

SweetWARE

Cooked Item Report

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Raw Item Description	Cooked Item Description	Process	Yield
Agave, Cooked (Southwest)	Agave, Raw (Southwest)	Boil	52.5%
Amaranth Grain, Uncooked	Amaranth Leaves, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Apples, Dehydrated (Low Moisture), Sulfured, Uncooked	Apples, Dehydrated (Low Moisture), Sulfured, Stewed	Stew	100.0%
Apples, Dried, Sulfured, Uncooked	Apples, Dried, Sulfured, Stewed, With Added Sugar	Stew	100.0%
Apples, Dried, Sulfured, Uncooked	Apples, Dried, Sulfured, Stewed, Without Added Sugar	Stew	100.0%
Apples, Raw, With Skin	Apples, Raw, Without Skin, Cooked, Boiled	Boil	9900.0%
Apples, Raw, Without Skin	Apples, Raw, Without Skin, Cooked, Boiled	Boil	100.0%
Apples, Raw, Without Skin	Apples, Raw, Without Skin, Cooked, Microwave	Microwave	100.0%
Apples, Raw, Without Skin	Applesauce, Canned, Sweetened, With Salt	Broil	10800.0%
Apples, Raw, Without Skin	Applesauce, Canned, Unsweetened, With Added Ascorbic Acid	Parboil	9800.0%
Apricots, Dehydrated (Low-Moisture), Sulfured, Uncooked	Apricots, Dehydrated (Low-Moisture), Sulfured, Stewed	Stew	100.0%
Apricots, Dried, Sulfured, Uncooked	Apricots, Dried, Sulfured, Stewed, With Added Sugar	Stew	100.0%
Apricots, Dried, Sulfured, Uncooked	Apricots, Dried, Sulfured, Stewed, Without Added Sugar	Stew	100.0%
Arrowhead, Raw	Arrowhead, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Artichokes, (Globe Or French), Frozen, Unprepared	Artichokes, (Globe Or French), Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Artichokes, (Globe Or French), Raw	Artichokes, (Globe Or French), Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Asparagus, Frozen, Unprepared	Asparagus, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Asparagus, Raw	Asparagus, Cooked, Boiled, Drained	Boil	100.0%
Balsam-Pear (Bitter Gourd), Leafy Tips, Raw	Balsam-Pear (Bitter Gourd), Leafy Tips, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Balsam-Pear (Bitter Gourd), Pods, Raw	Balsam-Pear (Bitter Gourd), Pods, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Bamboo Shoots, Raw	Bamboo Shoots, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Beans, Adzuki, Mature Seeds, Raw	Beans, Adzuki, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, Black Turtle, Mature Seeds, Raw	Beans, Black Turtle, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, Black, Mature Seeds, Raw	Beans, Black, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, Cranberry (Roman), Mature Seeds, Raw	Beans, Cranberry (Roman), Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, French, Mature Seeds, Raw	Beans, French, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, Great Northern, Mature Seeds, Raw	Beans, Great Northern, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, Kidney, All Types, Mature Seeds, Raw	Beans, Kidney, All Types, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, Kidney, California Red, Mature Seeds, Raw	Beans, Kidney, California Red, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, Kidney, Mature Seeds, Sprouted, Raw	Beans, Kidney, Mature Seeds, Sprouted, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Beans, Kidney, Red, Mature Seeds, Raw	Beans, Kidney, Red, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, Kidney, Royal Red, Mature Seeds, Raw	Beans, Kidney, Royal Red, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, Navy, Mature Seeds, Raw	Beans, Navy, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Beans, Navy, Mature Seeds, Sprouted, Raw	Beans, Navy, Mature Seeds, Sprouted, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Beans, Pink, Mature Seeds, Raw	Beans, Pink, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, Pinto, Immature Seeds, Frozen, Unprepared	Beans, Pinto, Immature Seeds, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Beans, Pinto, Mature Seeds, Raw	Beans, Pinto, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, Pinto, Mature Seeds, Sprouted, Raw	Beans, Pinto, Mature Seeds, Sprouted, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Beans, Small White, Mature Seeds, Raw	Beans, Small White, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, Snap, Green, Frozen, All Styles, Unprepared	Beans, Snap, Green, Frozen, Cooked, Boiled, Drained Without Salt	Boil	100.0%
Beans, Snap, Green, Raw	Beans, Snap, Green, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Beans, Snap, Yellow, Frozen, All Styles, Unprepared	Beans, Snap, Yellow, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Beans, Snap, Yellow, Raw	Beans, Snap, Yellow, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Beans, White, Mature Seeds, Raw	Beans, White, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beans, Yellow, Mature Seeds, Raw	Beans, Yellow, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Beef, Bottom Sirloin, Tri-Tip Roast, Separable Lean And Fat, Trimmed To 0" Fat, Select, Raw	Beef, Top Sirloin, Steak, Separable Lean And Fat, Trimmed To 0" Fat, Select, Cooked, Broiled	Broil	0.0%
Beef, Chuck Eye Steak, Boneless, Separable Lean And Fat, Trimmed To 0" Fat, Choice, Raw	Beef, Chuck Eye Steak, Boneless, Separable Lean And Fat, Trimmed To 0" Fat, Choice, Cooked, Grilled	Grill	0.0%

Raw Item Description	Cooked Item Description	Process	Yield
Beef, Flank, Steak, Separable Lean And Fat, Trimmed To 0" Fat, Choice, Raw	Beef, Flank, Steak, Separable Lean And Fat, Trimmed To 0" Fat, Choice, Cooked, Broiled	Broil	100.0%
Beef, Rib, Eye, Small End (Ribs 10-12), Separable Lean Only, Trimmed To 0" Fat, Choice, Raw	Beef, Rib, Eye, Small End (Ribs 10-12), Separable Lean Only, Trimmed To 0" Fat, Choice, Cooked, Broiled	Broil	100.0%
Beef, Rib, Shortribs, Separable Lean And Fat, Choice, Raw	Beef, Rib, Shortribs, Separable Lean And Fat, Choice, Cooked, Braised	Braise	100.0%
Beef, Rib, Shortribs, Separable Lean Only, Choice, Raw	Beef, Rib, Shortribs, Separable Lean Only, Choice, Cooked, Braised	Braise	100.0%
Beef, Variety Meats And By-Products, Brain, Raw	Beef, Variety Meats And By-Products, Brain, Cooked, Simmered	Simmer	100.0%
Beef, Variety Meats And By-Products, Heart, Raw	Beef, Variety Meats And By-Products, Heart, Cooked, Simmered	Simmer	100.0%
Beef, Variety Meats And By-Products, Kidneys, Raw	Beef, Variety Meats And By-Products, Kidneys, Cooked, Simmered	Simmer	100.0%
Beef, Variety Meats And By-Products, Liver, Raw	Beef, Variety Meats And By-Products, Liver, Cooked, Braised	Braise	100.0%
Beef, Variety Meats And By-Products, Lungs, Raw	Beef, Variety Meats And By-Products, Lungs, Cooked, Braised	Braise	100.0%
Beef, Variety Meats And By-Products, Pancreas, Raw	Beef, Variety Meats And By-Products, Pancreas, Cooked, Braised	Braise	100.0%
Beef, Variety Meats And By-Products, Spleen, Raw	Beef, Variety Meats And By-Products, Spleen, Cooked, Braised	Braise	100.0%
Beef, Variety Meats And By-Products, Thymus, Raw	Beef, Variety Meats And By-Products, Thymus, Cooked, Braised	Braise	100.0%
Beef, Variety Meats And By-Products, Tongue, Raw	Beef, Variety Meats And By-Products, Tongue, Cooked, Simmered	Simmer	100.0%
Beet Greens, Raw	Beet Greens, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Borage, Raw	Borage, Cooked, Boiled, Drained, Without Salt	Boil	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Broadbeans (Fava Beans), Mature Seeds, Raw	Broadbeans (Fava Beans), Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Broadbeans, Immature Seeds, Raw	Broadbeans, Immature Seeds, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Broccoli, Frozen, Chopped, Unprepared	Broccoli, Frozen, Chopped, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Broccoli, Frozen, Spears, Unprepared	Broccoli, Frozen, Spears, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Broccoli, Raw	Broccoli, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Brussels Sprouts, Frozen, Unprepared	Brussels Sprouts, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Brussels Sprouts, Raw	Brussels Sprouts, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Burdock Root, Raw	Burdock Root, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Butterbur, (Fuki), Raw	Butterbur, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Cabbage, Chinese (Pak-Choi), Raw	Cabbage, Chinese (Pak-Choi), Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Cabbage, Chinese (Pe-Tsai), Raw	Cabbage, Chinese (Pe-Tsai), Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Cabbage, Red, Raw	Cabbage, Red, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Cabbage, Savoy, Raw	Cabbage, Savoy, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Canada Goose, Breast Meat, Skinless, Raw	Chicken, Roasting, Meat And Skin, Cooked, Roasted	Roast	100.0%
Cardoon, Raw	Cardoon, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Carrots, Frozen, Unprepared	Carrots, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%

Carrots, Raw	Carrots, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Cauliflower, Frozen, Unprepared	Cauliflower, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Cauliflower, Raw	Cauliflower, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Celeriac, Raw	Celeriac, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Celery, Raw	Celery, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Chard, Swiss, Raw	Chard, Swiss, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Chayote, Fruit, Raw	Chayote, Fruit, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Chicken, Broiler Or Fryers, Breast, Skinless, Boneless, Meat Only, Raw	Chicken, Broilers Or Fryers, Breast, Meat Only, Cooked, Fried	Fry	100.0%
Chicken, Broiler Or Fryers, Breast, Skinless, Boneless, Meat Only, Raw	Chicken, Broilers Or Fryers, Breast, Meat Only, Cooked, Roasted	Roast	0.0%
Chicken, Broiler Or Fryers, Breast, Skinless, Boneless, Meat Only, Raw	Chicken, Broilers Or Fryers, Breast, Meat Only, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Back, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Back, Meat And Skin, Cooked, Fried, Flour	Fry	100.0%
Chicken, Broilers Or Fryers, Back, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Back, Meat And Skin, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Back, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Back, Meat And Skin, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Back, Meat Only, Raw	Chicken, Broilers Or Fryers, Back, Meat Only, Cooked, Fried	Fry	100.0%
Chicken, Broilers Or Fryers, Back, Meat Only, Raw	Chicken, Broilers Or Fryers, Back, Meat Only, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Back, Meat Only, Raw	Chicken, Broilers Or Fryers, Back, Meat Only, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Breast, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Breast, Meat And Skin, Cooked, Fried, Batter	Fry	100.0%
Chicken, Broilers Or Fryers, Breast, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Breast, Meat And Skin, Cooked, Fried, Flour	Fry	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Chicken, Broilers Or Fryers, Breast, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Breast, Meat And Skin, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Breast, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Breast, Meat And Skin, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Dark Meat, Drumstick, Meat Only, Raw	Chicken, Broilers Or Fryers, Dark Meat, Drumstick, Meat Only, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Dark Meat, Drumstick, Meat Only, Raw	Chicken, Broilers Or Fryers, Drumstick, Meat Only, Cooked, Fried	Fry	100.0%
Chicken, Broilers Or Fryers, Dark Meat, Drumstick, Meat Only, Raw	Chicken, Broilers Or Fryers, Drumstick, Meat Only, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Dark Meat, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Dark Meat, Meat And Skin, Cooked, Fried, Flour	Fry	100.0%
Chicken, Broilers Or Fryers, Dark Meat, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Dark Meat, Meat And Skin, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Dark Meat, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Dark Meat, Meat And Skin, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Dark Meat, Meat Only, Raw	Chicken, Broilers Or Fryers, Dark Meat, Meat Only, Cooked, Fried	Fry	100.0%
Chicken, Broilers Or Fryers, Dark Meat, Meat Only, Raw	Chicken, Broilers Or Fryers, Dark Meat, Meat Only, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Dark Meat, Meat Only, Raw	Chicken, Broilers Or Fryers, Dark Meat, Meat Only, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Dark Meat, Thigh, Meat Only, Raw	Chicken, Broilers Or Fryers, Thigh, Meat Only, Cooked, Fried	Fry	100.0%
Chicken, Broilers Or Fryers, Dark Meat, Thigh, Meat Only, Raw	Chicken, Broilers Or Fryers, Thigh, Meat Only, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Dark Meat, Thigh, Meat Only, Raw	Chicken, Broilers Or Fryers, Thigh, Meat Only, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Drumstick, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Drumstick, Meat And Skin, Cooked, Fried, Batter	Fry	100.0%
Chicken, Broilers Or Fryers, Drumstick, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Drumstick, Meat And Skin, Cooked, Fried, Flour	Fry	100.0%
Chicken, Broilers Or Fryers, Drumstick, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Drumstick, Meat And Skin, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Drumstick, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Drumstick, Meat And Skin, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Giblets, Raw	Chicken, Broilers Or Fryers, Giblets, Cooked, Fried	Fry	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Chicken, Broilers Or Fryers, Giblets, Raw	Chicken, Broilers Or Fryers, Giblets, Cooked, Simmered	Simmer	100.0%
Chicken, Broilers Or Fryers, Leg, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Leg, Meat And Skin, Cooked, Fried, Batter	Fry	100.0%
Chicken, Broilers Or Fryers, Leg, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Leg, Meat And Skin, Cooked, Fried, Flour	Fry	100.0%
Chicken, Broilers Or Fryers, Leg, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Leg, Meat And Skin, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Leg, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Leg, Meat And Skin, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Leg, Meat Only, Raw	Chicken, Broilers Or Fryers, Leg, Meat Only, Cooked, Fried	Fry	100.0%
Chicken, Broilers Or Fryers, Leg, Meat Only, Raw	Chicken, Broilers Or Fryers, Leg, Meat Only, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Leg, Meat Only, Raw	Chicken, Broilers Or Fryers, Leg, Meat Only, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Light Meat, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Light Meat, Meat And Skin, Cooked, Fried, Batter	Fry	100.0%
Chicken, Broilers Or Fryers, Light Meat, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Light Meat, Meat And Skin, Cooked, Fried, Flour	Fry	100.0%
Chicken, Broilers Or Fryers, Light Meat, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Light Meat, Meat And Skin, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Light Meat, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Light Meat, Meat And Skin, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Light Meat, Meat Only, Raw	Chicken, Broilers Or Fryers, Light Meat, Meat Only, Cooked, Fried	Fry	100.0%
Chicken, Broilers Or Fryers, Light Meat, Meat Only, Raw	Chicken, Broilers Or Fryers, Light Meat, Meat Only, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Light Meat, Meat Only, Raw	Chicken, Broilers Or Fryers, Light Meat, Meat Only, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Meat And Skin And Giblets And Neck, Raw	Chicken, Broilers Or Fryers, Meat And Skin And Giblets And Neck, Cooked, Fried, Batter	Fry	100.0%
Chicken, Broilers Or Fryers, Meat And Skin And Giblets And Neck, Raw	Chicken, Broilers Or Fryers, Meat And Skin And Giblets And Neck, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Meat And Skin And Giblets And Neck, Raw	Chicken, Broilers Or Fryers, Meat And Skin And Giblets And Neck, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Meat And Skin, Cooked, Fried, Batter	Fry	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Chicken, Broilers Or Fryers, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Meat And Skin, Cooked, Fried, Flour	Fry	100.0%
Chicken, Broilers Or Fryers, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Meat And Skin, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Meat And Skin, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Meat Only, Raw	Chicken, Broilers Or Fryers, Meat Only, Cooked, Fried	Fry	100.0%
Chicken, Broilers Or Fryers, Meat Only, Raw	Chicken, Broilers Or Fryers, Meat Only, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Meat Only, Raw	Chicken, Broilers Or Fryers, Meat Only, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Neck, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Neck, Meat And Skin, Cooked Simmered	Simmer	100.0%
Chicken, Broilers Or Fryers, Neck, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Neck, Meat And Skin, Cooked, Fried, Batter	Fry	100.0%
Chicken, Broilers Or Fryers, Neck, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Neck, Meat And Skin, Cooked, Fried, Flour	Fry	100.0%
Chicken, Broilers Or Fryers, Neck, Meat Only, Raw	Chicken, Broilers Or Fryers, Neck, Meat Only, Cooked, Fried	Fry	100.0%
Chicken, Broilers Or Fryers, Neck, Meat Only, Raw	Chicken, Broilers Or Fryers, Neck, Meat Only, Cooked, Simmered	Simmer	100.0%
Chicken, Broilers Or Fryers, Skin Only, Raw	Chicken, Broilers Or Fryers, Skin Only, Cooked, Fried, Batter	Fry	100.0%
Chicken, Broilers Or Fryers, Skin Only, Raw	Chicken, Broilers Or Fryers, Skin Only, Cooked, Fried, Flour	Fry	100.0%
Chicken, Broilers Or Fryers, Skin Only, Raw	Chicken, Broilers Or Fryers, Skin Only, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Skin Only, Raw	Chicken, Broilers Or Fryers, Skin Only, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Thigh, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Thigh, Meat And Skin, Cooked, Fried, Batter	Fry	100.0%
Chicken, Broilers Or Fryers, Thigh, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Thigh, Meat And Skin, Cooked, Fried, Flour	Fry	100.0%
Chicken, Broilers Or Fryers, Thigh, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Thigh, Meat And Skin, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Thigh, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Thigh, Meat And Skin, Cooked, Stewed	Stew	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Chicken, Broilers Or Fryers, Wing, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Wing, Meat And Skin, Cooked, Fried, Batter	Fry	100.0%
Chicken, Broilers Or Fryers, Wing, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Wing, Meat And Skin, Cooked, Fried, Flour	Fry	100.0%
Chicken, Broilers Or Fryers, Wing, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Wing, Meat And Skin, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Wing, Meat And Skin, Raw	Chicken, Broilers Or Fryers, Wing, Meat And Skin, Cooked, Stewed	Stew	100.0%
Chicken, Broilers Or Fryers, Wing, Meat Only, Raw	Chicken, Broilers Or Fryers, Wing, Meat Only, Cooked, Fried	Fry	100.0%
Chicken, Broilers Or Fryers, Wing, Meat Only, Raw	Chicken, Broilers Or Fryers, Wing, Meat Only, Cooked, Roasted	Roast	100.0%
Chicken, Broilers Or Fryers, Wing, Meat Only, Raw	Chicken, Broilers Or Fryers, Wing, Meat Only, Cooked, Stewed	Stew	100.0%
Chicken, Capons, Giblets, Raw	Chicken, Capons, Giblets, Cooked, Simmered	Simmer	100.0%
Chicken, Capons, Giblets, Raw	Chicken, Capons, Meat And Skin And Giblets And Neck, Cooked, Roasted	Roast	100.0%
Chicken, Capons, Meat And Skin, Raw	Chicken, Capons, Meat And Skin And Giblets And Neck, Cooked, Roasted	Roast	100.0%
Chicken, Capons, Meat And Skin, Raw	Chicken, Capons, Meat And Skin, Cooked, Roasted	Roast	100.0%
Chicken, Gizzard, All Classes, Raw	Chicken, Gizzard, All Classes, Cooked, Simmered	Simmer	100.0%
Chicken, Heart, All Classes, Raw	Chicken, Heart, All Classes, Cooked, Simmered	Simmer	100.0%
Chicken, Liver, All Classes, Raw	Chicken, Liver, All Classes, Cooked, Simmered	Simmer	100.0%
Chicken, Roasting, Dark Meat, Meat Only, Raw	Chicken, Roasting, Dark Meat, Meat Only, Cooked, Roasted	Roast	100.0%
Chicken, Roasting, Giblets, Raw	Chicken, Roasting, Giblets, Cooked, Simmered	Simmer	100.0%
Chicken, Roasting, Light Meat, Meat Only, Raw	Chicken, Roasting, Light Meat, Meat Only, Cooked, Roasted	Roast	100.0%
Chicken, Roasting, Meat And Skin And Giblets And Neck, Raw	Chicken, Roasting, Meat And Skin And Giblets And Neck, Cooked, Roasted	Roast	100.0%

Chicken, Roasting, Meat Only, Raw	Chicken, Roasting, Meat Only, Cooked, Roasted	Roast	100.0%
Chicken, Stewing, Dark Meat, Meat Only, Raw	Chicken, Stewing, Dark Meat, Meat Only, Cooked, Stewed	Stew	100.0%
Chicken, Stewing, Giblets, Raw	Chicken, Stewing, Giblets, Cooked, Simmered	Simmer	100.0%
Chicken, Stewing, Light Meat, Meat Only, Raw	Chicken, Stewing, Light Meat, Meat Only, Cooked, Stewed	Stew	100.0%
Chicken, Stewing, Meat And Skin, And Giblets And Neck, Raw	Chicken, Stewing, Meat And Skin, And Giblets And Neck, Cooked, Stewed	Stew	100.0%
Chicken, Stewing, Meat And Skin, Raw	Chicken, Stewing, Meat And Skin, Cooked, Stewed	Stew	100.0%
Chicken, Stewing, Meat Only, Raw	Chicken, Stewing, Meat Only, Cooked, Stewed	Stew	100.0%
Chickpeas (Garbanzo Beans, Bengal Gram), Mature Seeds, Raw	Chickpeas (Garbanzo Beans, Bengal Gram), Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Chrysanthemum, Garland, Raw	Chrysanthemum, Garland, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Collards, Frozen, Chopped, Unprepared	Collards, Frozen, Chopped, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Collards, Raw	Collards, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Corn, Sweet, White, Frozen, Kernels Cut Off Cob, Unprepared	Corn, Sweet, White, Frozen, Kernels Cut Off Cob, Boiled, Drained, Without Salt	Boil	100.0%
Corn, Sweet, White, Frozen, Kernels On Cob, Unprepared	Corn, Sweet, White, Frozen, Kernels On Cob, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Corn, Sweet, White, Raw	Corn, Sweet, White, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Corn, Sweet, Yellow, Frozen, Kernels Cut Off Cob, Unprepared	Corn, Sweet, Yellow, Frozen, Kernels Cut Off Cob, Boiled, Drained, Without Salt	Boil	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Corn, Sweet, Yellow, Frozen, Kernels On Cob, Unprepared	Corn, Sweet, Yellow, Frozen, Kernels On Cob, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Corn, Sweet, Yellow, Raw	Corn, Sweet, Yellow, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Cowpeas (Blackeyes), Immature Seeds, Frozen, Unprepared	Cowpeas (Blackeyes), Immature Seeds, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Cowpeas (Blackeyes), Immature Seeds, Raw	Cowpeas (Blackeyes), Immature Seeds, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Cowpeas, Catjang, Mature Seeds, Raw	Cowpeas, Catjang, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Cowpeas, Common (Blackeyes, Crowder, Southern), Mature Seeds, Raw	Cowpeas, Common (Blackeyes, Crowder, Southern), Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Cowpeas, Leafy Tips, Raw	Cowpeas, Leafy Tips, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Cowpeas, Young Pods With Seeds, Raw	Cowpeas, Young Pods With Seeds, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Cress, Garden, Raw	Cress, Garden, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Crustaceans, Shrimp, Mixed Species, Raw (May Have Been Previously Frozen)	Crustaceans, Shrimp, Mixed Species, Cooked, Breaded And Fried	Fry	100.0%
Dandelion Greens, Raw	Dandelion Greens, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Dock, Raw	Dock, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Drumstick Leaves, Raw	Drumstick Leaves, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Drumstick Pods, Raw	Drumstick Pods, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Duck, Domesticated, Meat And Skin, Raw	Duck, Domesticated, Meat And Skin, Cooked, Roasted	Roast	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Duck, Domesticated, Meat Only, Raw	Duck, Domesticated, Meat Only, Cooked, Roasted	Roast	100.0%
Egg, Whole, Raw, Fresh	Egg, Whole, Cooked, Fried	Fry	0.0%
Egg, Whole, Raw, Fresh	Egg, Whole, Cooked, Hard-Boiled	Boil	0.0%
Egg, Whole, Raw, Fresh	Egg, Whole, Cooked, Poached	Poach	0.0%
Egg, Whole, Raw, Fresh	Egg, Whole, Cooked, Scrambled	Scramble	0.0%
Eggplant, Raw	Eggplant, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Figs, Dried, Uncooked	Figs, Dried, Stewed	Stew	100.0%
Fish, Catfish, Channel, Wild, Raw	Fish, Catfish, Channel, Cooked, Breaded And Fried	Fry	100.0%
Fish, Croaker, Atlantic, Raw	Fish, Croaker, Atlantic, Cooked, Breaded And Fried	Fry	100.0%
Fish, Shark, Mixed Species, Raw	Fish, Shark, Mixed Species, Cooked, Batter-Dipped And Fried	Fry	100.0%
Game Meat, Antelope, Raw	Game Meat, Antelope, Cooked, Roasted	Roast	100.0%
Game Meat, Bear, Raw	Game Meat, Bear, Cooked, Simmered	Simmer	100.0%
Game Meat, Beaver, Raw	Game Meat, Beaver, Cooked, Roasted	Roast	100.0%
Game Meat, Beefalo, Composite Of Cuts, Raw	Game Meat, Beefalo, Composite Of Cuts, Cooked, Roasted	Roast	100.0%
Game Meat, Bison, Separable Lean Only, Raw	Game Meat, Bison, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Game Meat, Boar, Wild, Raw	Game Meat, Boar, Wild, Cooked, Roasted	Roast	100.0%
Game Meat, Buffalo, Water, Raw	Game Meat, Buffalo, Water, Cooked, Roasted	Roast	100.0%
Game Meat, Caribou, Raw	Game Meat, Caribou, Cooked, Roasted	Roast	100.0%
Game Meat, Deer, Raw	Game Meat, Deer, Cooked, Roasted	Roast	100.0%
Game Meat, Elk, Raw	Game Meat, Elk, Cooked, Roasted	Roast	100.0%
Game Meat, Horse, Raw	Game Meat, Horse, Cooked, Roasted	Roast	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Game Meat, Moose, Raw	Game Meat, Moose, Cooked, Roasted	Roast	100.0%
Game Meat, Muskrat, Raw	Game Meat, Muskrat, Cooked, Roasted	Roast	100.0%
Game Meat, Rabbit, Domesticated, Composite Of Cuts, Raw	Game Meat, Rabbit, Domesticated, Composite Of Cuts, Cooked, Stewed	Stew	100.0%
Game Meat, Rabbit, Wild, Raw	Game Meat, Rabbit, Wild, Cooked, Stewed	Stew	100.0%
Game Meat, Squirrel, Raw	Game Meat, Squirrel, Cooked, Roasted	Roast	100.0%
Goat, Raw	Game Meat, Goat, Cooked, Roasted	Roast	100.0%
Goose, Domesticated, Meat And Skin, Raw	Goose, Domesticated, Meat And Skin, Cooked, Roasted	Roast	100.0%
Goose, Domesticated, Meat Only, Raw	Goose, Domesticated, Meat Only, Cooked, Roasted	Roast	100.0%
Gourd, Dishcloth (Towelgourd), Raw	Gourd, Dishcloth (Towelgourd), Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Gourd, White-Flowered (Calabash), Raw	Gourd, White-Flowered (Calabash), Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Hyacinth Beans, Mature Seeds, Raw	Hyacinth Beans, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Hyacinth-Beans, Immature Seeds, Raw	Hyacinth-Beans, Immature Seeds, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Jute, Potherb, Raw	Jute, Potherb, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Kale, Frozen, Unprepared	Kale, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Kale, Raw	Kale, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Kale, Scotch, Raw	Kale, Scotch, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Kohlrabi, Raw	Kohlrabi, Cooked, Boiled, Drained, Without Salt	Boil	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Lamb, Domestic, Cubed For Stew Or Kabob (Leg And Shoulder), Separable Lean Only, Trimmed To 1/4" Fat, Raw	Lamb, Domestic, Cubed For Stew Or Kabob (Leg And Shoulder), Separable Lean Only, Trimmed To 1/4" Fat, Cooked, Braised	Braise	100.0%
Lamb, Domestic, Cubed For Stew Or Kabob (Leg And Shoulder), Separable Lean Only, Trimmed To 1/4" Fat, Raw	Lamb, Domestic, Cubed For Stew Or Kabob (Leg And Shoulder), Separable Lean Only, Trimmed To 1/4" Fat, Cooked, Broiled	Broil	100.0%
Lamb, Domestic, Foreshank, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Foreshank, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Braised	Braise	100.0%
Lamb, Domestic, Foreshank, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Foreshank, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Braised	Braise	100.0%
Lamb, Domestic, Leg, Shank Half, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Leg, Shank Half, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Leg, Shank Half, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Leg, Shank Half, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Leg, Sirloin Half, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Leg, Sirloin Half, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Leg, Sirloin Half, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Leg, Sirloin Half, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Leg, Whole (Shank And Sirloin), Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Leg, Whole (Shank And Sirloin), Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Leg, Whole (Shank And Sirloin), Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Leg, Whole (Shank And Sirloin), Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Loin, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Loin, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Broiled	Broil	100.0%
Lamb, Domestic, Loin, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Loin, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Lamb, Domestic, Loin, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Loin, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Broiled	Broil	100.0%
Lamb, Domestic, Loin, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Loin, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Rib, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Rib, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Broiled	Broil	100.0%
Lamb, Domestic, Rib, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Rib, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Rib, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Rib, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Broiled	Broil	100.0%
Lamb, Domestic, Rib, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Rib, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Shoulder, Arm, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Arm, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Braised	Braise	100.0%
Lamb, Domestic, Shoulder, Arm, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Arm, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Broiled	Broil	100.0%
Lamb, Domestic, Shoulder, Arm, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Arm, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Shoulder, Arm, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Arm, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Braised	Braise	100.0%
Lamb, Domestic, Shoulder, Arm, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Arm, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Broiled	Broil	100.0%
Lamb, Domestic, Shoulder, Arm, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Arm, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Shoulder, Blade, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Blade, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Braised	Braise	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Lamb, Domestic, Shoulder, Blade, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Blade, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Broiled	Broil	100.0%
Lamb, Domestic, Shoulder, Blade, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Blade, Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Shoulder, Blade, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Blade, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Broiled	Broil	100.0%
Lamb, Domestic, Shoulder, Blade, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Blade, Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Shoulder, Whole (Arm And Blade), Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Whole (Arm And Blade), Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Braised	Braise	100.0%
Lamb, Domestic, Shoulder, Whole (Arm And Blade), Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Whole (Arm And Blade), Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Broiled	Broil	100.0%
Lamb, Domestic, Shoulder, Whole (Arm And Blade), Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Whole (Arm And Blade), Separable Lean And Fat, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Domestic, Shoulder, Whole (Arm And Blade), Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Whole (Arm And Blade), Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Braised	Braise	100.0%
Lamb, Domestic, Shoulder, Whole (Arm And Blade), Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Whole (Arm And Blade), Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Broiled	Broil	100.0%
Lamb, Domestic, Shoulder, Whole (Arm And Blade), Separable Lean Only, Trimmed To 1/4" Fat, Choice, Raw	Lamb, Domestic, Shoulder, Whole (Arm And Blade), Separable Lean Only, Trimmed To 1/4" Fat, Choice, Cooked, Roasted	Roast	100.0%
Lamb, Ground, Raw	Lamb, Ground, Cooked, Broiled	Broil	100.0%
Lamb, New Zealand, Imported, Fore-Shank, Separable Lean And Fat, Raw	Lamb, New Zealand, Imported, Fore-Shank, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Lamb, New Zealand, Imported, Fore-Shank, Separable Lean Only, Raw	Lamb, New Zealand, Imported, Fore-Shank, Separable Lean Only, Cooked, Braised	Braise	100.0%
Lamb, New Zealand, Imported, Leg Chop/ Steak, Bone-In, Separable Lean And Fat, Raw	Lamb, New Zealand, Imported, Frozen, Leg, Whole (Shank And Sirloin), Separable Lean And Fat, Cooked, Roasted	Roast	100.0%

Lamb, New Zealand, Imported, Leg Chop/ Steak, Bone-In, Separable Lean Only, Raw	Lamb, New Zealand, Imported, Frozen, Leg, Whole (Shank And Sirloin), Separable Lean Only, Cooked, Roasted	Roast	100.0%
Lamb, New Zealand, Imported, Loin Chop, Separable Lean And Fat, Raw	Lamb, New Zealand, Imported, Frozen, Loin, Separable Lean And Fat, Cooked, Broiled	Broil	100.0%
Lamb, New Zealand, Imported, Loin Chop, Separable Lean Only, Raw	Lamb, New Zealand, Imported, Frozen, Loin, Separable Lean Only, Cooked, Broiled	Roast	100.0%
Lamb, New Zealand, Imported, Rack - Partly Frenched, Separable Lean And Fat, Raw	Lamb, New Zealand, Imported, Rack - Partly Frenched, Separable Lean And Fat, Cooked, Fast Roasted	Roast	100.0%
Lamb, New Zealand, Imported, Rack - Partly Frenched, Separable Lean Only, Raw	Lamb, New Zealand, Imported, Rack - Partly Frenched, Separable Lean Only, Cooked, Fast Roasted	Roast	100.0%
Lamb, Variety Meats And By-Products, Brain, Raw	Lamb, Variety Meats And By-Products, Brain, Cooked, Braised	Braise	100.0%
Lamb, Variety Meats And By-Products, Heart, Raw	Lamb, Variety Meats And By-Products, Heart, Cooked, Braised	Braise	100.0%
Lamb, Variety Meats And By-Products, Kidneys, Raw	Lamb, Variety Meats And By-Products, Kidneys, Cooked, Braised	Braise	100.0%
Lamb, Variety Meats And By-Products, Liver, Raw	Lamb, Variety Meats And By-Products, Liver, Cooked, Braised	Braise	100.0%
Lamb, Variety Meats And By-Products, Lungs, Raw	Lamb, Variety Meats And By-Products, Lungs, Cooked, Braised	Braise	100.0%
Lamb, Variety Meats And By-Products, Pancreas, Raw	Lamb, Variety Meats And By-Products, Pancreas, Cooked, Braised	Braise	100.0%
Lamb, Variety Meats And By-Products, Spleen, Raw	Lamb, Variety Meats And By-Products, Spleen, Cooked, Braised	Braise	100.0%
Lamb, Variety Meats And By-Products, Tongue, Raw	Lamb, Variety Meats And By-Products, Tongue, Cooked, Braised	Braise	100.0%
Lambsquarters, Raw	Lambsquarters, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Leeks, (Bulb And Lower Leaf-Portion), Raw	Leeks, (Bulb And Lower Leaf-Portion), Cooked, Boiled, Drained, Without Salt	Boil	100.0%

Lentils, Raw	Lentils, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Lentils, Sprouted, Raw	Lentils, Sprouted, Cooked, Stir-Fried, Without Salt	Stir Fry	100.0%
Lima Beans, Immature Seeds, Raw	Lima Beans, Immature Seeds, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Lima Beans, Large, Mature Seeds, Raw	Lima Beans, Large, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Lima Beans, Thin Seeded (Baby), Mature Seeds, Raw	Lima Beans, Thin Seeded (Baby), Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Lotus Root, Raw	Lotus Root, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Lupins, Mature Seeds, Raw	Lupins, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Mcdonald's, Premium Grilled Chicken Classic Sandwich	Salmonberries, Raw (Alaska Native)	Grill	0.0%
Mollusks, Abalone, Mixed Species, Raw	Mollusks, Abalone, Mixed Species, Cooked, Fried	Fry	100.0%
Mollusks, Clam, Mixed Species, Raw	Mollusks, Clam, Mixed Species, Cooked, Breaded And Fried	Fry	100.0%
Mollusks, Oyster, Eastern, Wild, Raw	Mollusks, Oyster, Eastern, Cooked, Breaded And Fried	Fry	100.0%
Mollusks, Scallop, Mixed Species, Raw	Mollusks, Scallop, Mixed Species, Cooked, Breaded And Fried	Fry	100.0%
Mollusks, Squid, Mixed Species, Raw	Mollusks, Squid, Mixed Species, Cooked, Fried	Fry	100.0%
Mothbeans, Mature Seeds, Raw	Mothbeans, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Mountain Yam, Hawaii, Raw	Mountain Yam, Hawaii, Cooked, Steamed, Without Salt	Steam	100.0%
Mung Beans, Mature Seeds, Raw	Mung Beans, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%

Mung Beans, Mature Seeds, Sprouted, Raw	Mung Beans, Mature Seeds, Sprouted, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Mung Beans, Mature Seeds, Sprouted, Raw	Mung Beans, Mature Seeds, Sprouted, Cooked, Stir-Fried	Stir Fry	100.0%
Mungo Beans, Mature Seeds, Raw	Mungo Beans, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Mushrooms, White, Raw	Mushrooms, White, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Mustard Greens, Frozen, Unprepared	Mustard Greens, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Mustard Greens, Raw	Mustard Greens, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Mustard Spinach, (Tendergreen), Raw	Mustard Spinach, (Tendergreen), Cooked, Boiled, Drained, Without Salt	Boil	100.0%
New Zealand Spinach, Raw	New Zealand Spinach, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Nuts, Chestnuts, Chinese, Raw	Nuts, Chestnuts, Chinese, Boiled And Steamed	Boil	100.0%
Nuts, Chestnuts, Chinese, Raw	Nuts, Chestnuts, Chinese, Boiled And Steamed	Steam	100.0%
Nuts, Chestnuts, Chinese, Raw	Nuts, Chestnuts, Chinese, Roasted	Roast	100.0%
Nuts, Chestnuts, European, Raw, Peeled	Nuts, Chestnuts, European, Boiled And Steamed	Boil	100.0%
Nuts, Chestnuts, European, Raw, Peeled	Nuts, Chestnuts, European, Boiled And Steamed	Steam	100.0%
Nuts, Chestnuts, European, Raw, Peeled	Nuts, Chestnuts, European, Roasted	Roast	100.0%
Nuts, Chestnuts, European, Raw, Unpeeled	Nuts, Chestnuts, European, Boiled And Steamed	Boil	100.0%
Nuts, Chestnuts, European, Raw, Unpeeled	Nuts, Chestnuts, European, Boiled And Steamed	Steam	100.0%
Nuts, Chestnuts, European, Raw, Unpeeled	Nuts, Chestnuts, European, Roasted	Roast	100.0%
Nuts, Chestnuts, Japanese, Raw	Nuts, Chestnuts, Japanese, Boiled And Steamed	Boil	100.0%
Nuts, Chestnuts, Japanese, Raw	Nuts, Chestnuts, Japanese, Boiled And Steamed	Steam	100.0%
Nuts, Chestnuts, Japanese, Raw	Nuts, Chestnuts, Japanese, Roasted	Roast	100.0%

Nuts, Coconut Meat, Raw	Nuts, Coconut Meat, Dried (Desiccated), Toasted	Toast	100.0%
Okra, Frozen, Unprepared	Okra, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Okra, Raw	Okra, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Onions, Frozen, Chopped, Unprepared	Onions, Frozen, Chopped, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Onions, Frozen, Whole, Unprepared	Onions, Frozen, Whole, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Onions, Raw	Onions, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Parsnips, Raw	Parsnips, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Peaches, Dehydrated (Low-Moisture), Sulfured, Uncooked	Peaches, Dehydrated (Low-Moisture), Sulfured, Stewed	Stew	100.0%
Peaches, Dried, Sulfured, Uncooked	Peaches, Dried, Sulfured, Stewed, With Added Sugar	Stew	100.0%
Peaches, Dried, Sulfured, Uncooked	Peaches, Dried, Sulfured, Stewed, Without Added Sugar	Stew	100.0%
Pears, Dried, Sulfured, Uncooked	Pears, Dried, Sulfured, Stewed, With Added Sugar	Stew	100.0%
Pears, Dried, Sulfured, Uncooked	Pears, Dried, Sulfured, Stewed, Without Added Sugar	Stew	100.0%
Peas And Carrots, Frozen, Unprepared	Peas And Carrots, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Peas And Onions, Frozen, Unprepared	Peas And Onions, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Peas, Edible-Podded, Frozen, Unprepared	Peas, Edible-Podded, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Peas, Edible-Podded, Raw	Peas, Edible-Podded, Boiled, Drained, Without Salt	Boil	100.0%
Peas, Green, Frozen, Unprepared	Peas, Green, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%

Peas, Green, Raw	Peas, Green, Cooked, Boiled, Drained, Without Salt	Boil	0.0%
Peas, Green, Split, Mature Seeds, Raw	Peas, Split, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Peas, Mature Seeds, Sprouted, Raw	Peas, Mature Seeds, Sprouted, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Peppers, Sweet, Green, Frozen, Chopped, Unprepared	Peppers, Sweet, Green, Frozen, Chopped, Boiled, Drained, Without Salt	Boil	100.0%
Peppers, Sweet, Green, Raw	Peppers, Sweet, Green, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Peppers, Sweet, Red, Frozen, Chopped, Unprepared	Peppers, Sweet, Red, Frozen, Chopped, Boiled, Drained, Without Salt	Boil	100.0%
Peppers, Sweet, Red, Raw	Peppers, Sweet, Red, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Pigeon Peas (Red Gram), Mature Seeds, Raw	Pigeon Peas (Red Gram), Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Pigeonpeas, Immature Seeds, Raw	Pigeonpeas, Immature Seeds, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Plums, Dried (Prunes), Uncooked	Plums, Dried (Prunes), Stewed, With Added Sugar	Stew	100.0%
Plums, Dried (Prunes), Uncooked	Plums, Dried (Prunes), Stewed, Without Added Sugar	Stew	100.0%
Pokeberry Shoots, (Poke), Raw	Pokeberry Shoots, (Poke), Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Pork, Cured, Ham, Boneless, Extra Lean And Regular, Unheated	Pork, Cured, Ham, Boneless, Extra Lean And Regular, Roasted	Roast	100.0%
Pork, Cured, Ham, Extra Lean (Approximately 4% Fat), Canned, Unheated	Pork, Cured, Ham, Extra Lean (Approximately 4% Fat), Canned, Roasted	Roast	100.0%
Pork, Cured, Ham, Extra Lean And Regular, Canned, Unheated	Pork, Cured, Ham, Extra Lean And Regular, Canned, Roasted	Roast	100.0%
Pork, Cured, Ham, Whole, Separable Lean Only, Unheated	Pork, Cured, Ham, Whole, Separable Lean Only, Roasted	Roast	100.0%

Pork, Cured, Separable Fat (From Ham And Arm Picnic), Unheated	Pork, Cured, Separable Fat (From Ham And Arm Picnic), Roasted	Roast	100.0%
Pork, Cured, Shoulder, Blade Roll, Separable Lean And Fat, Unheated	Pork, Cured, Shoulder, Blade Roll, Separable Lean And Fat, Roasted	Roast	100.0%
Pork, Fresh, Backribs, Separable Lean And Fat, Raw	Pork, Fresh, Backribs, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Composite Of Trimmed Leg, Loin, Shoulder, And Spareribs, (Includes Cuts To Be Cured), Separable Lean And Fat, Raw	Pork, Fresh, Composite Of Trimmed Retail Cuts (Leg, Loin, And Shoulder), Separable Lean Only, Cooked	Roast	100.0%
Pork, Fresh, Leg (Ham), Rump Half, Separable Lean And Fat, Raw	Pork, Fresh, Leg (Ham), Rump Half, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Leg (Ham), Rump Half, Separable Lean Only, Raw	Pork, Fresh, Leg (Ham), Rump Half, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Leg (Ham), Shank Half, Separable Lean And Fat, Raw	Pork, Fresh, Leg (Ham), Shank Half, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Leg (Ham), Shank Half, Separable Lean Only, Raw	Pork, Fresh, Leg (Ham), Shank Half, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Leg (Ham), Whole, Separable Lean Only, Raw	Pork, Fresh, Leg (Ham), Whole, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Blade (Chops Or Roasts), Bone-In, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Blade (Chops), Bone-In, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Blade (Chops Or Roasts), Bone-In, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Blade (Chops), Bone-In, Separable Lean And Fat, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Loin, Blade (Chops Or Roasts), Bone-In, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Blade (Roasts), Bone-In, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Blade (Chops Or Roasts), Bone-In, Separable Lean Only, Raw	Pork, Fresh, Loin, Blade (Chops), Bone-In, Separable Lean Only, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Blade (Chops Or Roasts), Bone-In, Separable Lean Only, Raw	Pork, Fresh, Loin, Blade (Chops), Bone-In, Separable Lean Only, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Loin, Blade (Chops Or Roasts), Bone-In, Separable Lean Only, Raw	Pork, Fresh, Loin, Blade (Roasts), Bone-In, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Center Loin (Chops), Bone-In, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Center Loin (Chops), Bone-In, Separable Lean And Fat, Cooked, Braised	Braise	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Pork, Fresh, Loin, Center Loin (Chops), Bone-In, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Center Loin (Chops), Bone-In, Separable Lean And Fat, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Loin, Center Loin (Chops), Bone-In, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Center Loin (Roasts), Bone-In, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Center Loin (Chops), Bone-In, Separable Lean Only, Raw	Pork, Fresh, Loin, Center Loin (Chops), Bone-In, Separable Lean Only, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Center Loin (Chops), Bone-In, Separable Lean Only, Raw	Pork, Fresh, Loin, Center Loin (Chops), Bone-In, Separable Lean Only, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Loin, Center Loin (Chops), Bone-In, Separable Lean Only, Raw	Pork, Fresh, Loin, Center Loin (Roasts), Bone-In, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Center Rib (Chops Or Roasts), Bone-In, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Center Rib (Chops), Bone-In, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Center Rib (Chops Or Roasts), Bone-In, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Center Rib (Chops), Bone-In, Separable Lean And Fat, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Loin, Center Rib (Chops Or Roasts), Bone-In, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Center Rib (Roasts), Bone-In, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Center Rib (Chops Or Roasts), Bone-In, Separable Lean Only, Raw	Pork, Fresh, Loin, Center Rib (Chops), Bone-In, Separable Lean Only, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Center Rib (Chops Or Roasts), Bone-In, Separable Lean Only, Raw	Pork, Fresh, Loin, Center Rib (Chops), Bone-In, Separable Lean Only, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Loin, Center Rib (Chops Or Roasts), Bone-In, Separable Lean Only, Raw	Pork, Fresh, Loin, Center Rib (Roasts), Bone-In, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Center Rib (Chops Or Roasts), Boneless, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Center Rib (Chops), Boneless, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Center Rib (Chops Or Roasts), Boneless, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Center Rib (Chops), Boneless, Separable Lean And Fat, Cooked, Broiled	Broil	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Pork, Fresh, Loin, Center Rib (Chops Or Roasts), Boneless, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Center Rib (Roasts), Boneless, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Center Rib (Chops Or Roasts), Boneless, Separable Lean Only, Raw	Pork, Fresh, Loin, Center Rib (Chops), Boneless, Separable Lean Only, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Center Rib (Chops Or Roasts), Boneless, Separable Lean Only, Raw	Pork, Fresh, Loin, Center Rib (Chops), Boneless, Separable Lean Only, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Loin, Center Rib (Chops Or Roasts), Boneless, Separable Lean Only, Raw	Pork, Fresh, Loin, Center Rib (Roasts), Boneless, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Country-Style Ribs, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Country-Style Ribs, Separable Lean And Fat, Bone-In, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Country-Style Ribs, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Country-Style Ribs, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Country-Style Ribs, Separable Lean Only, Raw	Pork, Fresh, Loin, Country-Style Ribs, Separable Lean Only, Bone-In, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Country-Style Ribs, Separable Lean Only, Raw	Pork, Fresh, Loin, Country-Style Ribs, Separable Lean Only, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Sirloin (Chops Or Roasts), Bone-In, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Sirloin (Chops), Bone-In, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Sirloin (Chops Or Roasts), Bone-In, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Sirloin (Chops), Bone-In, Separable Lean And Fat, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Loin, Sirloin (Chops Or Roasts), Bone-In, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Sirloin (Roasts), Bone-In, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Sirloin (Chops Or Roasts), Bone-In, Separable Lean Only, Raw	Pork, Fresh, Loin, Sirloin (Chops), Bone-In, Separable Lean Only, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Sirloin (Chops Or Roasts), Bone-In, Separable Lean Only, Raw	Pork, Fresh, Loin, Sirloin (Chops), Bone-In, Separable Lean Only, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Loin, Sirloin (Chops Or Roasts), Bone-In, Separable Lean Only, Raw	Pork, Fresh, Loin, Sirloin (Roasts), Bone-In, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Sirloin (Chops Or Roasts), Boneless, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Sirloin (Chops), Boneless, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Sirloin (Chops Or Roasts), Boneless, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Sirloin (Chops), Boneless, Separable Lean And Fat, Cooked, Broiled	Broil	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Pork, Fresh, Loin, Sirloin (Chops Or Roasts), Boneless, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Sirloin (Roasts), Boneless, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Sirloin (Chops Or Roasts), Boneless, Separable Lean Only, Raw	Pork, Fresh, Loin, Sirloin (Chops), Boneless, Separable Lean Only, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Sirloin (Chops Or Roasts), Boneless, Separable Lean Only, Raw	Pork, Fresh, Loin, Sirloin (Roasts), Boneless, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Sirloin (Chops), Boneless, Separable Lean Only, Cooked, Broiled	Pork, Fresh, Loin, Tenderloin, Separable Lean And Fat, Raw	Broil	100.0%
Pork, Fresh, Loin, Tenderloin, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Tenderloin, Separable Lean And Fat, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Loin, Tenderloin, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Tenderloin, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Tenderloin, Separable Lean Only, Raw	Pork, Fresh, Loin, Tenderloin, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Top Loin (Chops), Boneless, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Top Loin (Chops), Boneless, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Top Loin (Chops), Boneless, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Top Loin (Chops), Boneless, Separable Lean And Fat, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Loin, Top Loin (Chops), Boneless, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Top Loin (Roasts), Boneless, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Top Loin (Chops), Boneless, Separable Lean Only, Raw	Pork, Fresh, Loin, Top Loin (Chops), Boneless, Separable Lean Only, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Top Loin (Chops), Boneless, Separable Lean Only, Raw	Pork, Fresh, Loin, Top Loin (Chops), Boneless, Separable Lean Only, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Loin, Top Loin (Chops), Boneless, Separable Lean Only, Raw	Pork, Fresh, Loin, Top Loin (Roasts), Boneless, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Whole, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Whole, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Whole, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Whole, Separable Lean And Fat, Cooked, Broiled	Broil	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Pork, Fresh, Loin, Whole, Separable Lean And Fat, Raw	Pork, Fresh, Loin, Whole, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Loin, Whole, Separable Lean Only, Raw	Pork, Fresh, Loin, Whole, Separable Lean Only, Cooked, Braised	Braise	100.0%
Pork, Fresh, Loin, Whole, Separable Lean Only, Raw	Pork, Fresh, Loin, Whole, Separable Lean Only, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Loin, Whole, Separable Lean Only, Raw	Pork, Fresh, Loin, Whole, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Shoulder, (Boston Butt), Blade (Steaks), Separable Lean And Fat, Raw	Pork, Fresh, Shoulder, (Boston Butt), Blade (Steaks), Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Pork, Fresh, Shoulder, (Boston Butt), Blade (Steaks), Separable Lean And Fat, Raw	Pork, Fresh, Shoulder, Blade, Boston (Roasts), Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Shoulder, (Boston Butt), Blade (Steaks), Separable Lean And Fat, Raw	Pork, Fresh, Shoulder, Blade, Boston (Steaks), Separable Lean And Fat, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Shoulder, (Boston Butt), Blade (Steaks), Separable Lean Only, Raw	Pork, Fresh, Shoulder, (Boston Butt), Blade (Steaks), Separable Lean Only, Cooked, Braised	Braise	100.0%
Pork, Fresh, Shoulder, (Boston Butt), Blade (Steaks), Separable Lean Only, Raw	Pork, Fresh, Shoulder, Blade, Boston (Roasts), Separable Lean Only, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Shoulder, (Boston Butt), Blade (Steaks), Separable Lean Only, Raw	Pork, Fresh, Shoulder, Blade, Boston (Steaks), Separable Lean Only, Cooked, Broiled	Broil	100.0%
Pork, Fresh, Shoulder, Arm Picnic, Separable Lean And Fat, Raw	Pork, Fresh, Shoulder, Arm Picnic, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Pork, Fresh, Shoulder, Arm Picnic, Separable Lean And Fat, Raw	Pork, Fresh, Shoulder, Arm Picnic, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Shoulder, Arm Picnic, Separable Lean Only, Raw	Pork, Fresh, Shoulder, Arm Picnic, Separable Lean Only, Cooked, Braised	Braise	100.0%
Pork, Fresh, Shoulder, Arm Picnic, Separable Lean Only, Raw	Pork, Fresh, Shoulder, Arm Picnic, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Shoulder, Whole, Separable Lean And Fat, Raw	Pork, Fresh, Shoulder, Whole, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Pork, Fresh, Shoulder, Whole, Separable Lean Only, Raw	Pork, Fresh, Shoulder, Whole, Separable Lean Only, Cooked, Roasted	Roast	100.0%

Pork, Fresh, Spareribs, Separable Lean And Fat, Raw	Pork, Fresh, Spareribs, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Pork, Fresh, Variety Meats And By-Products, Brain, Raw	Pork, Fresh, Variety Meats And By-Products, Brain, Cooked, Braised	Braise	100.0%
Pork, Fresh, Variety Meats And By-Products, Chitterlings, Raw	Pork, Fresh, Variety Meats And By-Products, Chitterlings, Cooked, Simmered	Simmer	100.0%
Pork, Fresh, Variety Meats And By-Products, Ears, Frozen, Raw	Pork, Fresh, Variety Meats And By-Products, Ears, Frozen, Cooked, Simmered	Simmer	100.0%
Pork, Fresh, Variety Meats And By-Products, Feet, Raw	Pork, Fresh, Variety Meats And By-Products, Feet, Cooked, Simmered	Simmer	100.0%
Pork, Fresh, Variety Meats And By-Products, Heart, Raw	Pork, Fresh, Variety Meats And By-Products, Heart, Cooked, Braised	Braise	100.0%
Pork, Fresh, Variety Meats And By-Products, Kidneys, Raw	Pork, Fresh, Variety Meats And By-Products, Kidneys, Cooked, Braised	Braise	100.0%
Pork, Fresh, Variety Meats And By-Products, Liver, Raw	Pork, Fresh, Variety Meats And By-Products, Liver, Cooked, Braised	Braise	100.0%
Pork, Fresh, Variety Meats And By-Products, Lungs, Raw	Pork, Fresh, Variety Meats And By-Products, Lungs, Cooked, Braised	Braise	100.0%
Pork, Fresh, Variety Meats And By-Products, Pancreas, Raw	Pork, Fresh, Variety Meats And By-Products, Pancreas, Cooked, Braised	Braise	100.0%
Pork, Fresh, Variety Meats And By-Products, Spleen, Raw	Pork, Fresh, Variety Meats And By-Products, Spleen, Cooked, Braised	Braise	100.0%
Pork, Fresh, Variety Meats And By-Products, Tail, Raw	Pork, Fresh, Variety Meats And By-Products, Tail, Cooked, Simmered	Simmer	100.0%
Pork, Fresh, Variety Meats And By-Products, Tongue, Raw	Pork, Fresh, Variety Meats And By-Products, Tongue, Cooked, Braised	Braise	100.0%
Potatoes, Frozen, Whole, Unprepared	Potatoes, Frozen, Whole, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Potatoes, Raw, Skin	Potatoes, Baked, Flesh, Without Salt	Bake	100.0%
Prunes, Dehydrated (Low-Moisture), Uncooked	Prunes, Dehydrated (Low-Moisture), Stewed	Stew	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Pumpkin Flowers, Raw	Pumpkin Flowers, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Pumpkin Leaves, Raw	Pumpkin Leaves, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Pumpkin, Raw	Pumpkin, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Purslane, Raw	Purslane, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Radishes, Oriental, Raw	Radishes, Oriental, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Rice, White, Long-Grain, Regular, Raw, Enriched	Rice, White, Long-Grain, Parboiled, Enriched, Cooked	Boil	1600.0%
Rice, White, Long-Grain, Regular, Raw, Unenriched	Rice, White, Long-Grain, Parboiled, Enriched, Cooked	Parboil	100.0%
Salsify, (Vegetable Oyster), Raw	Salsify, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Sesbania Flower, Raw	Sesbania Flower, Cooked, Steamed, Without Salt	Steam	100.0%
Something	Acerola Juice, Raw	Fry	100.0%
Soy Flour, Full-Fat, Raw	Soy Flour, Full-Fat, Roasted	Roast	100.0%
Soybeans, Mature Seeds, Raw	Soybeans, Mature Cooked, Boiled, Without Salt	Boil	100.0%
Soybeans, Mature Seeds, Raw	Soybeans, Mature Seeds, Dry Roasted	Roast	100.0%
Soybeans, Mature Seeds, Raw	Soybeans, Mature Seeds, Roasted, Salted	Roast	100.0%
Soybeans, Mature Seeds, Sprouted, Raw	Soybeans, Mature Seeds, Sprouted, Cooked, Steamed	Steam	100.0%
Soybeans, Mature Seeds, Sprouted, Raw	Soybeans, Mature Seeds, Sprouted, Cooked, Stir-Fried	Stir Fry	100.0%
Spinach Souffle	Agave, Raw (Southwest)	Fry	0.0%
Spinach, Cooked, Boiled, Drained, With Salt	Agave, Raw (Southwest)	Fry	0.0%
Spinach, Frozen, Chopped Or Leaf, Unprepared	Spinach, Frozen, Chopped Or Leaf, Cooked, Boiled, Drained, Without Salt	Boil	100.0%

Spinach, Raw	Spinach, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Squash, Summer, All Varieties, Raw	Squash, Summer, All Varieties, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Squash, Summer, Crookneck And Straightneck, Frozen, Unprepared	Squash, Summer, Crookneck And Straightneck, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Squash, Summer, Crookneck And Straightneck, Raw	Squash, Summer, Crookneck And Straightneck, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Squash, Summer, Scallop, Raw	Squash, Summer, Scallop, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Squash, Summer, Zucchini, Includes Skin, Frozen, Unprepared	Squash, Summer, Zucchini, Includes Skin, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Squash, Summer, Zucchini, Includes Skin, Raw	Squash, Summer, Zucchini, Includes Skin, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Squash, Winter, Acorn, Raw	Squash, Winter, Acorn, Cooked, Baked, Without Salt	Bake	100.0%
Squash, Winter, Acorn, Raw	Squash, Winter, Acorn, Cooked, Boiled, Mashed, Without Salt	Boil	100.0%
Squash, Winter, All Varieties, Raw	Squash, Winter, All Varieties, Cooked, Baked, Without Salt	Bake	100.0%
Squash, Winter, Butternut, Frozen, Unprepared	Squash, Winter, Butternut, Frozen, Cooked, Boiled, Without Salt	Boil	100.0%
Squash, Winter, Butternut, Raw	Squash, Winter, Butternut, Cooked, Baked, Without Salt	Bake	100.0%
Squash, Winter, Hubbard, Raw	Squash, Winter, Hubbard, Baked, Without Salt	Bake	100.0%
Squash, Winter, Hubbard, Raw	Squash, Winter, Hubbard, Cooked, Boiled, Mashed, Without Salt	Boil	100.0%
Squash, Winter, Spaghetti, Raw	Squash, Winter, Spaghetti, Cooked, Boiled, Drained, Or Baked, Without Salt	Bake	100.0%
Squash, Winter, Spaghetti, Raw	Squash, Winter, Spaghetti, Cooked, Boiled, Drained, Or Baked, Without Salt	Boil	100.0%

Succotash, (Corn And Limas), Frozen, Unprepared	Succotash, (Corn And Limas), Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Succotash, (Corn And Limas), Raw	Succotash, (Corn And Limas), Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Swamp Cabbage, (Skunk Cabbage), Raw	Swamp Cabbage (Skunk Cabbage), Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Sweet Potato Leaves, Raw	Sweet Potato Leaves, Cooked, Steamed, Without Salt	Steam	100.0%
Sweet Potato, Frozen, Unprepared	Sweet Potato, Frozen, Cooked, Baked, Without Salt	Bake	100.0%
Sweet Potato, Raw, Unprepared	Sweet Potato, Cooked, Baked In Skin, Flesh, Without Salt	Bake	100.0%
Taro Leaves, Raw	Taro Leaves, Cooked, Steamed, Without Salt	Steam	100.0%
Taro Leaves, Raw	Taro, Leaves, Cooked, Steamed, With Salt	Steam	100.0%
Tofu, Firm, Prepared With Calcium Sulfate And Magnesium Chloride (Nigari)	Tofu, Fried	Fry	100.0%
Tofu, Raw, Firm, Prepared With Calcium Sulfate	Tofu, Fried, Prepared With Calcium Sulfate	Fry	100.0%
Tofu, Raw, Regular, Prepared With Calcium Sulfate	Tofu, Fried, Prepared With Calcium Sulfate	Fry	100.0%
Tofu, Soft, Prepared With Calcium Sulfate And Magnesium Chloride (Nigari)	Tofu, Fried	Fry	100.0%
Tomatoes, Red, Ripe, Raw, Year Round Average	Tomatoes, Red, Ripe, Cooked	Boil	100.0%
Tomatoes, Red, Ripe, Raw, Year Round Average	Tomatoes, Red, Ripe, Cooked, Stewed	Stew	100.0%
Turkey From Whole, Dark Meat, Meat Only, Raw	Turkey, From Whole, Dark Meat, Cooked, Roasted	Roast	100.0%
Turkey From Whole, Light Meat, Meat And Skin, Raw	Turkey From Whole, Light Meat, Meat And Skin, Cooked, Roasted	Roast	100.0%
Turkey From Whole, Light Meat, Raw	Turkey, All Classes, Light Meat, Cooked, Roasted	Roast	100.0%

Turkey From Whole, Neck, Meat Only, Raw	Turkey From Whole, Neck, Meat Only, Cooked, Simmered	Simmer	100.0%
Turkey, All Classes, Breast, Meat And Skin, Raw	Turkey, All Classes, Breast, Meat And Skin, Cooked, Roasted	Roast	100.0%
Turkey, All Classes, Leg, Meat And Skin, Raw	Turkey, All Classes, Leg, Meat And Skin, Cooked, Roasted	Roast	100.0%
Turkey, All Classes, Wing, Meat And Skin, Raw	Turkey, All Classes, Wing, Meat And Skin, Cooked, Roasted	Roast	100.0%
Turkey, Back From Whole Bird, Meat Only, Raw	Turkey, Back, From Whole Bird, Meat Only, Roasted	Roast	100.0%
Turkey, Breast, From Whole Bird, Meat Only, Raw	Turkey, Breast, From Whole Bird, Meat Only, Roasted	Roast	100.0%
Turkey, Dark Meat, Meat And Skin, Raw	Turkey, Dark Meat From Whole, Meat And Skin, Cooked, Roasted	Roast	100.0%
Turkey, Gizzard, All Classes, Raw	Turkey, Gizzard, All Classes, Cooked, Simmered	Simmer	100.0%
Turkey, Heart, All Classes, Raw	Turkey, Heart, All Classes, Cooked, Simmered	Simmer	100.0%
Turkey, Liver, All Classes, Raw	Turkey, Liver, All Classes, Cooked, Simmered	Simmer	100.0%
Turkey, Skin From Whole, (Light And Dark), Raw	Turkey, Skin From Whole (Light And Dark), Roasted	Roast	100.0%
Turkey, Whole, Giblets, Raw	Turkey, Whole, Giblets, Cooked, Simmered	Simmer	100.0%
Turkey, Whole, Meat And Skin, Raw	Turkey, Whole, Meat And Skin, Cooked, Roasted	Roast	100.0%
Turkey, Whole, Meat Only, Raw	Turkey, Whole, Meat Only, Cooked, Roasted	Roast	100.0%
Turkey, Wing, From Whole Bird, Meat Only, Raw	Turkey, Wing, From Whole Bird, Meat Only, Roasted	Roast	100.0%
Turnip Greens And Turnips, Frozen, Unprepared	Turnip Greens And Turnips, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%

Raw Item Description	Cooked Item Description	Process	Yield
Turnip Greens, Frozen, Unprepared	Turnip Greens, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Turnip Greens, Raw	Turnip Greens, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Turnips, Frozen, Unprepared	Turnips, Frozen, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Turnips, Raw	Turnips, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Veal, Cubed For Stew (Leg And Shoulder), Separable Lean Only, Raw	Veal, Cubed For Stew (Leg And Shoulder), Separable Lean Only, Cooked, Braised	Braise	100.0%
Veal, Ground, Raw	Veal, Ground, Cooked, Broiled	Broil	100.0%
Veal, Leg (Top Round), Separable Lean And Fat, Raw	Veal, Leg (Top Round), Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Veal, Leg (Top Round), Separable Lean And Fat, Raw	Veal, Leg (Top Round), Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Veal, Leg (Top Round), Separable Lean Only, Raw	Veal, Leg (Top Round), Separable Lean Only, Cooked, Braised	Braise	100.0%
Veal, Leg (Top Round), Separable Lean Only, Raw	Veal, Leg (Top Round), Separable Lean Only, Cooked, Roasted	Roast	100.0%
Veal, Loin, Separable Lean And Fat, Raw	Veal, Loin, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Veal, Loin, Separable Lean And Fat, Raw	Veal, Loin, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Veal, Loin, Separable Lean Only, Raw	Veal, Loin, Separable Lean Only, Cooked, Braised	Braise	100.0%
Veal, Loin, Separable Lean Only, Raw	Veal, Loin, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Veal, Rib, Separable Lean And Fat, Raw	Veal, Rib, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Veal, Rib, Separable Lean And Fat, Raw	Veal, Rib, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Veal, Rib, Separable Lean Only, Raw	Veal, Rib, Separable Lean Only, Cooked, Braised	Braise	100.0%
Veal, Rib, Separable Lean Only, Raw	Veal, Rib, Separable Lean Only, Cooked, Roasted	Roast	100.0%

Veal, Shoulder, Arm, Separable Lean Only, Raw	Veal, Shoulder, Arm, Separable Lean Only, Cooked, Braised	Braise	100.0%
Veal, Shoulder, Arm, Separable Lean Only, Raw	Veal, Shoulder, Arm, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Veal, Shoulder, Blade Chop, Separable Lean And Fat, Raw	Veal, Shoulder, Blade, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Veal, Shoulder, Blade Chop, Separable Lean And Fat, Raw	Veal, Shoulder, Blade, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Veal, Shoulder, Blade Chop, Separable Lean Only, Raw	Veal, Shoulder, Blade, Separable Lean Only, Cooked, Braised	Braise	100.0%
Veal, Shoulder, Blade Chop, Separable Lean Only, Raw	Veal, Shoulder, Blade, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Veal, Shoulder, Whole (Arm And Blade), Separable Lean And Fat, Raw	Veal, Shoulder, Whole (Arm And Blade), Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Veal, Shoulder, Whole (Arm And Blade), Separable Lean And Fat, Raw	Veal, Shoulder, Whole (Arm And Blade), Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Veal, Shoulder, Whole (Arm And Blade), Separable Lean Only, Raw	Veal, Shoulder, Whole (Arm And Blade), Separable Lean Only, Cooked, Braised	Braise	100.0%
Veal, Shoulder, Whole (Arm And Blade), Separable Lean Only, Raw	Veal, Shoulder, Whole (Arm And Blade), Separable Lean Only, Cooked, Roasted	Roast	100.0%
Veal, Sirloin, Separable Lean And Fat, Raw	Veal, Sirloin, Separable Lean And Fat, Cooked, Braised	Braise	100.0%
Veal, Sirloin, Separable Lean And Fat, Raw	Veal, Sirloin, Separable Lean And Fat, Cooked, Roasted	Roast	100.0%
Veal, Sirloin, Separable Lean Only, Raw	Veal, Sirloin, Separable Lean Only, Cooked, Braised	Braise	100.0%
Veal, Sirloin, Separable Lean Only, Raw	Veal, Sirloin, Separable Lean Only, Cooked, Roasted	Roast	100.0%
Veal, Variety Meats And By-Products, Brain, Raw	Veal, Variety Meats And By-Products, Brain, Cooked, Braised	Braise	100.0%
Veal, Variety Meats And By-Products, Heart, Raw	Veal, Variety Meats And By-Products, Heart, Cooked, Braised	Braise	100.0%
Veal, Variety Meats And By-Products, Kidneys, Raw	Veal, Variety Meats And By-Products, Kidneys, Cooked, Braised	Braise	100.0%
Veal, Variety Meats And By-Products, Liver, Raw	Veal, Variety Meats And By-Products, Liver, Cooked, Braised	Braise	100.0%

Veal, Variety Meats And By-Products, Lungs, Raw	Veal, Variety Meats And By-Products, Lungs, Cooked, Braised	Braise	100.0%
Veal, Variety Meats And By-Products, Pancreas, Raw	Veal, Variety Meats And By-Products, Pancreas, Cooked, Braised	Braise	100.0%
Veal, Variety Meats And By-Products, Spleen, Raw	Veal, Variety Meats And By-Products, Spleen, Cooked, Braised	Braise	100.0%
Veal, Variety Meats And By-Products, Thymus, Raw	Veal, Variety Meats And By-Products, Thymus, Cooked, Braised	Braise	100.0%
Veal, Variety Meats And By-Products, Tongue, Raw	Veal, Variety Meats And By-Products, Tongue, Cooked, Braised	Braise	100.0%
Waxgourd, (Chinese Preserving Melon), Raw	Waxgourd, (Chinese Preserving Melon), Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Winged Beans, Immature Seeds, Raw	Winged Beans, Immature Seeds, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Winged Beans, Mature Seeds, Raw	Winged Beans, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%
Yambean (Jicama), Raw	Yambean (Jicama), Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Yardlong Bean, Raw	Yardlong Bean, Cooked, Boiled, Drained, Without Salt	Boil	100.0%
Yardlong Beans, Mature Seeds, Raw	Yardlong Beans, Mature Seeds, Cooked, Boiled, Without Salt	Boil	100.0%