromage de Brie.....	54
Dandelion greens.....	66	Frosted cake.....	63
Dates, dried.....	73	Fruit cake.....	63
Devised ham, canned.....	43	Fruits.....	71-73
Doughnuts.....	63	Full-cream cheese.....	54
Dried apples.....	73	Gelatin.....	55
apricots.....	73	Gingerbread.....	63
beans.....	65	Ginger snaps.....	63
beef, canned.....	29	Gizzard, chicken.....	44
chestnuts.....	74	goose.....	44
citron.....	73	turkey.....	44
cowpeas.....	67	Gluten bread.....	60
currants.....	73	wheat flour.....	57
dates.....	73	Goose gizzard.....	44
figs.....	73	liver.....	44
ground grapes.....	73	young.....	44
lentils.....	67	Graham bread.....	60
pears.....	73	crackers.....	62
peas.....	67	flour.....	57
prunes.....	73	Granular corn meal.....	56
raspberries.....	73	Granulated barley.....	56
sturgeon.....	51	sugar.....	65

	Page.		Page.
Grape butter.....	74	Jumbles	64
Grapes	71	Kafir corn.....	56
ground and dried	73	Kidney beans, canned.....	70
Green beans, canned	69	fat, mutton	37
corn	66	Kidneys, beef.....	28
canned	70	mutton.....	37
turtle	53	pork	40
soup, canned	76	stewed, canned	29
Haddock	47	veal	34
canned, smoked.....	51	Kingfish	47
smoked	51	Kohl-rabi	66
Hake.....	47	Koumiss	55
Halibut, smoked	51	Lady fingers	63
steaks.....	47	Lamb, breast.....	34
Ham, boiled, smoked	41	canned	35
boneless, raw	41	chops, broiled	34
cooked, luncheon	41	cooked	34
deviled, canned	43	fore quarter.....	24
fat	40	fresh	34
fresh	38	hind leg.....	34
fried, smoked	41	quarter	34
salad	77	leg	34
skin.....	41	loin	34
smoked	40, 41	neck	34
Hardshell crabs	52	shoulder	34
Haricots flageolets, canned	69	side.....	34
panaches, canned	69	tongue, canned.....	35
verts, canned	69	Lamprey	47
Hash.....	76	canned	51
Head-cheese	38	Lard, refined	55
Heart, beef.....	28	unrefined	55
chicken	44	Layer cake, chocolate.....	62
mutton.....	37	Leeks	67
pork	40	Leg, lamb.....	34
turkey	44	veal.....	31, 32
veal.....	34	Lemon juice	72
Hens' eggs, cooked	53, 54	pie	64
uncooked	53	Lemons	71
Herring.....	47	Lettuce	71
smoked	51	Lichi nuts	75
Hickory nuts	75	Lima beans	65
Hind quarter, beef	27, 28	canned	69
lamb	34	dried.....	65
mutton.....	36, 37	Limburger cheese.....	54
veal	33	Liver, beef.....	28
shank, beef.....	26	chicken	44
veal	33	goose	44
Holsteiner sausage	43	mutton.....	37
Homemade biscuit.....	60	pork	40
white bread	61	turkey	64
Hominy.....	56	veal	34
cooked	56	Lobster	53
Honey	64	canned	53
Horse-radish	70	Loin, beef.....	21, 22
Hot cross buns.....	60	lamb	34
Huckleberries	71	mutton.....	36
Imitation full-cream cheese.....	54	fat-free	36
old English cheese	54	trimmings, beef	23
Indian-meal pudding.....	64	veal.....	32
Infants' foods	76	with kidney	32
Isinglass, sturgeon	55	Luncheon beef, canned.....	29
Invalids' foods.....	76	ham, cooked.....	41
Jelly, calf's-foot	55	Lungs, beef.....	29
cherry	74	mutton.....	37
Julienne soup, canned	76	pork	40

	Page.		Page.
Lungs, veal	34	Nectarines	72
Lyons sausage	43	Neuchatel cheese	54
Macaroni	59	New England white bread	61
Macaroons	63	Noodles	59
Macedoine, canned	70	Nuts	74, 75
Mackerel	47	Oatmeal	56
salt	51	crackers	62
canned in oil	51	gruel	57
Spanish	49	water	57
broiled	50	Oats, rolled	57
Malted nuts	75	Okra	67
Manioca	64	and tomatoes, canned	70
Maple sirup	65	canned	70
sugar	65	Oleomargarine	55
Marmalade, orange	74	Olives, green	70
Marrow, beef	29	ripe	70
pork	40	Onions, cooked	67
Marshmallows	64	fresh	67
Maryland biscuit	60	Orange marmalade	74
Mashed potatoes	68	Oranges	72
Meals	56, 57	Ox cheek, canned	29, 57
Meat stew	76	palates, canned	29
Mesquite beans	65	tails, canned	30
Mess beef, salted	30	Oxtail soup, canned	76
Minogy, pickled	51	Oyster crackers	62
Milk, condensed	55	solids	53
skimmed	55	Oysters, canned	53
whole	55	in shell	53
Milk white bread	61	Pale cheese, American	54
Mince-meat	76	Parched and toasted wheat	59
pie	64	corn	56
Mock turtle soup, canned	76	Parsnips	67
Molasses, cane	64	Pea soup, canned	76
cookies	63	Peaches, canned	74
Mullet	47	fresh	72
Mulligatawny, canned	76	Peanut butter	75
Mushrooms	67	Peanuts	75
Muskellunge	47	Pearled barley	56
Muskmelons	72	Pears	72
Mussels in shell	53	canned	74
Mutton, canned	37	dried	73
chuck	34, 35	Peas, canned	70
cooked	37	dried	67
flank	35	green	67
fore quarter	36	Pecans	75
heart	37	Peppers, green, dry	70
hind quarter	36	Perch, pike	48
kidney	37	white	47, 48
fat	37	yellow	48
leg	35	Persimmons	72
liver	37	Pickeral, pike	48
loin	36	Pickled minogy, canned	51
fat, free	36	pigs' feet	42
lungs	37	tongues	41, 42
neck	36	tripe	30
organs	37	Pickles	70, 71
roast, leg	37	Pics	64
shoulder	36	Pigs' feet	40
side	37	pickled	42
tongue, cauned	37	tails	40
Navel, beef	22	tongues, pickled	41, 42
Neck, beef	22	Pike, gray	43
lamb	34	perch	48
mutton	36	pickeral	48
veal	32	Pilchard, canned in tomatoes	51
		Pilot bread, canned in tomatoes	62

	Page.		Page.
Pineapple cheese.....	55	Quaker white bread.....	61
Pineapples.....	72	Radishes.....	68
canned.....	74	Raisin pie.....	64
Pine nuts.....	75	Raisins.....	78
Pistachios.....	75	Raspberries.....	72
Plain rolls.....	60	dried.....	73
Plate, beef.....	22, 23	Raspberry juice.....	72
corned.....	30	Red bass.....	45
Plower, canned roast.....	44	cheese, American.....	54
Plums.....	72	grouper.....	48
Pollock.....	48	snapper.....	48
Pomegranates.....	72	Rhubarb.....	68
Pompano.....	48	Rib rolls, beef.....	23, 24
Pop corn.....	56	trimmings, beef.....	24
Porgy.....	48	Ribs, beef.....	23
Pork, back fat.....	39	pork, cooked.....	42
belly fat.....	39	veal.....	32, 33
brains.....	40	Rice.....	57
canned.....	42, 43	boiled.....	57
chops.....	38	custard.....	64
chuck ribs and shoulder.....	37	flaked.....	57
clear backs.....	39	flour.....	57
bellies.....	39	Roast beef.....	29
dry salted backs.....	42	canned.....	29
bellies.....	42	leg of lamb.....	34
fat, salt.....	42	mutton.....	37
flank.....	37	turkey.....	44
ham, fat.....	40	Roe shad.....	49
head.....	38	Rolled oats.....	57
heart.....	40	Rolls.....	60
kidney.....	40	Roquefort cheese.....	55
jowl.....	40	Round steak, cooked.....	29
lean ends, salt.....	42	Rump, beef, corned.....	30
liver.....	40	steak, canned.....	29
lungs.....	40	veal.....	33
marrow.....	40	Ruta-bagas.....	68
middle cuts.....	39	Rye and wheat bread.....	60
organs.....	40	bread.....	60
pickled.....	41, 42	black.....	60
ribs, cooked.....	42	whole.....	60
sausage.....	43	flour.....	57
shoulder.....	39	meal.....	57
smoked.....	41	Sago.....	64
side.....	39	Salmi sausage.....	43
skin.....	40	Salmon.....	48, 49
steak, cooked.....	42	California.....	49
tenderloin.....	39	canned.....	51
trimmings.....	40	landlocked.....	49
Porterhouse steak.....	21	trout.....	50
Potato chips.....	68	Salt cod.....	50
Potatoes.....	68	boneless.....	51
Poultry and game.....	44	mackerel.....	51
canned.....	44	canned.....	51
cooked.....	44	meas beef.....	30
Powdered sugar.....	65	pork, clear fat.....	42
Preserves.....	73, 74	lean ends.....	42
Pressed beef.....	29	Saltines.....	62
Pretzels.....	62	Salt-water eels.....	46, 47
Prune sauce, canned.....	74	Sandwich meat, beef.....	29
Prunes.....	72	Sardines, canned.....	51
dried.....	73	Sauerkraut.....	69
Puddings.....	64	Sausage.....	43
Pumpkins.....	68	Arles.....	43
canned.....	70	banquet.....	43
Quail, canned.....	44	beef, canned.....	43

	Page.		Page.
Sausage, Bologna	43	Steak, pork	42
canned	43, 44	cooked	42
farmer	43	round, cooked	20
Frankfort	43	rump, canned	29
canned	44	sirloin, baked	29
Holsteiner	43	tenderloin	22
Italian Bologna, canned	43	broiled	29
Lyons, pure ham	43	Strawberries	72
Oxford, canned	44	canned	71
pork	43	Stewed kidneys, canned	29
and beef	43	String beans, canned	69
canned	44	cooked	65
Salmi	43	fresh	65
summer	43	Striped bass	46
tongue	43	Sturgeon	49
Wienerwurst	43	caviare	51
Scallops, fresh	53	dried	51
Sea bass	45	isinglass	55
Self-raising wheat flour	57	spinal column	55
Shal	49	Succotash, canned	70
roe	49	Suct, beef	29
Sheepshead	49	Sugar buns	60
Shellfish, etc	52, 53	cookies	63
canned	53	peas	67
Shoulder and clod, beef	26, 27	Sugars	64, 65
beef	27	Sweetbreads	29
lamb	34	canned	29
mutton	36	Sweet potatoes	68
pork	39	canned	70
smoked	41	cooked	68
Shredded wheat	59	Swiss cheese	55
Shrimp, canned	53	Tallow	55
Sides, beef	28	Tapioca	65
Sirloin steak, baked	29	pudding	64
Skate	49	Tenderloin steak, beef	22
Skimmed milk	55	broiled	29
cheese	55	pork	39
Smelt	49	Terrapin	53
Smoked bacon	42	Toasted bread	60
haddock	51	Tomato catsup	70
halibut	51	preserves	74
ham	40, 41	soup, canned	76
herring	51	Tomatoes	69
pork shoulder	41	canned	70
Soda biscuit	60	dried	69
crackers	62	Tomcod	49
Soup stock	28	Tongue sausage	43
Soups	76	Tongues, beef	29
canned	76	canned	30
Spaghetti	59	pickled	30
Spanish mackerel	49	Tripe, canned	30
broiled	50	pickled	30
Spiced beef, rolled	30	Trout, brook	49
pickles	71	canned	52
Spinach	69	salmon	50
cooked	69	Tunny, canned	52
Split white bread	61	in oil	52
Sponge cake	63	Turbot	50
Squash	69	Turkey	44
canned	70	gizzard	44
pie	64	heart	44
Starches	64, 65	liver	44
Steak, beef	29	roast, with stuffing	44
cod	46	sandwich, canned	44
halibut	47	Turnip salad, greens	56

	Page.		Page.
Turnips.....	69	Wafers.....	63
Vanilla wafers.....	63	Walnuts, California.....	75
Veal.....	31-34	black.....	75
breast.....	31	soft-shell.....	75
chuck.....	31	Watermelons.....	73
cutlet.....	32	Water crackers.....	62
flank.....	31	rolls.....	60
fore quarter.....	33	Wax beans, canned.....	69
shank.....	33	Weakfish.....	50
heart.....	34	Wheat bread.....	60, 61
hind quarter.....	33	flours.....	57, 58
shank.....	33	germs.....	59
kidney.....	34	glutens.....	59
leg.....	31, 32	preparations.....	59
liver.....	34	Whey.....	55
loin.....	32	White-bread biscuit.....	60
with kidney.....	32	Quaker.....	61
lungs.....	34	split.....	61
neck.....	32	Vienna.....	61
ribs.....	32, 33	Whitesfish.....	50
rump.....	33	Whole-wheat bread.....	61
side.....	33	flour.....	57
Vegetable soup, canned.....	76	Whortleberries.....	73
Vegetables.....	65-70	Wienerwurst.....	43
Vermicelli.....	59	Yeast, compressed.....	75
Vienna rolls.....	60	Zwieback.....	61
white bread.....	61		