



EXCLUSIVE
SensorDisc
TECHNOLOGY

■ **LOGLIFE**
BATTERY

RoHS

NEWLINE[®]

Electronic Diet Kitchen Scale

INSTRUCTION

For the purpose of proper
using & maintaining the scale,
please read this instruction
completely before operating.

Electronic Diet Kitchen Scale

The Newline Nutritional Scale is designed for precise measuring of ingredients or portions and for the better understanding of various nutritional values (calories, sodium, protein, fat, cholesterol, carbohydrate, fibre) for food or ingredients in cooking, or just general dietary consumption.

This scale offers a complete database on nutritional information of over 800 kinds of foods or ingredients as listed in the USDA National Nutritional Database for Standard References release 15. This includes nutrition values for most commonly used ingredients, foods as well as liquids.

Additionally, the scale with its 99 memory entry capacity has the facility to make multiple food entries and help you keep track over and extended period of time and store in memory.

TECHNICAL SPECIFICATION

- Max weight: 3000g/105.8oz
- Weight division: 1g/0.1oz
- Weight unit: g—kg—oz—Lb&oz
- Nutritional information over 800 foods or ingredients
- 7 nutritional values
- Memory: 99 entry
- Power: 2X3V battery



KEYBOARD DESCRIPTION

1. NUMERICAL KEYPAD



2. FUNCTION KEYS

■ NUTRITION KEY:

- Cal KCAL ----- Key for indication of the Kilocalories
- Salt ----- Key for indication of the Sodium content
- Prot ----- Key for indication of the protein content
- Fat ----- Key for indication of the FAT content
- Carb ----- Key for indication of the Carbohydrate
- Chol ----- Key for indication of the Cholesterol content
- Fibr ----- Key for indication of fibre

■ OTHER FUNCTION KEYS:

- M+ ----- Key for indication of the save
- MR ----- Key for indication of recall memory

ON

For power on, press this key once, the LCD display will show full segment for 2 Seconds.



OFF

For power off, press the key again to switch off the scale.



g/oz/WT

In weighting mode press and release the g/oz/WT key to convert between oz, lb&oz, g and kg units at any time. Or return to weighting mode.



Tare

(Tare) means zero setting. Press the key, the reading will change to (0g/0oz).



FOOD NAME	FOOD#	FOOD NAME	FOOD#
Butternut,frozen,cooked,mash	942	Chocolate,unsweetened,baking,liquid	973
Sweet potatoes		Cinnamon	974
Cooked,baked with skin	943	Cocoa powder,unsweetened	975
Boiled,without skin	944	Cream of Tartar	976
Candied	945	Curry powder	977
Canned,syrup,pack,drained	946	Garlic powder	978
Tomatoes		Horseradish,prepared	979
Raw	947	Mustard,prepared,yellow	980
Cherry	948	Olives,canned,pickled,green	981
Canned,solids,liquid	950	Olives,canned,ripe,black	982
Sundried,plain	951	Onion powder	983
Tomato juice,canned,salt	952	Oregano,ground	984
Canned,paste	953	Paprika	985
Canned,puree	954	Parsley,dried	986
Canned,sauce	955	Pepper,black	987
Canned,stewed	956	Pickles(cucumber),dill,whole	988
Turnips,cooked,cubed	957	Pickle relish,sweet	989
Turnip greens,raw,cooked,drained	958	Potato chips,plain,salted	990
Turnip greens,frozen,cooked,drained	959	Potato chips,sour cream & onion	991
Vegetable juice,cocktail,canned	960	Potato chips,reduced fat	992
Vegetables,mixed,canned,drained	961	Potato chips,fat free	993
Vegetables,mixed,frozen,cooked,drained	962	Vanilla extract	994
Waterchestnuts,canned,	963	Vinegar,cider	995
slices,solids,liquid		Vinegar,distilled	996
MISCELLANEOUS ITEMS		Yeast,dry,active	997
Bacon bits	964	Yeast,compressed	999
Baking powder,sodium aluminum sulfate	965		
Baking powder,straight phosphate	966		
Baking powder,low sodium	967		
Baking soda	968		
Catsup	969		
Celery seed	970		
Chili powder	971		
Chocolate,unsweetened,baking,solid	972		

TO DISPLAY NUTRITIONAL READINGS:

Note: ensure the scale is in weighing mode(WT is shown at the bottom of the display).If necessary ,press the g/oz/WT key to return to weighing mode.



FOOD NAME	FOOD#	FOOD NAME	FOOD#
Greens,leaves,& stems, cooked,drained	807	Chives,raw,chopped	840
Black eyed peas,raw,cooked,drained	808	Cilantro, raw	841
Black eyed peas,frozen,cooked,drained	809	Coleslaw,home prepared	842
Broccoli		Collards,cooked,drained,chopped,raw	843
Raw,chopped or diced	810	Collards,frozen,cooked,drained,chopped	844
Raw,spear	811	Com,sweet,yellow(cooked & drained)	
Raw,flower cluster	812	Raw,kernels on cob	845
Raw,cooked,drained,chopped	813	Frozen,kernels on cob	846
Raw,cooked,drained,spear	814	Kernels	847
Frozen,drained,chopped	815	Canned,cream style	848
Brussel sprouts,raw,cooked,drained	816	Canned,whole kernel	849
Brussel sprouts,frozen,cooked,drained	817	Com,sweet,white,cooked,drained	850
Cabbage,raw,shredded	818	Cucumber,peeled	851
Cabbage,cooked	819	Cucumber,unpeeled	852
Cabbage,chinese,shredded,cooked,drained		Dandelion greens,cooked,drained	855
Pak choi or bok choy	820	Dill weed,raw	856
Pe tsai	821	Eggplant,cooked,drained	857
Cabbage,red,raw,shredded	822	Endive,curly(incl. Escarole),raw, small pieces	858
Cabbage,savoy,raw,shredded	823	Garlic,raw	859
Carrots		Hearts of palm,canned	860
Carrot juice,canned	824	Jerusalem artichoke,raw,sliced	861
Raw	825	Kale,cooked,drained,chopped,raw	862
Baby	827	Kale,frozen,cooked,drained,chopped	863
Raw; cooked,sliced,drained	828	Kohlrabi,cooked,drained,slices	864
Frozen;cooked,sliced,drained	829	Leeks,bulb& lower leaf,chopped, diced,cooked,drained	865
Canned,sliced,drained	830	Lettuce,raw(Butterhead,Boston types)	866
Cauliflower		Crisphead,iceberg,leaf	868
Raw	831	Crisphead,iceberg	869
Raw,cooked,drained	833	Looseleaf,leaf	871
Frozen;cooked,drained	835	Looseleaf,pieces,shredded	872
Celery		Romaine or cos,inner leaf	873
Raw,stalk	836	Romaine or cos,pieces,shredded	874
Pieces,diced	837	Mushrooms	
Cooked,drained,stalk	838	Raw	875

TO CLEAR MEMORY

Note: ensure the scale is in weighing mode (WT is shown at the bottom of the display). If necessary, press the g/oz/WT key to return to weighing mode.



1. Press and hold the CLR/MC key for 3 seconds.
2. The memory is cleared when the memory indicator and memory number are no longer displayed.

THE DISPLAY



FOOD NAME	FOOD#	FOOD NAME	FOOD#
Clam chowder, new england	681	Onion	710
Cream of Chicken	682	Horns prepared stock	
Cream of mushroom	683	Beef	711
Tomato	684	Chickies	712
Canned, condensed, prepared with water		Fish	713
Beef broth, bouillon	685	Ready to serve sauces	
Beef noodle	686	Barbecue	714
Chicken noodle	687	Cheese	715
Chicken & Rice	688	Nacho cheese	716
Clam chowder, manhattan	689	Salsa	717
Cream of Chicken	690	Soy	718
Cream of Mushroom	691	Spaghetti/marinara/pasta	719
Minestrone	692	Teriyaki	720
Pea, green	693	Worcestershire	721
Tomato	694	Gravies, canned	
Vegetable beef	695	Beef	722
Vegetarian vegetable	696	Chicken	723
Canned, ready to serve, chunky		Mushroom	724
Chicken noodle	697	Turkey	725
Chicken, vegetable	698	SUGARS & SWEETS	
Vegetable beef	699	Caramel, plain	726
Canned, ready to serve, low fat, reduced sodium		Caramel, chocolate flavored soil	727
Chicken broth	700	Carob	728
Chicken noodle	701	Chocolate, milk, plain	729
Chicken, rice, vegetable	702	Chocolate, milk, with almonds	730
Clam chowder, new england	703	Chocolate, milk, with peanuts, MR. GOODBAR (HERSHEY)	731
Lentil	704	Chocolate chips, milk	732
Minestrone	705	Chocolate Chips, Semisweet	733
Vegetable	706	Chocolate chips, white	734
Dehydrated unprepared		Chocolate coated, peanuts	735
Beef bouillon	707	Chocolate coated, raisins	736
Onion	708	Gummy bears	737
Dehydrated prepared with water		Hard candy	738
Chicken noodle	709	Jelly beans	739

NUTRITIONAL SCALE-FOOD GROUP&VALUES

FOOD NAME	FOOD#	FOOD NAME	FOOD#
BEVERAGES			
<i>Alcoholic</i>			
Beer, regular	001	Sweetened, lemon flavor	028
Beer, Lite	002	Sweetened with saccharin, lemon flavor	029
Gin, rum, vodka, whiskey (80 proof)	003	DAIRY PRODUCTS	
Liqueur, coffee (53 proof)	004	<i>Cheese, natural</i>	
Pina Colada	005	Blue	030
Wine, red	006	Camembert	031
Wine, white	007	Cheddar	032
<i>Carbonated</i>		Shredded	033
Cola, type	008	Cheese, Cottage, (4%) large curd	034
Ginger ale	009	Cheese, Cottage, (4%) small curd	035
Grape soda	010	Cheese, Cottage, low fat (2%)	036
Lemon lime soda	011	Cheese, Cottage, low fat (1%)	037
Orange soda	012	Cream, regular	038
Root beer soda	013	Cream, low fat	040
Chocolate powder mix	014	Cream, fat free	041
Cocoa powder	015	Feta	042
<i>Coffee</i>		Low fat, Cheddar or Colby	043
Brewed	016	Mozzarella, whole milk	044
Espresso	017	Mozzarella, part skim milk (low moisture)	045
Instant prepared	018	Muenster	046
<i>Fruit drinks</i>		Neuchâtel	047
Cranberry juice cocktail	019	Parmesan, grated	048
Fruit punch drink	020	Provolone	049
Grape drink	021	Ricotta, whole milk	050
Lemonade, frozen concentrate, prepared	022	Ricotta, part skim milk	051
Lemonade, powder, regular with water	023	Swiss	052
<i>Tea</i>		<i>Pasteurized process</i>	
Black	024	American, regular	053
Chamomile	025	American, fat free	054
Other than chamomile	026	Swiss	055
Instant, powder, prepared, unsweetened	027	<i>Cream, sweet</i>	
		Half and half	056
		Light coffee, or table	058

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Lean & fat	571	Sausages, Lunch Meat, Bologna, beef & pork	601
Lean only	572	Sausages, brown & serve, cooked	602
<i>Beef, cooked, bottom round</i>		Cooked ham, regular	603
Lean & fat	573	Cooked ham, extra lean	604
Lean only	574	Frankfurter, beef & pork	605
<i>Ground beef, broiled</i>		Frankfurter, beef	606
80% lean	575	Pork sausage, cooked, link	607
79% lean	576	Pork sausage, cooked, patty	608
73% lean	577	Salami, beef & pork, cooked	609
Liver, fried, silver	578	Salami, beef & pork, dry	610
Roast, oven cooked, rib, lean & fat	579	Vienna sausage	611
Roast, oven cooked, rib, lean only	580	Veal, lean & fat, cooked outlet braised	612
Eye of round, lean & fat	581	MIXED DISHES & FAST FOODS	
Eye of round, lean only	582	Beef macaroni, frozen,	613
Steak, sirloin, broiled, piece, lean & fat	583	HEALTHY CHOICE	
Steak, sirloin, broiled, piece, lean only	584	Beef stew, canned	614
Beef, canned, corned	585	Chicken pot pie, frozen	615
Beef, dried, chipped	586	Chili con carne with beans, canned	616
<i>Lamb, cooked</i>		Macaroni & cheese, canned, with corn oil	617
Chops, lean & fat	587	Meatless burger patty, frozen,	618
Chops, lean only	588	MORNINGSTAR FARMS	
Loin, broiled, lean & fat	589	Spaghetti Bolognese, frozen,	619
Loin, broiled, lean only	590	HEALTHY CHOICE	
Leg, roasted, lean & fat	591	Spinach souffle, home-prepared	620
Pork, cured, cooked, bacon, regular	592	Tortellini, pasta with cheese filling, frozen	621
Pork, cured, cooked, bacon, Canadian	593	<i>Fast foods, breakfast items</i>	
Ham, lean & fat	594	Biscuit with egg & sausage	622
Ham, canned	595	Danish pastry, fruit	623
Pork, fresh, cooked, lean & fat	596	Danish pastry, cheese	624
Ham, leg, roasted, piece, lean & fat	597	French toast with butter	625
Rib, roast, lean & fat	598	Hash brown potatoes	626
Ribs, lean & fat, cooked, back ribs	599	Pancakes, butter & syrup	627
Ribs, lean & fat, cooked, spare ribs, braised	600	Burrito, beans & cheese	628
		Burrito, beans & meat	629

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Spread(40%)	131	Clam,canned,drained solids	172
Butter blend	133	Cod,baked or broiled	173
Oils,salted or cooking		Cod,Alaskan King,steamed	174
Canola	135	Canned oad meat	175
Corn	137	Cod,cake,egg,onion,margarine,fried	176
Olive	139	Fish fillet,battered or breaded or fried	177
Peanut	141	Fish stick & portion,breaded,	178
Safflower	143	frozen, reheated	
Sesame	145	Flounder or Sole,baked or broiled	179
Soybean hydrogenated	147	Haddock,baked or broiled	180
Sunflower	149	Halibut,baked or broiled	181
Salad dressings,commercial		Herring,pickled	182
Blue cheese,regular	151	Lobster,steamed	183
Blue cheese,low cal	152	Ocean perch,baked or broiled	184
Caesar,regular	153	Oyster,raw meat only	185
Caesar,low cal	154	Oyster,breaded,fried	186
French,regular	155	Pollock,baked or broiled	187
French,low cal	156	Rockfish,baked or broiled	188
Italian,regular	157	Roughy,orange,baked or broiled	189
Italian,low cal	158	Salmon,baked or broiled	190
Mayonaisse,regular	159	Salmon,canned(pink),solids	191
Mayonaisse,light,cholesterol free	160	& liquid(incl bones)	
Mayonaisse,fat free	161	Smoked(chinook)	192
Russian,regular	162	Sardine,Atlantic,canned in oil,	193
Russian,low cal	163	drained solids(incl bones)	
Thousand Island,regular	164	Scallop cooked,breaded,fried	194
Thousand Island,low cal	165	Scallop steamed	195
Salad dressings,home made recipe		Shrimp,breaded,fried	196
Salad dressings,recipes,French	166	Shrimp,canned,drained solids	197
Salad dressings,recipes,Vinegar/oil	167	Swordfish,baked or broiled	198
Hydrogenated soybean & cottonseed oil	168	Trout,baked or broiled	199
FISH & SHELLFISH		Tuna,baked or broiled	200
Catfish,breaded,fried	169	Tuna canned, drained solids,oil pack,	201
Clam raw meat	170	chunk light	
Clam, breaded,fried	171	Tuna canned,drained solids,	202
		water pack,chunk light	

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Granola bar,soft,uncoated,chocolate chip	443	Pecan	475
Granola bar,soft,uncoated,raisin	444	Pumpkin	476
Macaroni (elbows),enriched,cooked	445	Popcorn,air popped,unsalted	477
Matzo,plain	446	Popcorn,oil popped,salted	478
Muffins		Popcorn,caramel,peanuts	479
Blueberry,commercial	447	Popcorn,cheese flavor	480
Blueberry,mix	448	Pretzels,stick	481
Bran with raisins	449	Pretzels,twisted	482
Corn,commercial	450	Rice	
Corn,mix	451	White,long grain,raw	483
Oatbran,commercial	452	White,long grain,cooked	484
Noodles,chow mein,canned	453	White,long grain, instant	485
Noodles(egg),enriched,cooked,regular	454	Parboiled,raw	486
Noodles(egg),enriched,cooked,spinach	455	Parboiled,cooked	487
NUTRI GRAIN Cereal Bar,fruit	456	Wild,cooked	488
Oat bran,uncooked	457	Rice cake,brown rice, plain	489
Pancakes,frozen,ready	458	RICE KRISPIES Treat,square	490
Pancakes,complete mix	459	Rolls,dinner	491
Pancakes,mix,2% milk,egg & oil	460	Rolls,hamburger or hotdog	492
Pie crust,baked,recipe	461	Spaghetti,cooked,enriched	493
Pie crust,baked,frozen	462	Spaghetti,whole wheat	494
Pie crust,graham cracker	463	Sweet rolls,cinnamon,with raisins,	495
Pie,commercial		commercial	
Apple	464	Sweet rolls,cinnamon,refrigerated	496
Blueberry	465	dough,baked,with frosting	
Cherry	466	Taco shell,baked	497
Chocolate crème	467	Tapioca,pearl,dry	498
Lemon meringue	468	Toaster pastries,fruit	499
Pecan	469	Toaster pastries, low fat	500
Pumpkin	470	Tortilla chips,plain,regular	501
Pie,recipe		Tortilla chips,low fat,baked	502
Apple	471	Tortilla chip,nacho,regular	503
Blueberry	472	Tortilla chip,nacho,light,reduced fat	504
Cherry	473	Tortilla,ready to cook,com	505
Lemon meringue	474	Tortilla,ready to cook,flour	506

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Orange juice		Tangerines,raw,without peels & seeds	289
Raw,all varieties	258	Mandarin oranges,light syrup	290
Canned,unsweetened	259	Watermelon,raw,wedge	291
Chilled	260	GRAIN PRODUCTS	
Undiluted	261	Bagels,plain	292
Diluted	262	Bagels,cinnamon raisin	293
Papayas,raw	263	Bagels,egg	294
Peaches,raw	264	Banana bread,recipe,margarine	295
Peaches,canned,heavy syrup	265	Barley,pearled,uncooked	296
Peaches,canned,juice pack	266	Biscuits	
Peaches,dried	267	Plain or buttermilk,recipe,2% milk	297
Pears,raw	268	Refrigerated dough,baked,regular	298
Pears,canned,heavy syrup	269	Breads enriched	
Pears,canned,juice pack	270	Cracked wheat	299
Pineapple,raw,diced	271	Egg bread	300
Pineapple,canned,heavy syrup, crushed,sliced or chunks	272	French or Vienna(incl.sourdough)	301
Pineapple,canned,heavy Syrup,slices	273	Indian fry bread	302
Pineapple,canned,juice pack, crushed,sliced or chunks	274	Italian bread	303
Pineapple,canned,juice pack,slices	275	Mixed grain,untoasted	304
Pineapple juice,unsweetened,canned	276	Oatmeal,untoasted	305
Plantain,without peel,raw	277	Pita	306
Plums,raw	278	Pumpkinseed,untoasted	307
Prunes,dried,pitted,uncooked	279	Raisin,untoasted	308
Prunes,stewed,unsweetened, fruit & liquid	280	Rye,untoasted	309
Prune juice,canned or bottled	281	Rye,reduced calorie	310
Raisins,seedless	282	Wheat,untoasted	311
Raspberries,raw	283	Wheat,reduced calorie	312
Raspberries,frozen,sweetened,thawed	284	White,untoasted	313
Rhubarb,frozen,cooked with sugar	285	White,soft crumbs	314
Strawberries,raw,large	286	White,reduced calorie	315
Strawberries,raw,medium	287	Whole wheat , untoasted	316
Strawberries,frozen,sweetened, sliced,thawed	288	Bread crumbs,dry,grated, plain enriched	318
		Bread crumbs,dry,grated, seasoned, unenriched	320
		Bread stuffing,dry mix	321

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Breakfast bar, cereal crust, fruit filling, fat free	322	Crispix	351
Breakfast cereal,cooked, corn grits,enriched		Complete Wheat Bran Flakes	352
White	323	Frost Loops	353
Yellow	324	Frosted Flakes	354
Instant,plain	325		
Cream of wheat		Frosted Mini Wheats,regular	355
Regular	326	Frosted Mini Wheats,btlo,size	356
Quick	327	Golden Grahams	357
Mix'n Eat,plain	328	Honey Nut Cheerios	358
Oatmeal,regular,quick or instant, plain,nonfortified	329	Honey Nut Clusters	359
Oatmeal, instant,fortified,plain	330	Kix	360
Quaker Instant Apples & Cinnamon	331	Life	361
Quaker Instant,Maple & Brown Sugar	332	Nature valley,granola	362
Wheatena	333	100% Natural Cereal,oats, honey & raisins	363
Breakfast cereals,ready to eat		100% Natural Cereal,oats, honey & raisins,low fat	364
All Bran	334	Product 19	365
Apple Cinnamon,Cheerios	335	Puffed rice	366
Apple Jacks	336	Puffed Wheat	367
Basic 4	337	Raisin Bran,General Mills,Total	368
Cap'n Crunch	338	Raisin Bran,Kellogg's	369
Cheerios	339	Raisin Nut Bran	370
Chex, corn	340	Rice Krispies	371
Chex,Honey Nut	341	Shredded Wheat	372
Chex,Multi Bran	342	Special K	373
Chex,Rice	343	Quaker Toasted Oatmeal,Honey Nut	374
Chex,wheat	344	Total,Whole Grain	375
Cinnamon life	345	Wheaties	376
Cocoa krispies	346		
Cocoa Puffs	347	Brownies,commercial,without icing,regular	377
Cornflakes,General Mills,Total	348	Brownies,commercial,without icing, fat free	378
Cornflakes,kellogg's	349	Brownies,dry mix,reduced cal	379
Corn Pops	350	Buckwheat flour,whole groat	380

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Cakes,dry mix,Angelfood	381	Peanut butter,commercial	409
Cakes,dry mix,Yellow,light,water, egg whites,no frosting	382	Peanut butter,recipe with margarine	410
Cakes,recipe		Chocolate with crime filling	411
Chocolate without frosting	383	Shortbread,commercial,plain	412
Gingerbread	384	Sugar,commercial	413
Shortcake,biscuit	385	Sugar,refrigerated dough	414
Sponge,white	386	Sugar,recipe,margarine	415
Cakes,commercial		Vanilla wafer, lower fat	416
Angelfood	387	Corn chips,plain	417
Boston cream	388	Combread,mix	418
Chocolate with chocolate frosting	389	Combread,recipe,2% milk	419
Coffecake,crumb	390	Commeal,yellow,dry,whole grain	420
Fruitcake	391	Commeal,dogermel,enriched	421
Pound,Butter	392	Comstarch	422
Pound,fat free	393	Couscous,uncooked	423
Snack cakes		Crackers	
Chocolate,crème filled,frosting	394	Cheese	424
Chocolate,frosting,low fat	395	Graham,plain	425
Yellow,with chocolate frosting	396	Graham,crushed	426
Cheesecake	397	Melba toast,plain	427
Chef Mix	398	Rye wafer,whole grain,plain	428
Cookies		Saltine,square	429
Butter,commercial	399	Standard cracker,bite sized	430
Chocolate,chip,commercial,regular	400	Standard cracker,round	431
Chocolate chip,commercial,reduced fat	401	Wheat,thin	432
Chocolate chip,commercial, refrigerated dough	402	Whole wheat	433
Chocolate chip,recipe,margarine	403	CROUTONS,seasoned	434
Fig Bar	404	Danish pastry,cheese	435
Oatmeal,commercial,with or without raisins		Danish pastry,fruit	436
Regular,large	405	Doughnut,cake	437
Soft type	406	Doughnut,yeast leavened,glazed	438
Fat free	407	English muffin,plain,untoasted	439
Recipe with raisins	408	French toast,recipe,2% milk, fried in margarine	440
		French toast, frozen	441
		Granola bar,hard,plain	442

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Tuna, canned,drained solids water pack,solid white	203	Fruit cocktail,canned,fruit & liquid, juice pack	232
Tuna salad,light tuna in oil,pickle relish,mayo type salad dressing	204	Grapefruit,raw without peel, membrane & seeds,pink or red	233
FRUITS & FRUIT JUICES		Grapefruit,raw without peel, membrane & seeds,white	234
Apples raw,unpeeled	205	Grapefruit,raw without peel,membrane & seeds,canned, sections,light syrup	235
Apples raw,peeled,sliced	206	Grapefruit juice	
Apples dried	207	Raw,pink	236
Apple juice,bottled or canned	208	Raw,white	237
Applesauce,canned,sweetened	209	Raw,canned,unsweetened	238
Applesauce,canned,unsweetened	210	Raw,canned,sweetened	239
Apricots,raw,without pits	211	Raw,frozen,concentrate, unsweetened,undiluted	240
Apricot, canned,halfes,fruit & liquids, heavy syrup	212	Raw,frozen,concentrate, unsweetened,diluted	241
Apricot, canned,halfes,fruit & liquids, juice pack	213	Grapes,seedless,raw	242
Apricots,dried,sulfured	214	Grape juice, canned or bottled	243
Asian pear,raw	215	Grape juice, frozen concentrate, sweetened,undiluted	244
Avocados,raw,without skin & seed	216	Grape juice, frozen concentrate, sweetened,diluted	245
FRUITS & FRUIT JUICES cont.		Kiel fruit,raw,without skin	246
Bananas,raw,whole	217	Lemons raw,without skin	247
Blackberries,raw	219	Lemon juice,raw	248
Blueberries,raw	220	Lemon juice,canned or bottled, unsweetened	249
Blueberries,frozen,sweetened,thawed	221	Lime juice,raw	251
Carambola (starfruit),raw	222	Lime juice,canned,unsweetened	252
Cherries,sour,red,pitted,canned, water pack	224	Mangoes,raw,without skin& seed,whole	253
Cherries,sweet,raw,without pits & stems	225	Cantaloupe,wedge,without rind	254
Cherry pie filling,canned	226	Honeydew,wedge,without rind	255
Cranberries,dried,sweetened	227	Nectarines,raw	256
Cranberry sauce,sweetened,canned	228	Oranges,raw,without peel & seeds	257
Dates,without pits,whole	229		
Figs,dried	230		
Fruit cocktail, canne,fruit & liquid, heavy syrup	231		

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Waffles, plain, recipe	507	Chestnuts, European, roasted, shelled	535
Waffles, plain, frozen, toasted	508	Chickpeas, dry, cooked	536
Waffles, plain, low fat	509	Chickpeas, dry, canned, solids & liquids	537
Wheat flour, all purpose, enriched, sifted, spooned	510	Coconut, raw, shredded, not packed	538
Wheat flour, all purpose, enriched, unsifted, spooned	511	Coconut, raw, shredded, dried, sweetened	539
Bread, enriched	512	Hazelnuts, chopped	540
Cake or pastry flour, enriched, unsifted, spooned	513	Hummus, commercial	541
Self rising, enriched, unsifted, spooned	514	Lentils, dry, cooked	542
Whole wheat, hard wheats, stirred, spooned	515	Macadamia nuts, dry, roasted, salted	543
Wheat germ, toasted, plain	516	Peanuts, dry, roasted	544
LEGUMES, NUTS & SEEDS		Peanuts, oil roasted	545
Almonds, shelled	517	Peanuts, dry, roasted, salted	546
Beans, dry, cooked		Peanuts, dry, roasted, unsalted	547
Black	519	Peanuts, oil roasted, salted	549
Great northern	520	Peanut butter, regular, smooth	550
Kidney, red	521	Peanut butter, regular, chunk	551
Lima, large	522	Peanut butter, reduced fat, smooth	552
Pea, navy	523	Peas, split, dry, cooked	553
Pinto	524	Pecan halves	554
Canned solids & liquid		Pine nuts, shelled	556
Baked beans, plain or vegetarian	525	Pistachio nuts, dry, roasted, salt, shelled	557
Kidney, red	526	Pumpkin kernels, roasted, salt	558
Lima, large	527	Refined beans, canned	559
White	528	Sesame seeds	560
Black eyed peas, dry, cooked	529	Soybeans, dry, cooked	561
Black eyed peas, dry, canned, solids & liquids	530	Soy products	
Brazil nuts, shelled	531	Miso	562
Carob flour	532	Soy milk	563
Cashews, salted, dry roasted	533	Tofu, firm	564
Cashews, salted, oil roasted	534	Tofu, soft	565
		Sunflower seed, dry, roasted, salt	566
		Tahini	568
		Walnuts, English, chopped	569
		MEAT & MEAT PRODUCTS	
		Beef cooked, cuts braised or pot roast	

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Whipping, unwhipped		Dried, Buttermilk	093
Light	060	Milk beverage chocolate commercial	
Heavy	062	Whole	094
Whipped topping (pressurized)	064	Reduced fat (2%)	095
DAIRY PRODUCTS cont.		Lowfat (1%)	096
Cream, sour		Milk beverage	
Regular	065	Egg nog (commercial)	097
Reduced fat	067	Shake, thick, chocolate	098
Fat free	068	Shake, thick, vanilla	099
Cream product, sweet		Yogurt	
powdered	069	Lowfat milk, fruit flavored	100
Whipped topping, frozen	070	Lowfat milk, plain	101
powdered with whole milk	072	Nonfat milk, fruit flavored	102
pressurized	074	Nonfat milk, plain	103
Frozen dessert		Whole milk, plain	104
Yogurt, soft serve, chocolate	076	Nonfat milk, low cal sweetener, vanilla or lemon	105
Yogurt, soft serve, vanilla	077	EGGS	
Ice cream, chocolate	078	Raw, whole	106
Ice cream, vanilla	079	Raw, white	109
Ice cream light, vanilla	080	Raw, yolk	110
Ice cream, low fat, chocolate	081	Hard cooked, no shell	111
Ice cream, vanilla	082	Poached, with salt	112
Ice cream, soft serve, vanilla	083	Scrambled, margarine, whole milk, salt	113
Sherbert, orange	084	Substitute, liquid	114
MILK		FATS & OILS	
Fluid		Butter	
Whole (3.3% fat)	085	Salted	115
Reduced fat (2%)	086	Unsalted	118
Lowfat (1%)	087	Lard	119
Nonfat (skim)	088	Margarine, salt	
Buttermilk	089	Regular (80% fat), hard	121
Canned		Regular (80% fat), soft	124
Condensed, sweetened	090	Spread (60% fat), hard	126
Evaporated whole milk	091	Spread (60% fat), soft	129
Evaporated skim milk	092		

FOOD NAME FOOD#

Cheeseburger,regular with condiments	
Double patty ,mayo type dressing	630
Single patty	631
Cheeseburger,regular,plain	
Double patty	632
Double patty ,3-piece bun	633
Single bun	634

MIXED DISHES & FAST FOODS cont.

Cheeseburger,large with condiments	
Single patty ,with mayo type dressing & vegetables	635
Chicken fillet(breaded & fried) sandwich,plain	636
Chicken pieces,boneless (breaded & fried) ,plain	637
Chili con carne	638
Coleslaw	639
Ice milk,vanilla,soft,cone	640
Sundae,hot fudge	641
Fish sandwich,tartar sauce,cheese	642
French fries	643

Hamburger,regular with condiments

Double patty	644
Single patty	645

Large with condiments, mayo type dressing,vegetables

Double patty	646
Single patty	647
Hot dog,plain	648
Hot dog,chili	649
Mashed potatoes	650
Onion rings,breaded,fried	651
Pizza,cheese	652
Pizza,pepperoni	653
Salad,chicken,no dressing	654

FOOD NAME FOOD#

Shake,chocolate	655
Shake,vanilla	656
Shrimp,breaded,fried	657
Sub sandwich,oil & vinegar,cheese, salami,ham,vegetable	658
Sub sandwich,roast beef,mayo,vegetable	659
Sub sandwich,tuna salad,mayo,lettuce	660
Taco,beef	661

POULTRY & POULTRY PRODUCTS

Chicken	
Fried in shortening,meat with skin	
Batter dipped,breast,with bones	662
Batter dipped,drumstick	663
Battered dipped,thigh	664
Batter dipped,wing	665
Flour coated,breast with bones	666
Flour coated,drumstick	667
Fried ,meat only,dark	668
Fried,meat only ,light	669
Roasted,breast with bone & skin	670
Roasted,drumstick	671
Roasted,thigh	672
Chicken giblets,simmered	673
Duck,roasted,flesh	674

Turkey

Roasted,meat only,dark	675
Roasted,meat only,light	676
Ground,cooked,patty,from raw	677
Turkey,giblets,simmered	678

Poultry food products

Chicken,canned,boneless	679
Turkey,patties,breaded or battered,fried	680

SOUPS,SAUCES & GRAVIES

Soups,canned,condensed, prepared with whole milk	
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WARNING INDICATORS



Replace battery



Weight overload



Nutritional value exceeds maximum limit

ADVICE FOR USE AND CARE



- Keep the scale clean. Do not allow water to get inside the scale.



- Do not drop it or jump on the scale otherwise the scale is easy to damage.



- To ensure the life of the scale, do not put the scale under wet & hot condition.



- Do not use for legal trade.

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Marshmallows,minifature	740	Sugar	
Marshmallows,regular	741	Brown,packed	769
M&M's,peanut(M&M MARS)	742	Brown,unpacked	770
M&M's,plain(M&M MARS)	743	White,granulated	772
Milky Way(M&M MARS)	744	White,powdered,unsifted	775
REESE'S Peanut butter cup(HERSHEY)	745	Syrup	
SNICKERS bar (M&M MARS)	746	Thin, chocolate flavored	777
SPECIAL DARK,sweet chocolate (HERSHEY)	747	Chocolate flavored,fudge type	778
Frosting,ready to eat,chocolate	748	Com.light	779
Frosting,ready to eat,vanilla	749	Maple	780
Frozen,fruit & juice bar	750	Molasses	781
Ice pop	751	VEGETABLES & VEGETABLE PRODUCTS	
Italian ices	752	Alfalfa,sprouts,raw	783
Gelatin,dessert powder & water,regular	753	Artichokes,cooked,drained	784
Gelatin,dessert powder & water, reduced calorie	754	Asparagus,raw,cooked,drained	786
Honey	755	Asparagus,frozen,cooked,drained	788
Jams & Preserves	756	Asparagus,canned,spears,drained	790
Jellies	757	Bamboo shoots,canned,drained	792
Puddings		Beans	
Dry mix & 2% milk,chocolate, instant	758	Lima,Ford Hooks,frozen,cooked,drained	793
Dry mix & 2% milk,chocolate, regular,cooked	759	Lima,baby,frozen,cooked,drained	794
Dry mix & 2% milk,vanilla, instant	760	Snap,green,raw,cooked,drained	795
Dry mix & 2% milk,vanilla, regular,cooked	761	Snap,yellow,raw,cooked,drained	796
Ready to eat,regular,chocolate	762	Snap,green,frozen,cooked,drained	797
Ready to eat,regular,ice	763	Snap,yellow,frozen,cooked,drained	798
Ready to eat,regular,tapioca	764	Snap,green,canned,drained	799
Ready to eat,regular,vanilla	765	Snap,yellow,canned,drained	800
Ready to eat,fat free,chocolate	766	Bean sprouts,raw	801
Ready to eat,fat free,tapioca	767	Bean sprouts,cooked,drained	802
Ready to eat,fat free,vanilla	768	Beets	
		Sliced,cooked,drained	803
		Whole,cooked,drained	804
		Slices,canned,drained	805
		Whole,canned,drained	806

TO SAVE NUTRITIONAL TO MEMORY

Note1: ensure the scale is in weighing mode(WT is shown at the bottom of the display). If necessary, press the g/oz/WT key to return to weighing mode.

Note2: It is only possible to save nutritional values to Memory when in weighing mode.

Note3: The memory is saved permanently, ever if the scale is switched off; But if the battery is removed, the memory will be cleared.



1. Follow steps 1-6 of the "TO DISPLAY NUTRITIONAL READINGS" section.
2. Press **M+** key to add the food item being weighed to memory.
3. MO1 will be shown at the top of the display to indicate that one set of values has been saved to memory. To add additional food items to memory repeat the previous steps.

TO RECALL MEMORY

Note: ensure the scale is in weighing mode (WT is shown at the bottom of the display). If necessary, press the G/oz/WT key to return to weighing mode.



1. Press **MR** key to see the total calories of the food items stored to memory.
2. **x** is displayed next to the memory indicator to indicate that the total memory is being displayed.
3. Press the **Cal, Salt, Prot, fat, carb, chol** or **fiber** key to display the total Nutritional values of the food items stored to memory.
4. Return to weighing mode by pressing the g/oz/WT key.

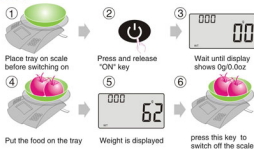
FOOD NAME	FOOD#	FOOD NAME	FOOD#
Cooked, drained	876	Potato products	
Canned, drained	877	Au gratin, dry mix, whole milk, butter	913
Shitake, cooked	878	Au gratin, home recipe, butter	914
Shitake, dried	879	French fried, frozen, oven heated	915
Mustard greens, cooked, drained	880	Hashed brown, frozen	916
Okra, raw, sliced, cooked, drained	881	Hashed brown, home recipe	917
Okra, frozen, sliced, cooked, drained	882	Mashed, dehydrated flakes, whole milk, butter, salt	918
Onions		Mashed, home recipe, whole milk	919
Raw	883	Mashed, home recipe, whole milk & margarine	920
Raw, cooked, drained	886	Potato pancakes, home prepared	921
Dehydrated flakes	888	Potato salad, home prepared	922
Spring, raw	889	Scalloped, dry mix, whole milk, butter	923
Parsley, raw	891	Scalloped, home recipe, butter	924
Parsnips, sliced, cooked, drained	892	Pumpkin, cooked, mashed	925
Peas, edible pod, raw, cooked, drained	893	Pumpkin, canned	926
Peas, edible pod, frozen, cooked, drained	894		
Peas, green, canned, drained	895	VEGETABLES & VEGETABLE PRODUCTS cont.	
Peas, green, frozen, boiled, drain	896	Radishes, raw	927
Peppers		Rutabagas, cooked, drained, cooked	928
Hot chili, raw, green	897	Sauerkraut, canned, solids, liquid	929
Hot chili, raw, red	898	Seaweed, kelp, raw	930
Jalapenos		Seaweed, Spirulina, dried	931
Canned, sliced, solids, liquid	899	Shallots, raw, chopped	932
Sweet, raw, green, chopped	900	Soybeans, green, cooked, drained	933
Sweet, raw, red, chopped	903	Spinach	
Cooked, drained, chopped, green	905	Raw	934
Cooked, drained, chopped, red	906	Raw, cooked, drained	936
Pimento, canned	907	Frozen, cooked, drained	937
Potatoes		Canned, drained, pieces	938
Baked with skin	908	Squash	
Baked, flesh only	909	Summer, sliced, raw	939
Baked, skin only	910	Cooked, drained	940
Peeled after boiling	911	Winter, baked, cubes	941
Peeled before boiling	912		

CLR/MC

Press this key in weighting mode to clear all memories or clear the wrong food code.



TO Weigh



TO ADD & WEIGH

To weigh several different ingredients in one tray, press the TARE key to reset the display between each ingredient.



FOOD GUIDE PYRAMID

A GUIDE TO DAILY FOOD CHOICE

Fats,Oils & Sweets
USE SPARINGLY

KEY

- Fat(naturally occurring and added)
 - Sugars(added)
- These symbols show fat and added sugars in foods

Milk Yogurt & Cheese Group
2~3 SERVINGS

Meat,Poultry,Fish,Dry Beans,Eggs & Nuts Group
2~3 SERVINGS

Vegetable Group
3~5 SERVINGS

Fruit Group
2~4 SERVINGS

Bread,Cereal,Rice & Pasta Group
6~11 SERVINGS