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www.weightmania.com

This document contains definitions for the food abbreviations used in Weightmania Pro (Macintosh and Windows) and Weightmania Mobile (Palm).

ALLPURP = All purpose
AL = Aluminum
& = And
APPL = Apple
APPLS = Apples
APPLSAUC = Applesauce
APPROX = Approximate
APPROX = Approximately
ARM&BLD = Arm and blade
ART = Artificial
VIT C = Ascorbic acid
ASPRT = Aspartame
ASPRT-SWTND = Aspartame-sweetened
BABYFD = Baby food
BKD = Baked
BBQ = Barbequed
BSD = Based
BNS = Beans
BF = Beef
BEV = Beverage
BLD = Boiled
BNLESS = Boneless
BTLD = Bottled
BTM = Bottom
BRSD = Braised
BRKFST = Breakfast
BRLD = Broiled
BTTRMLK = Buttermilk
CA = Calcium
CAL = Calorie, calories
CND = Canned
CARB = Carbonated
CNTR = Center
CRL = Cereal
CHS = Cheese
CHICK = Chicken
CHOC = Chocolate
CHOIC = Choice

CHOL = Cholesterol
CHOL-FREE = Cholesterol-free
CHOPD = Chopped
CINN = Cinnamon
COATD = Coated
COCNT = Coconut
COMM = Commercial
COMMLY = Commercially
CMDTY = Commodity
COMP = Composite
CONC = Concentrate
CONCD = Concentrated
COND = Condensed
CONDMNT = Condiment, condiments
CKD = Cooked
CTNSD = Cottonseed
CRM = Cream
CRMD = Creamed
DK = Dark
DECORT = Decorticated
DEHYD = Dehydrated
DSSRT = Dessert, desserts
DIL = Diluted
DOM = Domestic
DRND = Drained
DRSNG = Dressing
DRK = Drink
DRUMSTK = Drumstick
ENG = English
ENR = Enriched
EQ = Equal
EVAP = Evaporated
XCPT = Except
EX = Extra
FLANKSTK = Flank steak
FLAV = Flavored
FLR = Flour
FD = Food
FORT = Fortified
FRENCH FR = French fried
FRENCH FR = French fries
FRSH = Fresh
FRSTD = Frosted
FRSTNG = Frosting
FRZ = Frozen
GRDS = Grades

GM = Gram
GRN = Green
GRNS = Greens
HTD = Heated
HVY = Heavy
HI-MT = Hi-meat
HI = High
HR = Hour
HYDR = Hydrogenated
IMITN = Imitation
IMMAT = Immature
IMP = Imported
INCL = Include, includes
INCL = Including
INF FORMULA = Infant formula
ING = Ingredient
INST = Instant
JUC = Juice
JR = Junior
KRNL = Kernels
LRG = Large
LN = Lean
LN = Lean only
LVND = Leavened
LT = Light
LIQ = Liquid
LO = Low
LOFAT = Low fat
MARSHMLLW = Marshmallow
MSHD = Mashed
MAYO = Mayonnaise
MED = Medium
MESQ = Mesquite
MIN = Minutes
MXD = Mixed
MOIST = Moisture
NAT = Natural
NZ = New Zealand
NONCARB = Noncarbonated
NFD = Nonfat dry milk
NFDMS = Nonfat dry milk solids
NFMS = Nonfat milk solids
NFS = Not Further Specified
NUTR = Nutrients
NUTR = Nutrition
OZ = Ounce

PK = Pack
PAR FR = Par fried
PARBLD = Parboiled
PART = Partial
PART = Partially
PAR FR = Partially fried
PAST = Pasteurized
PNUT = Peanut
PNUTS = Peanuts
PO4 = Phosphate
P = Phosphorus
PNAPPL = Pineapple
PLN = Plain
PRTRHS = Porterhouse
K = Potassium
PDR = Powder
PDR = Powdered
PRECKD = Precooked
PREHTD = Preheated
PREP = Prepared
PROC = Processed
PROD CD = Product code
PROP = Propionate
PROT = Protein
PUDD = Pudding, puddings
RTB = Ready-to-bake
RTC = Ready-to-cook
RTD = Ready-to-drink
RTE = Ready-to-eat
RTF = Ready-to-feed
RTH = Ready-to-heat
RTS = Ready-to-serve
RTU = Ready-to-use
RECON = Reconstituted
RED = Reduced
RED-CAL = Reduced-calorie
REFR = Refrigerated
REG = Regular
REHTD = Reheated
REPLCMNT = Replacement
REST-PREP = Restaurant-prepared
RTL = Retail
RST = Roast
RSTD = Roasted
RND = Round
SNDWCH = Sandwich

SAU = Sauce
SCALLPD = Scalloped
SCRMBLD = Scrambled
SD = Seed
SEL = Select
SHK&SIRL = Shank and sirloin
SHRT = Short
SHLDR = Shoulder
SIMMRD = Simmered
SKN = Skin
SML = Small
NA = Sodium
SOL = Solids
SOLN = Solution
SOYBN = Soybean
SPL = Special
SP = Species
SPRD = Spread
STD = Standard
STMD = Steamed
STWD = Stewed
STK = Stick
STKS = Sticks
STR = Strained
SUB = Substitute
SMMR = Summer
SUPP = Supplement
SWT = Sweet
SWTND = Sweetened
SWTNR = Sweetener
TSP = Teaspoon
1000 = Thousand
TSTD = Toasted
TODD = Toddler
UNCKD = Uncooked
UNCRMD = Uncreamed
UNDIL = Undiluted
UNENR = Unenriched
UNHTD = Unheated
UNPREP = Unprepared
UNSPEC = Unspecified
UNSWTND = Unsweetened
VAR = Variety, varieties
VEG = Vegetable, vegetables
VIT A = Vitamin A
VIT C = Vitamin C

H2O = Water
WHTNR = Whitener
WHL = Whole
WNTR = Winter
W/ = With
WO/ = Without
YEL = Yellow