

Percentage Composition of Edible Portions of Certain Common Foods.

ANIMAL AND FISH.

	Protein per cent.	Fat per cent.	Carbohy- drate per cent.	Ash per cent.	Water per cent.	Heat value per lb.
Whole milk.....	3.3	4.0	5.0	0.7	87.0	310
Skim milk.....	3.4	0.3	5.1	0.7	90.5	165
Buttermilk.....	3.0	0.5	4.8	0.7	91.0	190
Cream.....	2.5	18.5	4.5	0.5	74.0	865
Butter.....	1.0	85.0	0.0	3.0	11.0	3410
Cheese (cream).....	25.9	33.7	2.4	3.8	34.2	1950
Cheese (cottage).....	20.9	1.0	4.3	1.8	72.0	510
Whole egg.....	14.8	10.5	0.0	1.0	73.7	700
White of egg.....	13.0	0.2	0.0	0.6	86.2	265
Yolk.....	16.1	33.3	0.0	1.1	49.5	1608
Lamb chop.....	17.6	28.3	0.0	1.0	53.1	1540
Pork chop.....	16.9	30.1	0.0	1.0	52.0	1580
Bacon.....	9.4	67.4	0.0	4.4	18.8	3080
Smoked ham.....	16.1	38.8	0.0	4.8	40.3	1940
Beefsteak.....	18.6	18.5	0.0	1.0	61.9	1130
Dried beef.....	30.0	6.6	0.0	9.1	54.3	840
Beef suet.....	4.7	81.8	0.0	0.3	13.2	3510
Lard.....	0.0	100.0	0.0	0.0	0.0	4080
Cod-lean.....	15.8	0.4	0.0	1.2	82.6	325
Mackerel-fat.....	18.3	7.1	0.0	1.2	73.4	645
Salt cod.....	21.5	0.3	0.0	24.7	53.5	410
Smoked herring.....	36.4	15.8	0.0	13.2	34.6	1355
Oyster.....	6.2	1.2	3.7	2.0	86.9	235

CEREALS, ETC.

Corn (grain).....	10.0	4.3	73.4	1.5	10.8	1800
Corn (green).....	3.1	1.1	19.7	0.7	75.4	500
Corn bread.....	7.9	4.7	46.3	2.2	38.9	1205
Wheat (grain).....	12.2	1.7	73.7	1.8	10.6	1750
Whole-wheat bread ...	9.7	0.9	49.7	1.3	38.4	1140
White bread.....	9.2	1.3	53.1	1.1	35.3	1215
Toasted bread.....	11.5	1.6	61.2	1.7	24.0	1420
Macaroni (cooked)...	3.0	1.5	15.8	1.3	78.4	415
Oat (grain).....	11.8	5.0	69.2	3.0	11.0	1720
Oatmeal (cooked).....	2.8	0.5	11.5	0.7	84.5	285
Buckwheat (grain)....	10.0	2.2	73.2	2.0	12.6	1600
Rye (grain).....	12.2	1.5	73.9	1.9	10.5	1750
Rice (grain).....	8.0	2.0	77.0	1.0	12.0	1720

SUGARS.

Granulated.....	0.0	0.0	100	0.0	0.0	1866
Maple.....	0.0	0.0	82.8	0.9	16.3	1540
Stick candy.....	0.0	0.0	96.5	0.5	3.0	1785
Molasses.....	2.4	0.0	69.3	3.2	25.1	1290
Honey.....	0.4	0.0	81.2	0.2	18.2	1520

VEGETABLES.

Potato.....	2.2	0.1	18.4	1.0	78.3	385
Parasnip.....	1.6	0.5	13.5	1.4	83.0	290
Onion.....	1.6	0.3	9.9	0.6	87.6	225
Celery.....	1.1	0.0	3.4	1.0	94.5	85
Shelled bean (fresh)...	9.4	0.6	29.1	2.0	58.9	740
Navy bean (dry).....	22.5	1.8	59.6	3.5	12.6	1600
String bean (green)...	2.3	0.3	7.4	0.8	89.2	195