

**The chemical composition of American food materials / by W.O. Atwater and Chas. D. Woods.**

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

THE CHEMICAL COMPOSITION  
OF  
AMERICAN FOOD MATERIALS.

BY

W. O. ATWATER, Ph. D.,

AND

CHAS. D. WOODS, B. S.



WASHINGTON:  
GOVERNMENT PRINTING OFFICE.  
1896.

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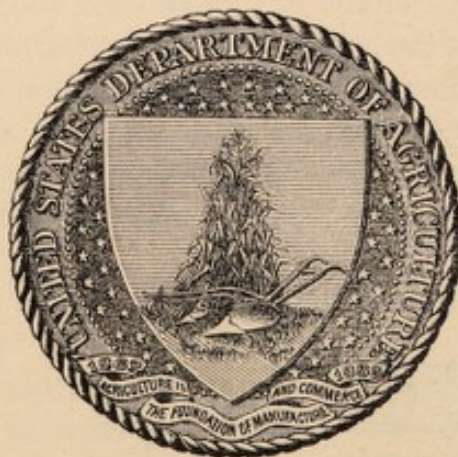
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## LETTER OF TRANSMITTAL.

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

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

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

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

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

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

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

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

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

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

A. C. TRUE,  
*Director.*

Hon. J. STERLING MORTON,  
*Secretary of Agriculture.*

# THE CHEMICAL COMPOSITION OF AMERICAN FOOD MATERIALS.

## INTRODUCTION.

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

## BRIEF HISTORY OF FOOD ANALYSIS.

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



ernment officers charged with the responsibility of making analyses in the interests of the public. The methods followed in different countries agree so closely that for the last twenty years it has been possible to accept analyses by chemists in different parts of the world and compare them one with another without hesitation. The first analyses made by modern methods in the United States were a series of analyses of Indian corn in 1869.<sup>1</sup> Excepting the investigations of Professor Storer, at the Bussey Institute, little work in this line was done until the establishment of the experiment stations. Since that time a large number of analyses have been made. Jenkins and Winton's "Compilation of Analyses of American Feeding Stuffs" includes analyses of grain and vegetables and is complete up to 1891. A very large number of analyses of food fishes, oysters, etc., have been published. Many analyses of meat, flour, etc., have been made in connection with dietary studies. In the present compilation the results of all these have been included, as well as the analyses of some 500 specimens of food made at the instance of the World's Columbian Commission and not yet published in detail.

Up to the present time no standard work has existed in English giving the results of American analyses of American materials used as the food of man. König's classic compilation<sup>2</sup> includes many of them, but they do not form a chapter by themselves. They are included in the average of results from many other sources, but are not readily available for American work.

#### CONTENTS OF THE TABLE OF ANALYSES.

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

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

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

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

<sup>2</sup>Chemie der menschlichen Nahrungs- und Genussmittel.

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

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

Food materials.	Fresh specimens.	Preserved specimens.	Total.
<b>ANIMAL FOODS.</b>			
Beef.....	336	78	414
Veal.....	88		88
Lamb.....	13	1	14
Mutton.....	77	2	79
Pork.....	61	71	132
Sausage.....			41
Fish.....	109	31	140
Shellfish, etc.....	61	10	71
Fowl.....	20	4	24
Eggs.....			39
Cheese.....			87
Condensed milk.....			7
Soups.....		26	26
Miscellaneous.....			14
Total animal food materials.....			1,176
<b>VEGETABLE FOODS.</b>			
<i>Cereals, sugar, etc.</i>			
Barley meal.....	7		7
Buckwheat flour, etc.....	15		15
Corn meal, etc.....	25		25
Oat meal, etc.....	24		24
Rice.....	20		20
Rye flour and meal.....	7		7
Wheat flour.....	191		191
Other wheat preparations.....	35		35
Bread, crackers, cake, etc.....	184		184
Sugars, starches, etc.....	113		113
Total cereals, sugar, etc.....	621		621
<i>Vegetables.</i>			
Beets, turnips, and other roots.....	72	3	75
Beans and peas.....	33	159	192
Potatoes.....	75		75
Sweet potatoes.....	88	2	90
Other vegetables.....	65	114	179
Total vegetables.....	333	278	611
<i>Fruits, etc.</i>			
Fruits, nuts, etc.....	47	36	83
Fruits incompletely analyzed.....	76	5	81
Total fruits, nuts, etc.....	123	41	164
Total vegetable food materials.....			1,396
Total food materials.....			2,572

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

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

#### EXPLANATIONS OF TERMS.

##### COMPOSITION OF FOOD MATERIALS.

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

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

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

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

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

*Protein.*—Protein is commonly obtained by multiplying the total nitrogen by 6.25.<sup>1</sup> It includes three principal classes of substances:

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

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

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

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

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

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

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

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

#### CUTS OF MEATS.

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

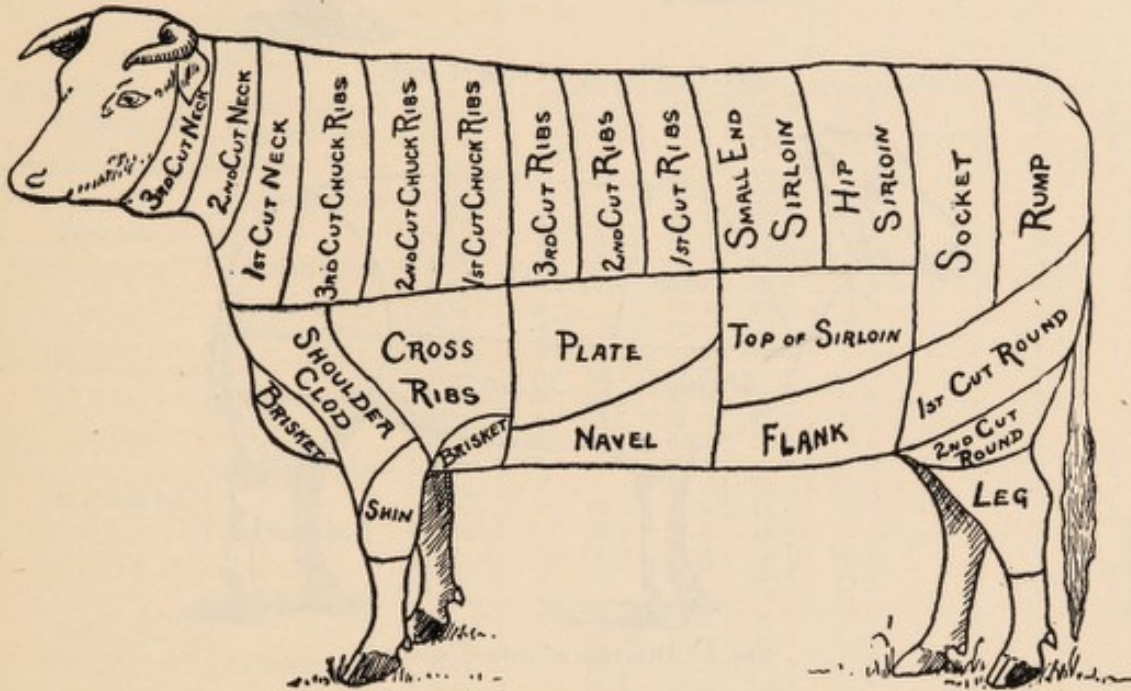


FIG. 1.—Diagram of cuts of beef.

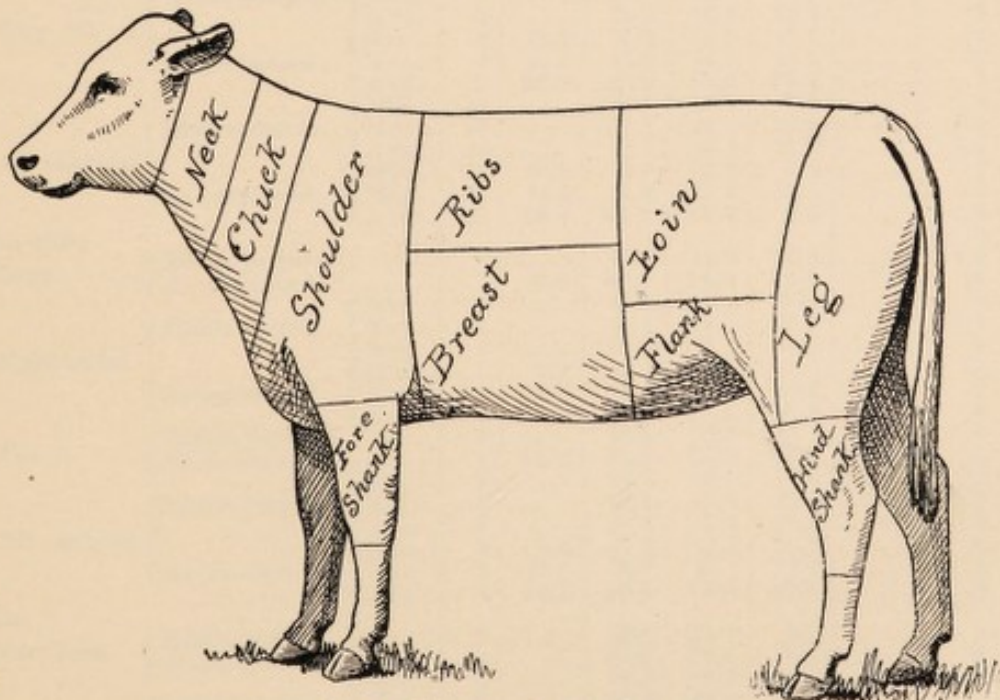


FIG. 2.—Diagram of cuts of veal.

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

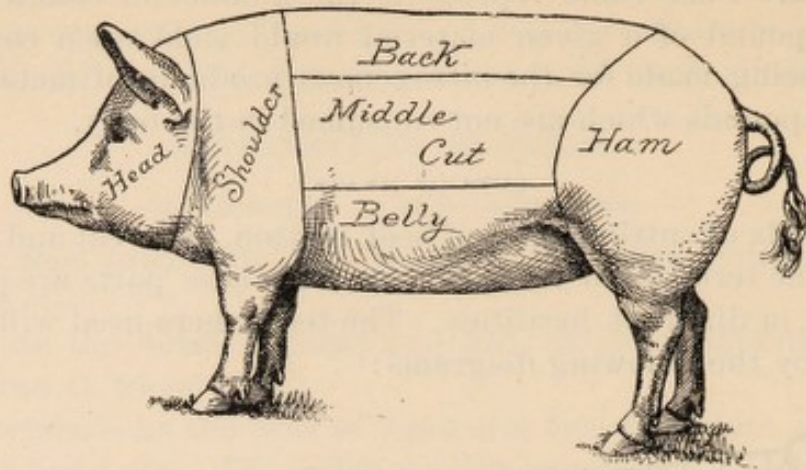


FIG. 3.—Diagram of cuts of pork.

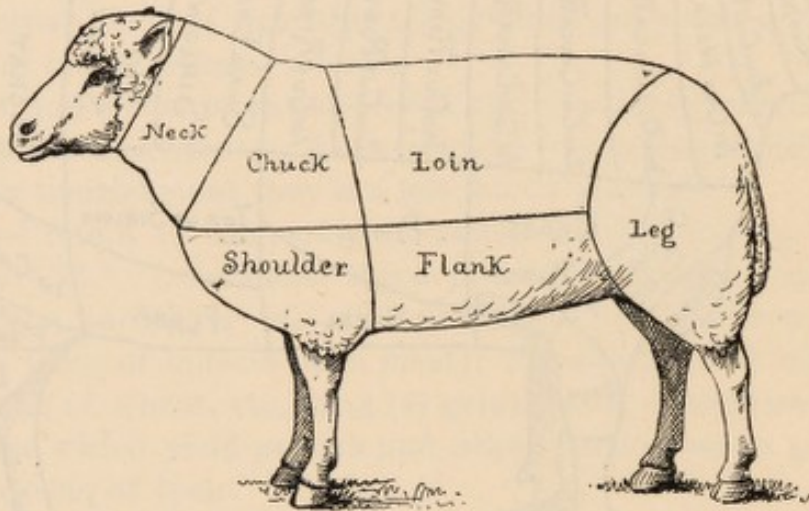


FIG. 4.—Diagram of cuts of mutton.

COMPOSITION OF AMERICAN FOOD PRODUCTS.

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

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Beef, fresh</i> —Continued.									
Flank—Continued.									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Medium fat.	Edible portion	Min..	4	57.4	17.4	18.7	.8	1,130	
		Max..	4	62.2	18.2	24.3	.9	1,350	
	As purchased	Min..	4	59.8	17.9	21.5	.8	1,240	
		Max..	4	1.1	52.3	15.7	18.5	.8	1,115
	Avg.	Min..	4	11.8	61.4	18.0	24.0	.9	1,330
		Max..	4	3.8	57.5	17.2	20.7	.8	1,195
Fat.....	Edible portion	Min..	3	53.5	15.4	27.2	.8	1,465	
		Max..	3	54.9	17.4	30.3	.8	1,565	
	As purchased	Min..	3	54.2	16.6	28.4	.8	1,505	
		Max..	2	1.7	49.1	14.2	26.7	.7	1,435
	Avg.	Min..	2	8.3	53.9	16.9	27.7	.8	1,435
		Max..	2	5.0	51.5	15.6	27.2	.7	1,435
Very fat.....	Edible portion	Min..	2	27.4	12.0	43.8	.7	2,100	
		Max..	2	41.9	13.6	59.9	.7	2,750	
	As purchased	Min..	2	34.7	12.8	51.8	.7	2,425	
		Max..	2	.4	24.3	10.6	43.6	.6	2,090
	Avg.	Min..	2	11.5	41.8	13.5	53.0	.7	2,435
		Max..	2	6.0	33.0	12.0	48.3	.7	2,260
All analyses	Edible portion	Min..	12	27.4	12.0	8.3	.7	745	
		Max..	12	69.6	21.2	59.9	1.0	2,750	
	As purchased	Min..	12	56.1	17.3	25.8	.8	1,410	
		Max..	11	.4	24.3	10.6	8.2	.6	735
	Avg.	Min..	11	17.8	69.2	21.0	53.0	1.0	2,435
		Max..	11	3.8	54.4	16.7	24.3	.8	1,335
Loin:									
Very lean...	Edible portion	1	71.3	18.7	9.0	1.0	730		
	As purchased	1	20.4	56.8	14.9	7.2	.7	580	
Lean.....	Edible portion	Min..	12	63.1	13.1	11.5	.7	730	
		Max..	12	74.7	23.1	15.0	1.2	990	
	As purchased	Min..	12	67.0	19.3	12.7	1.0	895	
		Max..	11	6.7	52.1	15.4	10.0	.6	645
	Avg.	Min..	11	21.0	66.2	19.8	13.0	1.0	860
		Max..	11	13.1	58.2	16.7	11.1	.9	780
Medium fat.	Edible portion	Min..	28	56.5	10.6	16.1	.5	1,030	
		Max..	28	68.3	20.2	23.7	2.2	1,350	
	As purchased	Min..	28	60.5	18.3	20.2	1.0	1,190	
		Max..	28	4.1	44.4	8.5	13.7	.4	860
	Avg.	Min..	28	22.1	58.1	19.0	22.7	1.9	1,290
		Max..	28	13.0	52.6	15.9	17.6	.9	1,040
Fat.....	Edible portion	Min..	6	52.1	15.8	25.1	.8	1,375	
		Max..	6	56.9	17.8	29.6	.9	1,560	
	As purchased	Min..	6	54.7	16.8	27.6	.9	1,475	
		Max..	6	5.9	44.3	13.8	23.6	.7	1,280
	Avg.	Min..	6	15.0	53.6	16.1	25.9	.9	1,380
		Max..	6	10.2	49.2	15.8	24.0	.8	1,305
Very fat.....	Edible portion	Min..	2	51.1	16.3	31.5	.8	1,635	
		Max..	2	51.3	16.5	31.6	.9	1,635	
	As purchased	Min..	2	51.2	16.4	31.5	.9	1,635	
		Max..	2	3.6	45.2	14.4	27.8	.7	1,440
	Avg.	Min..	2	11.9	49.2	15.9	30.4	.9	1,580
		Max..	2	7.8	47.2	15.1	29.1	.8	1,510
All analyses	Edible portion	Min..	49	51.1	10.6	9.0	.5	730	
		Max..	49	74.7	23.1	31.6	2.2	1,635	
	As purchased	Min..	49	61.2	18.3	19.5	1.0	1,160	
		Max..	48	3.6	44.3	8.5	7.2	.4	580
	Avg.	Min..	48	22.1	66.2	19.8	30.4	1.9	1,580
		Max..	48	12.6	53.3	15.9	17.3	.9	1,025
Loin, boneless strip:									
Very lean, as purchased	1	77.2	18.0	4.0	.8	500			
Lean, as purchased	1	66.3	20.5	12.2	1.0	895			
Medium fat, as purchased	Min..	2	55.6	19.3	19.2	1.0	1,170		
	Max..	2	60.5	22.7	20.5	1.2	1,285		
Fat, as purchased	Min..	2	58.1	21.0	19.8	1.1	1,230		
	Max..	2	53.6	16.8	28.8	.8	1,530		
Very fat, as purchased	1	50.9	16.0	32.4	.7	1,665			
All analyses, as purchased	Min..	6	50.9	18.0	4.0	.7	500		
	Max..	6	77.2	22.7	32.4	1.2	1,665		
	Avg.	6	60.7	18.9	19.5	.9	1,175		
Loin, sirloin butt:									
Very lean, as purchased	1	72.1	20.5	6.4	1.0	650			
Lean, as purchased	1	68.5	19.8	10.7	1.0	820			
Medium fat, as purchased	Min..	2	60.4	18.9	14.7	.9	995		
	Max..	2	63.7	20.5	19.8	1.1	1,190		
Fat, as purchased	Min..	2	62.1	19.7	17.2	1.0	1,095		
	Max..	1	58.6	17.1	23.5	.8	1,310		

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Beef, fresh—Continued.</i>									
Loin, sirloin butt—Continued.									
Very fat, as purchased.....	1	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
			<b>51.6</b>	<b>16.6</b>	<b>31.0</b>		.8	<b>1,615</b>	
All analyses, as purchased.....	Min..	6	51.6	16.6	6.4		.8	650	
	Max..	6	72.1	20.5	31.0		1.1	1,615	
	Avg..	6	<b>62.5</b>	<b>18.9</b>	<b>17.7</b>		<b>.9</b>	<b>1,100</b>	
Loin, tenderloin:									
Lean, as purchased.....	Min..	2	62.6	16.7	17.2		.9	1,055	
	Max..	2	64.2	17.6	19.8		1.0	1,145	
	Avg..	2	<b>63.4</b>	<b>17.2</b>	<b>18.5</b>		<b>.9</b>	<b>1,100</b>	
Medium fat, as purchased.....	Min..	4	53.5	11.3	21.6		.6	1,120	
	Max..	4	66.5	16.9	29.9		.8	1,545	
	Avg..	4	<b>57.1</b>	<b>14.8</b>	<b>27.3</b>		<b>.8</b>	<b>1,430</b>	
All analyses, as purchased.....	Min..	6	53.5	11.3	17.2		.6	1,055	
	Max..	6	64.2	17.6	29.9		1.0	1,545	
	Avg..	6	<b>59.2</b>	<b>15.6</b>	<b>24.4</b>		<b>.8</b>	<b>1,320</b>	
Loin, top of sirloin:									
Medium fat. {	Edible portion.....	1	42.2	13.3	43.7		.8	2,090	
	As purchased.....	1	<b>3.2</b>	<b>40.9</b>	<b>12.9</b>	<b>42.3</b>		<b>.7</b>	<b>2,025</b>
Loin, trimmings:									
Lean..... {	Edible portion {	Min..	2	65.3	18.8	13.6		.9	925
		Max..	2	66.7	18.8	15.0		.9	985
		Avg..	2	66.0	18.8	14.3		.9	955
As purchased.. {	Min..	2	31.9	10.9	3.2	2.5		.2	165
	Max..	2	83.2	45.4	12.8	9.3		.6	630
	Avg..	2	<b>57.6</b>	<b>28.1</b>	<b>8.0</b>	<b>5.9</b>		<b>.4</b>	<b>400</b>
Medium fat. {	Edible portion.....	1	54.5	15.9	28.7		.9	1,505	
	As purchased.....	1	<b>38.0</b>	<b>33.7</b>	<b>9.9</b>	<b>17.8</b>		<b>.6</b>	<b>935</b>
Fat..... {	Edible portion {	Min..	3	45.8	14.4	36.0		.7	1,785
		Max..	3	48.9	14.8	38.6		.8	1,905
		Avg..	3	47.7	14.6	36.9		.8	1,830
As purchased.. {	Min..	3	31.6	12.2	4.0	10.3		.2	510
	Max..	3	73.3	33.2	10.0	24.7		.5	1,230
	Avg..	3	<b>46.6</b>	<b>25.7</b>	<b>7.8</b>	<b>19.5</b>		<b>.4</b>	<b>965</b>
All analyses {	Edible portion {	Min..	6	45.8	14.4	13.6		.7	925
		Max..	6	66.7	18.8	36.9		.9	1,830
		Avg..	6	55.0	16.2	28.0		.8	1,480
As purchased.. {	Min..	6	31.6	10.9	3.2	2.5		.2	165
	Max..	6	83.2	45.4	12.8	24.7		.6	1,230
	Avg..	6	<b>48.8</b>	<b>27.9</b>	<b>8.2</b>	<b>14.7</b>		<b>.4</b>	<b>775</b>
Navel..... {	Edible portion.....	1	47.6	15.1	36.5		.8	1,820	
	As purchased.....	1	<b>11.4</b>	<b>42.2</b>	<b>13.4</b>	<b>32.3</b>		<b>.7</b>	<b>1,610</b>
Neck:									
Very lean... {	Edible portion.....	1	71.8	22.3	4.9		1.0	625	
	As purchased.....	1	<b>35.2</b>	<b>46.5</b>	<b>14.5</b>	<b>3.2</b>		<b>.6</b>	<b>405</b>
Lean..... {	Edible portion.....	1	71.0	20.0	8.0		1.0	710	
	As purchased.....	1	<b>29.0</b>	<b>50.4</b>	<b>14.2</b>	<b>5.7</b>		<b>.7</b>	<b>505</b>
Medium fat. {	Edible portion {	Min..	10	60.5	18.4	11.5		.8	850
		Max..	10	67.9	20.4	19.8		1.1	1,185
		Avg..	10	63.4	19.2	16.5		.9	1,055
As purchased.. {	Min..	10	19.5	37.8	12.4	8.6		.5	665
	Max..	10	37.5	50.8	16.0	15.4		.8	890
	Avg..	10	<b>27.6</b>	<b>45.9</b>	<b>13.9</b>	<b>11.9</b>		<b>.7</b>	<b>760</b>
All analyses {	Edible portion {	Min..	12	60.5	18.4	4.9		.8	625
		Max..	12	71.8	22.3	19.8		1.1	1,185
		Avg..	12	64.8	19.5	14.8		.9	990
As purchased.. {	Min..	12	19.5	37.8	12.4	3.2		.5	405
	Max..	12	37.5	50.8	16.0	15.4		.8	890
	Avg..	12	<b>28.4</b>	<b>46.3</b>	<b>13.9</b>	<b>10.7</b>		<b>.7</b>	<b>710</b>
Plate:									
Very lean... {	Edible portion {	Min..	2	67.0	19.8	10.6		.9	815
		Max..	2	68.7	20.0	11.9		1.1	875
		Avg..	2	67.9	19.9	11.2		1.0	840
As purchased.. {	Min..	2	18.3	47.1	14.1	8.3		.8	610
	Max..	2	29.7	56.1	16.1	8.7		.8	665
	Avg..	2	<b>24.0</b>	<b>51.6</b>	<b>15.1</b>	<b>8.5</b>		<b>.8</b>	<b>640</b>
Lean..... {	Edible portion {	Min..	3	60.8	8.6	16.5		.4	855
		Max..	3	74.5	17.8	20.8		.9	1,205
		Avg..	3	65.9	14.6	18.8		.7	1,065
As purchased.. {	Min..	3	15.7	51.3	6.9	13.2		.3	685
	Max..	3	19.8	59.8	14.9	17.5		.7	1,015
	Avg..	3	<b>17.3</b>	<b>54.4</b>	<b>12.2</b>	<b>15.5</b>		<b>.6</b>	<b>880</b>
Medium fat. {	Edible portion {	Min..	6	48.7	14.7	25.0		.7	1,360
		Max..	6	57.5	16.7	35.6		.9	1,780
		Avg..	6	53.5	15.6	30.1		.8	1,560
As purchased.. {	Min..	6	13.1	42.2	12.0	20.4		.6	1,120
	Max..	6	18.3	49.0	14.1	30.9		.7	1,545
	Avg..	6	<b>15.2</b>	<b>45.4</b>	<b>13.2</b>	<b>25.5</b>		<b>.7</b>	<b>1,320</b>



## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Beef, fresh</i> —Continued.									
Plate—Continued.									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Fat.....	Edible portion {	Min ..	2	44.4	12.4	39.4	.7	1,950	
		Max ..	2	45.0	15.4	41.9	.8	2,000	
		Avg ..	2	44.7	13.9	40.7	.7	1,975	
	As purchased.. {	Min ..	2	15.0	36.4	10.6	32.4	.5	1,600
		Avg ..	2	17.9	38.3	12.6	35.6	.7	1,700
			<b>16.5</b>	<b>37.3</b>	<b>11.6</b>	<b>34.0</b>	<b>.6</b>	<b>1,650</b>	
Very fat....	Edible portion ..	1	34.6	9.8	55.1	.5	2,505		
	As purchased ..	1	<b>9.0</b>	<b>31.4</b>	<b>8.9</b>	<b>50.2</b>	<b>.5</b>	<b>2,285</b>	
All analyses	Edible portion {	Min ..	14	34.6	8.6	10.6	.4	815	
		Max ..	14	68.7	20.0	55.1	1.1	2,505	
		Avg ..	14	55.6	15.4	28.2	.8	1,475	
	As purchased.. {	Min ..	14	9.0	31.4	6.9	8.3	.3	610
		Avg ..	14	29.7	59.8	16.1	50.2	.8	2,285
			<b>16.7</b>	<b>46.0</b>	<b>12.7</b>	<b>23.9</b>	<b>.7</b>	<b>1,245</b>	
Ribs:									
Very lean...	Edible portion ..	1	72.6	21.1	5.6	.7	630		
	As purchased ..	1	<b>26.7</b>	<b>53.2</b>	<b>15.5</b>	<b>4.1</b>	<b>.5</b>	<b>460</b>	
Lean.....	Edible portion {	Min ..	6	66.0	16.9	9.8	.8	780	
		Max ..	6	69.5	20.8	14.0	1.0	945	
		Avg ..	6	67.9	19.1	12.0	1.0	860	
	As purchased.. {	Min ..	6	12.8	46.7	12.4	6.8	.6	530
		Avg ..	6	32.6	60.7	17.1	11.0	.9	745
			<b>22.6</b>	<b>52.6</b>	<b>14.8</b>	<b>9.3</b>	<b>.7</b>	<b>670</b>	
Medium fat.	Edible portion {	Min ..	14	49.9	15.9	18.0	.8	1,095	
		Max ..	14	63.0	18.0	32.9	1.1	1,690	
		Avg ..	14	55.4	16.9	26.8	.9	1,445	
	As purchased.. {	Min ..	14	15.3	40.2	12.0	12.8	.4	780
		Avg ..	14	28.7	49.9	14.6	26.5	.9	1,360
			<b>20.8</b>	<b>43.8</b>	<b>13.4</b>	<b>21.3</b>	<b>.7</b>	<b>1,150</b>	
Fat.....	Edible portion {	Min ..	8	47.4	14.8	33.9	.6	1,715	
		Max ..	8	50.2	16.5	36.8	.8	1,830	
		Avg ..	8	48.1	15.4	35.8	.7	1,795	
	As purchased.. {	Min ..	7	.6	34.3	11.0	27.9	.5	1,410
		Avg ..	7	24.4	47.8	15.6	39.9	.7	1,890
			<b>16.1</b>	<b>39.5</b>	<b>12.6</b>	<b>31.2</b>	<b>.6</b>	<b>1,550</b>	
All analyses	Edible portion {	Min ..	29	47.4	14.8	5.6	.6	630	
		Max ..	29	72.6	20.8	36.8	1.1	1,830	
		Avg ..	29	56.6	17.1	25.5	.8	1,395	
	As purchased.. {	Min ..	28	.6	34.3	11.0	4.1	.4	460
		Avg ..	28	32.6	60.7	17.1	39.9	.9	1,890
			<b>20.2</b>	<b>44.9</b>	<b>13.6</b>	<b>20.6</b>	<b>.7</b>	<b>1,120</b>	
Rib rolls:									
Very lean, as purchased .....	Min ..	2	73.3	19.6	4.6	1.0	590		
	Max ..	2	74.0	21.1	5.4	1.0	595		
	Avg ..	2	<b>73.7</b>	<b>20.3</b>	<b>5.0</b>	<b>1.0</b>	<b>595</b>		
Lean, as purchased .....	Min ..	3	67.3	18.5	8.4	.9	730		
	Max ..	3	70.5	20.1	13.3	1.0	905		
	Avg ..	3	<b>69.0</b>	<b>19.5</b>	<b>10.5</b>	<b>1.0</b>	<b>805</b>		
Medium fat, as purchased.....	Min ..	4	60.7	18.0	15.3	.9	985		
	Max ..	4	65.6	19.1	20.4	.9	1,195		
	Avg ..	4	<b>63.9</b>	<b>18.5</b>	<b>16.7</b>	<b>.9</b>	<b>1,050</b>		
Fat, as purchased.....	Min ..	2	50.5	16.3	30.5	.8	1,595		
	Max ..	2	52.4	16.6	32.1	.8	1,665		
	Avg ..	2	<b>51.5</b>	<b>16.4</b>	<b>31.3</b>	<b>.8</b>	<b>1,630</b>		
All analyses, as purchased....	Min ..	11	50.5	16.3	4.6	.8	590		
	Max ..	11	74.0	21.1	32.1	1.0	1,665		
	Avg ..	11	<b>64.8</b>	<b>18.7</b>	<b>15.6</b>	<b>.9</b>	<b>1,005</b>		
Rib trimmings:									
Very lean....	Edible portion ..	1	71.6	20.9	6.5	1.0	665		
	As purchased ..	1	<b>42.6</b>	<b>41.1</b>	<b>12.0</b>	<b>3.7</b>	<b>.6</b>	<b>380</b>	
Medium fat	Edible portion {	Min ..	7	49.3	14.3	17.9	.8	1,095	
		Max ..	7	62.9	18.3	35.7	.9	1,775	
		Avg ..	7	57.4	16.8	25.0	.8	1,370	
	As purchased.. {	Min ..	7	31.0	30.3	8.8	12.3	.4	710
		Avg ..	7	44.8	43.2	12.6	22.0	.6	1,100
			<b>34.8</b>	<b>37.4</b>	<b>10.9</b>	<b>16.3</b>	<b>.6</b>	<b>890</b>	
Fat.....	Edible portion {	Min ..	2	45.9	13.6	35.4	.7	1,765	
		Max ..	2	49.2	14.7	39.8	.7	1,935	
		Avg ..	2	47.6	14.1	37.6	.7	1,850	
	As purchased.. {	Min ..	2	30.1	28.5	8.4	24.8	.4	1,200
		Avg ..	2	37.9	34.4	10.2	24.8	.5	1,235
			<b>34.0</b>	<b>31.5</b>	<b>9.3</b>	<b>24.8</b>	<b>.4</b>	<b>1,220</b>	
Very fat....	Edible portion ..	1	33.9	10.7	54.9	.5	2,515		
	As purchased ..	1	<b>20.9</b>	<b>26.8</b>	<b>8.4</b>	<b>43.5</b>	<b>.4</b>	<b>1,990</b>	

## Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
<i>Beef, fresh—Continued.</i>										
Rib trimmings—Continued.										
			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
All analyses	Edible portion	Min..	11	33.9	10.7	6.5	.....	.5	665	
		Max..	11	71.6	20.9	54.9	.....	1.0	2,515	
		Avg..	11	54.7	16.1	28.4	.....	.8	1,500	
	As purchased..	Min..	11	20.9	26.8	8.4	3.7	.....	.4	380
		Max..	11	44.8	43.2	12.6	43.5	.....	.6	1,990
		Avg..	11	<b>34.1</b>	<b>35.7</b>	<b>10.5</b>	<b>19.2</b>	.....	.5	<b>1,005</b>
Ribs, cross:										
Very lean...	Edible portion	1	.....	65.8	18.4	14.9	.....	.9	970	
	As purchased	1	<b>12.8</b>	<b>57.4</b>	<b>16.1</b>	<b>13.0</b>	.....	.7	<b>850</b>	
Medium fat.	Edible portion	1	.....	43.9	13.7	41.6	.....	.8	2,010	
	As purchased	1	<b>12.2</b>	<b>38.6</b>	<b>12.0</b>	<b>36.5</b>	.....	.7	<b>1,765</b>	
All analyses	Edible portion	Min..	2	43.9	13.7	14.9	.....	.8	970	
		Max..	2	65.8	18.4	41.6	.....	.9	2,010	
		Avg..	2	54.9	16.0	28.3	.....	.8	1,490	
	As purchased..	Min..	2	12.2	38.6	12.0	13.0	.....	.7	855
		Max..	2	12.8	57.4	16.4	36.5	.....	.7	1,765
		Avg..	2	<b>12.5</b>	<b>48.0</b>	<b>14.1</b>	<b>24.7</b>	.....	.7	<b>1,305</b>
Round:										
Very lean...	Edible portion	Min..	4	72.2	22.0	1.3	.....	1.0	465	
		Max..	4	75.4	22.2	4.5	.....	1.2	600	
		Avg..	4	73.6	22.1	3.2	.....	1.1	545	
	As purchased..	Min..	4	9.1	59.6	18.3	1.3	.....	1.0	455
		Max..	4	17.4	72.8	21.4	3.7	.....	1.1	525
		Avg..	4	<b>10.2</b>	<b>66.1</b>	<b>19.9</b>	<b>2.8</b>	.....	<b>1.0</b>	<b>490</b>
Lean.....	Edible portion	Min..	25	68.6	19.0	5.1	.....	.3	590	
		Max..	25	73.6	22.1	10.0	.....	1.3	795	
		Avg..	25	70.3	20.9	7.7	.....	1.1	715	
	As purchased..	Min..	23	4.8	57.2	16.9	4.6	.....	.3	540
		Max..	23	17.3	68.8	20.3	9.4	.....	1.2	735
		Avg..	23	<b>8.8</b>	<b>64.2</b>	<b>18.9</b>	<b>7.1</b>	.....	<b>1.0</b>	<b>650</b>
Medium fat.	Edible portion	Min..	16	62.6	18.6	10.6	.....	.9	815	
		Max..	16	68.4	21.6	17.8	.....	1.2	1,095	
		Avg..	16	65.8	19.7	13.5	.....	1.0	935	
	As purchased..	Min..	15	3.7	57.6	16.8	10.1	.....	.8	780
		Max..	15	11.2	65.9	19.9	16.6	.....	1.0	1,025
		Avg..	15	<b>7.7</b>	<b>60.7</b>	<b>18.1</b>	<b>12.6</b>	.....	<b>.9</b>	<b>870</b>
Fat, as purchased.....										
Very fat....	Edible portion	1	.....	57.8	18.9	22.3	.....	1.0	1,295	
	As purchased	1	<b>6.4</b>	<b>53.2</b>	<b>16.5</b>	<b>23.1</b>	.....	.8	<b>1,280</b>	
All analyses	Edible portion	Min..	47	56.8	17.6	1.3	.....	.3	465	
		Max..	47	75.4	22.2	4.5	.....	1.3	1,370	
		Avg..	47	68.5	20.4	10.0	.....	1.1	800	
	As purchased..	Min..	44	3.7	53.2	16.5	1.3	.....	.3	455
		Max..	44	17.4	72.8	21.4	23.1	.....	1.2	1,280
		Avg..	44	<b>8.5</b>	<b>63.0</b>	<b>18.7</b>	<b>8.8</b>	.....	<b>1.0</b>	<b>720</b>
Round steak, second cut:										
Medium fat.	Edible portion	1	.....	69.5	20.6	8.6	.....	1.3	745	
	As purchased	1	<b>32.1</b>	<b>47.2</b>	<b>14.0</b>	<b>5.8</b>	.....	.9	<b>505</b>	
Rump:										
Very lean...	Edible portion	Min..	4	67.4	21.2	3.2	.....	1.1	535	
		Max..	4	74.2	21.5	10.0	.....	1.2	820	
		Avg..	4	70.0	21.4	7.4	.....	1.2	710	
	As purchased..	Min..	4	9.9	57.6	17.8	2.9	.....	1.0	480
		Max..	4	17.3	67.8	21.2	9.8	.....	1.1	810
		Avg..	4	<b>7.5</b>	<b>64.7</b>	<b>19.8</b>	<b>6.9</b>	.....	<b>1.1</b>	<b>660</b>
Lean.....	Edible portion	Min..	2	62.1	19.2	10.5	.....	1.0	820	
		Max..	2	68.3	20.2	17.7	.....	1.0	1,105	
		Avg..	2	65.2	19.7	14.1	.....	1.0	960	
	As purchased..	Min..	2	9.0	46.8	13.8	7.2	.....	.7	560
		Max..	2	31.5	56.5	17.5	16.1	.....	.9	1,005
		Avg..	2	<b>20.2</b>	<b>51.7</b>	<b>15.7</b>	<b>11.6</b>	.....	<b>.8</b>	<b>780</b>
Medium fat.	Edible portion	Min..	8	53.8	15.8	20.3	.....	.8	1,190	
		Max..	8	60.9	17.9	29.6	.....	.9	1,545	
		Avg..	8	56.7	16.8	25.6	.....	.9	1,395	
	As purchased..	Min..	8	6.6	39.9	11.5	15.3	.....	.6	895
		Max..	8	27.8	52.6	15.3	25.0	.....	.8	1,335
		Avg..	8	<b>21.4</b>	<b>44.5</b>	<b>13.2</b>	<b>20.2</b>	.....	<b>.7</b>	<b>1,095</b>
Fat.....	Edible portion	Min..	4	45.2	14.5	33.6	.....	.7	1,710	
		Max..	4	49.9	15.7	39.4	.....	.8	1,935	
		Avg..	4	48.1	14.9	36.3	.....	.7	1,810	
	As purchased..	Min..	4	17.9	34.3	10.8	23.1	.....	.5	1,175
		Max..	4	31.3	39.7	12.1	32.3	.....	.6	1,590
		Avg..	4	<b>23.2</b>	<b>36.9</b>	<b>11.4</b>	<b>27.9</b>	.....	<b>.6</b>	<b>1,390</b>
Very fat....	Edible portion	1	.....	40.2	14.7	44.3	.....	.8	2,145	
	As purchased	1	<b>16.2</b>	<b>33.7</b>	<b>12.3</b>	<b>37.2</b>	.....	.6	<b>1,800</b>	

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
<b>ANIMAL FOOD—continued.</b>									
<i>Beef, fresh—Continued.</i>									
<b>Rump—Continued.</b>									
All analyses	Edible portion.	Min..	19	40.2	14.5	3.2	.7	535	
		Max..	19	74.2	21.5	36.3	1.2	1,810	
	As purchased..	Avg..	19	57.7	17.6	23.8	.9	1,330	
		Min..	19	6.6	34.3	10.8	2.9	.6	480
		Max..	19	31.5	67.8	21.2	32.3	1.1	1,590
		Avg..	19	<b>18.5</b>	<b>47.3</b>	<b>14.4</b>	<b>19.0</b>	.8	<b>1,070</b>
<b>Shank, fore:</b>									
Very lean...	Edible portion.	Min..	2	73.8	20.8	2.3	1.0	520	
		Max..	2	74.6	22.7	3.6	1.2	540	
	As purchased..	Avg..	2	74.2	21.8	2.9	1.1	530	
		Min..	2	35.9	44.1	13.3	1.4	.6	310
		Max..	2	40.2	47.9	13.6	2.3	.7	345
		Avg..	2	<b>38.1</b>	<b>46.0</b>	<b>13.5</b>	<b>1.8</b>	.6	<b>330</b>
Lean.....	Edible portion.	Min..	5	69.9	20.1	5.3	.9	610	
		Max..	5	73.2	23.3	7.9	1.1	705	
	As purchased..	Avg..	5	71.5	21.4	6.1	1.0	655	
		Min..	5	25.6	36.4	11.7	3.3	.4	365
		Max..	5	48.0	52.3	17.4	5.2	.8	465
		Avg..	5	<b>36.5</b>	<b>45.4</b>	<b>13.6</b>	<b>3.9</b>	.6	<b>420</b>
Medium fat.	Edible portion.	Min..	5	65.5	19.2	9.9	.9	775	
		Max..	5	70.0	20.2	14.2	.9	960	
	As purchased..	Avg..	5	67.9	19.6	11.6	.9	855	
		Min..	5	33.0	39.3	11.6	6.1	.6	475
		Max..	5	40.0	45.3	13.1	8.5	.6	580
		Avg..	5	<b>36.9</b>	<b>42.9</b>	<b>12.3</b>	<b>7.3</b>	.6	<b>535</b>
Very fat....	Edible portion.	Min..	1	59.0	18.6	21.6	.8	1,255	
		Max..	1	30.9	40.7	12.9	14.9	.6	870
	As purchased..	Avg..	1	59.0	18.6	2.3	.8	520	
		Min..	13	59.0	18.6	2.3	.8	520	
		Max..	13	74.6	23.3	21.6	1.2	1,255	
		Avg..	13	69.6	20.5	9.0	.9	760	
All analyses	Edible portion.	Min..	13	25.6	36.4	11.6	1.4	.4	310
		Max..	13	40.2	52.3	17.4	14.9	.8	870
	As purchased..	Avg..	13	<b>36.5</b>	<b>44.1</b>	<b>13.1</b>	<b>5.7</b>	.6	<b>485</b>
		Min..	5	71.3	20.4	4.3	.9	575	
	Lean.....	Edible portion.	Max..	5	73.6	21.6	7.3	1.2	685
			Avg..	5	72.6	21.1	5.3	1.0	615
As purchased..		Min..	5	50.0	27.3	7.9	1.7	.4	235
		Max..	5	62.2	36.4	10.7	3.2	.5	305
		Avg..	5	<b>56.6</b>	<b>31.6</b>	<b>9.1</b>	<b>2.2</b>	.5	<b>260</b>
		Min..	6	65.3	18.5	9.6	.8	775	
Medium fat.	Edible portion.	Max..	6	69.5	20.6	15.4	1.0	995	
		Avg..	6	67.8	19.8	11.5	.9	855	
	As purchased..	Min..	6	52.0	29.8	8.6	4.5	.4	365
		Max..	6	56.0	32.4	9.6	7.1	.4	460
		Avg..	6	<b>53.9</b>	<b>31.3</b>	<b>9.1</b>	<b>5.3</b>	.4	<b>395</b>
		Edible portion.	1	61.4	18.9	18.8	.9	1,145	
Fat.....	As purchased..	Min..	1	51.6	29.7	9.2	9.1	.4	555
		Max..	12	61.4	18.5	4.3	.8	575	
	Edible portion.	Min..	12	73.6	21.6	18.8	1.2	1,145	
		Max..	12	69.2	20.3	9.5	1.0	780	
	As purchased..	Min..	12	50.0	27.3	7.9	1.7	.4	235
		Max..	12	62.2	36.4	10.7	9.1	.5	555
	Avg..	12	<b>54.8</b>	<b>31.3</b>	<b>9.2</b>	<b>4.3</b>	.4	<b>355</b>	
	<b>Shoulder clod:<sup>1</sup></b>								
Very lean...	Edible portion.	Min..	2	75.1	22.3	1.3	1.1	470	
		Max..	2	75.2	22.4	1.4	1.2	475	
	As purchased..	Avg..	2	75.2	22.3	1.4	1.1	475	
		Min..	2	12.5	62.3	18.4	1.1	1.0	390
		Max..	2	17.1	65.8	19.6	1.2	1.0	410
		Avg..	2	<b>14.8</b>	<b>64.1</b>	<b>19.0</b>	<b>1.1</b>	<b>1.0</b>	<b>400</b>
Lean.....	Edible portion.	Min..	3	71.4	20.0	4.7	1.1	570	
		Max..	3	74.2	21.9	6.7	1.1	670	
	As purchased..	Avg..	3	72.5	20.9	5.5	1.1	620	
		Min..	2	7.3	65.1	18.5	4.3	1.0	525
		Max..	2	8.8	68.8	19.0	6.1	1.1	610
		Avg..	2	<b>8.1</b>	<b>66.9</b>	<b>18.8</b>	<b>5.2</b>	<b>1.0</b>	<b>570</b>
Medium fat.	Edible portion.	Min..	14	64.0	17.3	7.1	.8	625	
		Max..	14	74.5	20.7	16.4	1.4	1,030	
	As purchased..	Avg..	14	68.3	19.3	11.3	1.1	835	
		Min..	12	7.0	50.7	14.3	5.6	.7	525
		Max..	12	27.7	62.3	18.4	14.4	1.1	925
		Avg..	12	<b>16.4</b>	<b>56.8</b>	<b>11.1</b>	<b>9.8</b>	.9	<b>715</b>

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

## Composition of American food products—Continued.

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

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Beef, fresh</i> —Continued.									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Side, Texas, not including tal- low.	Edible portion	Min ..	3	67.3	17.1	5.9	.8	635	
		Max ..	3	72.4	20.8	14.8	1.0	945	
		Avg ..	3	69.0	19.1	11.0	.9	820	
	As purchased	Min ..	3	18.0	53.3	13.6	4.7	.6	595
		Max ..	3	21.2	57.0	16.4	11.7	.8	745
		Avg ..	3	<b>20.0</b>	<b>55.2</b>	<b>15.3</b>	<b>8.8</b>	<b>.7</b>	<b>655</b>
Side, Colorado and native. <sup>1</sup>	Edible portion	Min ..	8	54.8	17.1	12.5	.8	880	
		Max ..	8	67.5	19.1	27.1	.9	1,370	
		Avg ..	8	60.6	17.7	20.8	.9	1,205	
	As purchased	Min ..	8	15.5	44.2	13.8	10.1	.6	715
		Max ..	8	21.8	54.9	15.5	21.9	.8	1,135
		Avg ..	8	<b>18.3</b>	<b>49.7</b>	<b>14.5</b>	<b>16.8</b>	<b>.7</b>	<b>980</b>
Side: All analyses	Edible portion	Min ..	12	47.8	15.1	5.9	.7	635	
		Max ..	12	72.4	20.8	36.4	1.0	1,815	
		Avg ..	12	61.7	17.8	19.6	.9	1,155	
	As purchased	Min ..	12	13.2	41.5	13.1	4.7	.6	595
		Max ..	12	21.8	57.0	16.4	31.6	.8	1,575
		Avg ..	12	<b>18.3</b>	<b>50.4</b>	<b>14.6</b>	<b>16.0</b>	<b>.7</b>	<b>945</b>
Hearts, as purchased	Min ..	2	56.5	15.8	14.6	.9	910		
	Max ..	2	68.7	16.3	26.2	1.0	1,410		
	Avg ..	2	<b>62.6</b>	<b>16.0</b>	<b>20.4</b>	<b>1.0</b>	<b>1,160</b>		
Kidney, as purchased	Min ..	2	75.7	16.1	2.4	1.1	430		
	Max ..	2	78.7	17.6	7.1	1.3	600		
	Avg ..	2	<b>76.7</b>	<b>16.9</b>	<b>4.8</b>	<b>.4</b>	<b>1.2</b>	<b>525</b>	
Liver, as purchased	Min ..	3	69.5	20.1	5.2	1.3	635		
	Max ..	3	69.9	23.1	5.7	3.5	1.5	670	
	Avg ..	3	<b>69.8</b>	<b>21.6</b>	<b>5.4</b>	<b>1.8</b>	<b>1.4</b>	<b>665</b>	
Lungs, as purchased	1	79.7	16.1	3.2	1.0	435			
Marrow, as purchased	1	3.3	2.6	92.8	1.3	3,965			
Sweetbreads, as purchased	1	70.9	15.4	12.1	1.6	795			
Tallow (kidney fat), as purchased	Min ..	7	8.2	1.6	70.7	.2	3,115		
	Max ..	7	21.9	7.2	88.9	.4	3,800		
	Avg ..	7	<b>15.0</b>	<b>4.8</b>	<b>79.9</b>	<b>.3</b>	<b>3,460</b>		
Tongue	Edible portion	1	63.5	17.4	18.0	1.1	1,085		
	As purchased	1	<b>15.1</b>	<b>53.9</b>	<b>14.8</b>	<b>15.3</b>	<b>.9</b>	<b>920</b>	
<i>Beef, cooked.</i>									
Sandwich meats, as purchased	Min ..	3	56.3	27.2	8.0	2.5	850		
	Max ..	3	61.2	28.8	13.6	3.1	1,080		
	Avg ..	3	<b>58.3</b>	<b>27.9</b>	<b>11.0</b>	<b>2.8</b>	<b>985</b>		
<i>Beef, canned.</i>									
Boiled, as purchased	1	51.8	24.4	22.5	1.3	1,405			
Cheek, ox, as purchased	1	66.1	22.3	8.4	3.2	770			
Chili con carne, as purchased	1	75.4	13.3	4.6	4.0	515			
Collops, minced, as purchased	1	72.3	17.9	6.8	1.1	645			
Corned, cooked:	Min ..	6	45.1	25.6	12.0	3.4	1,000		
	Max ..	6	58.3	34.2	16.4	7.3	1,215		
	Avg ..	6	<b>53.1</b>	<b>28.5</b>	<b>14.0</b>	<b>4.4</b>	<b>1,120</b>		
Fat, as purchased	Min ..	4	49.7	22.7	19.9	2.0	1,310		
	Max ..	4	53.2	26.3	21.8	4.1	1,355		
	Avg ..	4	<b>51.6</b>	<b>24.7</b>	<b>20.7</b>	<b>3.0</b>	<b>1,330</b>		
Very fat, as purchased	Min ..	2	43.2	19.6	29.2	4.0	1,625		
	Max ..	2	45.7	21.1	31.1	6.1	1,675		
	Avg ..	2	<b>44.5</b>	<b>20.3</b>	<b>30.1</b>	<b>5.1</b>	<b>1,650</b>		
All analyses, as purchased	Min ..	12	43.2	19.6	12.0	2.0	1,000		
	Max ..	12	58.3	34.2	31.1	6.1	1,675		
	Avg ..	12	<b>51.2</b>	<b>25.9</b>	<b>18.9</b>	<b>4.0</b>	<b>1,280</b>		
Dried, as purchased	Min ..	2	44.2	37.1	4.8	9.8	945		
	Max ..	2	45.3	40.1	6.1	12.6	950		
	Avg ..	2	<b>44.8</b>	<b>38.6</b>	<b>5.4</b>	<b>11.2</b>	<b>950</b>		
Kidneys, stewed, as purchased	Min ..	2	70.9	14.6	4.9	2.1	580		
	Max ..	2	72.9	22.1	5.4	4.3	620		
	Avg ..	2	<b>71.9</b>	<b>18.4</b>	<b>5.1</b>	<b>2.1</b>	<b>595</b>		
Luncheon, as purchased	1	52.9	26.4	15.9	4.8	1,160			
Ox palate, as purchased	Min ..	2	69.6	15.9	9.4	.4	740		
	Max ..	2	73.1	19.0	10.6	2.0	750		
	Avg ..	2	<b>71.4</b>	<b>17.4</b>	<b>10.0</b>	<b>1.2</b>	<b>745</b>		
Roast, as purchased	Min ..	4	55.8	19.3	9.0	1.2	935		
	Max ..	4	62.8	30.8	23.6	1.4	1,360		
	Avg ..	4	<b>58.9</b>	<b>25.0</b>	<b>14.8</b>	<b>1.3</b>	<b>1,090</b>		
Steak, rump, as purchased	1	56.3	23.5	18.7	1.5	1,225			
Sweetbreads, as purchased	1	69.0	19.5	9.5	2.0	765			
Ox tails, as purchased	1	67.9	24.6	6.3	1.2	725			

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



## Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
<i>Veal, fresh</i> —Continued.										
Breast—Continued.										
All analyses	Edible portion.	Min ..	7	65.1	18.2	8.0	1.0	685		
		Max ..	7	72.2	22.5	15.4	1.1	990		
		Avg ..	7	67.5	19.3	12.2	1.0	875		
	As purchased..	Min ..	7	15.1	46.8	14.0	5.5	.7	520	
		Max ..	7	31.6	61.3	16.2	12.8	.8	825	
		Avg ..	7	<b>21.4</b>	<b>53.1</b>	<b>15.1</b>	<b>9.6</b>	.8	<b>685</b>	
Chuck:										
Medium fat.	Edible portion.	Min ..	6	71.5	18.2	5.1	1.0	560		
		Max ..	6	75.4	20.6	8.5	1.1	700		
		Avg ..	6	73.3	19.2	6.5	1.0	630		
	As purchased..	Min ..	6	17.6	57.9	14.5	4.2	.8	455	
		Max ..	6	20.0	61.4	16.7	6.8	.8	560	
		Avg ..	6	<b>18.9</b>	<b>59.5</b>	<b>15.6</b>	<b>5.2</b>	.8	<b>510</b>	
Flank:										
Medium fat, as purchased.....	Min ..	5	64.4	18.5	7.8	.9	675			
	Max ..	5	72.7	21.0	15.8	1.1	1,020			
	Avg ..	5	<b>68.9</b>	<b>19.7</b>	<b>10.4</b>	<b>1.0</b>	<b>805</b>			
Fat, as purchased.....		1	<b>57.0</b>	<b>18.0</b>	<b>24.1</b>	.9	<b>1,255</b>			
All analyses, as purchased.....	Min ..	6	57.0	18.0	7.8	.9	675			
	Max ..	6	72.7	21.0	24.1	1.1	1,020			
	Avg ..	6	<b>66.9</b>	<b>19.4</b>	<b>12.7</b>	<b>1.0</b>	<b>895</b>			
Leg:										
Lean .....	Edible portion.	Min ..	8	71.8	19.3	1.1	1.1	465		
		Max ..	8	75.6	22.5	6.0	1.3	645		
		Avg ..	8	74.2	21.0	3.6	1.2	545		
	As purchased..	Min ..	8	2.1	63.4	16.5	1.1	.9	445	
		Max ..	8	14.9	73.8	21.4	4.7	1.2	610	
		Avg ..	8	<b>6.6</b>	<b>69.3</b>	<b>19.6</b>	<b>3.4</b>	<b>1.1</b>	<b>510</b>	
Medium fat.	Edible portion.	Min ..	7	67.8	19.4	6.7	1.0	655		
		Max ..	7	72.1	20.7	11.6	1.2	850		
		Avg ..	7	70.4	20.1	8.4	1.1	730		
	As purchased..	Min ..	6	13.0	57.6	16.6	5.5	.9	540	
		Max ..	6	19.3	60.5	17.4	9.9	.9	730	
		Avg ..	6	<b>15.6</b>	<b>59.4</b>	<b>16.9</b>	<b>7.2</b>	<b>.9</b>	<b>620</b>	
All analyses	Edible portion.	Min ..	15	67.8	19.3	1.1	1.0	465		
		Max ..	15	75.6	22.5	11.6	1.3	850		
		Avg ..	15	72.4	20.6	5.9	1.1	630		
	As purchased..	Min ..	14	2.1	57.6	16.5	1.1	.9	445	
		Max ..	14	19.3	73.8	21.4	9.9	1.2	730	
		Avg ..	14	<b>10.5</b>	<b>65.0</b>	<b>18.5</b>	<b>5.0</b>	<b>1.0</b>	<b>555</b>	
Leg, cutlets.....										
Loin:	Edible portion.	Min ..	2	67.3	20.4	9.2	1.0	765		
		Max ..	2	69.3	21.1	10.6	1.1	840		
		Avg ..	2	68.3	20.8	9.9	1.0	805		
	As purchased..	Min ..	2	3.6	64.3	19.7	8.9	.9	740	
		Max ..	2	4.5	66.8	20.2	10.1	1.0	800	
		Avg ..	2	<b>4.0</b>	<b>65.6</b>	<b>20.0</b>	<b>9.5</b>	<b>.9</b>	<b>775</b>	
Lean .....	Edible portion.	Min ..	4	71.3	18.6	4.8	1.0	550		
		Max ..	4	75.4	21.0	6.7	1.2	670		
		Avg ..	4	72.9	20.2	5.8	1.1	620		
	As purchased..	Min ..	4	17.4	55.9	14.7	3.8	.8	435	
		Max ..	4	23.0	59.7	16.8	5.4	1.0	540	
		Avg ..	4	<b>20.3</b>	<b>58.1</b>	<b>16.1</b>	<b>4.6</b>	<b>.9</b>	<b>495</b>	
Medium fat.	Edible portion.	Min ..	5	68.5	18.8	10.1	1.0	785		
		Max ..	5	69.7	20.0	10.8	1.1	820		
		Avg ..	5	69.2	19.4	10.4	1.0	800		
	As purchased..	Min ..	5	13.6	55.3	15.4	8.2	.8	630	
		Max ..	5	20.3	60.1	16.6	9.0	.9	685	
		Avg ..	5	<b>17.3</b>	<b>57.2</b>	<b>16.0</b>	<b>8.6</b>	<b>.9</b>	<b>660</b>	
Fat.....	Edible portion.	Min ..	2	61.3	18.3	18.3	1.0	1,120		
		Max ..	2	61.9	18.7	19.4	1.1	1,160		
		Avg ..	2	61.6	18.5	18.9	1.0	1,140		
	As purchased..	Min ..	2	16.3	48.9	14.6	15.4	.8	925	
		Max ..	2	20.2	51.8	15.7	15.5	.8	940	
		Avg ..	2	<b>18.3</b>	<b>50.4</b>	<b>15.1</b>	<b>15.4</b>	<b>.8</b>	<b>930</b>	
All analyses	Edible portion.	Min ..	11	61.3	18.3	4.8	1.0	550		
		Max ..	11	75.4	21.0	19.4	1.1	1,160		
		Avg ..	11	69.2	19.5	10.2	1.1	795		
	As purchased..	Min ..	11	13.6	48.9	14.6	3.8	.8	435	
		Max ..	11	23.0	60.1	16.8	15.5	1.0	940	
		Avg ..	11	<b>18.6</b>	<b>56.2</b>	<b>15.9</b>	<b>8.4</b>	<b>.9</b>	<b>650</b>	
Loin, with kidney.										
Edible portion.....	Min ..	1	73.3	14.1	11.8	.8	760			
	Max ..	1	<b>9.1</b>	<b>66.7</b>	<b>12.8</b>	<b>10.7</b>	<b>.7</b>	<b>690</b>		

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Veal, fresh—Continued.</i>									
Neck:		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Medium fat.	Edible portion	Min ..	69.8	18.7	4.3	.....	.9	535	
		Max ..	75.8	20.0	9.2	.....	1.1	760	
		Avg ..	72.6	19.5	6.9	.....	1.0	655	
	As purchased ..	Min ..	23.5	34.8	10.0	3.1	.....	.6	385
		Max ..	50.0	56.1	14.5	6.2	.....	.8	530
Avg ..	6	<b>31.5</b>	<b>49.9</b>	<b>13.3</b>	<b>4.6</b>	.....	.7	<b>440</b>	
Rib:									
Medium fat.	Edible portion	Min ..	70.8	19.2	3.4	.....	1.0	525	
		Max ..	75.5	21.2	8.6	.....	1.1	750	
		Avg ..	72.5	20.2	6.2	.....	1.1	635	
	As purchased ..	Min ..	22.7	42.2	12.4	2.5	.....	.7	390
		Max ..	41.3	58.3	15.7	6.8	.....	.8	555
Avg ..	8	<b>26.9</b>	<b>53.0</b>	<b>14.7</b>	<b>4.6</b>	.....	.8	<b>470</b>	
Fat.....	Edible portion.....	1	67.8	20.0	11.1	.....	1.1	840	
	As purchased.....	1	<b>22.4</b>	<b>52.6</b>	<b>15.5</b>	<b>8.6</b>	.....	.9	<b>650</b>
All analyses	Edible portion	Min ..	67.8	19.2	3.4	.....	1.0	525	
		Max ..	75.5	21.2	11.1	.....	1.1	840	
		Avg ..	72.0	20.1	6.8	.....	1.1	660	
	As purchased ..	Min ..	22.4	42.2	12.4	2.5	.....	.7	390
		Max ..	41.3	58.3	15.7	8.6	.....	.9	650
Avg ..	9	<b>26.4</b>	<b>53.0</b>	<b>14.8</b>	<b>5.0</b>	.....	.8	<b>485</b>	
Rump.....	Edible portion.....	1	62.6	20.1	16.2	.....	1.1	1,055	
As purchased ..	1	<b>30.2</b>	<b>43.7</b>	<b>14.0</b>	<b>11.3</b>	.....	.8	<b>735</b>	
Shank, fore .....	Edible portion	Min ..	72.5	18.9	4.1	.....	1.0	525	
		Max ..	75.8	20.6	6.4	.....	1.0	640	
		Avg ..	74.0	19.8	5.2	.....	1.0	590	
	As purchased ..	Min ..	20.4	35.1	9.0	2.2	.....	.5	285
		Max ..	52.5	58.6	16.0	4.2	.....	.8	475
Avg ..	6	<b>40.4</b>	<b>44.1</b>	<b>11.8</b>	<b>3.1</b>	.....	.6	<b>350</b>	
Shank, hind:									
Medium fat.	Edible portion	Min ..	73.4	17.9	3.0	.....	.9	510	
		Max ..	76.2	20.5	6.7	.....	1.1	615	
		Avg ..	74.5	19.9	4.6	.....	1.0	565	
	As purchased ..	Min ..	61.1	25.9	6.7	1.3	.....	.4	190
		Max ..	64.7	29.3	8.0	2.5	.....	.4	390
Avg ..	6	<b>62.7</b>	<b>27.8</b>	<b>7.4</b>	<b>1.7</b>	.....	.4	<b>210</b>	
Fat.....	Edible portion.....	1	68.1	20.0	10.7	.....	1.2	825	
	As purchased.....	1	<b>51.4</b>	<b>33.1</b>	<b>9.7</b>	<b>5.2</b>	.....	.6	<b>400</b>
All analyses	Edible portion	Min ..	68.1	17.9	3.0	.....	.9	510	
		Max ..	76.2	20.5	10.7	.....	1.2	825	
		Avg ..	73.6	19.9	5.5	.....	1.0	600	
	As purchased ..	Min ..	51.4	25.9	6.7	1.3	.....	.4	190
		Max ..	64.7	33.1	9.7	5.2	.....	.6	400
Avg ..	7	<b>61.1</b>	<b>28.6</b>	<b>7.7</b>	<b>2.2</b>	.....	.4	<b>235</b>	
Shoulder and flank.	Edible portion.....	1	65.6	19.7	13.5	.....	1.2	935	
As purchased.....	1	<b>24.3</b>	<b>49.7</b>	<b>14.9</b>	<b>10.2</b>	.....	.9	<b>710</b>	
Shoulder .....	Edible portion	Min ..	64.7	19.0	6.2	.....	1.1	645	
		Max ..	71.9	20.7	15.2	.....	1.2	995	
		Avg ..	68.3	19.9	10.7	.....	1.1	820	
	As purchased ..	Min ..	11.5	50.6	14.8	5.5	.....	.9	570
		Max ..	21.8	63.7	18.3	11.9	.....	1.0	780
Avg ..	2	<b>16.6</b>	<b>57.2</b>	<b>16.6</b>	<b>8.7</b>	.....	.9	<b>675</b>	
Fore quarter....	Edible portion	Min ..	69.9	18.6	5.5	.....	.8	585	
		Max ..	74.8	20.5	10.6	.....	1.1	795	
		Avg ..	71.7	19.4	8.0	.....	.9	700	
	As purchased ..	Min ..	19.3	51.8	13.7	4.1	.....	.6	435
		Max ..	26.0	56.6	15.9	7.8	.....	.8	585
Avg ..	6	<b>24.5</b>	<b>54.2</b>	<b>14.6</b>	<b>6.0</b>	.....	.7	<b>525</b>	
Hind quarter....	Edible portion	Min ..	68.4	19.4	5.6	.....	.8	600	
		Max ..	73.8	20.4	11.2	.....	1.2	835	
		Avg ..	70.9	19.8	8.3	.....	1.0	720	
	As purchased ..	Min ..	19.0	53.7	15.3	4.4	.....	.6	545
		Max ..	24.0	58.4	16.2	9.2	.....	.9	685
Avg ..	6	<b>20.7</b>	<b>56.2</b>	<b>15.7</b>	<b>6.6</b>	.....	.8	<b>570</b>	
Side .....	Edible portion	Min ..	69.2	19.2	5.5	.....	.9	590	
		Max ..	74.3	20.4	10.3	.....	1.1	800	
		Avg ..	71.3	19.6	8.1	.....	1.0	705	
	As purchased ..	Min ..	18.6	53.3	14.7	4.3	.....	.7	460
		Max ..	24.9	57.3	15.9	8.4	.....	.9	680
Avg ..	6	<b>22.6</b>	<b>55.2</b>	<b>15.1</b>	<b>6.3</b>	.....	.8	<b>545</b>	



## Composition of American food products—Continued.

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

## Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
<i>Mutton, fresh</i> —Continued.										
Chuck—Continued.										
All analyses	Edible portion	Min ..	9	29.9	9.4	26.0		.6	1,400	
		Max ..	9	56.7	16.4	60.1		1.2	2,710	
		Avg ..	9	46.3	13.8	39.1		.8	1,905	
	As purchased..	Min ..	9	13.8	25.8	8.1	20.6		.5	1,115
		Max ..	9	25.2	45.1	13.1	51.8		.9	2,335
Avg ..	9	19.4	37.0	11.1	31.8		.7	1,550		
Flank:										
Medium fat, as purchased	Edible portion	Min ..	7	38.7	11.9	32.1		.5	1,650	
		Max ..	7	51.2	16.0	45.0		.8	2,195	
		Avg ..	7	45.8	14.8	38.7		.7	1,910	
Very fat, as purchased	Edible portion	Min ..	2	25.0	9.5	54.7		.6	2,530	
		Max ..	2	32.7	12.0	64.9		.6	2,915	
		Avg ..	2	28.9	10.7	59.8		.6	2,725	
All analyses, as purchased	Edible portion	Min ..	9	25.0	9.5	32.1		.5	1,650	
		Max ..	9	51.2	16.0	64.9		.8	2,915	
		Avg ..	9	42.0	13.9	43.4		.7	2,090	
Leg, hind:										
Lean	Edible portion	Min ..	3	66.6	18.5	11.9		1.0	865	
		Max ..	3	68.3	19.6	13.0		1.2	905	
		Avg ..	3	67.4	19.1	12.4		1.1	880	
	As purchased..	Min ..	3	3.4	51.0	14.1	9.3		.8	655
		Max ..	3	23.7	65.0	19.0	11.5		1.1	840
Avg ..	3	16.8	56.1	15.9	10.3		.9	730		
Medium fat	Edible portion	Min ..	10	58.4	17.3	14.6		.9	935	
		Max ..	10	67.2	19.0	22.6		1.0	1,290	
		Avg ..	10	62.8	18.2	18.0		1.0	1,100	
	As purchased..	Min ..	10	9.8	48.0	13.2	11.0		.7	710
		Max ..	10	26.0	55.7	17.1	19.3		.9	1,100
Avg ..	10	18.0	51.4	14.9	14.9		.8	905		
Fat	Edible portion	1		55.0	17.0	27.1		.9	1,460	
	As purchased	1	12.4	48.2	14.8	23.8		.8	1,280	
All analyses	Edible portion	Min ..	14	55.0	17.0	11.9		.9	865	
		Max ..	14	68.3	19.6	27.1		1.2	1,460	
		Avg ..	14	63.2	18.3	17.5		1.0	1,080	
	As purchased..	Min ..	14	3.4	48.0	13.2	9.3		.7	655
		Max ..	14	26.0	65.0	19.0	23.8		1.1	1,280
Avg ..	14	17.4	52.2	15.1	14.5		.8	895		
Loin, without kidney and tallow:										
Medium fat	Edible portion	Min ..	12	44.9	13.8	26.8		.7	1,440	
		Max ..	12	55.9	19.5	37.6		.9	1,865	
		Avg ..	12	50.1	15.9	33.2		.8	1,695	
	As purchased..	Min ..	11	11.7	38.1	11.8	20.9		.5	1,160
		Max ..	11	19.3	46.8	14.9	32.9		.8	1,615
Avg ..	11	15.3	42.2	13.2	28.6		.7	1,450		
Fat	Edible portion	Min ..	3	42.0	13.9	40.9		.7	1,985	
		Max ..	3	44.3	14.6	43.3		.8	2,085	
		Avg ..	3	43.3	14.2	41.7		.8	2,025	
	As purchased	Min ..	3	11.3	37.1	12.3	36.0		.6	1,760
		Max ..	3	12.0	39.3	12.9	38.2		.7	1,840
Avg ..	3	11.7	38.3	12.5	36.8		.7	1,785		
Very fat	Edible portion	1		30.8	10.0	58.7		.5	2,665	
	As purchased	1	9.0	28.1	9.1	53.4		.4	2,425	
All analyses	Edible portion	Min ..	16	30.8	10.0	26.8		.5	1,440	
		Max ..	16	55.9	19.5	58.7		.9	2,665	
		Avg ..	16	47.6	15.2	36.4		.8	1,820	
	As purchased	Min ..	15	9.0	28.1	9.1	20.9		.4	1,160
		Max ..	15	19.3	46.8	14.9	53.4		.8	2,425
Avg ..	15	14.2	40.5	12.8	31.9		.6	1,585		
Neck:										
Medium fat	Edible portion	Min ..	9	54.7	12.4	17.8		.8	1,110	
		Max ..	9	61.9	19.2	29.5		1.8	1,525	
		Avg ..	9	58.2	16.3	24.5		1.0	1,335	
	As purchased	Min ..	9	17.2	38.7	8.1	14.0		.5	835
		Max ..	9	34.9	48.6	15.1	24.5		.8	1,265
Avg ..	9	28.4	41.6	11.7	17.6		.7	960		
Very fat	Edible portion	1		42.1	13.6	43.5		.8	2,090	
	As purchased	1	16.1	35.3	11.4	36.5		.7	1,750	
All analyses	Edible portion	Min ..	10	42.1	12.4	17.8		.8	1,110	
		Max ..	10	61.9	19.2	29.5		1.8	2,090	
		Avg ..	10	56.6	16.0	26.4		1.0	1,410	
	As purchased	Min ..	10	16.1	35.3	8.1	14.0		.5	835
		Max ..	10	34.9	48.6	15.1	36.5		.7	1,750
Avg ..	10	27.2	41.0	11.7	19.4		.7	1,035		

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Mutton, fresh—Continued.</i>									
Shoulder:		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Lean.....	{ Edible portion.....	1	67.2	18.9	12.9	.....	1.0	895	
	{ As purchased.....	1	<b>25.3</b>	<b>50.2</b>	<b>14.2</b>	<b>9.6</b>	<b>.7</b>	<b>670</b>	
	{ Min.....	6	58.6	15.8	15.6	.....	.9	995	
	{ Max.....	6	65.2	18.2	24.3	.....	1.0	1,320	
	{ Avg.....	6	61.9	17.3	19.9	.....	.9	1,160	
Medium fat.	{ Edible portion.....	6	14.6	45.2	12.1	13.4	.....	.6	820
	{ As purchased.....	6	26.4	55.7	15.5	18.8	.....	.8	1,075
	{ Min.....	6	<b>21.7</b>	<b>48.5</b>	<b>13.5</b>	<b>15.6</b>	<b>.7</b>	<b>910</b>	
	{ Max.....	6	26.4	55.7	15.5	18.8	.....	.8	1,075
	{ Avg.....	6	<b>21.7</b>	<b>48.5</b>	<b>13.5</b>	<b>15.6</b>	<b>.7</b>	<b>910</b>	
Fat.....	{ Edible portion.....	1	53.0	15.9	30.3	.....	.8	1,575	
	{ As purchased.....	1	<b>19.5</b>	<b>42.7</b>	<b>12.8</b>	<b>24.4</b>	<b>.6</b>	<b>1,270</b>	
Very fat.....	{ Edible portion.....	1	48.4	15.2	35.6	.....	.8	1,785	
	{ As purchased.....	1	<b>18.7</b>	<b>39.3</b>	<b>12.4</b>	<b>28.9</b>	<b>.7</b>	<b>1,450</b>	
	{ Min.....	9	48.4	15.2	12.9	.....	.8	895	
	{ Max.....	9	67.2	18.9	35.6	.....	1.0	1,785	
	{ Avg.....	9	60.0	17.1	22.0	.....	.9	1,245	
All analyses	{ Edible portion.....	9	14.6	39.3	12.1	13.4	.....	.6	820
	{ As purchased.....	9	26.4	55.7	15.5	28.9	.....	.8	1,455
	{ Min.....	9	<b>21.5</b>	<b>47.0</b>	<b>13.4</b>	<b>17.4</b>	<b>.7</b>	<b>985</b>	
	{ Max.....	9	26.4	55.7	15.5	28.9	.....	.8	1,455
	{ Avg.....	9	<b>21.5</b>	<b>47.0</b>	<b>13.4</b>	<b>17.4</b>	<b>.7</b>	<b>985</b>	
Fore quarter.....	{ Edible portion.....	9	37.2	11.7	25.6	.....	.7	1,385	
	{ As purchased.....	9	57.1	17.0	50.4	.....	1.1	2,345	
	{ Min.....	9	51.7	15.0	32.4	.....	.9	1,645	
	{ Max.....	9	15.7	31.4	9.9	20.0	.....	.5	1,080
	{ Avg.....	9	<b>21.1</b>	<b>40.6</b>	<b>11.9</b>	<b>25.7</b>	<b>.7</b>	<b>1,305</b>	
	{ Min.....	9	15.7	31.4	9.9	20.0	.....	.5	1,080
	{ Max.....	9	24.9	44.5	13.7	42.4	.....	.8	1,975
	{ Avg.....	9	<b>21.1</b>	<b>40.6</b>	<b>11.9</b>	<b>25.7</b>	<b>.7</b>	<b>1,305</b>	
Hind quarter, without tallow and kidney.	{ Edible portion.....	9	40.4	12.9	21.4	.....	.6	1,225	
	{ As purchased.....	9	60.4	17.4	46.1	.....	1.0	2,185	
	{ Min.....	9	54.8	16.2	28.2	.....	.8	1,490	
	{ Max.....	9	9.8	36.5	11.6	17.7	.....	.6	1,015
	{ Avg.....	9	<b>16.7</b>	<b>45.6</b>	<b>13.5</b>	<b>23.5</b>	<b>.7</b>	<b>1,245</b>	
	{ Min.....	9	9.8	36.5	11.6	17.7	.....	.6	1,015
	{ Max.....	9	20.2	50.0	14.7	41.5	.....	.8	1,965
	{ Avg.....	9	<b>16.7</b>	<b>45.6</b>	<b>13.5</b>	<b>23.5</b>	<b>.7</b>	<b>1,245</b>	
Side, including tallow.	{ Edible portion.....	25	46.9	14.0	14.7	.....	.7	965	
	{ As purchased.....	25	65.9	18.4	37.8	.....	1.0	1,865	
	{ Min.....	25	54.2	16.0	28.9	.....	.9	1,515	
	{ Max.....	25	13.0	38.8	11.7	11.2	.....	.6	730
	{ Avg.....	25	<b>18.1</b>	<b>45.4</b>	<b>12.7</b>	<b>23.1</b>	<b>.7</b>	<b>1,210</b>	
	{ Min.....	25	13.0	38.8	11.7	11.2	.....	.6	730
	{ Max.....	25	22.8	55.2	14.0	33.1	.....	.8	1,625
	{ Avg.....	25	<b>18.1</b>	<b>45.4</b>	<b>12.7</b>	<b>23.1</b>	<b>.7</b>	<b>1,210</b>	
Side, not including tallow.	{ Edible portion.....	9	38.8	12.3	23.4	.....	.7	1,305	
	{ As purchased.....	9	58.8	16.9	48.2	.....	.9	2,260	
	{ Min.....	9	53.1	15.6	30.5	.....	.8	1,580	
	{ Max.....	9	12.9	33.8	10.7	18.8	.....	.6	1,045
	{ Avg.....	9	<b>19.0</b>	<b>43.0</b>	<b>12.7</b>	<b>24.6</b>	<b>.7</b>	<b>1,275</b>	
	{ Min.....	9	12.9	33.8	10.7	18.8	.....	.6	1,045
	{ Max.....	9	22.7	47.3	14.0	42.0	.....	.8	1,970
	{ Avg.....	9	<b>19.0</b>	<b>43.0</b>	<b>12.7</b>	<b>24.6</b>	<b>.7</b>	<b>1,275</b>	
Heart, as purchased.....	{ Min.....	2	67.4	15.6	11.9	.....	.9	790	
	{ Max.....	2	71.6	18.3	13.4	.....	.9	905	
	{ Avg.....	2	<b>69.5</b>	<b>17.0</b>	<b>12.6</b>	<b>.9</b>	<b>.9</b>	<b>845</b>	
Kidney, as purchased.....	{ Min.....	1	78.7	16.8	3.2	.....	1.3	450	
Kidney and kidney fat, as purchased.....	{ Min.....	1	18.8	4.3	76.5	.....	.4	3,305	
	{ Max.....	2	2.9	1.1	94.9	.....	.1	4,025	
	{ Avg.....	2	<b>3.4</b>	<b>1.1</b>	<b>95.4</b>	<b>.1</b>	<b>.1</b>	<b>4,045</b>	
Kidney fat, tallow, as purchased.....	{ Min.....	2	52.7	22.0	4.7	2.1	1.4	645	
	{ Max.....	2	69.8	24.2	13.2	7.9	2.0	1,155	
	{ Avg.....	2	<b>61.2</b>	<b>23.1</b>	<b>9.0</b>	<b>5.0</b>	<b>1.7</b>	<b>900</b>	
Liver, as purchased.....	{ Min.....	2	74.6	18.8	2.6	.....	1.2	470	
	{ Max.....	2	77.1	21.5	2.9	.....	1.3	510	
	{ Avg.....	2	<b>75.9</b>	<b>20.1</b>	<b>2.8</b>	<b>.....</b>	<b>1.2</b>	<b>490</b>	
<i>Mutton, canned.</i>									
Corned, as purchased.....		1	45.8	27.2	22.8	.....	4.2	1,470	
Tongue, as purchased.....		1	47.6	23.6	24.0	.....	4.8	1,450	
<i>Pork.</i>									
Chuck ribs and shoulder:									
	{ Min.....	2	50.3	16.8	30.4	.....	.9	1,595	
	{ Max.....	2	51.9	16.9	31.9	.....	.9	1,660	
	{ Avg.....	2	51.1	16.9	31.1	.....	.9	1,630	
Medium fat.	{ Edible portion.....	2	15.9	40.1	13.5	25.4	.....	.7	1,325
	{ As purchased.....	2	20.3	43.6	14.1	25.6	.....	.8	1,340
	{ Min.....	2	<b>18.1</b>	<b>41.8</b>	<b>13.8</b>	<b>25.5</b>	<b>.8</b>	<b>1,335</b>	
	{ Max.....	2	20.3	43.6	14.1	25.6	.....	.8	1,340
	{ Avg.....	2	<b>18.1</b>	<b>41.8</b>	<b>13.8</b>	<b>25.5</b>	<b>.8</b>	<b>1,335</b>	

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Pork—Continued.</i>									
Flank cut .....	Edible portion ..	{ Min ..	3	56.0	16.2	19.4	.9	1,175	
		{ Max ..	3	60.7	18.9	26.9	1.0	1,430	
	As purchased ..	{ Avg. ..	3	59.0	17.8	22.2	1.0	1,265	
		{ Min ..	3	68.6	14.8	4.5	5.0	295	
		{ Max ..	3	75.5	18.5	5.8	8.4	455	
{ Avg. <sup>1</sup> ..	3	71.2	17.0	5.1	6.4	.3	365		
Head .....	Edible portion ..	{ Min ..	3	38.4	10.5	34.5	.6	1,720	
		{ Max ..	3	50.5	14.2	50.5	.8	2,330	
	As purchased ..	{ Avg. ..	3	45.3	12.7	41.3	.7	1,980	
		{ Min ..	3	51.7	10.7	3.0	8.2	.2	410
		{ Max ..	3	77.2	18.5	5.1	24.4	.3	1,125
{ Avg. <sup>1</sup> ..	3	68.4	13.7	3.8	13.9	.2	655		
Head cheese.....	Edible portion ..	{ Min ..	2	43.8	19.4	27.4	3.4	1,550	
		{ Max ..	2	48.1	21.1	33.4	3.4	1,770	
	As purchased ..	{ Avg. ..	2	46.0	20.2	30.4	3.4	1,660	
Loin:	As purchased ..	{ Min ..	1	12.1	42.3	18.6	24.0	3.0	1,360
		{ Avg. ..	1	12.1	42.3	18.6	24.0	3.0	1,360
Lean .....	As purchased ..	{ Min ..	1	60.3	19.7	19.0	1.0	1,163	
		{ Avg. ..	1	23.5	46.1	15.1	14.5	.8	895
Medium fat.	Edible portion ..	{ Min ..	11	49.3	14.9	25.0	.8	1,405	
		{ Max ..	11	55.2	19.5	35.2	1.0	1,765	
	As purchased ..	{ Avg. ..	11	52.0	16.8	30.3	.9	1,590	
		{ Min ..	11	11.5	40.5	13.0	20.8	.7	1,170
		{ Max ..	11	19.3	46.9	16.3	31.1	.8	1,555
{ Avg. <sup>1</sup> ..	11	15.8	43.8	14.1	25.6	.7	1,340		
Fat .....	Edible portion ..	{ Min ..	3	39.7	12.0	38.8	.6	1,890	
		{ Max ..	3	46.7	13.7	48.6	.8	2,245	
	As purchased ..	{ Avg. ..	3	42.1	12.2	45.0	.7	2,125	
		{ Min ..	3	10.1	34.9	9.9	30.4	.6	1,480
		{ Max ..	3	21.8	36.5	10.7	43.7	.6	2,030
{ Avg. <sup>1</sup> ..	3	14.6	35.7	10.4	38.7	.6	1,825		
All analyses	Edible portion ..	{ Min ..	15	39.7	12.0	19.0	.6	1,165	
		{ Max ..	15	60.3	19.7	48.6	1.0	2,245	
	As purchased ..	{ Avg. ..	15	50.5	16.1	32.5	.9	1,670	
		{ Min ..	15	10.1	34.9	9.9	14.5	.6	895
		{ Max ..	15	23.5	46.1	16.3	43.7	.8	2,030
{ Avg. <sup>1</sup> ..	15	16.6	42.3	13.5	27.5	.7	1,410		
Middle cuts.....	Edible portion ..	{ Min ..	3	46.0	14.5	34.9	.7	1,755	
		{ Max ..	3	49.4	15.2	38.8	.8	1,905	
	As purchased ..	{ Avg. ..	3	48.2	14.8	36.3	.7	1,810	
		{ Min ..	3	79.0	11.6	3.6	8.2	.2	410
		{ Max ..	3	76.4	13.8	4.4	11.6	.2	570
{ Avg. <sup>1</sup> ..	3	71.2	13.8	4.2	10.6	.2	525		
Shoulder cut.....	Edible portion ..	{ Min ..	3	44.0	12.0	33.0	.6	1,660	
		{ Max ..	3	51.7	14.5	42.1	.8	2,020	
	As purchased ..	{ Avg. ..	3	47.4	13.2	28.7	.7	1,880	
		{ Min ..	3	56.8	18.9	5.0	12.1	.3	610
		{ Max ..	3	63.4	19.3	5.7	18.2	.3	875
{ Avg. <sup>2</sup> ..	3	59.6	19.1	5.3	15.7	.3	760		
Tenderloin, as purchased .....	Edible portion ..	{ Min ..	3	62.4	18.8	12.3	1.0	895	
		{ Max ..	3	66.4	20.3	17.1	1.0	1,085	
	As purchased ..	{ Avg. ..	3	65.1	19.5	14.4	1.0	970	
Back fat, as purchased .....	Edible portion ..	{ Min ..	3	5.5	2.0	86.7	.1	3,705	
		{ Max ..	3	10.5	2.7	92.4	.2	3,935	
	As purchased ..	{ Avg. ..	3	7.7	2.3	89.9	.1	3,835	
Belly fat, as purchased .....	Edible portion ..	{ Min ..	3	11.0	3.2	78.6	.2	3,400	
		{ Max ..	3	16.7	4.6	85.6	.2	3,670	
	As purchased ..	{ Avg. ..	3	13.8	4.1	81.9	.2	3,530	
Ham fat, as purchased .....	Edible portion ..	{ Min ..	3	8.3	2.3	87.2	.1	3,725	
		{ Max ..	3	10.2	3.3	89.2	.2	3,810	
	As purchased ..	{ Avg. ..	3	9.1	2.7	88.0	.2	3,765	
Jowl fat, as purchased .....	Edible portion ..	{ Min ..	3	13.3	4.3	72.8	.2	3,180	
		{ Max ..	3	21.2	5.7	82.2	.3	3,550	
	As purchased ..	{ Avg. ..	3	16.0	5.0	78.8	.2	3,420	
<i>Pork, ham and shoulder.</i>									
Ham, fresh.....	Edible portion ..	{ Min ..	4	57.7	17.7	12.1	.9	870	
		{ Max ..	4	67.6	19.3	22.4	1.1	1,295	
	As purchased ..	{ Avg. ..	4	62.8	18.5	17.7	1.0	1,090	
		{ Min ..	4	11.6	26.1	7.6	6.1	.4	435
		{ Max ..	4	58.5	51.1	16.6	19.3	.9	1,145
{ Avg. <sup>1</sup> ..	4	42.4	35.7	10.7	10.6	.6	645		

<sup>1</sup> Refuse includes fat trimmings.<sup>2</sup> Refuse mostly fat and skin.

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.										
<i>Pork, ham and shoulder—Continued.</i>										
Ham, smoked:		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>		
Lean.....	Edible portion	Min..	3	49.5	19.8	17.0	5.4	1,085		
		Max..	3	57.4	20.7	24.4	5.8	1,415		
		Avg..	3	53.5	20.2	20.8	5.5	1,255		
	As purchased..	Min..	3	8.4	45.3	17.0	14.5	4.8	930	
		Max..	3	14.3	49.2	19.0	22.3	5.0	1,295	
		Avg..	3	<b>11.5</b>	<b>47.2</b>	<b>17.9</b>	<b>18.5</b>	<b>4.9</b>	<b>1,115</b>	
Medium fat.	Edible portion	Min..	13	35.5	12.4	30.3	2.7	1,680		
		Max..	13	45.6	21.5	44.7	7.4	2,105		
		Avg..	13	40.7	15.5	39.1	4.7	1,940		
	As purchased..	Min..	13	6.7	27.3	10.2	24.5	2.4	1,360	
		Max..	13	28.4	42.5	17.7	39.9	6.0	1,885	
		Avg..	13	<b>14.4</b>	<b>34.9</b>	<b>13.3</b>	<b>33.4</b>	<b>4.0</b>	<b>1,655</b>	
Fat.....	Edible portion	Min..	3	22.4	14.3	54.5	.6	2,585		
		Max..	3	29.7	16.7	56.8	6.5	2,674		
		Avg..	3	25.5	15.4	55.8	3.3	2,640		
	As purchased..	Min..	2	2.0	22.0	14.0	51.9	.5	2,460	
		Max..	2	4.8	28.3	14.5	55.6	6.4	2,605	
		Avg..	2	<b>3.4</b>	<b>25.2</b>	<b>14.2</b>	<b>53.8</b>	<b>3.4</b>	<b>2,535</b>	
All analyses	Edible portion	Min..	19	22.4	12.4	17.0	.6	1,085		
		Max..	19	57.4	21.5	56.8	6.5	2,674		
		Avg..	19	40.3	16.2	38.8	4.7	1,940		
	As purchased..	Min..	18	2.0	22.0	10.2	14.5	.5	930	
		Max..	18	28.4	49.2	19.0	55.6	6.4	2,605	
		Avg..	18	<b>12.7</b>	<b>35.9</b>	<b>14.1</b>	<b>33.2</b>	<b>4.1</b>	<b>1,665</b>	
Ham, smoked, boiled, no bone, as purchased.	1	.....	<b>39.2</b>	<b>18.2</b>	<b>37.0</b>	.....	<b>5.6</b>	<b>1,900</b>		
Ham, boneless, raw, without case, as purchased.	Min..	4	.....	40.3	11.4	17.3	4.4	1,090		
	Max..	4	.....	55.9	19.4	38.9	7.4	1,905		
	Avg..	4	.....	<b>50.1</b>	<b>15.4</b>	<b>28.5</b>	<b>6.0</b>	<b>1,490</b>		
Ham, luncheon, boneless, without case, cooked, as purchased.	Min..	2	.....	47.8	22.8	19.4	5.0	1,285		
	Max..	2	.....	50.5	25.1	22.7	6.7	1,380		
	Avg..	2	.....	<b>49.2</b>	<b>24.0</b>	<b>21.0</b>	<b>5.8</b>	<b>1,330</b>		
Ham, deviled, as purchased.....	Min..	4	.....	38.4	17.9	29.5	2.3	1,595		
	Max..	4	.....	49.4	20.5	38.9	4.4	1,980		
	Avg..	4	.....	<b>45.3</b>	<b>18.9</b>	<b>32.9</b>	<b>2.9</b>	<b>1,740</b>		
Shoulder, fresh.	Edible portion	Min..	5	.....	45.8	14.0	18.5	.7	1,095	
		Max..	5	.....	63.6	17.0	37.7	.9	1,880	
		Avg..	5	.....	54.3	15.5	29.4	.8	1,530	
	As purchased..	Min..	5	.....	7.1	28.4	7.6	8.2	.4	490
		Max..	5	.....	55.4	49.4	13.8	31.9	.8	1,590
		Avg..	5	.....	<b>32.5</b>	<b>35.9</b>	<b>10.4</b>	<b>20.7</b>	<b>.5</b>	<b>1,065</b>
Shoulder, smoked:										
Medium fat.	Edible portion	Min..	3	.....	41.5	14.6	28.8	5.5	1,515	
		Max..	3	.....	49.6	16.5	35.0	8.2	1,750	
		Avg..	3	.....	45.0	15.8	32.5	6.7	1,665	
	As purchased..	Min..	3	.....	17.4	34.3	11.7	23.7	4.5	1,250
		Max..	3	.....	19.4	40.8	13.6	28.2	6.8	1,430
		Avg..	3	.....	<b>18.2</b>	<b>36.8</b>	<b>12.9</b>	<b>26.6</b>	<b>5.5</b>	<b>1,360</b>
Fat.....	Edible portion	Min..	2	.....	22.6	14.5	49.0	4.7	2,345	
		Max..	2	.....	30.4	14.9	58.2	5.7	2,725	
		Avg..	2	.....	26.5	14.7	53.6	5.2	2,535	
	As purchased..	Min..	2	.....	14.1	16.7	10.7	42.1	3.5	2,015
		Max..	2	.....	26.0	26.1	12.8	43.1	4.9	2,020
		Avg..	2	.....	<b>20.0</b>	<b>21.4</b>	<b>11.8</b>	<b>42.6</b>	<b>4.2</b>	<b>2,015</b>
All analyses	Edible portion	Min..	5	.....	22.6	14.5	28.8	4.7	1,515	
		Max..	5	.....	49.6	16.5	58.2	8.2	2,725	
		Avg..	5	.....	37.6	15.3	41.0	6.1	2,015	
	As purchased..	Min..	5	.....	14.1	16.7	10.7	23.7	3.5	1,250
		Max..	5	.....	26.0	40.8	13.6	43.1	6.8	2,020
		Avg..	5	.....	<b>18.9</b>	<b>30.7</b>	<b>12.4</b>	<b>33.0</b>	<b>5.0</b>	<b>1,625</b>
Shoulder, dried and smoked, Swedish imported, lean, as purchased.....	1	.....	<b>47.8</b>	<b>32.6</b>	<b>12.8</b>	.....	<b>6.8</b>	<b>1,145</b>		
<i>Pork, salted and pickled.</i>										
Dry salted backs	Edible portion	Min..	2	.....	17.0	5.7	71.6	2.2	3,180	
		Max..	2	.....	17.6	8.6	73.8	3.5	3,220	
		Avg..	2	.....	17.3	7.2	72.7	2.8	3,200	
	As purchased..	Min..	2	.....	7.0	15.8	5.3	65.0	2.1	2,890
		Max..	2	.....	9.2	15.9	7.8	68.6	3.3	2,995
		Avg..	2	.....	<b>8.1</b>	<b>15.9</b>	<b>6.5</b>	<b>66.8</b>	<b>2.7</b>	<b>2,940</b>

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.		
<b>ANIMAL FOOD—continued.</b>										
<i>Pork, salted and pickled—Continued.</i>										
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>		
Dry salted belly.	Edible portion	Min ..	2	17.2	6.7	71.5	3.2	3,150		
		Max ..	2	18.1	6.8	72.9	3.6	3,200		
		Avg ..	2	17.7	6.7	72.2	3.4	3,175		
	As purchased ..	Min ..	2	7.1	15.6	6.0	66.1	3.0	2,900	
		Max ..	2	9.3	16.8	6.3	66.4	3.4	2,920	
		Avg ..	2	<b>8.2</b>	<b>16.2</b>	<b>6.2</b>	<b>66.2</b>	<b>3.2</b>	<b>2,910</b>	
Salt pork, clear fat, as purchased	Min ..	6	.....	.3	.6	82.8	2.6	3,510		
	Max ..	6	.....	12.2	4.5	94.1	4.5	4,010		
	Avg ..	6	.....	7.3	1.8	87.2	3.7	3,715		
Salt pork, lean ends.	Edible portion	Min ..	4	.....	18.2	6.6	62.3	5.3	2,805	
		Max ..	4	.....	22.2	9.4	69.8	6.1	3,070	
		Avg ..	4	.....	19.9	7.3	67.1	5.7	2,965	
	As purchased ..	Min ..	4	.....	9.0	16.2	5.8	53.6	4.8	2,410
		Max ..	4	.....	14.0	19.1	8.0	63.5	5.5	2,790
		Avg ..	4	.....	<b>11.2</b>	<b>17.6</b>	<b>6.5</b>	<b>59.6</b>	<b>5.1</b>	<b>2,635</b>
Tongue .....	Edible portion	Min ..	2	.....	51.8	17.6	16.5	.5	1,025	
		Max ..	2	.....	65.4	18.4	23.1	6.7	1,315	
		Avg ..	2	.....	58.6	18.0	19.8	3.6	1,170	
	As purchased ..	Min ..	2	.....	1.2	49.1	17.4	16.3	.5	1,010
		Max ..	2	.....	5.2	64.6	17.5	21.9	6.3	1,250
		Avg ..	2	.....	<b>3.2</b>	<b>56.8</b>	<b>17.5</b>	<b>19.1</b>	<b>3.4</b>	<b>1,130</b>
Feet .....	Edible portion	Min ..	2	.....	61.7	12.9	11.5	.9	725	
		Max ..	2	.....	74.7	19.2	18.1	1.0	1,120	
		Avg ..	2	.....	68.2	16.1	14.8	.9	925	
	As purchased ..	Min ..	2	.....	26.7	34.4	9.4	8.5	.5	535
		Max ..	2	.....	44.3	54.7	10.7	10.1	.7	625
		Avg ..	2	.....	<b>35.5</b>	<b>44.6</b>	<b>10.0</b>	<b>9.3</b>	<b>.6</b>	<b>580</b>
Bacon, smoked:										
Lean .....	Edible portion	Min ..	1	.....	32.7	16.4	45.2	5.7	2,210	
As purchased ..		1	<b>9.6</b>	<b>29.6</b>	<b>14.9</b>	<b>40.8</b>	<b>5.1</b>	<b>2,000</b>		
Medium fat ..	Edible portion	Min ..	12	.....	7.7	6.8	57.4	2.7	2,640	
		Max ..	12	.....	26.9	13.4	79.7	7.9	3,510	
		Avg ..	12	.....	18.2	10.0	67.2	4.6	3,020	
	As purchased ..	Min ..	12	.....	2.9	7.1	6.2	52.7	2.4	2,420
		Max ..	12	.....	13.0	24.8	12.1	72.8	7.2	3,200
		Avg ..	12	.....	<b>8.0</b>	<b>16.8</b>	<b>9.2</b>	<b>61.8</b>	<b>4.2</b>	<b>2,780</b>
All analyses	Edible portion	Min ..	13	.....	7.7	6.8	45.2	2.7	2,210	
		Max ..	13	.....	32.7	16.4	79.7	7.9	3,510	
		Avg ..	13	.....	19.3	10.5	65.5	4.7	2,960	
	As purchased ..	Min ..	13	.....	2.9	7.1	6.2	40.8	2.4	2,000
		Max ..	13	.....	13.0	29.6	14.9	72.8	5.1	3,200
		Avg ..	13	.....	<b>8.1</b>	<b>17.8</b>	<b>9.6</b>	<b>60.2</b>	<b>4.3</b>	<b>2,720</b>
<i>Pork, organs and sides.</i>										
Heart, as purchased .....	1	.....	<b>75.6</b>	<b>17.1</b>	<b>6.3</b>	.....	<b>1.0</b>	<b>585</b>		
Kidney, as purchased .....	1	.....	<b>79.5</b>	<b>15.2</b>	<b>4.1</b>	.....	<b>1.2</b>	<b>455</b>		
Liver, as purchased .....	1	.....	<b>71.4</b>	<b>21.3</b>	<b>4.5</b>	<b>1.4</b>	<b>1.4</b>	<b>610</b>		
Lungs, as purchased .....	1	.....	<b>83.3</b>	<b>11.8</b>	<b>4.0</b>	.....	<b>.9</b>	<b>390</b>		
Pork side <sup>1</sup> .....	Edible portion	Min ..	3	.....	26.2	7.8	59.1	.4	2,655	
		Max ..	3	.....	31.8	8.9	65.6	.5	2,915	
		Avg ..	3	.....	29.4	8.5	61.7	.4	2,760	
	As purchased ..	Min ..	3	.....	7.9	24.1	7.2	51.1	.4	2,295
		Max ..	3	.....	13.5	27.5	7.8	60.4	.4	2,685
		Avg ..	3	.....	<b>11.2</b>	<b>26.1</b>	<b>7.5</b>	<b>54.8</b>	<b>.4</b>	<b>2,455</b>
<i>Pork, canned.</i>										
Head, as purchased .....	1	.....	<b>60.1</b>	<b>17.8</b>	<b>19.3</b>	.....	<b>2.8</b>	<b>1,145</b>		
<i>Sausage.</i>										
Arles .....	Edible portion .....	1	.....	17.2	24.9	50.6	.....	7.3	2,600	
	As purchased .....	1	.....	<b>5.2</b>	<b>16.3</b>	<b>23.6</b>	<b>48.0</b>	<b>6.9</b>	<b>2,465</b>	
Banquet .....	Edible portion .....	1	.....	62.7	17.9	15.7	.....	3.7	995	
	As purchased .....	1	.....	<b>1.6</b>	<b>61.7</b>	<b>17.7</b>	<b>15.4</b>	<b>3.6</b>	<b>980</b>	
Bologna .....	Edible portion	Min ..	7	.....	53.5	15.0	11.1	3.0	820	
		Max ..	7	.....	67.0	20.7	24.0	.5	5.2	1,290
		Avg ..	7	.....	59.5	18.6	18.2	.1	3.6	1,115
	As purchased ..	Min ..	4	.....	2.4	51.6	14.6	13.9	3.0	935
		Max ..	4	.....	4.5	59.9	20.0	23.4	5.0	1,260
		Avg .. <sup>2</sup>	4	.....	<b>3.3</b>	<b>55.2</b>	<b>18.0</b>	<b>19.7</b>	<b>3.8</b>	<b>1,165</b>

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

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Sausage—Continued.</i>									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Bologna, dried and smoked, Swedish	{ Edible portion..... As purchased <sup>1</sup> .....	1 1	27.6 26.8	27.6 26.8	32.6 31.6	3.9 3.8	8.3 8.0	1,960 1,900	
Bologna, cervelat, imported, as purchased		1	20.6	25.9	41.2	4.8	7.5	2,310	
Farmer	{ Edible portion..... As purchased	1 1	23.2 3.9	27.2 26.2	42.0 40.4	.....	7.6 7.3	2,280 2,195	
Frankfort, as purchased	{ Min..... Max..... Avg.....	6 6 6	40.3 63.8 55.5	17.9 33.1 21.7	14.8 25.9 18.8	..... 2.4 .4	.7 8.1 3.6	975 1,710 1,205	
Holstein	{ Edible portion..... As purchased <sup>1</sup> .....	1 1	25.6 2.2	29.4 28.7	37.3 36.5	3.4 3.3	4.3 4.2	2,185 2,135	
Lyons	{ Edible portion..... As purchased <sup>1</sup> .....	1 1	32.5 10.0	32.3 29.1	27.2 24.5	.....	8.0 7.2	1,750 1,575	
Pork, as purchased	{ Min..... Max..... Avg.....	9 9 9	25.7 54.4 38.7	8.8 15.9 12.8	28.2 56.8 45.4	..... 3.5 .8	1.9 2.7 2.3	1,460 2,635 2,170	
Pork sausage meat, as purchased		1	46.2	17.9	32.5	.....	3.4	1,705	
Salmi	{ Edible portion..... As purchased	{ Min..... Max..... Avg..... Min.....	2 2 2 2	28.6 32.4 30.5 7.5	22.5 22.7 22.6 26.5	37.8 42.0 39.9 20.2	..... ..... ..... 33.6	6.9 7.1 7.0 6.4	2,015 2,190 2,105 1,795
		{ Max..... Avg. <sup>1</sup> .....	2 2	11.0 9.3	28.8 27.6	20.8 20.5	38.8 36.2	..... 6.4	2,025 1,910
		{ Min..... Max..... Avg.....	3 3 3	20.0 25.0 23.2	22.8 26.6 24.6	43.0 45.7 44.5	..... ..... .....	7.3 8.0 7.7	2,265 2,425 2,335
		{ Min..... Max..... Avg. <sup>1</sup> .....	3 3 3	5.2 8.9 7.0	18.2 23.7 20.9	21.6 24.3 23.0	41.6 42.6 42.1	..... ..... .....	6.9 7.0 7.0
Tongue, as purchased		1	46.4	17.3	33.1	.....	3.2	1,720	
<i>Sausage, canned.</i>									
Beef, as purchased		1	59.6	17.8	20.6	.....	2.0	1,200	
Bologna (Italian), as purchased		1	42.6	23.2	27.8	.....	6.4	1,605	
Frankfort, as purchased		1	72.7	14.6	9.9	.....	2.8	690	
Oxford, as purchased		1	28.9	9.9	58.5	.6	2.1	2,650	
Pork	{ Edible portion..... As purchased	1 1	56.6 12.6	16.6 49.5	24.8 14.5	..... 21.6	2.0 1.8	1,355 1,180	
<i>Soups.</i>									
Asparagus, cream of, as purchased		1	87.4	2.5	3.2	5.5	1.4	285	
Bouillon, as purchased	{ Min..... Max..... Avg.....	2	96.5	1.7	.....	.1	.9	40	
		2	96.6	2.4	.1	.3	1.4	50	
		2	96.5	2.0	.1	.2	1.2	45	
Celery, cream of, as purchased		1	88.6	2.1	2.8	5.0	1.5	250	
Chicken, as purchased	{ Min..... Max..... Avg.....	2	93.2	3.2	.....	1.2	.9	90	
		2	94.5	3.9	.2	1.7	1.2	105	
		2	93.8	3.6	.1	1.5	1.0	100	
Chicken gumbo, as purchased	{ Min..... Max..... Avg.....	2	86.8	3.0	.2	3.8	1.3	135	
		2	91.7	4.6	1.7	5.5	1.4	260	
		2	89.2	3.8	.9	4.7	1.4	200	
Consommé, as purchased		1	96.0	2.5	.....	.4	1.1	55	
Corn, cream of, as purchased		1	86.8	2.5	1.9	7.8	1.0	275	
Julienne, as purchased		1	95.9	2.7	.....	.5	.9	60	
Meat stew, as purchased	{ Min..... Max..... Avg.....	3	83.3	3.7	2.0	4.3	1.1	255	
		3	87.6	5.0	6.4	5.6	1.3	435	
		3	85.7	4.5	3.5	5.1	1.2	325	
Mock turtle	{ Min..... Max..... Avg.....	2	88.9	4.5	.5	1.6	1.2	160	
		2	90.8	5.9	1.3	3.9	1.4	210	
		2	89.8	5.2	.9	2.8	1.3	185	
Mullagatawny, as purchased	{ Min..... Max..... Avg.....	2	87.2	3.3	.....	3.8	1.1	145	
		2	91.3	4.1	.3	7.6	1.3	215	
		2	89.3	3.7	.1	5.7	1.2	180	
Ox tail	{ Min..... Max..... Avg.....	2	88.3	3.9	.5	4.2	1.3	175	
		2	89.4	4.1	2.1	4.3	1.9	245	
		2	88.8	4.0	1.3	4.3	1.6	210	
Pea, as purchased	{ As purchased	1	1.8	87.8	3.8	.5	4.2	1.9	170
		{ Min..... Max..... Avg.....	2 2 2	81.6 88.5 85.1	2.6 5.8 4.2	..... 1.0 .5	6.9 11.1 9.0	1.0 1.5 1.2	220 315 265
		1	87.7	2.6	2.7	5.7	1.3	270	
Tomato, as purchased	{ Min..... Max..... Avg.....	2	89.7	1.7	.9	5.3	1.2	180	
		2	90.4	1.9	1.2	6.0	1.7	185	
		2	90.0	1.8	1.1	5.6	1.5	185	

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

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.				
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>				
ANIMAL FOOD—continued.												
<i>Soups—Continued.</i>												
Turtle, green, as purchased	1	.....	86.6	6.1	1.9	3.9	1.5	270				
Vegetable, as purchased	1	.....	95.7	2.9	.....	.5	.9	65				
<i>Poultry and game, fresh.</i>												
Chicken	{	Edible portion	{	Min..	2	.....	72.2	21.1	1.6	.....	1.0	460
			{	Max..	2	.....	76.3	24.5	1.9	.....	1.4	535
			{	Avg..	2	.....	74.2	22.8	1.8	.....	1.2	500
		As purchased	{	Min..	2	31.4	44.6	14.4	1.1	.....	.7	315
			{	Max..	2	38.2	52.4	15.1	1.2	.....	.9	330
		Avg..	2	34.8	48.5	14.8	1.1	.....	.8	325		
Fowl	{	Edible portion	{	Min..	5	.....	62.8	11.8	12.5	.....	1.0	890
			{	Max..	5	.....	71.0	21.1	15.9	.....	1.3	1,020
			{	Avg..	5	.....	65.2	19.3	14.4	.....	1.1	965
		As purchased	{	Min..	5	18.0	38.3	9.7	7.2	.....	.6	510
			{	Max..	5	42.7	58.2	14.8	13.0	.....	1.1	780
		Avg..	5	30.0	45.6	13.4	10.2	.....	.8	680		
Goose	{	Edible portion	{	Min..	2	.....	37.9	9.8	36.2	.....	.7	1,830
			{	Max..	2	.....	46.7	16.3	51.6	.....	.8	2,360
			{	Avg..	2	.....	42.3	13.0	43.9	.....	.8	2,095
		As purchased	{	Min..	2	17.6	27.8	7.2	29.8	.....	.5	1,505
			{	Max..	2	26.7	38.5	13.4	37.8	.....	.7	1,730
		Avg..	2	22.2	33.1	10.3	33.8	.....	.6	1,620		
Turkey	{	Edible portion	{	Min..	3	.....	49.5	18.9	8.7	.....	.9	810
			{	Max..	3	.....	66.1	23.9	30.7	.....	1.3	1,650
			{	Avg..	3	.....	55.5	20.6	22.9	.....	1.0	1,350
		As purchased	{	Min..	3	17.1	41.1	15.5	5.9	.....	.7	550
			{	Max..	3	32.4	44.7	16.1	25.5	.....	.9	1,365
		Avg..	3	22.7	42.4	15.7	18.4	.....	.8	1,070		
Chicken, gizzard, as purchased	1	.....	72.5	24.7	1.4	.....	1.4	520				
Chicken, heart, as purchased	1	.....	72.0	21.1	5.5	.....	1.4	625				
Chicken, liver, as purchased	1	.....	69.3	22.4	4.2	2.4	1.7	635				
Goose, gizzard, as purchased	1	.....	73.8	19.4	5.8	.....	1.0	605				
Goose, heart, as purchased	1	.....	62.6	16.6	15.9	3.7	1.2	980				
Turkey, gizzard, as purchased	1	.....	62.7	20.5	14.5	1.2	1.1	1,015				
Turkey, heart, as purchased	1	.....	68.6	17.2	13.2	.....	1.0	875				
Turkey, liver, as purchased	1	.....	69.6	22.9	5.2	.6	1.7	655				
<i>Poultry and game, canned.</i>												
Chicken, as purchased	1	.....	46.9	20.5	30.0	.....	2.6	1,645				
Plover, as purchased	1	.....	57.7	22.4	10.2	7.6	2.1	990				
Quail, as purchased	1	.....	66.9	21.8	8.0	1.7	1.6	775				
Turkey, as purchased	1	.....	47.4	20.7	29.2	.....	2.7	1,615				
<i>Fish.</i>												
Alewife, whole	{	Edible portion	{	Min..	2	.....	72.7	18.8	3.8	.....	1.5	510
			{	Max..	2	.....	75.9	19.5	6.0	.....	1.5	615
			{	Avg..	2	.....	74.4	19.2	4.9	.....	1.5	565
		As purchased	{	Min..	2	49.4	36.9	9.5	1.9	.....	.8	255
			{	Max..	2	49.5	38.3	9.9	3.0	.....	.8	310
		Avg..	2	49.5	37.6	9.7	2.4	.....	.8	280		
Bass, black, whole	{	Edible portion	{	Min..	2	.....	74.8	19.2	1.0	.....	1.2	400
			{	Max..	2	.....	78.6	21.5	2.5	.....	1.2	505
			{	Avg..	2	.....	76.7	20.4	1.7	.....	1.2	450
		As purchased	{	Min..	2	53.6	34.6	8.5	.4	.....	.5	175
			{	Max..	2	56.0	34.7	10.0	1.1	.....	.6	230
		Avg..	2	54.8	34.6	9.3	.8	.....	.5	205		
Bass, red, whole	{	Edible portion	.....	1	.....	81.6	16.7	.5	.....	1.2	330	
	{	As purchased	.....	1	63.5	29.8	6.1	.2	.....	.4	120	
Bass, sea, whole	{	Edible portion	.....	1	.....	79.3	18.8	.5	.....	1.4	370	
	{	As purchased	.....	1	56.1	34.8	8.3	.2	.....	.6	160	
Bass, striped, whole	{	Edible portion	{	Min..	6	.....	75.8	16.9	2.1	.....	.9	405
			{	Max..	6	.....	79.6	19.3	4.6	.....	1.4	525
			{	Avg..	6	.....	77.7	18.3	2.8	.....	1.2	460
		As purchased	{	Min..	5	48.6	32.5	7.2	.7	.....	.5	170
			{	Max..	5	57.1	39.7	9.7	1.6	.....	.6	240
		Avg..	5	55.0	35.1	8.3	1.1	.....	.5	200		
Bass, striped, entrails removed, as purchased	1	.....	51.2	37.4	8.7	2.2	.....	.5	255			
Blackfish, whole	{	Edible portion	{	Min..	4	.....	77.0	17.4	.6	.....	.7	350
			{	Max..	4	.....	81.0	19.0	2.8	.....	1.4	470
			{	Avg..	4	.....	79.1	18.5	1.3	.....	1.1	400
		As purchased	{	Min..	2	56.2	29.2	6.3	.2	.....	.2	125
			{	Max..	2	64.1	33.7	8.3	1.2	.....	.6	205
		Avg..	2	60.1	31.5	7.3	.7	.....	.4	165		



## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
<i>Fish—Continued.</i>								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Blackfish, entrails removed, as purchased.	{ Min .. 2	53.6	33.5	7.9	.4	.....	.4	165
	{ Max .. 2	57.8	36.4	8.7	.7	.....	.6	190
	{ Avg .. 2	55.7	35.0	8.3	.5	.....	.5	175
Bluefish, entrails removed.	{ Edible portion .. 1	.....	78.5	19.0	1.2	.....	1.3	405
	{ As purchased .. 1	48.6	40.3	9.8	.6	.....	.7	205
Buffalo-fish, entrails removed.	{ Edible portion .. 1	.....	78.6	17.9	2.3	.....	1.2	430
	{ As purchased .. 1	52.5	37.3	8.5	1.1	.....	.6	205
Butter-fish, whole.	{ Edible portion .. 1	.....	70.0	17.8	11.0	.....	1.2	795
	{ As purchased .. 1	42.8	40.1	10.2	6.3	.....	.6	455
Cisco, whole.	{ Edible portion .. 1	.....	76.1	19.1	3.5	.....	1.3	505
	{ As purchased .. 1	42.7	43.6	11.0	2.0	.....	.7	290
	{ Min .. 5	.....	80.7	15.0	.3	.....	1.0	285
	{ Max .. 5	.....	83.5	17.6	.5	.....	1.3	340
	{ Avg .. 5	.....	82.6	15.8	.4	.....	1.2	310
Cod, whole.	{ Min .. 2	48.5	35.1	7.7	.1	.....	.6	145
	{ Max .. 2	56.5	42.3	8.3	.3	.....	.6	165
	{ Avg .. 2	52.5	38.7	8.0	.2	.....	.6	155
	{ Min .. 3	25.5	55.3	9.9	.2	.....	.8	190
	{ Max .. 3	33.7	62.1	11.4	.3	.....	.9	220
	{ Avg .. 3	29.9	58.5	10.6	.2	.....	.8	205
Cod, dressed, as purchased.	{ Min .. 3	.....	81.8	15.0	.1	.....	.8	300
	{ Max .. 3	.....	83.5	17.2	.5	.....	1.0	330
	{ Avg .. 3	.....	82.5	16.3	.3	.....	.9	315
Cod, sections, as purchased.	{ Min .. 3	.....	79.7	18.6	.5	.....	1.2	365
	{ Max .. 3	.....	81.8	15.0	.1	.....	.8	300
	{ Avg .. 3	.....	83.5	17.2	.5	.....	1.0	330
Cod, steaks	{ Edible portion .. 1	.....	79.7	18.6	.5	.....	1.2	365
	{ As purchased .. 1	9.2	72.4	16.9	.5	.....	1.0	335
Cusk, entrails removed.	{ Edible portion .. 1	.....	82.0	16.9	.2	.....	.9	325
	{ As purchased .. 1	40.3	49.0	10.1	.1	.....	.5	190
	{ Min .. 2	.....	69.8	17.6	7.9	.....	.9	660
	{ Max .. 2	.....	73.4	19.0	10.3	.....	1.1	790
	{ Avg .. 2	.....	71.6	18.3	9.1	.....	1.0	725
Eels, salt water, dressed.	{ Min .. 2	19.0	54.9	14.3	6.4	.....	.7	535
	{ Max .. 2	21.4	59.4	14.9	8.1	.....	.9	620
	{ Avg .. 2	20.2	57.2	14.6	7.2	.....	.8	575
	{ Min .. 3	.....	83.4	12.9	.4	.....	1.2	275
	{ Max .. 3	.....	85.0	14.7	.7	.....	1.3	300
	{ Avg .. 3	.....	84.2	13.9	.6	.....	1.3	285
Flounder, whole	{ Min .. 2	56.2	27.2	5.2	.2	.....	.5	120
	{ Max .. 2	66.8	37.0	6.1	.3	.....	.5	130
	{ Avg .. 2	61.5	32.1	5.6	.3	.....	.5	115
Flounder, entrails removed, as purchased.	{ Min .. 1	57.0	35.8	6.3	.3	.....	.6	130
	{ Max .. 4	.....	80.3	15.9	.1	.....	1.0	305
	{ Avg .. 4	.....	82.6	18.4	.4	.....	1.6	350
Haddock, entrails removed.	{ Min .. 4	48.0	38.5	7.8	.1	.....	.5	150
	{ Max .. 4	52.9	42.9	8.9	.2	.....	.8	170
	{ Avg .. 4	51.0	40.0	8.2	.2	.....	.6	160
Hake, entrails removed.	{ Edible portion .. 1	.....	83.1	15.2	.7	.....	1.0	310
	{ As purchased .. 1	52.5	39.5	7.2	.3	.....	.5	145
	{ Min .. 3	.....	70.1	17.5	2.2	.....	.9	420
	{ Max .. 3	.....	79.2	19.4	10.6	.....	1.2	785
	{ Avg .. 3	.....	75.4	18.3	5.2	.....	1.1	560
Halibut, steaks or sections.	{ Min .. 3	11.2	60.9	13.4	1.7	.....	.7	320
	{ Max .. 3	23.1	62.6	16.1	9.4	.....	1.0	695
	{ Avg .. 3	17.7	61.9	15.1	4.4	.....	.9	465
	{ Min .. 2	.....	69.0	18.5	3.2	.....	1.5	490
	{ Max .. 2	.....	76.0	19.2	11.0	.....	1.6	810
	{ Avg .. 2	.....	72.5	18.9	7.1	.....	1.5	650
Herring, whole	{ Min .. 2	39.3	37.3	10.0	1.9	.....	.8	300
	{ Max .. 2	46.0	46.1	11.7	5.9	.....	1.0	435
	{ Avg .. 2	42.6	41.7	10.9	3.9	.....	.9	370
Kingfish, whole.	{ Edible portion .. 1	.....	79.2	18.7	.9	.....	1.2	385
	{ As purchased .. 1	56.6	34.4	8.1	.4	.....	.5	170
Lamprey, whole.	{ Edible portion .. 1	.....	71.1	14.9	13.3	.....	.7	840
	{ As purchased .. 1	45.8	38.5	8.1	7.2	.....	.4	455
	{ Min .. 6	.....	64.0	17.5	2.2	.....	1.0	430
	{ Max .. 6	.....	78.7	19.3	16.3	.....	1.5	1,025
	{ Avg .. 6	.....	73.4	18.2	7.1	.....	1.3	640
Mackerel, whole	{ Min .. 5	33.8	35.8	8.4	1.4	.....	.6	300
	{ Max .. 5	57.9	48.5	12.1	10.7	.....	1.0	675
	{ Avg .. 5	44.6	40.4	10.0	4.3	.....	.7	370
Mackerel, entrails removed, as purchased.	{ Min .. 1	40.7	43.7	11.4	3.5	.....	.7	360
Mullet, whole.	{ Edible portion .. 1	.....	74.9	19.3	4.6	.....	1.2	555
	{ As purchased .. 1	57.9	31.5	8.1	2.0	.....	.5	235
Muskellunge, whole.	{ Edible portion .. 1	.....	76.3	19.6	2.5	.....	1.6	470
	{ As purchased .. 1	49.2	38.7	10.0	1.3	.....	.8	240

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Fish—Continued.</i>									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Perch, white, whole.	Edible portion	Min ..	75.6	17.7	2.5	.....	1.1	485	
		Max ..	75.8	20.4	5.6	.....	1.3	565	
		Avg ..	75.7	19.1	4.0	.....	1.2	525	
	As purchased ..	Min ..	61.8	27.8	6.5	1.0	.....	.4	185
		Max ..	63.2	28.9	7.8	2.1	.....	.5	210
	Avg ..	<b>62.5</b>	<b>28.4</b>	<b>7.2</b>	<b>1.5</b>	.....	<b>.4</b>	<b>195</b>	
Perch, pike (wall-eyed pike).	Edible portion ..	1	79.7	18.4	.5	.....	1.4	365	
	As purchased ..	1	<b>57.2</b>	<b>34.1</b>	<b>7.9</b>	<b>.2</b>	<b>.6</b>	<b>155</b>	
Perch, yellow, whole.	Edible portion	Min ..	78.1	17.9	.6	.....	1.1	360	
		Max ..	80.4	19.5	1.1	.....	1.3	410	
		Avg ..	79.3	18.7	.8	.....	1.2	385	
	As purchased ..	1	<b>62.7</b>	<b>30.0</b>	<b>6.7</b>	<b>.2</b>	<b>.4</b>	<b>135</b>	
Perch, yellow, dressed, as purchased ..	1	<b>35.1</b>	<b>50.7</b>	<b>12.6</b>	<b>.7</b>	<b>.9</b>	<b>.9</b>	<b>265</b>	
Pickereel (pike), whole.	Edible portion	Min ..	79.5	18.4	.5	.....	1.0	365	
		Max ..	79.9	18.9	.6	.....	1.2	375	
		Avg ..	79.8	18.6	.5	.....	1.1	365	
	As purchased ..	Min ..	45.4	40.8	9.7	.2	.....	.6	190
Max ..		48.7	43.6	10.2	.3	.....	.7	200	
	Avg ..	<b>47.1</b>	<b>42.2</b>	<b>9.8</b>	<b>.2</b>	.....	<b>.7</b>	<b>190</b>	
Pickereel (pike), entrails removed, as purchased ..	1	<b>42.7</b>	<b>45.7</b>	<b>10.7</b>	<b>.3</b>	.....	<b>.6</b>	<b>210</b>	
Pike, gray, whole.	Edible portion ..	1	80.8	17.3	.8	.....	1.1	355	
	As purchased ..	1	<b>63.2</b>	<b>29.7</b>	<b>6.4</b>	<b>.3</b>	<b>.4</b>	<b>130</b>	
Pollock, dressed	Edible portion ..	1	76.0	21.7	.8	.....	1.5	440	
	As purchased ..	1	<b>28.5</b>	<b>54.3</b>	<b>15.5</b>	<b>.6</b>	<b>1.1</b>	<b>315</b>	
Pompano, whole	Edible portion	Min ..	67.4	18.1	1.6	.....	1.0	405	
		Max ..	78.2	19.2	13.5	.....	1.0	925	
		Avg ..	72.8	18.7	7.5	.....	1.0	665	
	As purchased ..	Min ..	42.4	38.8	9.9	.8	.....	.5	220
		Max ..	48.6	40.2	10.5	7.8	.....	.5	525
	Avg ..	<b>45.5</b>	<b>39.5</b>	<b>10.2</b>	<b>4.3</b>	.....	<b>.5</b>	<b>370</b>	
Porgy, whole ...	Edible portion	Min ..	72.0	17.5	1.5	.....	1.4	390	
		Max ..	79.7	19.3	7.9	.....	1.4	685	
		Avg ..	75.0	18.5	5.1	.....	1.4	560	
	As purchased ..	Min ..	57.3	27.8	6.1	.5	.....	.5	135
		Max ..	65.1	31.1	8.2	3.4	.....	.6	295
	Avg ..	<b>60.0</b>	<b>29.9</b>	<b>7.4</b>	<b>2.1</b>	.....	<b>.6</b>	<b>225</b>	
Red grouper, entrails removed.	Edible portion	Min ..	79.0	18.4	.5	.....	1.1	365	
		Max ..	79.9	19.2	.7	.....	1.2	385	
		Avg ..	79.5	18.8	.6	.....	1.1	375	
	As purchased ..	Min ..	55.8	34.8	8.2	.2	.....	.5	160
		Max ..	55.9	35.3	8.5	.3	.....	.5	170
	Avg ..	<b>55.9</b>	<b>35.0</b>	<b>8.4</b>	<b>.2</b>	.....	<b>.5</b>	<b>165</b>	
Red snapper, whole.	Edible portion	Min ..	77.3	18.3	.5	.....	1.3	360	
		Max ..	79.8	19.9	1.9	.....	1.3	440	
		Avg ..	78.5	19.2	1.0	.....	1.3	400	
	As purchased ..	Min ..	39.6	36.8	9.2	.4	.....	.6	190
		Max ..	52.5	47.2	12.0	.9	.....	.8	260
	Avg ..	<b>46.1</b>	<b>42.0</b>	<b>10.6</b>	<b>.6</b>	.....	<b>.7</b>	<b>220</b>	
Red snapper, entrails and gills removed, as purchased ..	1	<b>45.3</b>	<b>43.7</b>	<b>10.0</b>	<b>.3</b>	.....	<b>.7</b>	<b>200</b>	
Salmon, whole ..	Edible portion	Min ..	61.0	17.3	10.2	.....	1.1	855	
		Max ..	69.5	24.5	15.0	.....	1.6	1,005	
		Avg ..	65.2	20.6	12.8	.....	1.4	925	
	As purchased ..	Min ..	30.8	30.0	7.7	5.4	.....	.6	370
		Max ..	56.3	45.0	14.8	10.0	.....	1.0	670
	Avg ..	<b>39.2</b>	<b>39.4</b>	<b>12.4</b>	<b>8.1</b>	.....	<b>.9</b>	<b>570</b>	
Salmon, entrails removed, as purchased.	Edible portion	Min ..	23.8	45.0	12.4	6.6	.....	.9	510
		Max ..	35.2	51.2	14.6	9.5	.....	.9	675
	As purchased ..	Avg ..	<b>29.5</b>	<b>48.1</b>	<b>13.5</b>	<b>8.1</b>	.....	<b>.8</b>	<b>590</b>
		Min ..	62.7	17.0	16.5	.....	1.0	1,030	
Salmon, California, sections.	Edible portion	Max ..	64.5	18.0	19.2	.....	1.1	1,125	
		Avg ..	63.6	17.5	17.9	.....	1.0	1,080	
		As purchased ..	1	<b>10.3</b>	<b>57.9</b>	<b>16.1</b>	<b>14.8</b>	.....	<b>.9</b>
Shad, whole.....	Edible portion	Min ..	65.3	17.8	6.5	.....	.9	630	
		Max ..	73.6	20.0	13.6	.....	1.5	940	
		Avg ..	70.6	18.6	9.5	.....	1.3	745	
	As purchased ..	Min ..	44.4	30.3	7.4	2.9	.....	.6	260
		Max ..	58.8	39.5	10.5	7.3	.....	.8	505
	Avg ..	<b>50.1</b>	<b>35.2</b>	<b>9.2</b>	<b>4.8</b>	.....	<b>.7</b>	<b>375</b>	
Shad roe, as purchased ..	1	<b>71.2</b>	<b>20.9</b>	<b>3.8</b>	<b>2.6</b>	.....	<b>1.5</b>	<b>600</b>	
Sheepshead, whole.	Edible portion	Min ..	72.0	18.9	.7	.....	1.1	380	
		Max ..	79.1	20.2	6.7	.....	1.3	660	
	As purchased ..	Avg ..	75.6	19.5	3.7	.....	1.2	520	
		1	<b>66.0</b>	<b>26.9</b>	<b>6.4</b>	<b>.2</b>	.....	<b>.5</b>	<b>125</b>

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
<i>Fish—Continued.</i>								
Sheepshead, entrails removed, as purchased.....	1	<i>Per ct.</i> 56.5	<i>Per ct.</i> 31.3	<i>Per ct.</i> 8.8	<i>Per ct.</i> 2.9	<i>Per ct.</i> .5	<i>Per ct.</i> .5	<i>Calories.</i> 285
Skate, lobe of body.	1	Edible portion.....	82.2	15.3	1.4	1.1	1.1	345
		As purchased.....	51.0	40.2	7.5	.7	.6	170
Smelt, whole....	2	Edible portion { Min ..	78.2	15.9	1.6	1.4	1.4	375
		Max ..	80.2	18.8	1.9	2.0	2.0	420
	As purchased..	Avg ..	79.2	17.3	1.8	1.7	1.7	400
		Min ..	34.8	39.9	9.6	.8	.7	215
		Max ..	49.0	52.3	10.4	1.2	1.3	245
Avg ..	41.9	46.1	10.0	1.0	1.0	230		
Spanish mackerel, whole.	1	Edible portion.....	68.1	21.0	9.4	1.5	1.5	790
		As purchased.....	34.6	44.5	13.7	6.2	1.0	515
Sturgeon, anterior sections.	1	Edible portion.....	78.7	18.0	1.9	1.4	1.4	415
		As purchased.....	14.4	67.4	15.4	1.6	1.2	355
Trout, brook, whole.	3	Edible portion { Min ..	75.8	18.4	.8	1.0	1.0	380
		Max ..	79.8	20.0	2.9	1.4	1.4	495
	As purchased..	Avg ..	77.8	18.9	2.1	1.2	1.2	440
		Min ..	45.2	38.6	9.2	.4	.5	225
Max ..	50.1	43.8	10.2	1.5	.7	255		
Avg ..	48.1	40.4	9.8	1.1	.6	230		
Tomcod, whole.	1	Edible portion.....	81.5	17.1	.4	1.0	1.0	335
		As purchased.....	59.9	32.7	6.8	.2	.4	135
Turbot, whole ..	1	Edible portion.....	71.4	12.9	14.4	1.3	1.3	850
		As purchased.....	47.7	37.3	6.8	7.5	.7	440
Weakfish, whole	1	Edible portion.....	79.0	17.4	2.4	1.2	1.2	425
		As purchased.....	51.9	38.0	8.4	1.1	.6	200
Whitefish, whole	1	Edible portion.....	69.8	22.1	6.5	1.6	1.6	685
		As purchased.....	53.5	32.5	10.3	3.0	.7	325
<i>Fish, preserved and canned.</i>								
Cod, salt.....	2	Edible portion { Min ..	53.5	21.2	.3	24.3	405	
		Max ..	53.6	21.7	.4	25.0	420	
	As purchased..	Avg ..	53.6	21.4	.4	24.6	415	
		Min ..	24.3	40.0	15.7	.3	18.4	305
		Max ..	25.5	40.5	16.4	.4	18.5	320
Avg ..	24.9	40.3	16.0	.4	18.4	315		
Cod, boneless, salt, as purchased ..	1		54.4	22.2	.3	23.1	425	
Haddock, smoked.	1	Edible portion.....	72.5	23.7	.2	3.6	450	
		As purchased.....	32.2	49.2	16.1	.1	2.4	305
Haddock, smoked, canned, cooked, as purchased ..	1	Edible portion.....	68.7	21.8	2.3	7.2	505	
		As purchased.....						
Halibut, smoked	2	Edible portion { Min ..	47.7	18.1	14.4	14.9	995	
		Max ..	51.1	23.0	15.6	15.2	1,035	
	As purchased..	Avg ..	49.4	20.6	15.0	15.0	1,015	
		Min ..	5.9	44.9	16.7	13.6	13.9	920
		Max ..	8.0	47.0	21.6	14.4	14.0	975
Avg ..	7.0	46.0	19.1	14.0	13.9	945		
Herring, smoked, entrails removed.	1	Edible portion.....	34.6	36.4	15.8	13.2	1,345	
		As purchased.....	44.4	19.2	20.2	8.8	7.4	745
Lamprey, canned, Russia.	1	Edible portion.....	63.3	16.9	12.2	3.6	4.0	895
		As purchased.....	18.2	51.7	13.8	10.0	3.0	735
Mackerel, salt, entrails removed.	1	Edible portion.....	42.2	22.0	22.6	13.2	1,360	
		As purchased.....	22.9	32.5	17.0	17.4	10.2	1,050
Mackerel, salt, dressed.	2	Edible portion { Min ..	43.2	16.9	24.9	12.0	1,380	
		Max ..	43.6	17.7	27.9	13.8	1,490	
	As purchased..	Avg ..	43.4	17.3	26.4	12.9	1,435	
		Min ..	17.0	33.8	13.7	19.3	10.0	1,070
		Max ..	22.4	35.8	14.0	23.2	10.8	1,230
Avg ..	19.7	34.8	13.9	21.2	10.4	1,150		
Mackerel, salt, canned, as purchased ..	1		68.2	19.9	8.7	3.2	735	
Mackerel, salt, canned in oil.	1	Edible portion.....	58.2	22.0	14.1	1.6	4.1	1,035
		As purchased.....	31.5	39.9	15.0	9.7	1.1	2.8
Minogy, pickled, canned.	1	Edible portion.....	56.5	21.9	18.6	3.0	1,190	
		As purchased.....	18.7	46.0	17.8	15.1	2.4	970
Pilchard in tomatoes, canned, Russia, as purchased ..	1	Edible portion.....	52.7	27.5	15.8	4.0	1,180	
		As purchased.....						
Salmon, canned .	6	Edible portion { Min ..	57.5	17.2	2.4	1.8	420	
		Max ..	71.1	23.7	21.5	7.1	2.5	1,265
	As purchased..	Avg ..	64.9	20.7	10.8	1.2	2.4	865
		Min ..	11.7	54.6	18.8	7.0	1.5	660
		Max ..	16.9	58.2	20.3	9.8	2.4	765
Avg ..	14.2	56.8	19.5	7.5	2.0	680		
Sardines, canned	1	Edible portion.....	56.4	25.3	12.7	5.6	1,010	
		As purchased.....	5.0	53.6	24.0	12.1	5.3	955

<sup>1</sup> Refuse, oil.<sup>2</sup> Refuse, liquids.

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Fish, preserved and canned—Continued.</i>									
Sturgeon, dried, { Edible portion .....	1	<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>	
Russia. } As purchased .....	1	12.7	50.6	32.2	9.6	.....	7.6	1,005	
Sturgeon, caviare, pressed, Russia, as purchased .....	1	.....	38.1	30.0	19.7	7.6	4.6	1,530	
Tunny, canned, as purchased .....	1	.....	72.7	21.5	4.1	.....	1.7	575	
Tunny, canned, { Edible portion .....	1	.....	51.3	23.8	20.0	.6	4.3	1,295	
in oil, Russia. } As purchased .....	1	16.7	42.7	20.3	16.7	.....	3.6	1,085	
<i>Shellfish, etc., fresh.</i>									
Clams, long, in shell. {	Edible portion {	Min ..	4	85.0	8.1	1.0	1.6	2.0	225
		Max ..	4	86.1	9.0	1.2	2.5	3.0	255
		Avg ..	4	85.8	8.6	1.0	2.0	2.6	240
		As purchased {	Min ..	4	39.9	47.2	4.4	.5	.9
Max ..	4	45.2	51.7	5.2	.7	1.5	1.7	150	
Avg ..	4	41.9	49.9	5.0	.6	1.1	1.5	140	
Clams, round, in shell. {	Edible portion .....	Min ..	1	86.2	6.5	.4	4.2	2.7	215
		Max ..	1	67.5	28.0	2.1	.1	1.4	.9
Clams, round, from shell, as purchased .....	1	.....	80.8	10.6	1.1	5.2	2.3	340	
Crabs, hard, whole. {	Edible portion .....	Min ..	1	77.1	16.6	2.0	1.2	3.1	415
		Max ..	1	52.4	36.7	7.9	.9	.6	1.5
Crayfish, abd o- men. {	Edible portion .....	Min ..	1	81.2	16.0	.5	1.0	1.3	335
		Max ..	1	86.6	10.9	2.1	.1	.1	.2
Lobster, whole.. {	Edible portion {	Min ..	4	68.6	11.6	1.5	.....	1.6	290
		Max ..	4	84.3	25.4	2.5	.9	4.0	555
		Avg ..	4	79.2	16.4	1.8	.4	2.2	390
		As purchased {	Min ..	4	44.0	18.0	4.4	.5	.....
Max ..	4	73.7	47.2	6.5	.9	.4	1.1	165	
Avg ..	4	61.7	30.7	5.9	.7	.2	.8	145	
Mussels..... {	Edible portion .....	Min ..	1	84.2	8.7	1.1	4.1	1.9	285
		Max ..	1	46.7	44.9	4.6	.6	2.2	1.0
Oysters in the shell. {	Edible portion {	Min ..	34	80.5	4.2	.6	1.8	1.2	135
		Max ..	34	90.9	10.0	1.9	6.7	2.8	360
		Avg ..	34	86.9	6.2	1.2	3.7	2.0	230
		As purchased {	Min ..	34	74.0	10.7	.5	.1	.2
Max ..	34	88.3	23.1	1.8	.4	1.3	.6	65	
Avg ..	34	81.4	16.1	1.2	.2	.7	.4	45	
Oysters, "solids," as purchased... {	Edible portion .....	Min ..	6	85.2	5.7	.9	1.7	.7	175
		Max ..	6	91.0	6.6	1.8	5.6	1.1	305
		Avg ..	6	88.3	6.1	1.4	3.3	.9	235
Scallops, as purchased..... {	Edible portion .....	Min ..	2	77.8	14.5	.....	1.1	1.3	310
		Max ..	2	82.8	15.1	.3	5.6	1.5	385
		Avg ..	2	80.3	14.8	.1	3.4	1.4	345
Terrapin..... {	Edible portion .....	1	74.5	21.0	3.5	.....	1.0	540	
As purchased .....	1	75.4	18.3	5.2	.9	.....	.2	135	
Turtle, green, whole. {	Edible portion .....	Min ..	1	79.8	18.5	.5	.....	1.2	365
		Max ..	1	76.0	19.2	4.4	.1	.....	.3
<i>Shellfish, canned.</i>									
Clams, long, as purchased.....	1	.....	84.5	9.0	1.3	2.9	2.3	275	
Clams, round, as purchased.....	1	.....	82.9	10.5	.8	3.0	2.8	285	
Crabs, as purchased..... {	Edible portion {	Min ..	2	78.9	15.6	.8	.8	1.8	340
		Max ..	2	81.0	16.0	2.3	.7	2.1	410
		Avg ..	2	80.0	15.8	1.5	.7	2.0	370
Lobsters, as purchased..... {	Edible portion {	Min ..	5	76.2	16.7	.5	.5	2.1	340
		Max ..	5	79.4	19.5	1.7	.6	2.8	445
		Avg ..	5	77.8	18.1	1.1	.5	2.5	395
Oysters, as purchased..... {	Edible portion {	Min ..	3	84.6	7.0	2.0	4.1	1.2	285
		Max ..	3	86.0	8.0	2.2	5.2	1.4	310
		Avg ..	3	85.2	7.4	2.1	4.0	1.3	300
Shrimps, as purchased.....	1	.....	70.8	25.4	1.0	.2	2.6	520	
<i>Eggs.</i>									
Hens' eggs..... {	Edible portion {	Min ..	39	68.2	9.8	9.1	.....	.6	650
		Max ..	39	75.3	17.4	15.1	.....	1.6	885
		Avg ..	39	73.5	14.9	10.6	.....	1.0	725
		As purchased .....	3	10.5	66.0	13.1	9.5	.....	.9
<i>Dairy products, etc.</i>									
Butter.....	.....	.....	.....	.....	82.4	.....	.....	3,475	
Whole milk.....	Avg.....	.....	87.0	3.3	4.0	5.0	.7	325	
Skim milk.....	Avg.....	.....	90.5	3.4	.3	5.1	.7	170	
Buttermilk.....	Avg.....	.....	91.0	3.0	.5	4.8	.7	165	

<sup>1</sup> Refuse, oil.<sup>2</sup> Refuse of whole.<sup>3</sup> Average per cent shell in several determinations.<sup>4</sup> Average per cent butter fat found in the 90-day Columbian butter test.

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
<b>ANIMAL FOOD—continued.</b>								
<i>Dairy products, etc.—Continued.</i>								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Condensed milk	{ Min .. 7	.....	25.7	6.0	.4	44.4	1.9	1,270
	{ Max .. 7	.....	37.3	10.4	9.8	56.9	2.1	1,520
	{ Avg .. 7	.....	30.5	8.2	7.1	52.3	1.9	1,425
Cream	{ Avg ..	.....	74.0	2.5	18.5	4.5	.5	910
Cheese:								
American pale	1	.....	31.6	28.8	36.2	.....	3.4	2,060
American red	1	.....	28.6	29.6	38.3	.....	3.5	2,165
Boudon	1	.....	55.2	15.4	21.7	.7	7.0	1,215
Cheddar	1	.....	35.6	28.2	32.0	.....	4.2	1,875
Cheshire	1	.....	37.1	26.9	31.6	.....	4.4	1,835
Crown brand	1	.....	31.4	5.2	58.0	2.2	3.2	2,585
Dutch	1	.....	35.2	37.1	17.7	.....	10.0	1,435
Brie	1	.....	60.2	15.9	21.0	1.4	1.5	1,210
Imitation old English	1	.....	20.7	30.1	42.7	1.3	5.2	2,385
Limburger	1	.....	42.1	23.0	29.4	.4	5.1	1,675
	{ Min .. 2	.....	42.7	15.1	22.3	.2	2.3	1,275
Neufchatel	{ Max .. 2	.....	57.2	22.3	32.5	2.9	2.5	1,790
	{ Avg .. 2	.....	50.0	18.7	27.4	1.5	2.4	1,530
	{ Min .. 5	.....	11.6	27.0	33.3	2.2	5.1	1,965
Pineapple	{ Max .. 5	.....	31.0	34.5	45.2	3.1	6.2	2,600
	{ Avg .. 5	.....	23.0	29.9	38.9	2.6	5.6	2,245
Roquefort	1	.....	39.3	22.6	29.5	1.8	6.8	1,700
	{ Min .. 2	.....	28.9	26.1	33.2	.9	4.4	1,920
Swiss	{ Max .. 2	.....	33.8	29.1	36.7	1.7	5.2	2,105
	{ Avg .. 2	.....	31.4	27.6	34.9	1.3	4.8	2,010
	{ Min .. 19	.....	27.0	17.9	25.0	.....	2.5	1,690
Whole milk <sup>2</sup>	{ Max .. 19	.....	38.0	37.0	44.6	8.8	4.8	2,215
	{ Avg .. 19	.....	33.7	26.0	34.2	2.3	3.8	1,965
	{ Min .. 3	.....	34.8	23.5	23.7	2.3	3.2	1,580
Partly skimmed <sup>2</sup>	{ Max .. 3	.....	42.0	27.6	34.5	4.9	3.4	1,965
	{ Avg .. 3	.....	38.2	25.4	29.5	3.6	3.3	1,785
	{ Min .. 9	.....	41.2	26.3	6.8	2.0	2.4	1,010
Skim-milk <sup>2</sup>	{ Max .. 9	.....	53.1	38.4	27.8	9.0	5.1	1,740
	{ Avg .. 9	.....	45.7	31.5	16.4	2.2	4.2	1,320
Imitation full cream, Oleo	1	.....	37.9	25.9	31.7	.....	4.5	1,820
<i>Miscellaneous.</i>								
	{ Min .. 6	.....	9.6	82.2	.....	.....	1.4	1,545
Gelatine	{ Max .. 6	.....	15.4	88.3	.4	.....	4.4	1,655
	{ Avg .. 6	.....	13.6	84.2	.1	.....	2.1	1,570
Isinglass, sturgeon	1	.....	19.0	77.4	1.6	.....	2.0	1,510
Spinal column, sturgeon	1	.....	17.7	76.9	.8	.....	4.6	1,465
	{ Min .. 3	.....	20.8	1.4	.8	56.7	1.1	1,125
Mince-meat, commercial	{ Max .. 3	.....	39.7	14.6	2.2	67.4	7.1	1,420
	{ Avg .. 3	.....	27.7	6.7	1.4	60.2	4.0	1,305
	{ Min .. 2	.....	56.6	3.4	4.9	28.6	1.0	905
Mince-meat, homemade	{ Max .. 2	.....	56.9	4.7	7.3	34.1	2.5	930
	{ Avg .. 2	.....	56.8	4.0	6.1	31.3	1.8	915
Animal and other fats, except butter:								
Tallow, refined	.....	.....	.....	.....	100.0	.....	.....	4,220
Lard, refined	.....	.....	.....	.....	100.0	.....	.....	4,220
Cottolene	.....	.....	.....	.....	100.0	.....	.....	4,220
	{ Min .. 35	.....	6.9	.1	74.9	.....	3.1	3,190
Oleomargarine	{ Max .. 35	.....	11.5	4.8	88.8	.....	12.9	3,765
	{ Avg .. 35	.....	9.3	1.3	82.7	.....	6.7	3,515
<b>VEGETABLE FOOD.</b>								
<i>Wheat flours, meals, etc.</i>								
	{ Min .. 3	.....	12.4	7.2	1.2	73.9	.4	1,590
California fine flour	{ Max .. 3	.....	15.6	8.8	1.6	77.8	.5	1,660
	{ Avg .. 3	.....	13.8	7.9	1.4	76.4	.5	1,625
	{ Min .. 5	.....	10.1	13.1	1.9	69.5	1.0	1,635
Entire wheat flour	{ Max .. 5	.....	13.1	15.5	2.1	72.1	1.5	1,700
	{ Avg .. 5	.....	12.1	14.2	1.9	70.6	1.2	1,660
	{ Min .. 6	.....	10.3	11.3	1.5	66.0	1.7	1,615
Graham flour	{ Max .. 6	.....	13.7	15.5	3.6	72.0	2.4	1,710
	{ Avg .. 6	.....	11.8	13.7	2.2	70.3	2.0	1,655
Graham flour, California	1	.....	12.1	8.5	2.0	75.8	1.6	1,650
	{ Min .. 6	.....	9.3	10.0	1.0	64.2	.7	1,640
Low grade flour	{ Max .. 6	.....	12.6	17.9	3.9	75.9	2.0	1,735
	{ Avg .. 6	.....	11.4	13.9	2.6	70.8	1.3	1,685
	{ Min .. 100	.....	9.4	8.3	.6	70.0	.3	1,615
Roller process flour	{ Max .. 100	.....	14.3	14.9	2.0	77.9	.8	1,705
	{ Avg .. 100	.....	12.5	11.3	1.1	74.6	.5	1,645

<sup>1</sup> Protein by difference.<sup>2</sup> American.

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
<i>Wheat flours, meals, etc.—Continued.</i>									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Spring wheat flour	{ Min .. 19	.....	8.8	8.6	.5	71.4	.3	1,630	
	{ Max .. 19	.....	13.5	14.4	1.3	78.5	1.1	1,705	
	{ Avg .. 19	.....	<b>11.6</b>	<b>11.8</b>	<b>1.1</b>	<b>75.0</b>	<b>.5</b>	<b>1,660</b>	
Winter wheat flour	{ Min .. 13	.....	10.3	8.5	.5	73.2	.4	1,530	
	{ Max .. 13	.....	14.4	12.3	1.3	78.5	.8	1,665	
	{ Avg .. 13	.....	<b>12.5</b>	<b>10.4</b>	<b>1.0</b>	<b>75.6</b>	<b>.5</b>	<b>1,640</b>	
Unclassified flour	{ Min .. 31	.....	10.7	8.4	.6	71.8	.3	1,625	
	{ Max .. 31	.....	13.5	13.3	1.5	78.9	1.8	1,675	
	{ Avg .. 31	.....	<b>12.3</b>	<b>10.7</b>	<b>1.1</b>	<b>75.4</b>	<b>.5</b>	<b>1,650</b>	
Prepared flours	{ Min .. 7	.....	8.0	9.0	.6	72.5	1.5	1,565	
	{ Max .. 7	.....	12.9	12.2	2.0	78.6	4.9	1,730	
	{ Avg .. 7	.....	<b>10.8</b>	<b>10.1</b>	<b>1.2</b>	<b>74.3</b>	<b>3.6</b>	<b>1,620</b>	
Beck's Breakfastina	.....	.....	9.7	11.4	1.7	75.9	1.3	1,695	
Cerealine	.....	.....	<b>10.6</b>	<b>9.4</b>	<b>1.0</b>	<b>78.6</b>	<b>.4</b>	<b>1,680</b>	
Crushed wheat	{ Min .. 2	.....	9.8	11.9	1.5	74.0	1.4	1,665	
	{ Max .. 2	.....	11.1	12.0	1.8	75.1	1.4	1,695	
	{ Avg .. 2	.....	<b>10.5</b>	<b>11.9</b>	<b>1.7</b>	<b>74.5</b>	<b>1.4</b>	<b>1,680</b>	
Macaroni and vermicelli	{ Min .. 25	.....	9.1	7.9	.....	66.7	.3	1,540	
	{ Max .. 25	.....	12.3	16.6	5.2	78.4	7.0	1,770	
	{ Avg .. 25	.....	<b>10.8</b>	<b>11.7</b>	<b>1.6</b>	<b>72.9</b>	<b>3.0</b>	<b>1,640</b>	
Rex wheat	.....	.....	10.4	11.4	2.1	74.5	1.6	1,685	
Wheat germ meal	.....	.....	11.7	11.4	2.2	73.7	1.0	1,675	
Wheatlet	.....	.....	<b>10.4</b>	<b>12.3</b>	<b>1.4</b>	<b>75.0</b>	<b>.9</b>	<b>1,685</b>	
White wheat farina	{ Min .. 2	.....	8.7	10.4	1.0	77.0	.1	1,690	
	{ Max .. 2	.....	10.7	11.7	1.8	78.2	.4	1,715	
	{ Avg .. 2	.....	<b>9.7</b>	<b>11.1</b>	<b>1.4</b>	<b>77.6</b>	<b>.2</b>	<b>1,710</b>	
<i>Other flours, meals, etc.</i>									
Barley meal	{ Min .. 3	.....	9.9	9.0	1.5	70.4	1.6	1,535	
	{ Max .. 3	.....	13.6	12.7	3.2	74.5	3.8	1,681	
	{ Avg .. 3	.....	<b>11.9</b>	<b>10.5</b>	<b>2.2</b>	<b>72.8</b>	<b>2.6</b>	<b>1,640</b>	
Barley, pearled	{ Min .. 2	.....	9.8	8.4	.7	77.3	1.0	1,625	
	{ Max .. 2	.....	11.8	10.1	1.2	78.1	1.6	1,675	
	{ Avg .. 2	.....	<b>10.8</b>	<b>9.3</b>	<b>1.0</b>	<b>77.6</b>	<b>1.3</b>	<b>1,660</b>	
Buckwheat flour	{ Min .. 10	.....	12.1	3.9	.5	71.6	.5	1,560	
	{ Max .. 10	.....	17.6	8.2	1.8	80.7	1.3	1,630	
	{ Avg .. 10	.....	<b>14.3</b>	<b>6.1</b>	<b>1.0</b>	<b>77.2</b>	<b>1.4</b>	<b>1,590</b>	
Buckwheat flour, self-rising	{ Min .. 3	.....	11.2	5.5	.8	73.4	4.5	1,510	
	{ Max .. 3	.....	13.4	7.9	1.2	75.8	6.7	1,590	
	{ Avg .. 3	.....	<b>12.2</b>	<b>6.8</b>	<b>1.0</b>	<b>74.7</b>	<b>5.3</b>	<b>1,560</b>	
Buckwheat, farina	{ Min .. 2	.....	10.6	3.3	.3	83.4	.4	1,650	
	{ Max .. 2	.....	11.2	4.8	.6	84.8	.6	1,665	
	{ Avg .. 2	.....	<b>10.9</b>	<b>4.1</b>	<b>.4</b>	<b>84.1</b>	<b>.5</b>	<b>1,660</b>	
Corn meal, bolted	{ Min .. 9	.....	8.8	7.8	1.3	68.4	.5	1,535	
	{ Max .. 9	.....	17.9	9.7	4.0	80.3	1.9	1,720	
	{ Avg .. 9	.....	<b>12.9</b>	<b>8.9</b>	<b>2.2</b>	<b>75.1</b>	<b>.9</b>	<b>1,655</b>	
Corn meal, un- bolted.	{ Edible portion	.....	.....	.....	.....	.....	.....	.....	
	{ Min .. 5	.....	10.9	7.8	4.5	73.4	1.3	1,720	
	{ Max .. 5	.....	12.1	8.6	4.7	75.4	1.4	1,740	
	{ Avg .. 5	.....	11.4	8.2	4.6	74.5	1.3	1,730	
{ As purchased ..	{ Min .. 5	.....	14.2	9.2	3.5	55.7	1.0	1,305	
	{ Max .. 5	.....	24.1	10.4	4.4	72.2	1.3	1,670	
	{ Avg .. 5	.....	<b>10.5</b>	<b>10.2</b>	<b>7.3</b>	<b>4.1</b>	<b>66.7</b>	<b>1.2</b>	<b>1,550</b>
Corn, hominy	{ Min .. 5	.....	9.6	6.8	.4	77.3	.2	1,515	
	{ Max .. 5	.....	13.6	9.5	.7	81.3	.7	1,665	
	{ Avg .. 5	.....	<b>11.9</b>	<b>8.2</b>	<b>.6</b>	<b>78.9</b>	<b>.4</b>	<b>1,645</b>	
Corn, pop, raw	{ Min .. 4	.....	8.6	9.7	4.2	70.7	1.2	1,700	
	{ Max .. 4	.....	12.6	13.2	6.0	72.3	1.7	1,795	
	{ Avg .. 4	.....	<b>10.8</b>	<b>11.2</b>	<b>5.2</b>	<b>71.4</b>	<b>1.4</b>	<b>1,755</b>	
Corn, pop, popped	{ Min .. 2	.....	4.1	10.3	4.7	78.6	1.3	1,870	
	{ Max .. 2	.....	4.4	11.1	5.4	78.7	1.4	1,880	
	{ Avg .. 2	.....	<b>4.3</b>	<b>10.7</b>	<b>5.0</b>	<b>78.7</b>	<b>1.3</b>	<b>1,875</b>	
Oatmeal	{ Min .. 13	.....	2.9	12.9	6.0	64.5	1.5	1,815	
	{ Max .. 13	.....	8.8	19.1	8.8	70.2	2.2	1,870	
	{ Avg .. 13	.....	<b>7.2</b>	<b>15.6</b>	<b>7.3</b>	<b>68.0</b>	<b>1.9</b>	<b>1,860</b>	
Oats, rolled	{ Min .. 11	.....	1.8	14.6	5.8	62.8	1.7	1,760	
	{ Max .. 11	.....	11.2	18.4	8.8	71.8	2.5	1,975	
	{ Avg .. 11	.....	<b>7.2</b>	<b>16.9</b>	<b>7.2</b>	<b>66.8</b>	<b>1.9</b>	<b>1,860</b>	
Rice	{ Min .. 13	.....	11.4	5.9	.1	77.7	.3	1,600	
	{ Max .. 13	.....	13.3	9.5	.7	80.9	.5	1,655	
	{ Avg .. 13	.....	<b>12.4</b>	<b>7.8</b>	<b>.4</b>	<b>79.0</b>	<b>.4</b>	<b>1,630</b>	
Rice, boiled	.....	.....	52.7	5.0	.1	41.9	.3	875	
Rice, flour	{ Min .. 5	.....	3.7	4.7	1.7	57.3	6.6	1,590	
	{ Max .. 5	.....	11.5	12.0	12.7	79.2	10.7	1,810	
	{ Avg .. 5	.....	<b>9.1</b>	<b>9.1</b>	<b>7.4</b>	<b>65.9</b>	<b>8.5</b>	<b>1,705</b>	

<sup>1</sup> Refuse, bran removed by sifting.

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
<i>Other flours, meals, etc.—Continued.</i>								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Rye meal or flour.....	{ Min .. 7	.....	11.9	6.0	.8	77.6	.6	1,615
	{ Max .. 7	.....	13.6	8.8	1.3	79.8	.9	1,650
	{ Avg .. 7	.....	12.7	7.1	.9	78.5	.8	1,630
<i>Bread, crackers, and pastry.</i>								
Bread:								
White.....	{ Min .. 108	.....	26.0	7.3	.2	42.0	.6	940
	{ Max .. 108	.....	49.1	15.4	3.8	60.7	1.9	1,415
	{ Avg .. 108	.....	35.4	9.5	1.2	52.8	1.1	1,205
Brown.....	{ Min .. 1	.....	40.0	5.0	2.4	50.7	1.9	1,135
	{ Max .. 2	.....	28.4	6.9	2.3	40.3	3.0	975
	{ Avg .. 2	.....	47.5	10.1	3.1	54.3	4.1	1,330
Corn, johnny cake.....	{ Min .. 2	.....	38.0	8.5	2.7	47.3	3.5	1,150
	{ Max .. 2	.....	10.5	9.1	.3	79.0	1.1	1,650
	{ Avg .. 1	.....	35.7	11.1	2.4	48.6	2.2	1,210
Cassava.....	{ Min .. 2	.....	30.5	7.4	1.4	53.3	1.4	1,230
	{ Max .. 2	.....	34.2	9.5	2.3	58.4	1.6	1,320
	{ Avg .. 2	.....	32.3	8.5	1.8	55.9	1.5	1,275
Gluten.....	{ Min .. 4	.....	30.0	8.4	.4	52.2	1.0	1,180
	{ Max .. 4	.....	35.0	11.1	1.2	59.7	2.1	1,305
	{ Avg .. 4	.....	31.8	10.1	.7	55.9	1.5	1,255
Rye.....	{ Min .. 1	.....	35.3	11.9	.3	51.5	1.0	1,190
	{ Max .. 1	.....	26.7	8.5	9.6	54.4	.8	1,575
	{ Avg .. 1	.....	31.2	8.5	2.0	52.5	1.1	1,300
Rye and wheat.....	{ Min .. 2	.....	34.0	9.6	3.9	55.8	1.4	1,300
	{ Max .. 2	.....	32.6	9.1	3.0	54.1	1.2	1,300
	{ Avg .. 2	.....	18.4	8.6	.4	56.7	.7	1,350
Rolls, milk.....	{ Min .. 3	.....	26.9	11.9	9.4	64.7	1.0	1,610
	{ Max .. 3	.....	23.3	10.2	5.2	60.4	.9	1,530
	{ Avg .. 3	.....	18.4	8.5	.4	52.5	.7	1,300
Rolls, water.....	{ Min .. 6	.....	34.0	11.9	9.6	64.7	1.4	1,610
	{ Max .. 6	.....	26.9	9.6	5.2	57.3	1.0	1,465
	{ Avg .. 6	.....	22.9	9.3	13.7	52.6	1.5	1,730
Rolls, wheat, white.....	{ Min .. 1	.....	23.6	9.4	7.2	59.1	.7	1,575
	{ Max .. 1	.....	36.7	7.9	4.8	49.7	.9	1,275
	{ Avg .. 1	.....	26.6	7.6	6.8	49.0	.8	1,340
Average all analyses of rolls.....	{ Min .. 2	.....	35.3	8.3	9.4	54.9	1.3	1,575
	{ Max .. 2	.....	31.0	8.0	8.1	51.9	1.0	1,455
	{ Avg .. 2	.....	23.6	7.6	4.8	49.0	.7	1,340
Biscuit.....	{ Min .. 4	.....	36.7	9.4	9.4	59.1	1.3	1,575
	{ Max .. 4	.....	30.5	8.3	7.1	53.2	.9	1,445
	{ Avg .. 4	.....	28.3	4.6	5.9	60.5	.7	1,460
Buns, cinnamon.....	{ Min .. 2	.....	28.1	8.3	6.3	52.4	.7	1,395
	{ Max .. 2	.....	32.0	9.0	6.8	55.4	1.0	1,485
	{ Avg .. 2	.....	30.1	8.6	6.6	53.9	.8	1,440
Buns, hot cross.....	{ Min .. 1	.....	16.3	6.6	2.5	73.8	.8	1,600
	{ Max .. 1	.....	16.6	7.6	14.7	60.3	.8	1,880
	{ Avg .. 1	.....	11.4	5.3	8.6	58.3	1.3	1,545
Average of all buns.....	{ Min .. 3	.....	26.5	7.5	10.6	67.3	3.4	1,835
	{ Max .. 3	.....	17.7	6.2	9.4	64.3	2.4	1,705
	{ Avg .. 3	.....	14.4	5.3	9.3	60.9	1.4	1,720
Cake:	{ Min .. 3	.....	18.1	6.7	12.6	67.5	2.2	1,790
Baker's.....	{ Max .. 3	.....	16.9	6.2	10.5	64.7	1.7	1,760
	{ Avg .. 3	.....	16.1	5.4	9.5	64.7	4.3	1,705
Coffee.....	{ Min .. 1	.....	18.5	7.1	9.3	63.9	1.2	1,715
	{ Max .. 2	.....	6.3	5.7	6.4	69.4	1.6	1,665
	{ Avg .. 2	.....	16.9	7.3	12.8	71.1	2.5	2,000
Cup.....	{ Min .. 8	.....	11.6	6.5	9.6	70.3	2.0	1,830
	{ Max .. 8	.....	6.3	4.6	2.5	52.4	.7	1,395
	{ Avg .. 8	.....	32.0	9.0	14.7	73.8	2.5	1,880
Drop.....	{ Min .. 3	.....	20.4	7.0	8.1	63.4	1.1	1,650
	{ Max .. 3	.....	4.5	6.0	8.1	74.4	1.5	1,925
	{ Avg .. 3	.....	5.7	6.8	11.8	78.4	2.4	1,995
Frosted.....	{ Min .. 3	.....	5.1	6.5	9.5	76.9	2.0	1,950
	{ Max .. 3	.....	4.5	4.5	5.3	69.4	1.1	1,875
	{ Avg .. 3	.....	10.4	8.0	11.2	84.4	3.4	1,915
Fruit.....	{ Min .. 3	.....	7.1	6.8	8.9	75.3	1.9	1,900
	{ Max .. 1	.....	8.2	10.7	9.9	68.8	2.4	1,895
	{ Avg .. 1	.....	6.9	9.2	13.6	69.4	.9	2,035
Gingerbread.....	{ Min .. 1	.....	7.0	9.3	13.1	69.2	1.4	2,010
	{ Max .. 1	.....	5.0	9.8	13.6	69.7	1.9	2,050
	{ Avg .. 1	.....	4.9	10.4	13.7	69.6	1.4	2,065
Marble.....	{ Min .. 2	.....	3.8	10.7	4.8	70.9	.9	1,855
	{ Max .. 2	.....	4.8	11.3	12.7	77.5	2.6	2,055
	{ Avg .. 2	.....	4.3	11.0	8.8	74.2	1.7	1,955
Sponge.....	{ Min .. 2	.....	6.3	4.6	2.5	52.4	.7	1,395
	{ Max .. 2	.....	11.6	6.5	9.6	70.3	2.0	1,830
	{ Avg .. 2	.....	6.3	4.6	2.5	52.4	.7	1,395
Average of all cake <sup>1</sup> .....	{ Min .. 8	.....	32.0	9.0	14.7	73.8	2.5	1,880
	{ Max .. 8	.....	20.4	7.0	8.1	63.4	1.1	1,650
	{ Avg .. 8	.....	4.5	6.0	8.1	74.4	1.5	1,925
Cookies, molasses.....	{ Min .. 3	.....	5.7	6.8	11.8	78.4	2.4	1,995
	{ Max .. 3	.....	5.1	6.5	9.5	76.9	2.0	1,950
	{ Avg .. 3	.....	4.5	4.5	5.3	69.4	1.1	1,875
Cookies, sugar.....	{ Min .. 3	.....	10.4	8.0	11.2	84.4	3.4	1,915
	{ Max .. 3	.....	7.1	6.8	8.9	75.3	1.9	1,900
	{ Avg .. 3	.....	8.2	10.7	9.9	68.8	2.4	1,895
Crackers, Boston.....	{ Min .. 1	.....	6.9	9.2	13.6	69.4	.9	2,035
	{ Max .. 1	.....	7.0	9.3	13.1	69.2	1.4	2,010
	{ Avg .. 1	.....	5.0	9.8	13.6	69.7	1.9	2,050
Crackers, butter.....	{ Min .. 1	.....	4.9	10.4	13.7	69.6	1.4	2,065
	{ Max .. 1	.....	3.8	10.7	4.8	70.9	.9	1,855
	{ Avg .. 2	.....	4.8	11.3	12.7	77.5	2.6	2,055
Crackers, cream or milk.....	{ Min .. 2	.....	4.3	11.0	8.8	74.2	1.7	1,955
	{ Max .. 2	.....	4.3	11.0	8.8	74.2	1.7	1,955
	{ Avg .. 2	.....	4.3	11.0	8.8	74.2	1.7	1,955

<sup>1</sup>Except frosted, fruit, and gingerbread.

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
<i>Bread, crackers, and pastry—Continued.</i>									
		<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>	
Crackers, pilot bread .....	1	.....	7.9	12.4	4.4	74.2	1.1	1,795	
Crackers, soda .....	1	.....	8.0	10.3	9.4	70.5	1.8	1,900	
Doughnuts .....	{ Min ..	.....	11.6	5.1	16.4	45.8	.6	1,880	
	{ Max ..	.....	25.8	7.6	25.7	63.2	1.4	2,155	
	{ Avg ..	.....	17.9	6.6	21.9	52.6	1.0	2,025	
Jumbles .....	1	.....	24.8	6.3	15.7	51.9	1.3	1,745	
Pie, apple .....	{ Min ..	.....	41.8	2.6	7.7	40.3	.9	1,180	
	{ Max ..	.....	45.5	3.8	11.3	43.3	2.8	1,295	
	{ Avg ..	.....	43.2	3.3	9.8	41.7	2.0	1,250	
Pie, cream .....	{ Min ..	.....	27.8	5.6	6.9	54.1	1.1	1,430	
	{ Max ..	.....	30.9	7.0	9.3	55.8	1.5	1,535	
	{ Avg ..	.....	29.4	6.3	8.1	54.9	1.3	1,480	
Pie, custard .....	1	.....	62.4	4.2	6.3	26.1	1.0	830	
Pie, lemon .....	1	.....	47.4	3.6	10.1	37.4	1.5	1,190	
Pie, mince .....	{ Min ..	.....	34.1	5.5	9.7	30.4	1.3	1,115	
	{ Max ..	.....	51.1	7.5	14.5	44.0	1.9	1,530	
	{ Avg ..	.....	42.6	6.5	12.1	37.2	1.6	1,325	
Pie, squash .....	1	.....	64.2	4.4	8.4	21.7	1.3	840	
Average of all pie .....	{ Min ..	10	.....	27.8	2.6	6.3	21.7	.9	840
	{ Max ..	10	.....	64.2	7.5	14.5	55.8	2.8	1,535
	{ Avg ..	10	.....	44.8	4.6	9.5	39.6	1.5	1,220
Pudding, tapioca .....	{ Min ..	.....	52.0	3.0	2.6	21.9	.9	570	
	{ Max ..	.....	71.6	4.2	4.8	38.1	.9	990	
	{ Avg ..	.....	61.8	3.6	3.7	30.0	.9	780	
Wafers, vanilla .....	1	.....	5.8	6.8	15.7	71.2	.5	2,115	
<i>Sugars.</i>									
Honey, strained .....	{ Min ..	30	.....	.....	.....	68.1	.....	1,265	
	{ Max ..	30	.....	.....	.....	80.7	.....	1,500	
	{ Avg ..	30	.....	.....	.....	75.1	.....	1,395	
Molasses .....	{ Min ..	.....	19.6	.....	.....	58.8	1.4	1,180	
	{ Max ..	.....	33.6	5.1	.1	73.2	7.2	1,400	
	{ Avg ..	.....	25.7	2.7	.....	68.0	3.6	1,315	
Sugar, extra C and similar sugars .....	.....	.....	.....	.....	.....	95.0	.....	1,765	
Sugar, granulated .....	.....	.....	.....	.....	.....	100.0	.....	1,860	
Sugar, maple .....	{ Min ..	17	.....	.....	.....	74.0	.....	1,375	
	{ Max ..	17	.....	.....	.....	95.2	.....	1,770	
	{ Avg ..	17	.....	.....	.....	82.8	.....	1,540	
Sirup, maple .....	{ Min ..	50	.....	.....	.....	45.9	.....	930	
	{ Max ..	50	.....	.....	.....	81.9	.....	1,525	
	{ Avg ..	50	.....	.....	.....	70.1	.....	1,305	
<i>Starches.</i>									
Tapioca .....	{ Min ..	2	.....	10.8	.3	.2	86.6	.2	1,635
	{ Max ..	2	.....	12.3	.6	.3	88.4	.5	1,660
	{ Avg ..	2	.....	11.6	.4	.3	87.5	.2	1,650
Starch .....	.....	.....	.....	.....	.....	98.0	.....	1,825	
<i>Vegetables.<sup>1</sup></i>									
Artichokes, as purchased .....	{ Min ..	2	.....	77.5	2.2	.1	15.3	.9	330
	{ Max ..	2	.....	81.5	2.9	.2	18.3	1.1	395
	{ Avg ..	2	.....	79.5	2.6	.2	16.7	1.0	365
Asparagus, as purchased .....	{ Min ..	3	.....	93.6	1.6	.2	3.1	.5	100
	{ Max ..	3	.....	94.0	2.1	.3	3.6	1.0	110
	{ Avg ..	3	.....	94.0	1.8	.2	3.3	.7	105
Beans, dried, as purchased .....	{ Min ..	9	.....	10.4	19.9	1.4	57.2	2.7	1,540
	{ Max ..	9	.....	15.5	26.6	3.1	63.5	4.4	1,690
	{ Avg ..	9	.....	13.2	22.3	1.8	59.1	3.6	1,590
Beans, Lima, dried, as purchased .....	{ Min ..	3	.....	9.9	12.8	1.6	61.6	3.6	1,600
	{ Max ..	3	.....	12.2	20.9	1.9	70.1	4.7	1,645
	{ Avg ..	3	.....	11.1	15.9	1.8	67.1	4.1	1,620
Beans, Lima, green, as purchased .....	1	.....	68.5	7.1	.7	22.0	1.7	570	
Beans, string, as purchased .....	{ Min ..	2	.....	83.5	1.7	.3	6.2	.7	165
	{ Max ..	2	.....	91.0	2.8	.4	12.6	.8	300
	{ Avg ..	2	.....	87.3	2.2	.4	9.4	.7	225
Beets .....	{ Min ..	17	.....	83.0	.9	.1	4.0	.7	115
	{ Max ..	17	.....	92.9	1.9	.2	13.7	1.3	300
	{ Avg ..	17	.....	87.6	1.6	.1	9.6	1.1	210
Brussels sprouts .....	{ As purchased ..	17	20.0	70.0	1.3	.1	7.7	.9	170
	{ Edible portion ..	1	.....	88.2	4.7	1.1	4.3	1.7	215
	{ As purchased ..	1	15.0	75.0	4.0	.9	3.7	1.4	180
Cabbage .....	{ Min ..	7	.....	86.0	1.4	.1	3.4	.6	100
	{ Max ..	7	.....	94.3	2.9	.7	8.0	2.7	225
	{ Avg ..	7	.....	90.3	2.1	.4	5.8	1.4	165
{ As purchased ..	7	15.0	76.8	1.8	.3	4.9	1.2	140	

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





## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
Vegetables—Continued.									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Sauerkraut, as purchased .....	1	86.3	1.5	.8	4.4	7.0	145		
Spinach, as purchased .....	1	92.4	2.1	.5	3.1	1.9	120		
Squash .....	{ Edible portion.. { Min ..	7	78.9	.6	.1	3.5	.4	90	
	{ Max ..	7	95.2	3.6	1.4	16.4	1.6	385	
	{ Avg ..	7	86.5	1.6	.6	10.4	.9	245	
Tomato catsup, as purchased .....	{ As purchased .. { Avg ..	7	50.0	43.3	.8	.3	5.2	.4	125
	{ Avg ..	1	77.7	2.0	.4	16.1	3.8	355	
Tomatoes, as purchased .....	{ Min ..	20	91.3	.7	.3	2.2	.3	75	
	{ Max ..	20	96.3	1.0	.5	6.5	.7	160	
	{ Avg ..	20	94.4	.8	.4	3.9	.5	105	
Turnips .....	{ Edible portion.. { Min ..	14	70.1	.7	.1	4.3	.6	120	
	{ Max ..	14	92.7	3.9	.4	23.8	2.1	520	
	{ Avg ..	14	88.9	1.4	.2	8.7	.8	195	
Yeast, as purchased .....	{ As purchased .. { Avg ..	14	30.0	62.2	1.0	.1	6.1	.6	135
	{ Avg ..	1	65.1	11.7	.4	21.0	1.8	625	
Vegetables, canned.									
Artichokes, as purchased .....	{ Min ..	3	90.2	.5	.....	3.2	1.4	85	
	{ Max ..	3	93.9	1.0	.....	6.2	2.2	140	
	{ Avg ..	3	92.5	.8	.....	5.0	1.7	110	
Asparagus, as purchased .....	{ Min ..	14	92.9	.9	.....	2.2	.8	70	
	{ Max ..	14	95.4	2.4	.2	4.1	1.8	120	
	{ Avg ..	14	94.4	1.5	.1	2.8	1.2	85	
Beans and pork, baked, as purchased.	{ Min ..	15	50.9	5.1	1.3	13.1	1.7	425	
	{ Max ..	15	78.2	8.1	6.7	23.2	2.6	965	
	{ Avg ..	15	68.0	6.9	3.3	19.7	2.1	665	
Beans, string, as purchased .....	{ Min ..	28	77.3	.6	.....	2.0	.5	45	
	{ Max ..	28	96.3	4.0	.5	13.5	4.7	345	
	{ Avg ..	28	93.6	1.1	.1	3.9	1.3	95	
Beans, French string, "haricot verts," as purchased.	{ Min ..	7	94.3	.9	.....	2.1	.9	55	
	{ Max ..	7	96.1	1.4	.3	3.0	1.3	95	
	{ Avg ..	7	95.2	1.1	.1	2.5	1.1	70	
Beans, French string, "haricot flageolets," as purchased.	{ Min ..	3	80.4	4.0	.....	10.8	1.0	280	
	{ Max ..	3	83.9	5.2	.1	13.4	1.0	350	
	{ Avg ..	3	81.6	4.6	.1	12.5	1.2	320	
Beans, French string, "haricot panachés," as purchased.	{ Min ..	1	86.1	3.7	.....	9.2	1.0	240	
	{ Avg ..	1	86.1	3.7	.....	9.2	1.0	240	
Beans, Lima, as purchased .....	{ Min ..	16	75.7	3.2	.2	10.5	1.0	280	
	{ Max ..	16	83.9	5.6	.5	17.9	2.6	445	
	{ Avg ..	16	79.5	4.0	.3	14.6	1.6	360	
Beans, shelled, as purchased .....	1	72.7	7.0	.2	18.5	1.6	480		
Brussels sprouts, as purchased .....	{ Min ..	1	93.7	1.5	.1	3.4	1.3	95	
	{ Max ..	48	68.3	2.2	.7	11.5	.5	310	
	{ Avg ..	48	83.7	3.7	1.9	23.5	1.6	610	
Corn, green, as purchased .....	{ Min ..	2	75.7	2.8	1.3	19.3	.9	465	
	{ Max ..	2	83.6	1.2	.4	6.4	.5	160	
	{ Avg ..	2	91.5	2.1	.4	12.7	1.2	295	
Corn and tomatoes, as purchased .....	{ Min ..	2	87.6	1.6	.4	9.6	.8	225	
	{ Max ..	5	91.5	.7	.....	2.3	.8	55	
	{ Avg ..	5	95.9	1.7	.....	5.7	1.2	135	
Macedoine, <sup>1</sup> as purchased .....	{ Min ..	5	93.1	1.4	.....	4.5	1.0	110	
	{ Max ..	4	94.0	.5	.....	3.3	.3	75	
	{ Avg ..	4	94.9	.9	.2	3.9	1.7	95	
Okra, as purchased .....	{ Min ..	4	94.4	.7	.1	3.6	1.2	85	
	{ Max ..	3	91.4	1.1	.2	4.8	1.4	125	
	{ Avg ..	3	92.3	1.2	.3	5.7	1.8	135	
Okra and tomatoes, as purchased .....	{ Min ..	3	91.8	1.1	.3	5.2	1.6	130	
	{ Max ..	87	77.5	1.6	.....	4.9	.3	130	
	{ Avg ..	87	92.7	6.1	.8	17.4	2.0	415	
Peas, green ( <i>Pisum sativum</i> ), as purchased.	{ Min ..	2	85.3	3.6	.2	9.8	1.1	255	
	{ Max ..	2	42.0	1.3	.3	29.2	.8	565	
	{ Avg ..	2	68.4	2.6	.5	53.6	1.3	1,065	
Potatoes, sweet, as purchased .....	{ Min ..	2	55.2	1.9	.4	41.4	1.1	820	
	{ Max ..	7	88.2	.5	.1	4.7	.4	100	
	{ Avg ..	7	94.3	1.2	.4	9.6	1.5	205	
Pumpkin, as purchased .....	{ Min ..	7	91.6	.8	.2	6.7	.7	150	
	{ Max ..	5	85.6	.2	.1	8.2	.2	185	
	{ Avg ..	5	89.9	1.6	1.2	13.9	.7	260	
Squash, as purchased .....	{ Min ..	5	87.6	.9	.5	10.5	.5	235	
	{ Max ..	11	71.4	2.9	.7	14.9	.7	375	
	{ Avg ..	11	79.9	4.4	1.2	22.4	1.4	495	
Succotash, as purchased .....	{ Min ..	11	75.9	3.6	.9	18.7	.9	455	
	{ Max ..	14	93.0	.3	.2	2.3	.4	80	
	{ Avg ..	14	95.6	1.6	.3	5.2	1.2	135	
Tomatoes, as purchased .....	{ Min ..	14	94.0	1.2	.2	4.0	.6	105	
	{ Avg ..	14	94.0	1.2	.2	4.0	.6	105	

<sup>1</sup> A mixture of young vegetables.

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
<i>Fruit, berries, etc., fresh.<sup>1</sup></i>									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Apples .....	{ Edible portion	{ Min ..	10	77.3	.1	.2	11.9	.2	300
		{ Max ..	10	84.1	.8	1.4	21.3	.6	425
		{ Avg ..	10	82.0	.5	.5	16.6	.4	340
As purchased .....	{ Avg ..	10	<b>25.0</b>	<b>61.5</b>	<b>.4</b>	<b>.4</b>	<b>12.4</b>	<b>.3</b>	<b>255</b>
	{ Edible portion	{ Avg ..	11	85.0	1.1	.....	13.4	.5	270
Apricots .....	{ As purchased	{ Avg ..	11	<b>6.0</b>	<b>79.9</b>	<b>1.0</b>	<b>12.6</b>	<b>.5</b>	<b>255</b>
		{ Min ..	3	66.3	.6	.2	15.4	.9	330
Bananas, yellow	{ Edible portion	{ Max ..	3	82.1	1.6	1.4	29.8	1.1	640
		{ Avg ..	3	74.1	1.2	.8	22.9	1.0	480
		{ As purchased	{ Avg ..	3	<b>40.0</b>	<b>44.5</b>	<b>.7</b>	<b>13.7</b>	<b>.6</b>
Blackberries, as purchased .....		1	88.9	.9	2.1	7.5	.6	245	
Cherries, edible portion .....		1	86.1	1.1	.8	11.4	.6	265	
Citron melons, dried, as purchased .....		1	<b>25.6</b>	<b>.4</b>	<b>.6</b>	<b>72.5</b>	<b>.9</b>	<b>1,380</b>	
Cranberries, as purchased .....	{ Min ..	{ Max ..	2	87.6	.4	.6	9.3	.2	205
		{ Avg ..	2	89.4	.5	.9	10.9	.2	250
		{ Avg ..	2	<b>88.5</b>	<b>.5</b>	<b>.7</b>	<b>10.1</b>	<b>.2</b>	<b>225</b>
Figs, fresh, as purchased .....		28	<b>79.1</b>	<b>1.5</b>	.....	<b>18.8</b>	<b>.6</b>	<b>380</b>	
Grapes .....	{ Edible portion	{ Avg ..	4	78.8	1.3	1.7	17.7	.5	425
		{ As purchased	4	<b>25.0</b>	<b>59.1</b>	<b>1.0</b>	<b>13.3</b>	<b>.3</b>	<b>320</b>
Lemons .....	{ Min ..	{ Max ..	2	88.4	.8	.3	8.2	.5	180
		{ Avg ..	2	90.2	1.1	1.5	8.5	.5	240
		{ As purchased	{ Avg ..	2	<b>30.0</b>	<b>62.5</b>	<b>.7</b>	<b>5.8</b>	<b>.4</b>
Lemons, whole fruit, as purchased .....		23	85.0	1.0	.1	13.4	.5	270	
Lemon juice, as purchased .....		.....	.....	.....	.....	9.8	.....	.....	
Muskmelons .....	{ Edible portion	{ Avg ..	1	89.5	.6	.....	9.3	.6	185
		{ As purchased	1	<b>50.0</b>	<b>44.8</b>	<b>.3</b>	<b>4.6</b>	<b>.3</b>	<b>90</b>
Nectarines .....	{ Edible portion	{ Avg ..	1	82.9	.6	.....	<sup>2</sup> 15.9	.6	305
		{ As purchased	1	<b>6.6</b>	<b>77.4</b>	<b>.6</b>	<b>14.8</b>	<b>.6</b>	<b>285</b>
Oranges .....	{ Edible portion	{ Avg ..	13	88.3	.8	<sup>3</sup> .6	<sup>2</sup> 29.7	<sup>3</sup> .6	220
		{ As purchased	13	<b>27.0</b>	<b>64.5</b>	<b>.6</b>	<b>7.1</b>	<b>3.4</b>	<b>160</b>
Pears .....	{ Edible portion	{ Avg ..	1	83.9	.6	.8	14.2	.5	310
		{ As purchased	1	<b>25.0</b>	<b>62.9</b>	<b>.5</b>	<b>10.6</b>	<b>.4</b>	<b>235</b>
Pineapples, edible portion .....		1	89.3	.4	.3	9.7	.3	200	
Plums .....	{ Edible portion	{ Avg ..	3	78.4	1.0	.....	<sup>2</sup> 20.1	.5	390
		{ As purchased	1	<b>4.8</b>	<b>74.6</b>	<b>1.0</b>	<b>19.1</b>	<b>.5</b>	<b>370</b>
Prunes, fresh .....	{ Edible portion	{ Avg ..	20	80.2	.8	.....	<sup>2</sup> 18.5	.5	360
		{ As purchased	1	<b>5.8</b>	<b>75.6</b>	<b>.7</b>	<b>17.4</b>	<b>.5</b>	<b>335</b>
Raspberries, as purchased .....		1	85.8	1.0	.....	<sup>2</sup> 12.6	.6	255	
Strawberries .....	{ Min ..	{ Max ..	19	87.7	.6	.5	4.4	.4	120
		{ Avg ..	19	94.0	1.1	1.1	9.7	.8	235
		{ As purchased	{ Avg ..	19	<b>10.0</b>	<b>81.8</b>	<b>.9</b>	<b>6.1</b>	<b>.6</b>
Watermelons .....	{ Edible portion	{ Avg ..	1	92.9	.3	.1	6.5	.2	130
		{ As purchased	1	<b>58.0</b>	<b>39.0</b>	<b>.2</b>	<b>2.7</b>	<b>.1</b>	<b>55</b>
Whortleberries, as purchased .....		1	82.4	.7	3.0	13.5	.4	390	
<i>Fruit, dried.</i>									
Apples, dried, as purchased .....	{ Min ..	{ Max ..	3	28.2	1.2	1.4	48.6	1.4	985
		{ Avg ..	3	47.4	1.7	5.0	62.8	2.7	1,405
		{ Avg ..	3	<b>36.2</b>	<b>1.4</b>	<b>3.0</b>	<b>57.6</b>	<b>1.8</b>	<b>1,225</b>
Apricots, dried, as purchased .....		Avg <sup>4</sup>	.....	<b>32.4</b>	<b>2.9</b>	.....	<sup>5</sup> <b>63.3</b>	<b>1.4</b>	<b>1,230</b>
Carrants, Zante, dried, as purchased .....	{ Min ..	{ Max ..	2	20.6	1.0	1.2	60.0	2.2	1,195
		{ Avg ..	2	35.1	1.5	4.7	71.4	2.3	1,540
		{ Avg ..	2	<b>27.9</b>	<b>1.2</b>	<b>3.0</b>	<b>65.7</b>	<b>2.2</b>	<b>1,370</b>
Dates, dried .....	{ Edible portion	{ As purchased	1	20.8	2.2	5.1	70.4	1.5	1,565
		{ Avg ..	1	<b>12.0</b>	<b>18.3</b>	<b>1.9</b>	<b>4.5</b>	<b>61.9</b>	<b>1.4</b>
Figs, dried, as purchased .....		Avg <sup>4</sup>	.....	<b>22.5</b>	<b>5.1</b>	.....	<sup>5</sup> <b>70.0</b>	<b>2.4</b>	<b>1,395</b>
Grapes, ground, dried, as purchased .....		1	34.8	2.9	.6	60.5	1.2	1,205	
Prunes, dried .....	{ Edible portion	{ Avg ..	.....	26.4	2.4	.8	68.9	1.5	1,360
		{ As purchased	.....	<b>15.0</b>	<b>22.4</b>	<b>2.0</b>	<b>.7</b>	<b>58.6</b>	<b>1.3</b>
Raisins, as purchased .....	{ Min ..	{ Max ..	2	7.1	2.3	2.3	71.3	3.1	1,465
		{ Avg ..	2	21.0	2.6	7.2	78.1	5.0	1,805
		{ Avg ..	2	<b>14.0</b>	<b>2.5</b>	<b>4.7</b>	<b>74.7</b>	<b>4.1</b>	<b>1,635</b>

<sup>1</sup> 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 edible material is ordinarily rejected with the skin, seeds, and other inedible materials. The edible material which is thus thrown away and would be properly classed with the waste is here classed with the refuse. The figures of fruits here given represent, as nearly as can be ascertained, the quantities ordinarily rejected.

<sup>2</sup> Fat not determined.

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

<sup>4</sup> Average unknown number of analyses.

<sup>5</sup> Fat not determined.

## Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
<i>Fruit, canned.</i>								
Apples, crab, as purchased . . . . .	1	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Blackberries, as purchased . . . . .	1		42.4	.3	2.4	54.4	.5	1,120
Blueberries, as purchased . . . . .	2		40.0	.8	2.1	56.4	.7	1,150
Peaches, as purchased . . . . .	{ Min . . . . .		84.9	.4	.4	12.2	.4	280
	{ Max . . . . .		85.7	.8	.9	13.8	.5	280
	{ Avg . . . . .		85.3	.6	.7	13.0	.4	280
Pineapples, as purchased . . . . .	1		93.7	.5	.2	5.3	.3	115
	1		61.8	.4	.7	36.4	.7	715
<i>Nuts.</i>								
Chestnuts, fresh	{ Min . . . . .	5	29.2	6.1	6.4	38.3	1.5	1,185
	{ Edible portion { Max . . . . .	5	44.9	8.0	10.8	54.0	1.8	1,480
	{ Avg . . . . .	5	38.5	6.9	8.0	44.9	1.7	1,300
	{ As purchased { Avg . . . . .	5	16.0	32.4	5.8	6.7	37.7	1.4
Chestnuts, dried	{ Min . . . . .	4	4.8	9.0	6.6	65.7	2.6	1,840
	{ Edible portion { Max . . . . .	4	6.6	11.6	15.3	75.0	2.9	2,085
	{ Avg . . . . .	4	5.8	10.6	10.0	70.9	2.7	1,940
	{ As purchased { Avg . . . . .	4	23.0	4.5	8.1	7.7	54.6	2.1
Cocoanut, prepared, as purchased . . . . .	{ Min . . . . .	2	2.8	6.0	51.0	24.1	1.2	2,990
	{ Max . . . . .	2	4.3	6.5	63.7	39.0	1.4	3,260
	{ Avg . . . . .	2	3.5	6.3	57.4	31.5	1.3	3,125
Peanuts . . . . .	{ Min . . . . .	4	4.9	19.5	32.3	15.3	1.9	2,415
	{ Edible portion { Max . . . . .	4	13.2	29.1	48.8	40.4	2.4	2,885
	{ Avg . . . . .	4	9.2	25.8	38.6	24.4	2.0	2,560
	{ As purchased { Avg . . . . .	4	33.0	6.2	17.3	25.9	16.3	1.3
<i>Miscellaneous.</i>								
Chocolate . . . . .	1		10.3	12.5	47.1	26.8	3.3	2,720
Cocoa . . . . .	{ Min . . . . .	3	3.2	20.6	27.1	35.3	5.4	2,235
	{ Max . . . . .	3	5.4	22.7	31.5	40.6	8.9	2,370
	{ Avg . . . . .	3	4.6	21.6	28.9	37.7	7.2	2,320

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No.	Date	Temperature		Time	Remarks
		Barometer	Thermometer		
1017	11/1	30.0	70.0	1.0	...
1018	11/2	30.1	70.5	1.0	...
1019	11/3	30.2	71.0	1.0	...
1020	11/4	30.3	71.5	1.0	...
1021	11/5	30.4	72.0	1.0	...
1022	11/6	30.5	72.5	1.0	...
1023	11/7	30.6	73.0	1.0	...
1024	11/8	30.7	73.5	1.0	...
1025	11/9	30.8	74.0	1.0	...
1026	11/10	30.9	74.5	1.0	...
1027	11/11	31.0	75.0	1.0	...
1028	11/12	31.1	75.5	1.0	...
1029	11/13	31.2	76.0	1.0	...
1030	11/14	31.3	76.5	1.0	...
1031	11/15	31.4	77.0	1.0	...
1032	11/16	31.5	77.5	1.0	...
1033	11/17	31.6	78.0	1.0	...
1034	11/18	31.7	78.5	1.0	...
1035	11/19	31.8	79.0	1.0	...
1036	11/20	31.9	79.5	1.0	...
1037	11/21	32.0	80.0	1.0	...
1038	11/22	32.1	80.5	1.0	...
1039	11/23	32.2	81.0	1.0	...
1040	11/24	32.3	81.5	1.0	...
1041	11/25	32.4	82.0	1.0	...
1042	11/26	32.5	82.5	1.0	...
1043	11/27	32.6	83.0	1.0	...
1044	11/28	32.7	83.5	1.0	...
1045	11/29	32.8	84.0	1.0	...
1046	11/30	32.9	84.5	1.0	...
1047	12/1	33.0	85.0	1.0	...
1048	12/2	33.1	85.5	1.0	...
1049	12/3	33.2	86.0	1.0	...
1050	12/4	33.3	86.5	1.0	...
1051	12/5	33.4	87.0	1.0	...
1052	12/6	33.5	87.5	1.0	...
1053	12/7	33.6	88.0	1.0	...
1054	12/8	33.7	88.5	1.0	...
1055	12/9	33.8	89.0	1.0	...
1056	12/10	33.9	89.5	1.0	...
1057	12/11	34.0	90.0	1.0	...
1058	12/12	34.1	90.5	1.0	...
1059	12/13	34.2	91.0	1.0	...
1060	12/14	34.3	91.5	1.0	...
1061	12/15	34.4	92.0	1.0	...
1062	12/16	34.5	92.5	1.0	...
1063	12/17	34.6	93.0	1.0	...
1064	12/18	34.7	93.5	1.0	...
1065	12/19	34.8	94.0	1.0	...
1066	12/20	34.9	94.5	1.0	...
1067	12/21	35.0	95.0	1.0	...
1068	12/22	35.1	95.5	1.0	...
1069	12/23	35.2	96.0	1.0	...
1070	12/24	35.3	96.5	1.0	...
1071	12/25	35.4	97.0	1.0	...
1072	12/26	35.5	97.5	1.0	...
1073	12/27	35.6	98.0	1.0	...
1074	12/28	35.7	98.5	1.0	...
1075	12/29	35.8	99.0	1.0	...
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canned.....	39	liver.....	22
Starch.....	37	loin.....	20
Starches.....	37	with kidney.....	20
Strawberries.....	40	lungs.....	22
Sturgeon.....	32	neck.....	21
caviare.....	33	rib.....	21
dried.....	33	rump.....	21
spinal column.....	34	shank, fore.....	21
Succotash, canned.....	39	hind.....	21
Sugar, extra C.....	37	shoulder.....	21
granulated.....	37	and flank.....	21
maple.....	37	side.....	21
Sugars.....	37	Vegetable food.....	34-41
Sweetbreads, beef.....	18	miscellaneous.....	41
canned.....	18	Vegetables.....	37-39
Tallow.....	34	canned.....	39
Tapioca.....	37	Vermicelli. ( <i>See Macaroni.</i> ).....	
pudding. ( <i>See Pudding.</i> ).....		Wafers, vanilla.....	37
Terrapin.....	33	Watermelon.....	40
Tomato catsup.....	39	Weak fish.....	32
Tomatoes.....	39	Wheat flour, meals, etc.....	34, 35
and corn, canned.....	39	California fine.....	34
okra, canned.....	39	entire wheat.....	34
canned.....	39	graham.....	34
Tomcod.....	32	low grade.....	34
Tongue, beef.....	18	prepared.....	35
canned.....	19	roller process.....	34
pickled.....	19	spring wheat.....	35
lamb, canned.....	22	unclassified.....	35
mutton, canned.....	24	winter wheat.....	35
pork, pickled.....	27	germ meal.....	35
sausage.....	28	Wheatlet.....	35
Trout.....	32	White fish.....	32
Tunny, canned.....	33	wheat farina.....	35
Turbot.....	32	Whole milk.....	33
Turkey.....	29	Whortleberries.....	40
		Yeast.....	39

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