

Sheet1

INGRIIINGRNAME,C,46	KEYWORD1,C,19	KEYWORD2,C,22
2096 ale	Beer	alcoholic beverages
265 allspice	Spice	seasoning
2067 allspice berry	Spice	seasoning
266 allspice, ground	Spice	seasoning
240 almond	Nuts	
2148 almond bit	Nuts	
1525 almond extract	Nuts	flavoring
1531 almond paste	Nuts	
241 almond, blanched	Nuts	
966 almond, unblanched	Nuts	
323 anchovy	Fish	seasoning
1097 anchovy butter	Fish	flavored butter
324 anchovy fillet	Fish	seafood
616 anchovy paste	Fish	seasoning
695 anise	spice	seasoning
1542 anise extract	flavoring	
696 anise seed	spice	seasoning
2029 aniseed	spice	seasoning
1827 anisette	Liqueur	alcoholic beverages
532 annatto	spice	seasoning
533 annatto seed	spice	seasoning
1974 a'oli	flavored mayonnaise	seasoned mayonnaise
269 apple	Fruit	
1140 apple cider	Fruit	fruit juice
277 apple juice	Fruit	fruit juice
278 apple juice, frozen	Fruit	fruit juice
1164 apple, baking	Fruit	
1162 apple, cooking	Fruit	
1168 apple, crab	Fruit	
1472 apple, dried	Fruit	dried fruit
2162 apple, fuji	Fruit	
2161 apple, gala	Fruit	
1416 apple, golden delicious or granny smith	Fruit	
828 apple, granny smith	Fruit	
1154 apple, green eating	Fruit	
2163 apple, newton pippin	Fruit	
477 apple, red	Fruit	
307 apple, sour green	Fruit	
2232 applejack	Fruit	alcoholic beverages
1603 applesauce	Fruit	fruit sauce
369 apricot	Fruit	
833 apricot dressing	fruit sauce	dried fruit
1627 apricot half	fruit	
1628 apricot half, dried	fruit	dried fruit
1503 apricot jam	Fruit	fruit jam
913 apricot nectar	Fruit	fruit juice
370 apricot preserve	Fruit	fruit preserves
379 apricot, dried	Fruit	dried fruit

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2049 aquavit	alcoholic beverages	spirits
1588 armagnac	alcoholic beverages	spirits
1768 arrowroot	thickener	
548 artichoke	vegetable	
567 artichoke heart	vegetable	
1721 artichoke heart, frozen	vegetable	
885 artichoke heart, marinated	vegetable	
1952 artichoke, baby	vegetable	
1011 artichoke, jerusalem	vegetable	
638 arugula	greens	vegetable
767 arugula leaf	greens	
1497 ascorbic acid		
635 asparagus	vegetable	
636 asparagus stalk	vegetable	
1071 asparagus tip	vegetable	
1092 avgolemono		
223 avocado	fruit	
393 avocado, hass	fruit	
483 bacon	meat	pork
1913 bacon drippings	meat	pork
1286 bacon fat	meat	pork
1442 bacon, canadian	meat	pork
773 bagel	bread	wheat
586 baguette	bread	wheat
1871 baguette, french		
621 baking powder	leavener	
1499 baking powder, gluten-free	leavener	
927 baking soda	leavener	
1003 bamboo	vegetable	
1004 bamboo shoot	vegetable	
200 banana	fruit	tropical fruit
400 barley	grain	
401 barley, pearl	grain	
2109 basic herb pan sauce		
224 basil	herb	seasoning
316 basil leaf	herb	seasoning
317 basil leaf, fresh	herb	seasoning
363 basil, dried	herb	seasoning
225 basil, fresh	herb	seasoning
1981 basil, lemon	herb	seasoning
1985 basil, opal	herb	seasoning
1824 bass	fish	seafood
1825 bass, sea	fish	seafood
46 bay leaf	herb	seasoning
340 bean	vegetable	legumes
2256 bean cooked	vegetable	legumes
2257 bean cooked, dried	vegetable	legumes
1846 bean paste	vegetable	legumes
1924 bean paste, black	vegetable	legumes

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994 bean sauce	vegetable	legumes
995 bean sauce, black	vegetable	legumes
1001 bean, adzuki	vegetable	legumes
1845 bean, baby lima	vegetable	legumes
341 bean, black	vegetable	legumes
954 bean, butter	vegetable	legumes
689 bean, cannellini	vegetable	legumes
1762 bean, coffee		
1918 bean, cranberry	vegetable	legumes
1914 bean, dried	vegetable	legumes
973 bean, fava	vegetable	legumes
982 bean, flageolet	vegetable	legumes
985 bean, great northern	vegetable	legumes
384 bean, green	vegetable	legumes
713 bean, kidney	vegetable	legumes
387 bean, lima	vegetable	legumes
984 bean, navy	vegetable	legumes
981 bean, pinto	vegetable	legumes
1921 bean, red	vegetable	legumes
570 bean, refried	vegetable	legumes
1231 bean, tuscan	vegetable	legume
1755 bean, vanilla	spice	seasoning
864 bean, wax	vegetable	legumes
454 bean, white	vegetable	legumes
1073 bean, yard-long	vegetable	legumes
67 beef	meat	beef
1660 beef bone	meat	beef
1925 beef bottom round	meat	beef
1399 beef brisket	meat	beef
1400 beef brisket, corned	meat	beef
92 beef chuck	meat	beef
1370 beef chuck steak	meat	beef
768 beef chuck, ground	meat	beef
1514 beef drippings	meat	beef
1997 beef fat	meat	beef
2090 beef fat, rendered	meat	beef
1353 beef filet	meat	beef
1360 beef flank steak	meat	beef
1347 beef loin roast	meat	beef
139 beef marrow	meat	beef
517 beef marrowbone	meat	beef
1377 beef pot roast	meat	beef
1358 beef rib-eye steak	meat	beef
1342 beef roast	meat	beef
1351 beef round roast	meat	beef
807 beef round steak	meat	beef
1464 beef round, ground	meat	beef
1375 beef rump roast	meat	beef
2081 beef rump steak	meat	beef

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68 beef shank	meat	beef
516 beef short rib	meat	beef
1349 beef sirloin roast	meat	beef
471 beef sirloin steak	meat	beef
2089 beef sirloin tip	meat	beef
1018 beef skirt steak	meat	beef
1357 beef steak	meat	beef
123 beef stock	meat	beef
1366 beef strip steak	meat	beef
1642 beef suet	meat	beef
1643 beef suet, ground or finely chopped	meat	beef
1364 beef t-bone steak	meat	beef
835 beef tenderloin	meat	beef
776 beef tongue	meat	beef
2131 beef tongue, smoked	meat	beef
1372 beef top loin	meat	beef
1368 beef top round steak	meat	beef
1362 beef tri-tip roast	meat	beef
788 beef, chipped	meat	beef
778 beef, corned	meat	beef
684 beef, ground	meat	beef
770 beef, roast	meat	beef
1382 beef, stewing	meat	beef
350 beer	Ale	alcoholic beverages
1386 beer, dark	Ale	alcoholic beverages
1655 beer, flat	Ale	alcoholic beverages
1728 beer, light	Ale	alcoholic beverages
207 beet	vegetable	
1079 beet greens	greens	vegetable
208 beet juice	vegetable	vegetable juice
1955 beet, chiogga	vegetable	
1956 beet, golden	vegetable	
717 berry	fruit	
1169 berry, allspice	spice	seasoning
718 berry, juniper	spice	seasoning
1911 berry, kamut	grain	wheat
958 berry, rye	grain	
1910 berry, spelt	grain	wheat
959 berry, triticale	grain	
486 biscuit	bread	
56 black pepper	spice	seasoning
1143 black pepper, cracked	spice	seasoning
57 black pepper, ground	spice	seasoning
168 blackberry	fruit	berry
1250 blackfish	fish	seafood
2112 blade roast	meat	beef
1523 blintze		
1189 blueberry	fruit	berry
2144 blueberry sauce	fruit	berry

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1729 blueberry, fresh or frozen	fruit	berry
993 bok choy	greens	vegetable
1053 bok choy leaf	greens	vegetable
2259 bone	meat	
2260 bone, stewing	meat	
1083 boniato	vegetables	
1060 bonito	fish	katsuobushi
1061 bonito flakes	fish	katsuobushi
1062 bonito flakes, dried	fish	katsuobushi
420 borlotti	vegetables	legumes
54 bouquet garni	seasoning	herbs
1142 bourbon	alcoholic beverages	spirits
1114 boursin	cheese	dairy
1583 boysenberry	fruit	berry
1519 bran		
1765 bran, wheat	wheat	
8 brandy	alcoholic beverages	spirits
2175 brandy sauce	alcoholic beverages	spirits
11 brandy, spanish	alcoholic beverages	spirits
781 braunschweiger	meat	pork
319 bread	bread	
1705 bread crumbs	bread	wheat
1706 bread crumbs, fresh	bread	wheat
850 bread cube	bread	wheat
615 bread round	bread	wheat
726 bread stick	bread	wheat
784 bread, beer	bread	beer
574 bread, black	bread	wheat
980 bread, brown	bread	wheat
1865 bread, cheese	bread	cheese
1678 bread, cinnamon-raisin	bread	wheat
827 bread, corn	bread	
404 bread, country	bread	wheat
2243 bread, country-style	bread	wheat
795 bread, cuban	bread	wheat
724 bread, dark rye	bread	
1233 bread, dry	bread	wheat
1640 bread, egg	bread	wheat
320 bread, french	bread	wheat
408 bread, italian	bread	wheat
2220 bread, loaf	bread	wheat
677 bread, pita	bread	wheat
790 bread, potato	bread	wheat
779 bread, pumpnickel	bread	
725 bread, rye	bread	
537 bread, slice	bread	wheat
766 bread, sourdough	bread	wheat
672 bread, white	bread	wheat
1524 bread, white or egg	bread	wheat

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772 bread, white sandwich	bread	wheat
184 breadcrumbs	bread	wheat
1831 breadcrumbs, dry	bread	wheat
2236 breadcrumbs, fine dry	bread	wheat
595 breadcrumbs, seasoned	bread	wheat
185 breadcrumbs, unseasoned	bread	wheat
1084 breadfruit	fruit	tropical fruit
1085 breadfruit, green	fruit	tropical fruit
600 brie	cheese	dairy
791 brioche	bread	wheat
1355 brioche dough	bread	wheat
1397 brisket	meat	beef
412 broccoli	vegetable	
1832 broccoli floret	vegetable	
1025 broccoli rabe	greens	vegetable
1959 broccoli, regular	vegetable	
90 broth, chicken	poultry	
500 broth, clam	seafood	shellfish
1818 broth, fish	fish	seafood
1804 broth, vegetable	vegetable	
2282 brownny		
1010 brussels sprout	vegetable	
2242 bŪarnaise sauce		
1899 buckwheat	grain	
1900 buckwheat groat	grain	
888 bulgur	grain	wheat
1013 bulgur, fine	grain	wheat
754 bun	bread	wheat
1423 bun, hamburger	bread	wheat
755 bun, hot dog	bread	wheat
1421 butt	meat	
1422 butt, boston	meat	pork
107 butter	dairy	
2248 butter, chili	dairy	flavored butter
176 butter, clarified	dairy	
1964 butter, cress	dairy	flavored butter
1714 butter, flavored	dairy	flavored butter
1967 butter, herbed	dairy	flavored butter
1384 butter, kneaded	dairy	thickener
1676 butter, melted	dairy	
1222 butter, salted	dairy	
1835 butter, sesame ginger	dairy	flavored butter
108 butter, unsalted	dairy	
1619 buttercream	dairy	
394 buttermilk	dairy	
1515 buttermilk, low-fat	dairy	
2184 butterscotch	flavoring	
2185 butterscotch sauce		
246 cabbage	vegetable	

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1091 cabbage leaf	vegetable	
1885 cabbage, chilled red	vegetable	
647 cabbage, chinese (napa)	vegetable	
247 cabbage, green	vegetable	
473 cabbage, napa	vegetable	
898 cabbage, red	vegetable	
983 cabbage, savoy	vegetable	
1093 cactus	vegetable	
1094 cactus paddle	vegetable	
620 cajun seasoning	seasoning	spices
1158 cake		
1530 cake flour	wheat	
2206 cake sheet		
2207 cake sheet, angel	wheat	
1743 cake, angel	wheat	
1745 cake, chiffon	wheat	
1744 cake, cocoa angel	wheat	chocolate
2211 cake, gold	wheat	
1159 cake, sponge	wheat	
1616 cake, white	wheat	
2210 cake, yellow	wheat	
2132 calf	meat	beef
1477 calf brain	meat	beef
2133 calf tongue	meat	beef
380 california		
504 callaloo	greens	vegetable
1469 calvado	alcoholic beverages	spirits
1754 candy		
1576 candy bar		
1577 candy bar, milk chocolate		
2179 candy bar, nougat-filled		
422 cannellini	vegetable	legumes
681 canola		
481 cantaloupe	fruit	
143 caper	pickled foods	
1279 caper, nonpareil	pickled foods	
1940 capon	poultry	
1941 capon breast	poultry	
1167 caramel	flavoring	
1604 caramel frosting		
1649 caramel glaze		
2182 caramel sauce		
2217 caramel syrup		
332 caraway	spice	seasoning
333 caraway seed	spice	seasoning
25 cardamom	spice	seasoning
360 cardamom pod	spice	seasoning
2235 cardamom pod, black	spice	seasoning
1659 cardamom pod, green	spice	seasoning

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26 cardamom seed	spice	seasoning
310 cardamom, ground	spice	seasoning
1842 carp	fish	seafood
1843 carp roe	fish	seafood
51 carrot	vegetable	
1229 carrot juice	vegetable	vegetable juice
656 carrot, baby	vegetable	
904 cashew	nuts	
237 cauliflower	vegetable	
604 caviar	fish	seafood
1668 caviar, red lumpfish	fish	seafood
1390 cayenne pepper	spice	seasoning
1391 cayenne pepper, ground	spice	seasoning
47 celery	vegetable	
826 celery heart	vegetable	
48 celery leaf	vegetable	
1458 celery rib	vegetable	
558 celery root	vegetable	
235 celery seed	spice	seeds
63 celery stalk	vegetable	
623 celery stick	vegetable	
971 celery top	vegetable	
1631 cereal	grain	
1632 cereal, grape-nuts	wheat	
1639 challah	bread	wheat
1712 champagne	alcoholic beverages	wine
1656 chana dal	vegetable	legume
417 chard	greens	vegetable
1938 chard , or		
1939 chard , or, swiss	greens	vegetable
418 chard leaf	greens	vegetable
419 chard leaf, swiss	greens	vegetable
1810 chard, swiss	greens	vegetables
2072 chateaubriand	meat	beef
2073 chateaubriand, filet of	meat	beef
1100 chayote	vegetable	
115 cheese	dairy	cheese
856 cheese salata	dairy	cheese
857 cheese salata, ricotta	dairy	cheese
405 cheese shavings	dairy	cheese
406 cheese shavings, parmesan	dairy	cheese
1683 cheese spread	dairy	cheese
1682 cheese, american	dairy	cheese
1690 cheese, asiago	dairy	cheese
575 cheese, blue	dairy	cheese
1982 cheese, brick	dairy	cheese
409 cheese, cheddar	dairy	cheese
783 cheese, cheshire	dairy	cheese
1864 cheese, colby	dairy	cheese

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1040 cheese, cottage	dairy	cheese
1748 cheese, cream	dairy	cheese
1088 cheese, emmentaler	dairy	cheese
1522 cheese, farmer's	dairy	cheese
612 cheese, feta	dairy	cheese
813 cheese, fontina	dairy	cheese
1937 cheese, fontinella	dairy	cheese
664 cheese, french sheep's milk	dairy	cheese
551 cheese, goat	dairy	cheese
831 cheese, gorgonzola	dairy	cheese
1839 cheese, gouda	dairy	cheese
665 cheese, greek feta	dairy	cheese
1984 cheese, greek grating	dairy	cheese
116 cheese, gruyPre	dairy	cheese
1935 cheese, kasseri	dairy	cheese
1707 cheese, kefalotiri	dairy	cheese
1618 cheese, mascarpone	dairy	cheese
705 cheese, mexican chihuahua	dairy	cheese
562 cheese, monterey jack	dairy	cheese
810 cheese, mozzarella	dairy	cheese
1103 cheese, muenster	dairy	cheese
292 cheese, neufchÔtel	dairy	cheese
318 cheese, parmesan	dairy	cheese
814 cheese, pecorino	dairy	cheese
603 cheese, pepper jack	dairy	cheese
1038 cheese, pot	dairy	cheese
748 cheese, provolone	dairy	cheese
703 cheese, queso a±ejo	dairy	cheese
403 cheese, queso fresco	dairy	cheese
1986 cheese, raclette	dairy	cheese
596 cheese, ricotta	dairy	cheese
1976 cheese, romano	dairy	cheese
388 cheese, roquefort	dairy	cheese
1685 cheese, saga blue	dairy	cheese
538 cheese, swiss	dairy	cheese
1987 cheese, teleme	dairy	cheese
1990 cheese, veined	dairy	cheese
1983 cheese, yogurt	dairy	cheese
159 cherry	fruit	berry
1553 cherry bit		
1554 cherry bit, candied	candied fruit	
2231 cherry cordial	alcoholic beverages	spirits
2225 cherry jubilee	fruit	alcoholic beverages
1578 cherry, bing	fruit	berry
1565 cherry, bottled	fruit	berry
1528 cherry, candied	fruit	berry
1562 cherry, dried	fruit	berry
1747 cherry, frozen	fruit	berry
1587 cherry, maraschino	fruit	berry

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160 cherry, sour	fruit	berry
1157 cherry, sweet	fruit	berry
135 chervil	herb	seasoning
1793 chervil, dried	herb	seasoning
136 chervil, fresh	herb	seasoning
1087 chestnut	nuts	
2278 chestnut puree	nuts	
1998 chestnut, water	vegetable	
61 chicken	poultry	
1772 chicken back	poultry	
1775 chicken bone	poultry	
461 chicken breast	poultry	
878 chicken breast half	poultry	
89 chicken broth	poultry	
1781 chicken broth, express	poultry	
2061 chicken drumstick	poultry	
923 chicken fat	poultry	
91 chicken giblet	poultry	variety meats
1214 chicken gizzard	poultry	variety meats
1213 chicken heart	poultry	variety meats
691 chicken leg	poultry	
642 chicken liver	poultry	variety meats
2074 chicken liver pÔtÚ	poultry	
2127 chicken liver, ground	poultry	variety meats
1773 chicken neck	poultry	
62 chicken part	poultry	
105 chicken stock	poultry	
626 chicken tender	poultry	
425 chicken thigh	poultry	
1774 chicken trimming	poultry	
622 chicken wing	poultry	
1995 chicken, fat from	poultry	
1850 chicken, ground	poultry	
675 chickpea	vegetable	legumes
1693 chicory	greens	vegetable
1684 chili	vegetable	seasoning
736 chili bean paste		
1834 chili butter	flavored butter	dairy
997 chili paste	seasoning	condiment
2028 chili paste, chinese	seasoning	condiment
2027 chili paste, indonesian	seasoning	condiment
230 chili pepper	vegetable	spice
304 chili powder	spice	seasoning
2071 chimichurri	condiment	
1480 chitterling	pork	meat
328 chive	herb	seasoning
1980 chive blossom	herb	seasoning
2060 chive, dried	herb	seasoning
329 chive, fresh	herb	seasoning

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1812 chive, fresh or dried	herb	seasoning
40 chocolate	flavoring	
1512 chocolate chip		
2146 chocolate chip, bittersweet		
1513 chocolate chip, semisweet		
42 chocolate concentrate		
1558 chocolate couverture		
1559 chocolate couverture, bittersweet		
2151 chocolate couverture, semisweet		
2272 chocolate filling		
1590 chocolate frosting		
2203 chocolate glaze		
2204 chocolate glaze, bittersweet		
2198 chocolate icing		
1573 chocolate mousse		
1160 chocolate sauce		
2219 chocolate sauce, white		
1624 chocolate shavings		
2226 chocolate truffle		
2229 chocolate truffle, dark		
2227 chocolate truffle, white		
41 chocolate, bittersweet		
1736 chocolate, dark		
1615 chocolate, flourless		
1304 chocolate, mexican		
1541 chocolate, milk	dairy	
1517 chocolate, semisweet		
1606 chocolate, sweet baking		
1392 chocolate, unsweetened		
1735 chocolate, unsweetened baking		
1534 chocolate, white	dairy	
2121 chop	meat	
2122 chop, shoulder	meat	
1211 chorizo	meat	pork
1698 chorizo, spanish	meat	pork
613 choux paste	wheat	dairy
762 chow-chow	condiment	
759 chuck	meat	beef
2094 chuck steak	meat	beef
760 chuck, ground	meat	beef
578 chutney	condiment	
579 chutney, mango	fruit	tropical fruit
683 chutney, mint-cilantro	condiment	
1430 chutney, pear	fruit	fruit preserves
764 chutney, tomato	condiment	
811 ciabatta	bread	wheat
1780 cider	fruit	fruit juice
1141 cider, apple	fruit	fruit juice
2108 cider, buttered	fruit	dairy

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2002 cider, sweet	fruit	fruit juice
193 cilantro	herb	coriander, fresh
255 cilantro leaf	herb	seasoning
256 cilantro leaf, fresh	herb	seasoning
219 cilantro sprig	herb	seasoning
220 cilantro sprig, fresh	herb	seasoning
194 cilantro, fresh	herb	seasoning
4 cinnamon	spice	seasoning
5 cinnamon stick	spice	seasoning
188 cinnamon, ground	spice	seasoning
1500 citron	fruit	citrus
1621 citron, candied	fruit	candied fruit
351 citrus	fruit	citrus
1663 citrus juice	fruit	citrus
352 citrus marmalade	fruit	fruit preserves
2010 citrus sauce	fruit sauce	fruit
1665 citrus zest	fruit	citrus
98 clam	shellfish	seafood
499 clam broth	shellfish	seafood
99 clam juice	shellfish	seafood
1236 clam meat	shellfish	seafood
1237 clam meat, geoduck	shellfish	seafood
619 clam, cherrystone	shellfish	seafood
803 clam, fried	shellfish	seafood
2021 clam, hard-shell	shellfish	seafood
509 clam, littleneck	shellfish	seafood
2014 clam, razor	shellfish	seafood
1893 clementine	fruit	citrus
1894 clementine juice	fruit	citrus
2 clove	spice	seasoning
259 clove, ground	spice	seasoning
1135 club soda		
34 cocoa	flavoring	chocolate
1555 cocoa, dutch-process	flavoring	chocolate
426 coconut	fruit	tropical fruit
1741 coconut extract	fruit	tropical fruit
427 coconut milk	fruit	tropical fruit
670 cod	fish	seafood
1255 cod fillet	fish	seafood
2039 cod steak	fish	seafood
1264 cod, salt	fish	seafood
671 cod, smoked	fish	seafood
9 coffee		
1759 coffee crystals		
1760 coffee crystals, instant		
1543 coffee granule		
1544 coffee granule, instant		
22 coffee liqueur	liqueur	alcoholic beverages
1607 coffee powder		

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1608 coffee powder, instant		
1725 coffee, brewed		
1630 coffee, instant		
498 cognac	alcoholic beverage	spirits
10 cointreau	alcoholic beverage	spirits
777 cole slaw	vegetable	
2120 collard	greens	vegetable
1101 collard green	vegetables	greens
2026 conch	shellfish	seafood
988 confit	poultry	
1597 cookie		
1749 cookie crumbs		
1750 cookie crumbs, chocolate		
1598 cookie icing		
1379 cooky		
1380 cooky, gingersnap		
1575 cooky, sandwich		
2100 coppa	meat	cured meat
272 coriander	herb	cilantro
428 coriander leaf	herb	seasoning
334 coriander seed	herb	seasoning
273 coriander, ground	herb	seasoning
221 corn	vegetable	grain
1290 corn flakes		
1947 corn flakes, crushed		
385 corn kernel	vegetable	grain
2008 corn kernel, canned	vegetable	grain
2009 corn kernel, fresh	vegetable	grain
2263 corn kernel, frozen	vegetable	grain
1849 corn tortilla		
992 corn, baby	vegetable	grain
1782 corn, bicolor	vegetable	grain
142 cornichon	pickled foods	vegetable
550 cornmeal		
38 cornstarch	thickener	
887 couscous	pasta	grain
1216 crab	shellfish	seafood
2017 crab boil	seasoning	spice
1226 crab, blue	shellfish	seafood
1217 crab, soft-shell	shellfish	seafood
397 crabmeat	shellfish	seafood
501 crabmeat roe	shellfish	seafood
502 crabmeat roe, lump	shellfish	seafood
2253 crabmeat, canned	shellfish	seafood
398 crabmeat, lump	shellfish	seafood
568 cracker	wheat	
1581 cracker crumbs	wheat	
1582 cracker crumbs, graham	wheat	
2159 cracker, graham	wheat	

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1393 cracker, oyster	wheat	
239 cranberry	fruit	berry
1815 cranberry juice	fruit	berry
373 cranberry sauce	fruit	berry
374 cranberry sauce, jellied	fruit	berry
1508 cranberry, dried	fruit	berry
1579 cranberry, fresh	fruit	berry
2194 cranberry, frozen	fruit	berry
1786 crayfish	shellfish	seafood
16 cream	dairy	
569 cream cheese	dairy	
1601 cream cheese frosting	dairy	
1638 cream of coconut	tropical fruit	fruit
552 cream of tartar		
1644 cream sherry	alcoholic beverages	wine
1505 cream, chantilly	dairy	flavored whipped cream
2208 cream, cocoa whipped	dairy	flavored whipped cream
1739 cream, coffee whipped	dairy	flavored whipped cream
1612 cream, flavored whipped	dairy	
2172 cream, frangipane pastry	dairy	nuts
118 cream, heavy	dairy	
39 cream, light	dairy	
291 cream, light or heavy	dairy	
2209 cream, mocha whipped	dairy	flavored whipped cream
1570 cream, pastry	dairy	
17 cream, whipped	dairy	
1179 cr�me de cacao	alcoholic beverage	spirit
1186 cr�me de cassi	alcoholic beverage	spirit
18 cr�me de menthe	alcoholic beverage	spirit
478 cr�me fra�che	dairy	
1037 cr�pe	wheat	
1946 cr�pe, buckwheat		
391 croutons	wheat	
1130 croutons, buttered	wheat	
515 croutons, garlic	wheat	
1838 crudit�	vegetables	
1197 crumbs		
1466 crumbs, cracker	wheat	
1563 crumbs, fine		
1198 crumbs, macaroon	nuts	
1568 crust		
2164 crust, butter	dairy	wheat
1572 crust, crumb	wheat	dairy
1569 crust, flaky pastry	wheat	dairy
2177 crust, meringue pie	dairy	
1571 crust, shortbread	wheat	dairy
1971 cucumber	vegetable	
1972 cucumber, english	vegetable	
231 cucumber	vegetable	

Sheet1

2030 cucumber chunk	vegetable	
589 cucumber, english	vegetable	
227 cumin	seasoning	spice
262 cumin seed	seeds	spice
228 cumin, ground	seasoning	spice
263 currant	fruit	berry
1333 currant jelly	fruit	berry
1334 currant jelly, red	fruit	berry
264 currant, dried	fruit	berry
314 currant, red	fruit	berry
201 curry	spice	seasoning
1657 curry leaf	spice	seasoning
1856 curry paste	spice	seasoning
202 curry powder	spice	seasoning
1170 custard	dairy	
1171 custard sauce	dairy	
2018 cuttlefish	fish	seaffod
2213 dacquoise	dairy	nuts
871 date	fruit	dried fruit
746 deli meat	meat	cured meat
747 deli meat, italian	meat	cured meat
248 dill	herb	seasoning
1688 dill pickle	pickled foods	condiment
1072 dill seed	herb	seasoning
492 dill sprig	herb	seasoning
855 dill sprig, fresh	herb	seasoning
1783 dill weed	herb	seasoning
1784 dill weed, dried	herb	seasoning
1962 dill, dried	herb	seasoning
249 dill, fresh	herb	seasoning
1917 ditalini	pasta	wheat
1261 dogfish	fish	seafood
555 dough		
2097 dough, biscuit	wheat	dairy
2160 dough, cornmeal flaky pastry	wheat	dairy
639 dough, crescent roll	wheat	
1483 dough, milk bread	bread	wheat
556 dough, pastry	wheat	dairy
611 dough, phyllo	wheat	
583 dough, pizza	bread	wheat
2076 dough, puff pastry	wheat	dairy
624 dressing		
625 dressing, blue-cheese	dairy	cheese
845 dressing, caraway	dairy	
1975 dressing, french		
1852 dressing, guacamole		
629 dressing, ranch	dairy	
775 dressing, russian	dairy	
1884 dressing, sour cream	dairy	

Sheet1

799 dressing, tahini	seeds	
838 dressing, tangerine shallot	citrus	
1890 dressing, thousand island	dairy	
630 dressing, yogurt dill	dairy	
1957 dry rub	spice	seasoning
1958 dry rub, cajun	spice	seasoning
986 duck	poultry	game
1306 duck breast half	poultry	game
1473 duck foie gra	poultry	game
987 duck leg	poultry	game
1307 duck stock	poultry	game
648 dumpling	wheat	
2255 dumpling, cornmeal	wheat	
1124 duxelles	vegetable	
174 egg	dairy	
1496 egg replacer		
462 egg white	dairy	
175 egg yolk	dairy	
678 eggplant	vegetable	
1766 eggshell	dairy	
1767 eggshell half		
818 endive	greens	vegetables
819 endive, belgian	greens	vegetables
1727 endive, curly	greens	vegetables
967 epazote	herb	seasoning
968 epazote, fresh	herb	seasoning
1239 escargot	shellfish	seafood
972 escarole	greens	vegetables
1550 espresso		
2266 espresso bean		
2267 espresso bean, ground		
1551 espresso powder		
1552 espresso powder, instant		
1620 espresso, instant		
2237 expresso		
1027 farfalle	pasta	wheat
1028 farfalle, fresh	pasta	wheat
144 fat		
741 fendant	alcoholic beverages	wine
742 fendant, swiss	alcoholic beverages	wine
73 fennel	vegetable	seasoning
407 fennel bulb	vegetable	
1106 fennel greens	seasoning	herb
2019 fennel leaf	seasoning	herb
357 fennel seed	seeds	seasoning
669 fennel seed, ground	spice	seasoning
331 fenugreek	spice	seasoning
1658 fenugreek seed	seeds	spice
1020 fettuccine	pasta	wheat

Sheet1

1929 fettuccine, dried	pasta	wheat
1021 fettuccine, fresh	pasta	wheat
576 fig	fruit	
1309 fig, dried	fruit	dried fruit
577 fig, fresh	fruit	
2084 filet		
2045 fillet		
2046 fillet, white-fleshed		
816 filling		
1036 filling, cheese	dairy	cheese
2273 filling, chocolate	dairy	
72 fish	seafood	
2052 fish bone	seafood	fish
1817 fish broth	seafood	fish
493 fish fillet	seafood	fish
1819 fish fumet	seafood	fish
1263 fish head	seafood	fish
280 fish sauce	seafood	fish
2053 fish skin	seafood	fish
1240 fish steak	seafood	fish
488 fish stock	seafood	fish
101 fish trimming	seafood	fish
1949 five-spice mix	spice	seasoning
1950 five-spice mix, chinese	spice	seasoning
735 five-spice powder	spice	seasoning
798 flatbread	bread	wheat
2245 flatbread, rye	bread	
1866 flatbread, sesame	bread	seeds
2037 flounder	fish	seafood
109 flour		
2261 flour coarse		
2262 flour coarse, pumpernickel		
1015 flour stone-ground organic		
1016 flour stone-ground organic, all-purpose	wheat	
110 flour, all-purpose	wheat	
1481 flour, bread	wheat	
1492 flour, brown rice		
1518 flour, buckwheat		
649 flour, cake	wheat	
2233 flour, rice		
1485 flour, rye		
1234 flour, self-rising cake	wheat	
1493 flour, tapioca	thickener	
1491 flour, white rice		
1486 flour, whole-wheat	wheat	
1733 flour, whole-wheat pastry	wheat	
2152 flower water	flavoring	
2154 flower water, orange	flavoring	
2153 flower water, rose	flavoring	

Sheet1

2223 foamy sauce		
809 focaccia	bread	wheat
1354 foie gras	poultry	game
349 food coloring		
1770 fowl	poultry	game
1746 framboise	spirits	alcoholic beverages
640 frank	meat	pork
641 frank, cocktail	meat	pork
756 frankfurter	meat	pork
1611 fresh berry	fruit	berry
841 frisÚe	greens	vegetables
2265 frosting		
1605 frosting, caramel	dairy	
1591 frosting, chocolate	dairy	
1602 frosting, cream cheese	dairy	cheese
601 fruit	fruit	
1273 fruit jelly	fruit	fruit preserves
1753 fruit puree	fruit	
1634 fruit sauce	fruit	
1623 fruit, candied	fruit	candied fruit
961 fruit, dried	fruit	dried fruit
1626 fruit, mixed candied	fruit	
1633 fruit, tropical	fruit	tropical fruit
879 fusilli	pasta	wheat
364 galangal	seasoning	spice
1318 game	meat	
1771 game bone	meat	
1319 game stock	meat	
53 garlic	seasoning	
561 garlic butter	flavored butter	dairy
2118 garlic herb paste	seasoning	
358 garlic powder	seasoning	
296 gelatin	meat	
479 gew ³ rztraminer	alcoholic beverage	wine
1978 ghee	dairy	
917 gherkin	pickled foods	condiment
1778 gherkin, sour	pickled foods	condiment
149 gibleť	poultry	variety meats
1321 gin	alcoholic beverages	spirits
172 ginger	spice	seasoning
1847 ginger juice	spice	seasoning
1794 ginger marmalade	fruit preserves	condiment
1669 ginger root	spice	seasoning
1670 ginger root, fresh	spice	seasoning
1732 ginger, candied	spice	seasoning
1144 ginger, crystallized	spice	seasoning
173 ginger, fresh	spice	seasoning
243 ginger, ground	spice	seasoning
694 ginger, red pickled	spice	seasoning

Sheet1

1557 gingerbread	wheat	
1090 gingersnap	wheat	
2201 glaze		
2202 glaze,		
2279 glaze, caramel		
2205 glaze, chocolate		
1461 goat	meat	
1462 goat meat	meat	
1310 goose	poultry	game
1175 gooseberry	fruit	berry
1520 grand marnier	alcoholic beverages	spirits
851 grape	fruit	
2125 grape jelly	Fruit jelly	fruit preserves
673 grape leaf	greens	vegetables
1887 grape, red	fruit	
203 grapefruit	fruit	citrus
204 grapefruit juice	fruit	citrus
1787 grapefruit juice, fresh	fruit	citrus
1293 gravy		
1294 gravy, giblet	poultry	
1297 gravy, turkey	poultry	
1903 green chily	vegetable	pepper
1904 green chily, canned	vegetable	pepper
651 greens	vegetable	
842 greens, baby	greens	vegetables
834 greens, bitter	greens	vegetables
1915 greens, collard	greens	vegetables
1697 greens, fennel	greens	vegetables
1892 greens, mixed	greens	vegetables
1117 greens, mustard	greens	vegetables
823 greens, salad	greens	vegetables
652 greens, scallion	greens	vegetables
251 grenadine	flavoring	
926 grits	grain	
933 grits, instant	grain	
1823 grouper	fish	seafood
1323 grouse	poultry	game
2212 gÚnoise	wheat	dairy
1686 guacamole	condiment	
1851 guacamole dressing		
1821 haddock	fish	seafood
448 half-and-half	dairy	
1833 half cream and half milk	dairy	
1251 halibut	fish	seafood
1826 halibut fillet	fish	seafood
2041 halibut steak	fish	seafood
410 ham	meat	pork
451 ham hock	meat	pork
2119 ham hock, fresh	meat	pork

Sheet1

970 ham hock, smoked	meat	pork
1438 ham steak	meat	pork
928 ham, baked	meat	pork
1437 ham, country	meat	pork
2107 ham, fresh	meat	pork
727 ham, serrano	meat	pork
411 ham, smoked	meat	pork
763 hamburger	meat	beef
1863 hard roll	bread	wheat
1460 harissa	seasoning	chilies
720 havarti	cheese	dairy
946 hazelnut	nuts	
2156 hazelnut butter	nuts	
1756 hazelnut praline	nuts	
1271 hen	poultry	
1313 hen breast	poultry	
1314 hen breast, guinea	poultry	
1272 hen, cornish	poultry	
1312 hen, guinea	poultry	
152 herb	seasoning	
821 herb leaf	greens	
822 herb leaf, fresh	greens	
1702 herb paste		
153 herb sprig		
154 herb sprig, fresh		
1396 herb, dried		
1666 herb, fresh		
1454 herbes de provence	herb	seasoning
1455 herbes de provence, dried	herb	seasoning
146 herb		
1383 herb, dried		
147 herb, fresh or dried minced		
721 herring	fish	seafood
722 herring fillet	fish	seafood
723 herring fillet, marinated	fish	pickled foods
1854 herring fillet, pickled	fish	pickled foods
2214 hickory	nut	
2215 hickory nut	nuts	
2022 hoisin	condiment	seasoning
2023 hoisin sauce	condiment	seasoning
929 hominy	vegetable	grain
171 honey		
631 honey-mustard	condiment	
632 honey-mustard dipping sauce	condiment	
1200 honeydew	fruit	
288 horseradish	seasoning	
1356 horseradish cream	dairy	condiment
2077 horseradish sauce	condiment	
1873 hot dog bun	bread	wheat

Sheet1

1260 hushpuppy		
1173 ice cream	dairy	
2221 ice cream, buttermilk	dairy	
1580 ice cream, caramel	dairy	
2189 ice cream, lemon	dairy	
1652 ice cream, strawberry	dairy	
1174 ice cream, vanilla	dairy	
1539 icing		
2199 icing, chocolate		
1599 icing, cookie		
1610 icing, lemon		
1596 icing, mocha	chocolate	
1593 icing, orange		
1600 icing, white		
1509 jam		
1504 jam, apricot	fruit	fruit preserves
1547 jam, fruit	fruit	fruit preserves
716 jam, plum	fruit	fruit preserves
1549 jam, raspberry	fruit	fruit preserves
1521 jelly		
1335 jelly, currant	fruit	fruit jelly
1274 jelly, fruit	fruit	fruit jelly
2126 jelly, grape	fruit	fruit jelly
1789 jelly, plum	fruit	fruit jelly
2169 jelly, raspberry	fruit	fruit jelly
2171 jelly, strawberry	fruit	fruit jelly
849 j'cama	vegetable	
1289 juice		
279 juice, apple	fruit	fruit juice
209 juice, beet	fruit	vegetable juice
1230 juice, carrot	fruit	vegetable juice
1664 juice, citrus	fruit	fruit juice
100 juice, clam	shellfish	seafood
1895 juice, clementine	fruit	fruit juice
1816 juice, cranberry	fruit	fruit juice
1848 juice, ginger	seasoning	flavoring
205 juice, grapefruit	fruit	fruit juice
60 juice, lemon	fruit	fruit juice
215 juice, lime	fruit	fruit juice
156 juice, orange	fruit	fruit juice
368 juice, pineapple	fruit	fruit juice
1724 juice, prune	fruit	fruit juice
912 juice, tangerine	fruit	fruit juice
415 juice, tomato	vegetable	vegetable juice
21 kahl-a	liqueur	alcoholic beverages
782 kaiser roll	bread	wheat
439 kale	vegetable	greens
1909 kamut	grain	wheat
922 kasha	grain	buckwheat

Sheet1

86 katsuobushi	fish	bonito flakes
1132 kefalotiri	cheese	dairy
85 kelp	vegetable	kombu
286 ketchup	condiment	
1478 kidney	meat	variety meat
1479 kidney, calf	meat	beef
1679 kielbasa	meat	pork
743 kirsch	alcoholic beverages	spirits
482 kiwi	fruit	tropical fruit
1109 kohlrabi	vegetable	
1110 kohlrabi bulb	vegetable	
84 kombu	vegetable	kelp
1625 kumquat	fruit	citrus
1617 ladyfinger	wheat	
526 lamb	meat	
1726 lamb bone	meat	
2129 lamb brain	meat	variety meat
1448 lamb chop	meat	
2130 lamb kidney	meat	variety meat
708 lamb leg	meat	
1447 lamb loin	meat	
1446 lamb rack	meat	
1459 lamb shank	meat	
527 lamb shoulder	meat	
1453 lamb shoulder chop	meat	
1450 lamb steak	meat	
1456 lamb stock	meat	
707 lard	meat	pork
1030 lasagne	pasta	wheat
1945 lasagne, dried	pasta	wheat
1031 lasagne, fresh	pasta	wheat
1808 leaf	greens	
1809 leaf, collard	greens	vegetable
50 leek	vegetable	
3 lemon	fruit	citrus
1991 lemon basil	herb	seasoning
1992 lemon basil, fresh	herb	seasoning
2012 lemon beurre blanc	dairy	
1737 lemon curd		
2268 lemon drop		
1742 lemon extract	flavoring	
2270 lemon filling		
365 lemon gras	seasoning	
734 lemon gras, fresh	seasoning	
1609 lemon icing		
59 lemon juice	fruit	citrus
140 lemon juice, fresh	fruit	citrus
1798 lemon marmalade	fruit preserves	fruit
1730 lemon peel	flavoring	citrus

Sheet1

1731 lemon peel, candied	candied fruit	citrus
1646 lemon sauce	fruit sauce	
29 lemon verbena	herb	seasoning
30 lemon verbena leaf	herb	seasoning
31 lemon verbena leaf, dried	herb	seasoning
289 lemon vinegar	seasoning	
290 lemon vinegar, fresh	seasoning	
429 lemon wedge	fruit	citrus
148 lemon zest	fruit	citrus
1695 lemon zest, grated	fruit	citrus
1215 lemon, fresh	fruit	citrus
195 lentil	vegetable	legume
2123 lentil, braised	vegetable	legume
974 lentil, brown	vegetable	legume
865 lentil, green or brown	vegetable	legume
196 lentil, red	vegetable	legume
540 lettuce	greens	vegetable
786 lettuce leaf	greens	vegetable
787 lettuce leaf, bibb	greens	vegetable
906 lettuce leaf, boston	greens	vegetable
1857 lettuce leaf, iceberg	greens	vegetable
1095 lettuce leaf, romaine	greens	vegetable
744 lettuce, bibb	greens	vegetable
817 lettuce, boston	greens	vegetable
1113 lettuce, butter	greens	vegetable
862 lettuce, chicory	greens	vegetable
1886 lettuce, escarole	greens	vegetable
801 lettuce, iceberg	greens	vegetable
1867 lettuce, red-leaf	greens	vegetable
697 lettuce, romaine	greens	vegetable
1919 lima bean	vegetable	legume
1920 lima bean, baby	vegetable	legume
212 lime	fruit	citrus
213 lime juice	fruit	citrus
214 lime juice, fresh	fruit	citrus
2047 lime leaf	seasoning	flavoring
2048 lime leaf, kaffir	seasoning	flavoring
524 lime wedge	fruit	citrus
897 lime zest	fruit	citrus
1259 lime, fresh	fruit	citrus
1023 linguine	pasta	wheat
437 linguipa	meat	pork
438 linguipa, portuguese	meat	pork
617 liqueur	alcoholic beverage	spirits
618 liqueur, anisette	alcoholic beverage	spirits
1764 liqueur, coffee	alcoholic beverage	spirits
1709 liqueur, maraschino	alcoholic beverage	spirits
1181 liqueur, orange	alcoholic beverage	spirits
1645 liqueur, raspberry	alcoholic beverage	spirits

Sheet1

1779 liquid		
557 liquor		
1711 liquor, oyster		
1219 littleneck		
1467 liver	variety meats	offal
1468 liver, calf's	beef	variety meats
643 liver, chicken	poultry	variety meats
1329 liver, rabbit	game	variety meats
1300 liver, turkey	poultry	variety meats
1862 liverwurst	meat	pork
497 lobster	shellfish	seafood
1115 lobster butter	flavored butter	shellfish
802 lobster meat	shellfish	seafood
614 lobster salad	shellfish	seafood
2254 lobster, canned	shellfish	seafood
2251 loganberry	fruit	berry
1993 lovage	vegetable	herb
1994 lovage, fresh	vegetable	
1790 macadamia	nuts	
1791 macadamia nut	nuts	
872 macaroni	pasta	wheat
873 macaroni, elbow	pasta	wheat
1806 macaroni, short	pasta	wheat
267 mace	spice	seasoning
268 mace, ground	spice	seasoning
1247 mackerel	fish	seafood
130 madeira	alcoholic beverages	fortified wine
2004 mandarin	fruit	citrus
199 mango	fruit	tropical fruit
1035 manicotti	pasta	wheat
1757 maple	flavoring	
1758 maple extract	flavoring	
2134 margarine		
1280 marinade	seasoning	
1281 marinade, soy-sherry	seasoning	
1295 marinade, tandoori	seasoning	
1719 marinade, teriyaki	seasoning	
432 marjoram	herb	seasoning
433 marjoram leaf	herb	seasoning
434 marjoram leaf, fresh	herb	seasoning
964 marjoram, dried	herb	seasoning
1105 marjoram, fresh	herb	seasoning
376 marmalade		
353 marmalade, citrus	fruit	fruit preserves
1795 marmalade, ginger		
1799 marmalade, lemon	fruit	fruit preserves
1445 marmalade, onion	condiment	vegetable
377 marmalade, orange	fruit	fruit preserves
1801 marmalade, pineapple	fruit	fruit preserves

Sheet1

1184 marsala	alcoholic beverages	fortified wine
1650 marsala, dry	alcoholic beverages	fortified wine
1185 marsala, sweet	alcoholic beverages	fortified wine
1182 marshmallow		
1622 marzipan	nuts	
701 masa harina	grain	
1988 mascarpone	Cheese	dairy
547 matzo	wheat	
460 matzo meal	wheat	
300 mayonnaise	dairy	condiment
1694 mayonnaise, curry	flavored mayonnaise	seasoned mayonnaise
919 mayonnaise, fat-free	condiment	
660 mayonnaise, flavored	flavored mayonnaise	seasoned mayonnaise
514 mayonnaise, garlic	flavored mayonnaise	seasoned mayonnaise
1968 mayonnaise, herbed	flavored mayonnaise	seasoned mayonnaise
893 mayonnaise, low-fat	condiment	
1951 mayonnaise, mustard	flavored mayonnaise	seasoned mayonnaise
1449 mayonnaise, saffron garlic	flavored mayonnaise	seasoned mayonnaise
2025 mayonnaise, seasoned	flavored mayonnaise	seasoned mayonnaise
131 meat		
132 meat glaze	meat	
1111 meat stock	meat	beef
2093 meat, short-rib	meat	beef
685 melon	fruit	
1710 melon ball	fruit	
2007 melon ball, honeydew	fruit	
2006 melon, crenshaw	fruit	
2005 melon, dessert	fruit	
686 melon, honeydew	fruit	
1564 meringue	dairy	
1881 mesclun	greens	vegetable
35 milk	dairy	
2218 milk, 2% low-fat	dairy	
1908 milk, canned unsweetened coconut	tropical fruit	fruit
1969 milk, coconut	tropical fruit	fruit
740 milk, condensed	dairy	
1489 milk, dry	dairy	
1041 milk, evaporated	dairy	
1979 milk, evaporated skim	dairy	
1614 milk, low-fat	dairy	
1629 milk, low-fat evaporated	dairy	
1487 milk, nonfat dry	dairy	
1529 milk, skim	dairy	
934 millet	grain	
32 mint	herb	seasoning
2157 mint extract	flavoring	
253 mint leaf	herb	seasoning
254 mint leaf, fresh		
33 mint sprig	herb	seasoning

Sheet1

480 mint sprig, fresh		
1014 mint, dried	herb	seasoning
335 mint, fresh		
355 mirin	alcoholic beverages	wine
463 miso	legume	flavoring
464 miso, light-colored	legume	flavoring
470 miso, red	legume	flavoring
692 miso, shiro	legume	flavoring
1594 mocha	chocolate	
2271 mocha filling	chocolate	
1595 mocha icing	chocolate	
2015 mojo		
284 molasses		
285 molasses, dark		
372 molasses, light		
510 monkfish	fish	seafood
513 monkfish fillet	fish	seafood
1244 monkfish tail	fish	seafood
436 montasio	cheese	dairy
920 morel	vegetable	
921 morel, fresh	vegetable	
804 mortadella	meat	pork
1133 mostaccioli	pasta	wheat
2173 mousse		
1574 mousse, chocolate		
687 mozzarella	cheese	dairy
688 mozzarella, fresh	cheese	dairy
543 muffin		
544 muffin half		
545 muffin half, english		
546 muffin, english	wheat	
1653 muscatel	alcoholic beverages	wine
58 mushroom	vegetable	
468 mushroom cap	vegetable	
1912 mushroom cap, porcini	vegetable	
1039 mushroom cap, portobello	vegetable	
469 mushroom cap, shiitake	vegetable	
2070 mushroom oyster	vegetable	
128 mushroom powder	vegetable	flavoring
2031 mushroom slice	vegetable	
1081 mushroom soaking liquid	vegetable	
1769 mushroom stem	vegetable	
1080 mushroom, black	vegetable	
965 mushroom, button	vegetable	
1811 mushroom, cloud ear	vegetable	
610 mushroom, cremini	vegetable	
1898 mushroom, cultivated	vegetable	
1054 mushroom, dried	vegetable	
399 mushroom, porcini	vegetable	

Sheet1

962 mushroom, portobello	vegetable	
441 mushroom, shiitake	vegetable	
2095 mushroom, white	vegetable	
1897 mushroom, wild	vegetable	
440 mushroom, wood	vegetable	
503 mussel	shellfish	seafood
150 mustard	spice	seasoning
1150 mustard greens	greens	vegetable
197 mustard seed	spice	seasoning
682 mustard seed, black	spice	seasoning
198 mustard seed, yellow	spice	seasoning
1797 mustard, brown	condiment	seasoning
2239 mustard, brown english	condiment	seasoning
151 mustard, dijon	condiment	seasoning
232 mustard, dry	seasoning	spice
2098 mustard, english-style	condiment	seasoning
794 mustard, french-style	condiment	seasoning
1667 mustard, french whole-grain	condiment	seasoning
634 mustard, honey	condiment	seasoning
1868 mustard, hot	condiment	seasoning
780 mustard, spicy	condiment	seasoning
325 mustard, strong	seasoning	
309 mustard, swedish	condiment	seasoning
584 mustard, whole-grain	condiment	seasoning
378 mustard, yellow	condiment	seasoning
1452 naan	bread	wheat
914 nectar, apricot	fruit	fruit juice
1190 nectarine	fruit	
1536 nonpareil		
457 noodle	pasta	
2101 noodle, buttered	pasta	
998 noodle, chinese-style egg	pasta	wheat
1045 noodle, chinese egg	pasta	wheat
902 noodle, chow mein	pasta	wheat
1052 noodle, dried rice stick	pasta	
1066 noodle, dried soba	pasta	
458 noodle, egg	pasta	wheat
731 noodle, japanese somen	pasta	wheat
525 noodle, rice stick	pasta	
1055 noodle, shanghai-style	pasta	wheat
1225 noodle, somen	pasta	wheat
1059 noodle, udon	pasta	wheat
1063 nori	vegetable	seaweed
1516 nut		
1701 nut butter	nut	dairy
1734 nut crust	dairy	
1761 nut paste		
2252 nut, brazil		
2216 nut, hickory		

Sheet1

1533 nut, macadamia		
883 nut, pine		
37 nutmeg	spice	seasoning
935 oat	grains	
1511 oat bran	grains	
1488 oat, quick-cooking	grains	
936 oat, rolled	grains	
937 oat, steel-cut	grains	
1905 oatmeal	grains	
1906 oatmeal, irish	grains	
1218 octopus	seafood	shellfish
76 oil		
824 oil spray		
825 oil spray, olive		
2155 oil, anise	flavoring	
1074 oil, butter		
1000 oil, canola		
206 oil, chili	seasoning	peppers
1292 oil, chili pepper		
650 oil, corn		
2032 oil, flavored	seasoning	
2247 oil, herbed	seasoning	
1104 oil, light		
1792 oil, nut	nuts	
95 oil, olive		
306 oil, peanut	nuts	
1561 oil, peppermint	seasoning	flavoring
653 oil, safflower		
344 oil, sesame	seeds	seasoning
1107 oil, sunflower	seeds	
1973 oil, toasted sesame		
1283 oil, tomato		
77 oil, vegetable		
829 oil, walnut	nuts	
505 okra	vegetable	
165 olive	vegetable	pickled foods
711 olive, anchovy-stuffed green	vegetable	pickled foods
563 olive, black	vegetable	pickled foods
2044 olive, dark	vegetable	pickled foods
853 olive, gaeta	vegetable	pickled foods
659 olive, green	vegetable	pickled foods
668 olive, kalamata	vegetable	pickled foods
886 olive, nitoise	vegetable	pickled foods
2250 olive, nipoise	vegetable	pickled foods
1853 olive, picholine	vegetable	pickled foods
863 olive, spanish	vegetable	pickled foods
49 onion	vegetable	
1443 onion marmalade	vegetable	condiment
1444 onion marmalade, red	vegetable	condiment

Sheet1

530 onion powder	seasoning	
690 onion wedge	vegetable	
1404 onion, baby	vegetable	
774 onion, bermuda	vegetable	
1961 onion, boiling	vegetable	
1078 onion, cipolline	vegetable	
918 onion, fresh	vegetable	
1119 onion, pearl	vegetable	
859 onion, pickled	vegetable	pickled vegetables
126 onion, red	vegetable	
1102 onion, sweet	vegetable	
1120 onion, vidalia	vegetable	
211 onion, white	vegetable	
1 orange	fruit	citrus
1147 orange butter	flavored butter	dairy
2158 orange extract	flavoring	citrus
1592 orange icing		
155 orange juice	fruit	fruit juice
1165 orange juice, frozen	fruit	fruit juice
900 orange juice, mandarin	fruit	fruit juice
1176 orange liqueur	liqueur	alcoholic beverages
1501 orange peel	fruit	citrus
1502 orange peel, candied	fruit	candied fruit
24 orange zest	fruit	citrus
2274 orange, candied	fruit	candied fruit
899 orange, mandarin	fruit	citrus
167 orange, navel	fruit	citrus
1026 orecchiette	pasta	wheat
311 oregano	herb	seasonings
875 oregano leaf	herb	seasonings
1916 oregano leaf, dried	herb	seasonings
876 oregano leaf, fresh	herb	seasonings
531 oregano, dried	herb	seasonings
312 oregano, fresh	herb	seasonings
421 orzo	pasta	wheat
1840 ouzo	liqueur	alcoholic beverages
518 oxtail	meat	beef
1395 oxtail, meaty	meat	beef
496 oyster	shellfish	seafood
1043 oyster sauce	shellfish	seafood
145 pan juice		
416 pancetta	pork	meat
1882 papaya	fruit	tropical fruit
187 paprika	spice	seasonings
2091 paprika sausage	meat	pork
2092 paprika sausage, hungarian	meat	
573 paprika, hungarian	spice	seasonings
43 parsley	herb	vegetable
322 parsley leaf	herb	vegetable

Sheet1

413 parsley leaf, fresh	herb	vegetable
889 parsley sprig	herb	vegetable
890 parsley sprig, fresh	herb	vegetable
93 parsley stem	herb	vegetable
1713 parsley, dried	herb	vegetable
880 parsley, flat-leaf	herb	vegetable
125 parsley, fresh	herb	vegetable
528 parsnip	vegetable	
1322 partridge	game	poultry
1204 passion fruit	fruit	tropical fruit
874 pasta	pasta	wheat
1034 pasta shell	pasta	wheat
2016 pasta, angel-hair	pasta	wheat
924 pasta, bowtie	pasta	wheat
1934 pasta, dried	pasta	wheat
1373 pasta, fresh	pasta	wheat
1687 pastrami	meat	beef
2139 pastry cream	dairy	
236 pea	vegetable	legume
1284 pea pod	vegetable	legume
1285 pea pod, snow	vegetable	legume
1692 pea shoot	vegetable	legume
386 pea, baby	vegetable	legume
947 pea, black-eyed	vegetable	legume
969 pea, dried	vegetable	legume
1121 pea, green	vegetable	legume
905 pea, snow	vegetable	legume
456 pea, split green	vegetable	legume
1691 pea, sugar snap	vegetable	legume
2234 pea, yellow split	vegetable	legume
866 peach	fruit	
2165 peach half	fruit	
338 peanut	nuts	
337 peanut butter	nuts	
2180 peanut butter cup	nuts	
2181 peanut butter cup, chocolate-covered	nuts	
2147 peanut butter, chunky	nuts	
2062 peanut butter, smooth	nuts	
627 peanut dipping sauce	nuts	condiment
1883 peanut, roasted	nuts	
274 pear	fruit	
2166 pear, bosc	fruit	
2167 pear, d'anjou	fruit	
2142 pear, dried	fruit	dried fruit
1201 pear, prickly	fruit	
657 pecan	nuts	
2277 pecan extract	nuts	flavoring
658 pecan half	nuts	
877 penne	pasta	wheat

Sheet1

102 pepper	vegetable	
1672 pepper flakes	spice	seasoning
1673 pepper flakes, red	spice	seasoning
564 pepper ring	vegetable	seasoning
565 pepper ring, jalape±o	vegetable	seasoning
750 pepper roasted	vegetable	
751 pepper roasted, bell	vegetable	
1387 pepper sauce	spice	seasonings
1805 pepper sauce, hot	spice	seasonings
1388 pepper sauce, red	spice	seasonings
932 pepper, anaheim	vegetable	chilies
186 pepper, bell	vegetable	
218 pepper, chili	vegetable	chilies
103 pepper, chipotle	vegetable	chilies
362 pepper, habanero	vegetable	chilies
226 pepper, jalape±o	vegetable	chilies
1680 pepper, jalape±os	vegetable	chilies
931 pepper, negro	vegetable	chilies
930 pepper, new mexico	vegetable	chilies
2114 pepper, new mexico (red anaheim) chili	vegetable	chilies
1970 pepper, new mexico green chili	vegetable	chilies
749 pepper, pickled hot	vegetable	chilies
191 pepper, poblano	vegetable	chilies
606 pepper, red	vegetable	chilies
704 pepper, roasted	vegetable	
450 pepper, scotch bonnet	vegetable	chilies
216 pepper, serrano	vegetable	chilies
536 pepper, thai	vegetable	chilies
1662 pepper, white	spice	seasoning
81 peppercorn	Spice	seasonings
82 peppercorn, black	Spice	seasonings
1696 peppercorn, green	Spice	seasonings
2036 peppercorn, pink	Spice	seasonings
901 peppercorn, szechuan	Spice	seasonings
356 peppercorn, white	Spice	seasonings
252 peppermint	flavoring	herb
1740 peppermint stick		
666 pepperoncini	vegetable	pepper
667 pepperoncini, pickled	vegetable	pepper
1210 pepperoni	meat	cured meat
83 pernod	liqueur	alcoholic beverages
1641 persimmon	fruit	
592 pesto		
593 pesto sauce		
2241 pÔtÚ	meat	
2075 pÔtÚ, chicken liver	meat	poultry
1316 pheasant	game	poultry
1122 picadillo		
758 piccalilli	condiment	pickled food

Sheet1

244 pickle	condiment	pickled food
793 pickle, dill	vegetable	pickled food
1870 pickle, half-sour	vegetable	pickled food
797 pickle, sour	vegetable	pickled food
245 pickle, sweet	vegetable	pickled food
789 pickle, sweet-and-sour	vegetable	pickled food
1425 pig	meat	pork
1426 pig, suckling	meat	pork
2055 pike	fish	seafood
2034 pilaf	grain	
534 pimiento	vegetable	pepper
535 pimiento strip	vegetable	pepper
2240 pimiento, bottled	vegetable	pepper
881 pine		
882 pine nut	nuts	
258 pineapple	fruit	tropical fruit
860 pineapple chunk	fruit	tropical fruit
367 pineapple juice	fruit	tropical fruit
1800 pineapple marmalade	fruit	tropical fruit
950 pistachio	nuts	
709 pita	bread	wheat
1463 pita bread	bread	wheat
710 pita wedge		
1123 plantain	vegetable	
714 plum	fruit	
715 plum jam	fruit	fruit preserves
1788 plum jelly	fruit	fruit jelly
1005 plum sauce	fruit	fruit sauce
925 polenta	grain	
1199 pomegranate	fruit	
1560 popcorn	grain	
915 poppy		
916 poppy seed	seeds	flavoring
608 porcini	vegetable	
609 porcini, dried	vegetable	
444 pork	meat	pork
1470 pork butt	meat	pork
445 pork chop	meat	pork
1417 pork crown roast	meat	pork
1317 pork fat	meat	pork
1471 pork fatback	meat	pork
1424 pork leg	meat	pork
1017 pork loin	meat	pork
1029 pork loin chop	meat	pork
1414 pork loin roast	meat	pork
1965 pork neck bone	meat	pork
1966 pork neck bone, smoked	meat	pork
646 pork rib	meat	pork
2258 pork roast	meat	pork

Sheet1

728 pork sausage	meat	pork
1434 pork shoulder	meat	pork
2105 pork shoulder blade roast	meat	pork
2115 pork shoulder blade steak	meat	pork
1435 pork shoulder, boston-style	meat	pork
1431 pork sparerib	meat	pork
1427 pork tenderloin	meat	pork
1287 pork, barbecued	meat	pork
989 pork, butt	meat	pork
1996 pork, fat from	meat	pork
539 pork, ground	meat	pork
1420 pork, picnic shoulder	meat	pork
796 pork, roasted	meat	pork
494 pork, salt	meat	pork
129 port	alcoholic beverages	wine
1187 port, ruby	alcoholic beverages	wine
383 potato	vegetable	
1381 potato dumpling	vegetable	
1374 potato pancake	vegetable	
679 potato patty	vegetable	
1401 potato salad	vegetable	
1440 potato salad, american	vegetable	
1402 potato salad, german	vegetable	
1494 potato starch	thickener	
1096 potato, all-purpose	vegetable	
449 potato, baking	vegetable	
1254 potato, boiled	vegetable	
680 potato, boiling	vegetable	
1954 potato, creamer	vegetable	
1075 potato, fingerling	vegetable	
1441 potato, franconia, or browned	vegetable	
1708 potato, idaho	vegetable	
495 potato, maine	vegetable	
1148 potato, mashed	vegetable	
602 potato, new	vegetable	
858 potato, peruvian blue	vegetable	
730 potato, red-skinned	vegetable	
1126 potato, red-skinned new or all-purpose	vegetable	
435 potato, red new	vegetable	
854 potato, red or other waxy	vegetable	
485 potato, red or white new	vegetable	
1125 potato, russet	vegetable	
560 potato, sweet	vegetable	
1127 potato, yellow finn	vegetable	
1108 potato, yukon gold	vegetable	
1268 poultry		
1269 poultry pan sauce		
2059 poussin	poultry	
1751 praline	nuts	

Sheet1

1752 praline paste	nuts	
2275 praline, almond	nuts	
1326 preserve	fruit	
371 preserve, apricot	fruit	fruit preserves
1527 preserve, raspberry	fruit	fruit preserves
1327 preserve, red currant	fruit	fruit preserves
1836 preserve, sweet	fruit	
453 prosciutto	meat	pork
806 provolone	cheese	dairy
475 prune	fruit	dried fruit
2196 prune half	fruit	
1723 prune juice	fruit	fruit juice
2197 prune quarter	fruit	
2111 prune, pitted	fruit	
2264 prune, soft	fruit	
1635 pudding		
1636 pudding, rice	grain	
597 puff pastry	wheat	dairy
598 puff pastry sheet	wheat	dairy
599 puff pastry sheet, frozen	wheat	dairy
1506 pumpkin	vegetable	
1507 pumpkin puree	vegetable	
1763 pumpkin puree, canned	vegetable	
891 purslane	greens	vegetables
484 quahog	shellfish	seafood
1315 quail	game	poultry
1202 quince	fruit	
944 quinoa	grain	
66 rabbit	game	meat
1328 rabbit liver	game	meat
820 radicchio	greens	vegetable
217 radish	vegetable	
339 radish, daikon	vegetable	
1128 radish, red	vegetable	
1936 rag`		
270 raisin	fruit	dried fruit
275 raisin, dark	fruit	dried fruit
276 raisin, golden	fruit	dried fruit
271 raisin, muscat	fruit	dried fruit
2001 raisin, soft	fruit	dried fruit
1844 raita		
1960 rapini	vegetable	green
1156 raspberry	fruit	berry
1589 raspberry danish pinwheel	fruit	wheat
1548 raspberry jam	fruit	fruit preserves
2168 raspberry jelly	fruit	fruit jelly
1526 raspberry preserve	fruit	fruit preserves
1195 raspberry sauce	fruit	fruit sauce
2190 raspberry, frozen	fruit	

Sheet1

2230 raspberry, frozen dry-pack	fruit	
2222 raspberry, frozen unsweetened dry-pack	fruit	
1677 ratatouille	vegetable	
1671 ravioli	pasta	
1889 ravioli, cheese	pasta	cheese
732 red-leaf	greens	vegetables
1540 red hots	chilies	spice
177 red pepper	vegetable	spice
210 red pepper flakes	spice	seasoning
178 red pepper sauce	spice	seasoning
179 red pepper sauce, hot	spice	seasoning
189 red pepper, ground	spice	seasoning
757 relish	condiment	pickled foods
1203 rhubarb	fruit	
1566 rhubarb stalk	fruit	
1340 rib	meat	
1855 rib, baby back	meat	pork
1341 rib, buffalo	meat	game
1433 rib, country-style	meat	pork
1344 rib-eye	meat	beef
1345 rib-eye roast	meat	beef
119 rice	grain	
2063 rice blend	grain	
2064 rice blend, wild	grain	
1046 rice noodle	pasta	
1047 rice noodle, dried	pasta	
733 rice paper		
474 rice stick	pasta	
870 rice, brown	grain	
949 rice, brown basmati	grain	
952 rice, italian	grain	
951 rice, jasmine	grain	
957 rice, valencia	grain	
452 rice, white	grain	
948 rice, white basmati	grain	
869 rice, wild	grain	
1931 ricotta salata	cheese	dairy
953 risotto	grain	
1715 roast	meat	
1343 roast, beef	meat	beef
1348 roast, beef loin	meat	beef
1378 roast, beef pot	meat	beef
1352 roast, beef round	meat	beef
1376 roast, beef rump	meat	beef
1350 roast, beef sirloin	meat	beef
1363 roast, beef tri-tip	meat	beef
2280 roast, blade	meat	beef
1418 roast, pork crown	meat	pork
1415 roast, pork loin	meat	pork

Sheet1

2106 roast, pork shoulder blade	meat	pork
1346 roast, rib-eye	meat	beef
2281 roast, shoulder	meat	beef
1409 roast, veal	meat	beef
2104 roast, veal rib	meat	beef
1332 roast, venison	meat	game
1337 roast, venison loin	meat	game
1837 roe	fish	seafood
1841 roe, gray mullet	fish	seafood
294 roll	bread	
295 roll, french	bread	wheat
761 roll, hamburger	bread	wheat
753 roll, hero	bread	wheat
769 roll, seeded	bread	seeds
1428 roll, soft	bread	wheat
839 romaine	greens	vegetable
840 romaine leaf	greens	vegetable
895 roquefort	cheese	dairy
157 rosemary	herb	seasoning
955 rosemary leaf	herb	seasoning
956 rosemary leaf, fresh	herb	seasoning
1076 rosemary sprig	herb	seasoning
1077 rosemary sprig, fresh	herb	seasoning
455 rosemary, dried	herb	seasoning
158 rosemary, fresh	herb	seasoning
1654 rosewater	flavoring	
1874 rÚmoulade		
1875 rÚmoulade sauce		
12 rum	alcoholic beverage	spirits
13 rum, dark	alcoholic beverage	spirits
19 rum, jamaican dark	alcoholic beverage	spirits
1145 rum, light	alcoholic beverage	spirits
1813 rump	meat	beef
1814 rump steak	meat	beef
559 rutabaga	vegetable	
939 rye		
104 saffron	spice	seasoning
293 saffron thread	spice	seasoning
321 saffron thread, sesame	spice	seasoning
1785 saffron, powdered	spice	seasoning
169 sage	herb	seasoning
978 sage leaf	herb	seasoning
1923 sage leaf, dried	herb	seasoning
979 sage leaf, fresh	herb	seasoning
1205 sage, dried	herb	seasoning
170 sage, fresh	herb	seasoning
359 sage, ground	herb	seasoning
1394 sage, powdered	herb	seasoning
354 sake	alcoholic beverage	wine

Sheet1

892 salad green	greens	vegetables
1869 salad, lobster	shellfish	seafood
1403 salad, potato		
1877 salami	meat	beef
2099 salami, dry	meat	beef
1944 salami, genoa	meat	beef
1879 salami, hard	meat	beef
1878 salami, soft	meat	beef
490 salmon	fish	seafood
491 salmon fillet	fish	
2035 salmon fillet, thick	fish	
607 salmon mousse	fish	seafood
1242 salmon steak	fish	
2056 salmon, canned	fish	
1933 salmon, fresh	fish	
580 salmon, red	fish	
662 salmon, smoked	fish	seafood
395 salsa	condiment	
396 salsa fresca	condiment	
1689 salsa verde	condiment	
1129 salsify	vegetable	
55 salt	seasonings	
2003 salt, coarse	seasonings	
1311 salt, kosher	seasonings	
719 salt, pickling	seasonings	
1963 salt, powdered	seasonings	
117 salt, sea	seasonings	
1235 sambal oelek	spice	seasonings
1256 sardine	fish	seafood
87 sauce		
549 sauce bÚchamel		
1098 sauce butter		
1099 sauce butter, soy		
1829 sauce marinara		
1830 sauce marinara, tomato		
1228 sauce rÚmoulade		
1429 sauce with leeks, orange, and rosemary		
1278 sauce, barbecue	condiment	
2110 sauce, basic herb pan		
996 sauce, bean	legume	condiment
2145 sauce, blueberry	sauce, fruit	fruit sauce
1032 sauce, bolognese	meat	beef
2176 sauce, brandy	alcoholic beverage	spirits
771 sauce, brown	meat	beef
1282 sauce, bÚarnaise	dairy	
2186 sauce, butterscotch		
2183 sauce, caramel		
287 sauce, chili	peppers	seasoning
1161 sauce, chocolate		

Sheet1

2011 sauce, citrus	sauce, fruit	fruit sauce
1223 sauce, cocktail	condiment	
375 sauce, cranberry	sauce, fruit	fruit sauce
1172 sauce, custard		
281 sauce, fish		
2224 sauce, foamy		
2187 sauce, fruit	fruit	
1567 sauce, hard	alcoholic beverages	spirits
2024 sauce, hoisin	legumes	condiment
183 sauce, hollandaise	dairy	
633 sauce, honey-mustard dipping	condiment	seasonings
2078 sauce, horseradish	condiment	
1796 sauce, hot	condiment	chilies
1647 sauce, lemon	sauce, fruit	fruit sauce
1044 sauce, oyster	fish	seafood
628 sauce, peanut dipping	nuts	condiment
1389 sauce, pepper	condiment	seasoning
594 sauce, pesto		
1006 sauce, plum	sauce, fruit	fruit sauce
1270 sauce, poultry pan		
1196 sauce, raspberry	sauce, fruit	fruit sauce
282 sauce, red pepper		
1876 sauce, rÚmoulade		
88 sauce, soy	seasoning	
1178 sauce, strawberry	sauce, fruit	fruit sauce
800 sauce, tartar	dairy	
645 sauce, teriyaki	seasoning	
554 sauce, tomato		
1069 sauce, tuna		
1131 sauce, white	thickener	dairy
283 sauce, worcestershire	seasoning	fish
792 sauerkraut	vegetable	pickled food
1681 sauerkraut, prepared		
430 sausage	meat	
605 sausage link	meat	pork
752 sausage link, italian	meat	pork
1860 sausage link, turkey	meat	poultry
529 sausage, andouille	meat	pork
1209 sausage, breakfast	meat	pork
1807 sausage, chorizo	meat	pork
977 sausage, cotechino	meat	pork
868 sausage, italian	meat	pork
729 sausage, pork	meat	pork
2128 sausage, precooked	meat	pork
431 sausage, smoked	meat	pork
1922 sausage, smoked kielbasa	meat	pork
2013 sausage, spicy	meat	pork
302 savory	herb	seasoning
1436 savory, dried	herb	seasoning

Sheet1

303 savory, fresh	herb	seasoning
1070 savory, summer	herb	seasoning
2033 savory, winter	herb	seasoning
1089 savoy	greens	vegetable
257 scallion	vegetable	seasoning
447 scallion greens	vegetables	seasoning
1930 scallion top		
1977 scallion white part		
511 scallop	shellfish	seafood
693 scallop, bay or sea	shellfish	seafood
512 scallop, sea	shellfish	seafood
2191 scone	bread	wheat
2192 scone, cream		
2113 scotch	alcoholic beverages	spirits
907 seafood	shellfish	fish
908 seafood stock	seafood	
571 seasoning		
1227 seasoning, seafood		
572 seasoning, taco	spice	
1064 seaweed	vegetable	
1012 seitan	wheat	grain
1699 serrano	vegetable	peppers
738 sesame	seeds	seasoning
1291 sesame paste	seeds	
739 sesame seed	seeds	seasoning
1056 seven-spice mix	spice	seasoning
1057 seven-spice mix, japanese	spice	seasoning
1267 shad roe	fish	seafood
133 shallot	vegetable	seasoning
1232 shellfish	seafood	
1584 sherbet	dairy	
2195 sherbet, lemon	dairy	citrus
1585 sherbet, orange	dairy	citrus
1586 sherbet, pear	dairy	fruit
342 sherry	alcoholic beverages	fortified wine
343 sherry, dry	alcoholic beverages	fortified wine
1704 sherry, medium-dry	alcoholic beverages	fortified wine
1700 sherry, port	alcoholic beverages	fortified wine
1277 sherry, sweet	alcoholic beverages	fortified wine
1058 shichimi	spice	seasoning
2083 shortening		
2135 shortening, vegetable		
2117 shoulder	meat	
305 shrimp	seafood	shellfish
366 shrimp paste	seafood	shellfish
78 shrimp shell	seafood	shellfish
336 shrimp, dried	seafood	shellfish
1674 shrimp, shell-on	seafood	shellfish
1861 sirloin	meat	beef

Sheet1

1257 skate	fish	seafood
1258 skate wing	fish	seafood
2043 smelt	fish	seafood
587 snail	seafood	shellfish
588 snail butter	seafood	flavored butter
1238 snail shell	seafood	shellfish
1245 snapper	fish	seafood
2051 snapper fillet	fish	seafood
1246 snapper, red	fish	seafood
459 soda water		
2038 sole	fish	seafood
805 sopressata	meat	pork
1191 sorbet		
1902 sorghum		
1252 sorrel	greens	vegetables
1253 sorrel, fresh		
308 sour cream	dairy	
1484 sourdough	bread	
990 soybean	legume	vegetable
991 soybean, dried		
423 spaghetti	pasta	wheat
1948 spaghetti, dried		
737 sparerib	meat	pork
1432 sparerib, pork	meat	pork
238 spice	spice	seasoning
1722 spice, seed	spice	seeds
192 spinach	greens	vegetable
1024 spinach fettuccine	pasta	wheat
1932 spinach fettuccine, dried	pasta	
1033 spinach lasagne	pasta	wheat
1942 spinach lasagne, dried	pasta	
836 spinach leaf	greens	vegetable
837 spinach leaf, baby	greens	vegetable
301 spinach puree	greens	vegetable
1275 spinach ricotta stuffing		
1116 spinach, creamed	greens	vegetables
2050 spirit	alcoholic beverages	
1537 sprinkles		
1538 sprinkles, colored		
522 sprout	vegetable	
523 sprout, bean	legume	vegetable
1385 spätzle	wheat	
1324 squab	game	poultry
389 squash	vegetable	
1136 squash blossom	vegetable	
2174 squash puree	vegetable	
392 squash seed	vegetable	seeds
945 squash, acorn	vegetable	
390 squash, butternut	vegetable	

Sheet1

1134 squash, crookneck	vegetable	
1139 squash, spaghetti	vegetable	
832 squash, summer	vegetable	
1138 squash, winter	vegetable	
975 squash, yellow	vegetable	
508 squid	seafood	shellfish
361 star anise	spice	seasoning
1738 starch, potato	thickener	
520 steak	meat	
1371 steak, beef chuck	meat	beef
1361 steak, beef flank	meat	beef
1359 steak, beef rib-eye	meat	beef
808 steak, beef round	meat	beef
2082 steak, beef rump	meat	beef
472 steak, beef sirloin	meat	beef
1019 steak, beef skirt	meat	beef
1367 steak, beef strip	meat	beef
1365 steak, beef t-bone	meat	beef
1369 steak, beef top round	meat	beef
1926 steak, chuck	meat	beef
2040 steak, cod	fish	seafood
1718 steak, filet	meat	beef
2080 steak, filet mignon	meat	beef
1241 steak, fish	fish	seafood
1048 steak, flank	meat	beef
2042 steak, halibut	fish	seafood
1439 steak, ham	meat	pork
1451 steak, lamb	meat	lamb
2116 steak, pork shoulder blade	meat	pork
2079 steak, porterhouse	meat	beef
521 steak, round	meat	beef
1405 steak, rump	meat	beef
1243 steak, salmon	fish	seafood
1720 steak, sirloin	meat	beef
812 steak, skirt	meat	beef
847 steak, swordfish	fish	seafood
1872 steak, tip	meat	beef
2087 steak, top round	meat	beef
844 steak, tuna	fish	seafood
1339 steak, venison loin	meat	game
1220 steamer	seafood	shellfish
1221 steamer, soft-shell	seafood	shellfish
2057 stick		
2058 stick, vegetable	vegetable	
120 stock		
1901 stock, any		
124 stock, beef	meat	beef
106 stock, chicken	poultry	
1308 stock, duck	poultry	game

Sheet1

489 stock, fish	fish	seafood
1320 stock, game	meat	game
1457 stock, lamb	meat	
1112 stock, meat	meat	
909 stock, seafood	seafood	shellfish
1303 stock, turkey	poultry	
122 stock, veal	meat	
299 stock, vegetable	vegetable	
2136 stout	beer	ale
1155 strawberry	fruit	berry
2170 strawberry jelly	fruit	fruit jelly
1177 strawberry sauce	fruit	fruit sauce
1510 streusel		
1206 stuffing		
2068 stuffing, mashed potato	vegetable	
1276 stuffing, spinach ricotta	dairy	cheese
6 sugar		
7 sugar cube		
2149 sugar sprinkles		
2150 sugar sprinkles, colored		
161 sugar, brown		
519 sugar, chinese yellow rock	seasoning	
1535 sugar, colored		
1532 sugar, dark brown		
2000 sugar, maple		
315 sugar, powdered		
852 sugar, superfine		
313 sugar, turbinado		
1163 sugar, white		
940 sunflower		
941 sunflower seed	seeds	
1490 sunflower seed, hulled		
942 sunflower seed, unsalted hulled		
1476 sweetbread	meat	variety meat
1943 swiss chard	greens	vegetables
698 swordfish	fish	seafood
846 swordfish steak	fish	seafood
381 syrup		
1193 syrup for poaching fruit		
1194 syrup for poaching fruit, lemon-flavored light		
1648 syrup, caramel	flavoring	
1166 syrup, corn		
2143 syrup, fruit	flavoring	
2200 syrup, golden		
382 syrup, maple	flavoring	
2140 syrup, sorghum		
1927 tagliatelle	pasta	wheat
2246 tagliatelle, dried	pasta	wheat
1928 tagliatelle, fresh	pasta	wheat

Sheet1

676 tahini	seeds	
1953 tamari	seasoning	
260 tamarind	fruit	seasoning
261 tamarind pulp	fruit	
1180 tangelo	fruit	citrus
848 tangerine	fruit	citrus
911 tangerine juice	fruit	citrus
661 tapenade	condiment	pickled foods
476 tapioca	thickener	
1637 tapioca, small-pearl		
181 tarragon	herb	seasoning
1675 tarragon, dried	herb	seasoning
182 tarragon, fresh	herb	seasoning
27 tea		
654 tea leaf		
655 tea leaf, black		
28 tea, black		
1183 tea, earl grey		
1651 tea, english breakfast		
1002 tempeh	legume	
20 t'Ya maria	liqueur	alcoholic beverage
44 thyme	herb	seasoning
163 thyme leaf	herb	seasoning
348 thyme leaf, dried	herb	seasoning
164 thyme leaf, fresh	herb	seasoning
1248 thyme sprig	herb	seasoning
1249 thyme sprig, fresh	herb	seasoning
94 thyme, dried	herb	seasoning
45 thyme, fresh	herb	seasoning
1465 thyme, ground	herb	seasoning
2249 thyme, lemon	herb	seasoning
442 tiger lily bud	vegetable	
1822 tilefish	fish	seafood
663 toast	wheat	
2124 toast round	wheat	
2269 toffee bar		
446 tofu	legume	
999 tofu, smoked	legume	
190 tomatillo	vegetable	
79 tomato	vegetable	
1820 tomato canned		
506 tomato half		
507 tomato half, sun-dried		
414 tomato juice	vegetable	vegetable juice
80 tomato paste	vegetable	
1661 tomato paste, concentrated		
2238 tomato paste, sun-dried	vegetable	
134 tomato puree	vegetable	
553 tomato sauce	vegetable	

Sheet1

1009 tomato sauce, mexican-style	vegetable	
2244 tomato soup	vegetable	
1880 tomato wedge		
785 tomato, beefsteak	vegetable	
815 tomato, canned	vegetable	
222 tomato, cherry	vegetable	
1118 tomato, fresh		
242 tomato, green	vegetable	
487 tomato, plum	vegetable	
1802 tomato, stewed	vegetable	
166 tomato, sun-dried	vegetable	
2085 top round	meat	beef
2086 top round steak	meat	beef
2069 top sirloin roast	meat	beef
884 tortellini	pasta	wheat
541 tortilla		
402 tortilla chip		
542 tortilla, corn		
706 tortilla, flour	wheat	
590 trout	fish	seafood
1265 trout fillet	fish	
1266 trout fillet, smoked	fish	
591 trout, smoked	fish	smoked fish
2228 truffle, chocolate		
326 tuna	fish	seafood
1068 tuna sauce	fish	seafood
843 tuna steak	fish	seafood
327 tuna, italian	fish	seafood
1042 tuna, white	fish	seafood
64 turkey	poultry	
896 turkey bacon	poultry	
585 turkey breast	poultry	
1305 turkey breast half	poultry	
1891 turkey breast meat	poultry	
894 turkey breast, smoked	poultry	
65 turkey carcass	poultry	
976 turkey drumstick	poultry	
1208 turkey gizzard	poultry	
1296 turkey gravy	poultry	
1207 turkey heart	poultry	
1299 turkey liver	poultry	
903 turkey meat	poultry	
1298 turkey neck	poultry	
1302 turkey stock	poultry	
1301 turkey thigh	poultry	
765 turkey, ground	poultry	
637 turkey, smoked	poultry	
1858 turkey, white	poultry	
1325 turkey, wild	poultry	

Sheet1

233 turmeric	Spice	seasoning
234 turmeric, ground	Spice	seasoning
52 turnip	vegetable	
1149 turnip greens	vegetable	greens
1828 turnip, purple-top	vegetable	
963 turnip, white	vegetable	
36 vanilla	Spice	flavoring
1153 vanilla bean	Spice	flavoring
1498 vanilla, gluten-free	Spice	flavoring
69 veal	Meat	beef
70 veal breast	Meat	beef
1411 veal chop	Meat	beef
1776 veal drippings	Meat	beef
1474 veal glaze	Meat	beef
71 veal knucklebone	Meat	beef
2102 veal leg (top round)	Meat	beef
1406 veal loin	Meat	beef
1412 veal medallion	Meat	beef
2103 veal rib roast	Meat	beef
1408 veal roast	Meat	beef
1410 veal scaloppine slice	Meat	beef
1413 veal shank	Meat	beef
1407 veal shoulder	Meat	beef
121 veal stock	Meat	beef
1777 veal stock, brown	Meat	beef
1212 veal, ground	Meat	beef
297 vegetable	vegetable	
1803 vegetable broth	vegetable	
1007 vegetable protein	vegetable	
1008 vegetable protein, textured	vegetable	
702 vegetable shortening	vegetable	
298 vegetable stock	vegetable	
1330 venison	game	meat
1336 venison loin roast	game	meat
1338 venison loin steak	game	meat
1331 venison roast	game	meat
1050 vermicelli	pasta	wheat
1051 vermicelli, rice	pasta	
96 vermouth	alcoholic beverages	wine
97 vermouth, dry	alcoholic beverages	wine
1137 vermouth, white	alcoholic beverages	wine
699 vinaigrette		
2066 vinaigrette, ginger-soy		
2065 vinaigrette, green peppercorn		
745 vinaigrette, herb		
1859 vinaigrette, lemon caper	citrus	
700 vinaigrette, lime	citrus	
137 vinegar	seasoning	
1398 vinegar, apple cider	seasoning	

Sheet1

162	vinegar, balsamic	seasoning	
867	vinegar, champagne	seasoning	
1067	vinegar, chinese black	seasoning	
229	vinegar, cider	seasoning	
1896	vinegar, fruit	seasoning	
1262	vinegar, malt	seasoning	
1192	vinegar, raspberry	seasoning	
250	vinegar, red wine	seasoning	
443	vinegar, rice	seasoning	
138	vinegar, sherry	seasoning	
180	vinegar, tarragon	seasoning	
141	vinegar, white wine	seasoning	
910	vinegar, white wine tarragon	seasoning	
1475	vinegar, wine	seasoning	
1022	vodka	alcoholic beverages	spirits
1545	wafer		
1546	wafer, chocolate mint		
1556	wafer, vanilla		
1888	wagon wheel	pasta	
465	wakame	vegetable	seaweed
466	wakame bit		
467	wakame bit, dried		
330	walnut	nuts	
2276	walnut extract	nuts	flavoring
830	walnut half	nuts	
1989	walnut, black	nuts	
345	wasabi	spice	seasoning
1065	wasabi paste	spice	seasoning
347	wasabi powder	spice	seasoning
346	wasabi root	spice	seasoning
23	water		
644	water chestnut	vegetable	
581	watercress	vegetable	green
582	watercress sprig	vegetable	green
1188	watermelon	fruit	
1999	watermelon ball	fruit	
960	wheat	grain	
1482	wheat bran		
938	wheat flake		
943	wheat germ		
1907	wheat, cracked	grain	
2020	whelk	seafood	shellfish
1613	whipped cream	dairy	
14	whiskey	alcoholic beverages	spirits
15	whiskey, irish	alcoholic beverages	spirits
1082	whiskey, scotch	alcoholic beverages	spirits
111	white pepper	spice	seasoning
112	white pepper, ground	spice	seasoning
2054	whitefish	fish	seafood

Sheet1

74 wine	alcoholic beverages	
1716 wine marinade	alcoholic beverages	wine
1717 wine marinade, red	alcoholic beverages	wine
1049 wine, chinese cooking	alcoholic beverages	wine
2088 wine, chinese rice	alcoholic beverages	wine
1288 wine, dry	alcoholic beverages	wine
1419 wine, madeira	alcoholic beverages	wine
1703 wine, port	alcoholic beverages	wine
127 wine, red	alcoholic beverages	wine
1224 wine, rice	alcoholic beverages	wine
1086 wine, shaoxing	alcoholic beverages	wine
75 wine, white	alcoholic beverages	wine
1495 xanthan gum	thickener	
1146 yam	vegetable	
712 yeast	leavener	
2137 yeast, instant	leavener	
2138 yeast, quick-rising	leavener	
113 yogurt	dairy	
2178 yogurt, frozen	dairy	
2141 yogurt, full-fat	dairy	
2193 yogurt, lemon	dairy	citrus
566 yogurt, low-fat	dairy	
861 yogurt, nonfat	dairy	
674 yogurt, plain	dairy	
2188 yogurt, vanilla	dairy	
114 yogurt, whole-milk	dairy	
1151 yuca	vegetable	
1152 yuca root	vegetable	
424 zucchini	vegetable	

KEYWORD3,C,18 KEYWORD4,C,;KEYWORD5,C,

seafood
dairy

cured fish
cured fish
cured fish
cured fish

seafood

seeds
seeds
Spirits

seeds
dairy

spirits

Fruit

fruit preserves

cured pork
cured pork
cured pork
cured pork

cured meat
cured meat
cured meat
cured meat

seasoning
seasoning

seasoning
seasoning

flavoring

variety meats	offal
variety meats	offal

variety meats	offal	
cured meat	variety meats	offal

cured meat

fruit sauce

seafood
seafood
seafood

dried fish
dried fish
dried fish

beef

wheat

dairy

dairy

chilies

peppers

seeds

variety meat	offal
variety meat	offal

seeds

seeds

chilies
chilies

pepper
pepper

seasoning

pickled foods

liqueur
spirits

candied fruit
dried fruit

candied fruit

offal
offal
offal

offal

offal

spice

chilies

peppers

chilies

peppers

spice

chilies

peppers

spice

chilies

peppers

spice

chilies

peppers

seasoning

chilies

peppers

chilies

peppers

cured pork
cured pork

cured meat
cured meat

fruit preserves
condiment

condiment

seasoning

citrus
citrus
fruit juice
citrus
citrus
seasoning

fruit juice

flavoring

cured fish
smoked fish

dried fish

flavoring

spirits

liqueur

kale

cured pork
seasoning
cilantro
seeds

pork

wheat

fruit juice	
fruit sauce	
fruit jelly	fruit sauce
dried fruit	

flavoring

fortified wine

chocolate

chocolate

liqueur	flavoring	chocolate
liqueur	flavoring	
liqueur	flavoring	

seasoning

fruit jelly
fruit jelly
dried fruit

fruit preserves
fruit preserves

condiment

vegetable
seeds

dairy

chilies

peppers

variety meats

offal

spice

seasoning

cured fish

variety meats

offal

beef
beef
beef

cured meat
cured meat
cured meat

vegetable
vegetable
offal

flavoring

candied fruit
candied fruit

pickled foods

condiment

liqueur

fruit juice
fruit juice

chilies
chilies

seasoning
seasoning

cured pork
cured pork
cured pork

cured meat
cured meat
cured meat

Sheet1

cured pork
cured pork
cured pork
cured pork

cured meat
cured meat
cured meat
cured meat

cured pork
cured pork

cured meat
cured meat

peppers

condiments

cured fish
cured fish

seafood
seafood

fruit jam
fruit jam
fruit jam
fruit jam berry

fruit preserves
fruit preserves
fruit preserves
fruit preserves
fruit preserves berry
fruit preserves berry

citrus
berry

citrus
citrus
citrus
citrus
tropical fruit

citrus

spirits

collard

seafood

dried fish

seaweed

offal

variety meat

cured meat

offal

cured pork

seaweed

offal

offal

kale

fruit juice

fruit juice

fruit

fruit

flavoring
flavoring

fruit juice
fruit juice
citrus
citrus

flavoring

cured pork
cured pork

cured meat
cured meat

offal	meat
offal	meat
offal	meat
offal	meat

seafood	dairy
---------	-------

seasoning

wine

citrus

citrus

citrus

wine
wine
wine

dairy

condiment

dairy
dairy
dairy

condiment
condiment
condimenet

seasoning
seasoning
seasoning
seasoning

cured meat

cured pork

seasoning

condiment

seeds

seeds

seeds

flavored butter

chilies

fish

seafood

cured fish

citrus

citrus
citrus
citrus
spirits
flavoring
citrus
flavoring
citrus

spirits

condiment seasoning cured seafood

cured pork cured meat

cured pork cured meat

cured meat

chilies
chilies
chilies
chilies

spice
spice

chilies
chilies
chilies
seasoning

condiment
condiment
condiment

seasoning
seasoning
seasoning
seasoning
seasoning
seasoning
seasoning
seasoning
seasoning
seasoning
seasoning
seasoning
seasoning
seasoning

pickled foods condiment

seasoning
seasoning
seasoning

chilies
chilies
beef
spirit

seasoning
pickled foods condiment
pork

condiment
condiment
condiment
condiment
condiment

fruit juice
fruit preserves

fruit jam
fruit preserves

cured meat

cured pork

cured pork
fortified wine
fortified wine

cured meat

berry

cured pork

cured meat

dried fruit

variety meat

offal

dairy

fruit jam

fruit preserves

berry

berry

berry

berry

berry

dairy

wheat

seasoning

peppers

seasoning

chilies

chilies

condiment

chilies

chilies

vegetable

wheat

seeds

pork	cured meat
pork	cured meat
pork	cured meat
pork	cured meat
porl	cured meat

smoked fish	cured fish
-------------	------------

chilies	pepper	condiment
---------	--------	-----------

seasoning
fruit

condiment

fruit citrus

fruit berry

dairy
seasoning

peppers seasoning
fruit citrus
seasoning

chilies

fruit duck sauce condiment

fruit berry

fruit berry

seafood cured fish

cured meat cured pork

cured meat cured pork
cured meat cured pork

dairy

chilies

seasoning

fruit
fruit

wine
wine
wine
wine
wine

seasoning

dried fish

shellfish

dairy

cured meat

cured pork

herb

seasoning

cured meat

cured pork

alcoholic beverage

fruit preserves berry
berry

offal

veal

lamb

fruit juice

spirit

seafood

fortified wine
fortified wine
fortified wine

condiment
condiment
condiment
condiment

seasoning
seasoning
seasoning

fortified wine
fortified wine

NOTES,C,165

Tong, make sure "nuts" is added to your delete the "s" exception list. (in other words always keep the "s" on "nuts")

Note: Do you really find anchovies in prepared foods section of grocery store?

delete "golden delicious or granny smith", so it's just listed as "apples"

delete the word "half" for obvious reasons.
This will become "apricot, dried"

Get rid of "frozen" and "marinated"

delete "leaf" so just arugula.

delete so it's just asparagus

delete this, it's a recipe for greek soup.

baguette's are french no matter how you slice it - delete french.

delete "pearl"

this is obscure recipe name, not ingredient - delete

Delete leaf so these will show up with fresh basil.

Isn't this a recipe? Is there such a thing as a Tuscan bean? [NO. DELETE THIS AS AN INGREDIENT -- KG]

Note: fix this in the database. Delete "ground or finely chopped" so that it merges with ingredient #1642, beef suet.

Delete: This is a recipe not an ingredient, also the singular is spelled w/o the E (blintz)

cured pork & cured meat

spell these as one word so they'll merge with breadcrumbs below.

If it's so regular, why label it?

Removed from ingredient list (spelled wrong b/c of programming to remove plural.)

This is a recipe (delete?) [YES: DELETE -- KG]

FYO: buckwheat is not wheat

remove "groat"

delete "fine"

delete "chilled" to merge with red cabbage
merge with napa cabbage by hiding "chinese"

Hide "paddle"

Oops, not an ingredient.

like a type of somethingàlike calaloo potoatoes or something.
calvados is always with an S - not calvado

I added "oil" after Canola.

Must always be followed by seed - don't separate.

Arg, at least get rid of the black and green.

Oops!

deleting "leaf"

delete "filet of"

delete the word "bit"
will merge with candied cherry

Delete "half"

Delete "express"

Delete "part" - this is too vague and could cause a whole new key word category.

take sprig and leaf off, but keep the fresh.

The general category of citrus is being cleared out, lest I have to go through and label every orange, grapefruit, lemon or lime

There's no collard without the green.
Collard and kale are not the same

What's with the spelling "cooky"? [SINGULAR FOR "COO+I900KIES" IS "COOKIE"]

FYI: buckwheat is not wheat

Oops, corrected spelling.

delete "chunk"

delete "red" so it's just current jelly as above.

Do you want to call these breads, even if they are not yet baked?

Doesn't say what it is really - not an ingredient.

Merge with berry by deleting "fresh"

Note: these various fruit items are potentially all key words. See if you find matching ingredients to fall under each.

nix "mixed"

Get rid of everything here except "herb" or it's a key word nightmare.

"S" should be taken off to merge with herb.

Get rid of "fresh or dried"

delete "fruit" so that it appears just as jelly.

Not the same thing as kale

merge with the other collard greens.

Add "s" onto grass.

"leaf" has been removed

Sheet1

deleted these. Liquid is just silly and the liquors are a problem because I'm labeling everything as "alcoholic beverages" in the

Listed this as clams and littleneck at pretype.

delete the fresh, it's implied.
will just show up as nut, macademia.

Key word nightmare, so delete citrus.

ground corn used to make tortillas

Delete all the "freshes" off these. It is misleading that someone could pick fresh mint and it wouldn't pull up mint sprigs.

delete because it's a recipe? I moved it to ppp in substitution table. There was only one reference.

delete the "half"

Get rid of all the "caps"

Too inelegant, no one would choose this ingredient.
delete "stems"

delete "pepper", same as chili oil.

Delete "toasted" so it merges with the other sesame oil.

What is this? [IT OCCURS ONCE, AS OIL FROM A SUN-DRIED TOMATO JAR -- DELETE AS A SEARCHABLE INGREDIENT]

delete "red"

delete "wedge"

delete "fresh"

Got rid of this altogether.

Better get rid of the "hungarian". It looks stupid to have paprika sausage and the hungarian paprika sausage, so I'm merging.

get rid of "fresh"

get rid of "fresh"

Or Beef????

delete "half"

Delete "half"

Sheet1

PER DISCUSSION WITH AB -- DELETE "PEPPER" AS A SINGLE INGREDIENT (TOO COMPLICATED), BUT MAKE SURE

Get rid of "ring"

or beef????

relish type condiment.

This is a little silly to have as an ingredient, when it's clearly more of a recipe. Delete.

get rid of these - unnecessary

delete "pine" - pine nuts all together in ingredient field.

delete "chunk"

merged so only pita bread appears

merged so only pita bread appears

Delete this so it is only poppy seeds

These should be categorized as mushrooms, porcini. Changed.

delete these so just show as potatoes. Two modifiers doesn't work.

delete these so just show as potatoes. Two modifiers doesn't work.

delete these so just show as potatoes. Two modifiers doesn't work.

delete "half"

delete "quarter"

Make these all so only prune appears.

Accented charcter is bad here (okay in database). It's supposed to say Ragu and I deleted it because it's not an ingredient.

delete this recipe

Too much information

Check this whole area. How do we know if the ribs are beef or pork?

Should be herb
Should be herb
Should be herb
Should be herb
Should be herb
Should be herb
Should be herb

deleted these

What is this? Delete [NOTE: "SESAME" WAS SOMEHOW INTRODUCED INTO THE "PICADA" RECIPE IN THE CONDIMENT

Should be herb
Should be herb
Should be herb
Should be herb
Should be herb
Should be herb
Should be herb
Should be herb

Sheet1

I think this has been changed and will only appear as potato salad.(moved salad from psearch to postype)

delete to merge with salmon.
delete to merge with salmon.

delete to merge with salmon.
delete to merge with salmon.
delete to merge with salmon.
delete to merge with salmon.

delete
no longer exists
changed to soy sauce only.

I hid marinara so it's just listed as tomato sauce.
delete
delete the "with leeksà"

jist list as sauce -this is a recipe name-and not a common one like bernaise, which I'm keeping as an ingredient.

These are kind of obscure, so they'll just show up if someone clicks the general "sauce" category. I don't want them separate

delete roumelade.

merge with scallion.

can't say both - merge with scallop.

put japanese in the ingredient field.

These are 2 different things

Got rid of shell part

Got rid of wing

got rid of fresh

got rid of dried

got rid of dried

got rid of dried

got rid of dried
got rid of leaf
leaf and baby are gone.

spinach and ricotta will show up as sep. ingred./stuffing invisible.

Tong, make sure the "s" doesn't get deleted on this one-keep spirits plural.

deleted "colored" - this and sugar sprinkles are merged.

Stick seems like a silly ingredient. Delete both. 2nd one will become "vegetable" only.

delete "any"

dangerous - too general - take out meat.

delete "colored" and "sugar" so it merges with another "sprinkles".

delete the word "dark" so it's with brown sugar

This has been corrected in database - always married to seed.

delete all the b.s. at the end to make it sunflower seed only.

Got rid of the "lemon-flavored light" part so it will merge.

delete "pulp"

delete "small pearl" - unnecessary

delete the word "leaf" from both of these ingredients

Got rid of "leaf" and "sprig" since fresh kind of implies this.
This was just looking too complicated!

Take "canned" out of postype.
delete the word "half"

Nuke "concentrated"

nuke "wedge"

nuke "fresh" - it's implied.

Got rid of "filet"

This isn't an ingredient - bag it.

Get rid of the "bit"

delete "half"

D: SEASONING). -- KG