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# food yields

summarized by different stages  
of preparation



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The original 1956 handbook, "Food Yields Summarized by Different Stages of Preparation," by Rebecca K. Pecot and Bernice K. Watt contained 1,301 items.

This new publication provides data on food yields for approximately 2,900 items and reflects technological advances in food processing and preparation in homes and in institutions during the past 20 years.

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## FOOD YIELDS SUMMARIZED BY DIFFERENT STAGES OF PREPARATION

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Since publication of the first edition of this handbook in 1956, many technological developments have occurred in the production, processing, and preparation of food. As a result, the amount of a product obtained may have changed at any of the stages from its origin in nature to its preparation in the ready-to-eat form. For some fruits and vegetables, new cultivars have been developed to meet the needs of mechanical harvesting or to improve economic benefits through greater crop yields or increased resistance to disease. Leaner type hogs have been developed in response to the demand for leaner meat. Numerous freeze-dried foods, meat analogs, imitation products, new forms of pasta, precooked cereals, and various other kinds of manufactured convenience foods are now marketed that were no more than ideas a few years ago.

Developments in equipment and cooking procedures also have had an effect on food yields. The use of the microwave oven has increased, and data are needed that apply to foods cooked or reheated in this type of equipment. The internal temperature recommended for cooking pork (77° C, 170° F) is lower than recommended formerly. To attain the lower temperature, the cooking time could be shortened and, as a result, the yield of cooked pork increased.

This handbook updates the data in the previous publication. The number of items is increased more than twofold to account for as many as possible of the developments that may affect yields of present-day foods. The new data are considered applicable when values for general use are needed. They are intended for reference purposes or to be applied to various practical problems, such as developing food plans, estimating food costs, requisitioning food supplies, establishing food allotments for needy families, and preparing food-buying guides for such groups as schools, camps, and nursing homes. Computerizing some of these functions requires having data on food yield built into the operations. In addition, the revised data and additional information in this publication are to serve as the principal basis for values on refuse in the next edition of Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared."

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<sup>1/</sup> Resigned January 1974.

## SOURCES OF DATA

To obtain new data for this edition, the literature was reviewed from the early 1950's to 1974. The subjects pertaining to phases of food technology were researched in approximately 20 technical journals for this 20-year period. Attempts were made to include all foods that were tabulated in Handbook 8 (1963) and those most likely to be included in its next revision.

Data on yields of prepared foods were obtained from many sources, including laboratory work conducted by government and private agencies and the Consumer and Food Economics Institute staff assigned to this research. Several agencies allowed access to their record files. Studies sponsored by this Institute to supply nutritive values have also provided valuable data on yields for legumes, chicken, turkey, and selected fruits and vegetables. Unpublished data were made available for many fruits, vegetables, and cereal products used extensively in Hawaii. Laboratory work by the authors provided data on fish and shellfish, selected poultry items, potatoes baked from different cultivars under various conditions, selected raw, canned, and frozen fruits and vegetables, mixes for baked products, potato and main dish items, frozen and refrigerated main dish and baked products, precooked cereal products, and a variety of pasta products varying in shape, size, and cereal components.

Inadequate and insufficient data were most apparent for convenience food items and cooked foods, especially meats. Many studies provided data on change in weight between the raw and the cooked product, but few provided data on the percentage of edible cooked food, such as sliced meat from a cooked roast, flesh of baked potato, or deboned cooked poultry.

### EXPLANATION AND USE OF TABLE 1

The data collected on yields and losses in food preparation were studied, recalculated to a common basis when necessary, and summarized in table 1. The following discussion is intended to simplify the use of this table.

Column 1. Item. This is given for easy reference to the various foods listed.

Column 2. Description of food before preparation. The state of the food listed is described in detail, i.e., potato and potato products, raw, unpared, whole.

Columns 3, 4, and 5. Yield after preparation. In column 3 is a description of the preparation steps for the specific food in column 2, i.e., for potatoes..., unpared, whole; in column 3, pared, raw is given. For canned fruits, vegetables, poultry, or fish, the description is drained solids. In columns 4 and 5 are the average and range in percent values, respectively.

Columns 6, 7, and 8. Loss or gain in preparation. In column 6 under description is listed the discard in the form of parings and trimmings for raw potatoes or boning and slicing losses for cooked meats, poultry, or fish. In columns 7 and 8 are the average and range in percent values for the losses described. Some of the terms used in column 6 to describe loss or gain in preparation are as follows:

Net change--the range in values includes both gains and losses during preparation of the samples, whereas the average value reflects either a gain or a loss.

Net losses--the value reflects several types of losses with preparation of the sample, i.e., net losses for meat cookery data include drippings and volatiles.

Evaporation--loss of water vapor primarily.

Volatiles--loss of water vapor, aromatic materials, decomposed fats, and other gases.

Net gain--the value reflects absorption of fat or water during cooking. Some foods that show net gain include doughnuts, rice, legumes, and pastas.

A glossary of terms used in this handbook is at the end of the Appendix.

Dashes (---) indicate that data on range of values are not available. Underlined entries in columns 3 and 6 indicate they are components of the above; likewise, double-underlined entries indicate they are components of single-underlined entries.

For most foods, the values for yield were based on many samples from research at various locations. For some foods, values were based on entirely new data obtained since the first edition of this handbook was prepared. If no new data were available, the previously published values have been entered if the item is still being produced and used.

Percentages in table 1 may be used to calculate yield if preparation consists of a single step. For example, the average yield of raw pared apples from 10 pounds of whole unpared Delicious apples may be calculated

by multiplying the percentage in column 4 by the weight of whole unpared apples ( $0.81 \times 10 = 8.1$  lb). Values for percent yield of striped bass fillet from dressed fish may be read directly as can percent yield of broiled fillet as percentage of raw fillet. However, if the yield of product is wanted after two or more steps in preparation, the data in table 1 can be used to calculate the single overall yield value needed. The procedure for these calculations is in the Appendix.

The values for yield and loss in table 1 for each of the food items are reasonably representative for the products at the specified preparation steps. Yield values may vary from the average yield shown depending on different conditions applicable to the particular products, such as storage, kind of trimming, rate of heating, length of draining, size of sample, and temperature of food. Considerable variation from the values tabulated here for yield and loss can be expected for any specific sample. However, table 1 should provide information that may be used to estimate the average amount of food that should be bought to yield a specified quantity of product.

Various canned fruits and vegetables are listed in table 1. Included are different styles, such as cut, whole, and french cut snap beans and halves and slices for peaches; different sizes of cans, as one or two consumer sizes and one institutional size; different types of pack, as wet and vacuum for corn; different media for fruits, as sirups of different strengths, juice, and water pack; and solid or regular pack. The description of the selected can sizes used in this handbook is as follows:

<u>Can size</u>	<u>Net contents (approx.)</u>		<u>Diameter</u>	<u>Height</u>
	<u>MI</u>	<u>Fluid oz</u>	<u>Inches</u>	<u>Inches</u>
No. 1--Picnic -----	285	9 1/2	2 11/16	X 4
No. 1--Tall -----	450	15	3 1/16	X 4 11/16
No. 1 1/4 -----	375	12 1/2	4 1/16	X 2 15/32
No. 300 -----	405	13 1/2	3	X 4 7/16
No. 303 -----	450	15	3 3/16	X 4 3/8
No. 2 -----	540	18	3 7/16	X 4 9/16
No. 2--Vacuum -----	390	13	3 7/16	X 3 3/8
No. 2 1/2 -----	780	26	4 1/16	X 4 11/16
No. 3--Cylinder ---1,	380	46	4 1/4	X 7
No. 3--Vacuum -----	630	21	4 1/4	X 3 7/16
No. 3--Squat -----	720	24	4 1/4	X 4 7/8
No. 5--Squat -----1,	920	64	6 3/16	X 4 9/16
No. 10 -----2,	880	96	6 3/16	X 7

Expression of percent drained solids of canned foods posed problems. For most canned foods, data on net weights and drained weights were available from a number of sources, including cooperating agencies and our own Nutrient Data Research Center. For these foods, the percent drained solids were determined as follows:

$$\frac{\text{Drained weight of solids as determined}}{\text{Net weight as determined}} \times 100 = \text{percent drained solids}$$

Foods for which no data were available included a few selected forms or styles of canned vegetables and styles and sirup strengths of some canned fruits. For these foods, the percent drained solids in table 1 were estimated. Entering estimated values in table 1 and designating them as such in footnotes was considered preferable to omitting them from the table. The weight of solids plus liquid for these estimates was the net weight recommended by the National Cannery Association in its publication, "Net Quantity Statements for Canned Food Labels," 5th edition, 1968. The recommended minimum drained weights specified in the USDA Standards for Grades, issued by the Agricultural Marketing Service, were used for the average weights of drained solids in the calculations. Range in values was estimated from the lower limit for the individual container and the specified maximum for the range stated in these standards.

For each kind of fruit, the percent drained solids would be expected to increase with decreases in degrees Brix or weight of sirup. This trend may be observed in table 1 for most fruits canned in sirups of different strengths. There are exceptions. In addition to difference in sirup strength, fill weight of raw fruit, ripeness of fruit, and processing and storage conditions could affect the percent drained weight. The difference between percent drained weights in table 1 for a fruit packed with sirup of different degrees Brix should therefore not be attributed entirely to differences in sirup. Likewise, for canned vegetables, percent drained solids would be expected to vary according to fill weight or maturity of raw vegetable, as well as processing and storage conditions.



TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1	<b>ABALONE:</b> Raw, whole .....	Flesh, raw .....	42	39 to 45	Viscera and shell .....	58	55 to 61
2	Canned, contents of can.	Drained solids .....	47	44 to 50	Viscera .....	31	30 to 32
					Shell .....	27	25 to 29
3	<b>ACEROLA</b> , raw, whole .....	Flesh with skin .....	*80	---	Liquid .....	53	50 to 56
4	Do .....	Juice .....	*68	---	Seed and stem end .....	20	---
					Seed .....	18	---
5	<b>ALEWIFE</b> , round .....	Flesh, raw, uncut .....	49	48 to 50	Stem end .....	2	---
6	Do .....	Fillet .....	43	37 to 48	Seed, skin, and residue	32	---
					Head, tail, fins, entrails, scales, bones, and skin.	51	50 to 52
					..... do .....	57	52 to 63
7	<b>ALMONDS:</b> In shell .....	Unblanched kernels .....	49	21 to 74	Shells .....	51	26 to 79
8	Shelled .....	Blanched kernels .....	*96	---	Skin .....	4	---
9	<b>AMARANTH:</b> Untrimmed .....	Trimmed .....	94	75 to 100	Tough stems .....	6	0 to 25
10	Trimmed, cut into pieces 2.5 to 3.8 cm (1 to 1 1/2 in).	Steamed .....	99	98 to 100	Net losses .....	1	0 to 2
11	<b>ANCHOVY</b> , canned in oil ..	Drained solids .....	73	61 to 80	Liquid .....	27	20 to 39
12	<b>ANTELOPE:</b> Live .....	Dressed carcass .....	51	49 to 53	Dressing and chilling losses.	49	47 to 51
13	Dressed carcass .....	Retail cuts, skinned, raw.	57	57 to 58	Net losses .....	43	42 to 43
					Head .....	8	8 to 9
					Skin .....	8	7 to 8
					Aging .....	10	9 to 10
					Trimming .....	17	16 to 18
14	Retail cuts, skinned, raw.	Lean meat, raw .....	78	74 to 80	Net losses .....	22	20 to 26
15	Steaks (including loin, top round, and bottom round), raw, frozen.	Broiled to 70°C (158°F) internal temp. in 163°C (325°F) oven.	80	76 to 86	Bones .....	20	19 to 25
16	Do .....	Broiled specified time in 180°C (355°F) oven.	65	61 to 67	Excess fat .....	2	1 to 5
					Net losses .....	20	14 to 24
					..... do .....	35	33 to 39
	<b>APPLES:</b>	<b>PARING DATA</b>					
17	Raw, whole: All cultivars .....	Flesh, raw .....	78	60 to 87	Skin, core, stem, and defects.	22	13 to 40
					Skin .....	7	2 to 20
					Core and stem .....	8	2 to 15
					Defects .....	7	0 to 29
18	Individual cultivars: Cortland .....	..... do .....	83	81 to 86	Skin, core, stem, and defects.	17	14 to 19
19	Delicious .....	..... do .....	81	67 to 85	..... do .....	19	15 to 33
20	Golden Delicious ..	..... do .....	77	68 to 87	..... do .....	23	13 to 32
21	Gravenstein .....	..... do .....	85	---	..... do .....	15	---
22	Jonathan .....	..... do .....	79	60 to 87	..... do .....	21	13 to 40
23	McIntosh .....	..... do .....	80	71 to 86	..... do .....	20	14 to 29
24	Northern Spy .....	..... do .....	77	68 to 84	..... do .....	23	16 to 32
25	Rome Beauty .....	..... do .....	77	65 to 86	..... do .....	23	14 to 35
26	Stayman Winesap ...	..... do .....	78	70 to 86	..... do .....	22	14 to 30

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	APPLES--Continued	PARING DATA -- Continued					
	Raw, whole--Continued						
	Individual cultivars--Continued						
27	Winesap .....	Flesh, raw .....	76	65 to 86	Skin, core, stem, and defects.	24	14 to 35
28	Yellow Newtown ....	..... do .....	73	65 to 79	..... do .....	27	21 to 35
29	York Imperial .....	..... do .....	74	70 to 78	..... do .....	26	22 to 30
30	All cultivars .....	Cored, raw .....	90	84 to 94	Core .....	10	6 to 16
		THAWING DATA					
31	Frozen, slices, sweetened.	Drained solids .....	77	67 to 87	Liquid .....	23	13 to 33
		COOKING DATA					
	Raw:						
32	Cored .....	Baked .....	93	86 to 99	Net losses due to added ingredients and evaporation.	7	1 to 14
33	Cored, pared, and quartered.	Fried .....	85	80 to 86	..... do .....	15	14 to 20
34	Cored, pared, and sliced.	Stewed .....	126	111 to 143	Net gain due to added water and sugar.	+26	+11 to +43
35	Cored, pared, sliced, and whole.	Applesauce, sweetened, unsieved.	110	102 to 128	..... do .....	+10	+2 to +28
36	Do .....	Applesauce, unsweetened, unsieved.	106	96 to 121	Net change .....	+6	+21 to 4
	Dried:						
	Low moisture:						
37	All samples .....	Solids and liquid, cooked, unsweetened.	578	548 to 606	Net gain with added water and heating.	+473	+448 to +506
38	Slices .....	..... do .....	582	570 to 606	..... do .....	+482	+470 to +506
39	Wedges .....	..... do .....	573	548 to 597	..... do .....	+473	+448 to +497
	Regular moisture:						
40	All samples .....	..... do .....	405	335 to 443	Net gain with added water and cooking.	+305	+235 to +343
41	Rings .....	..... do .....	391	335 to 443	..... do .....	+291	+235 to +343
42	Slices .....	..... do .....	*420	---	..... do .....	+320	---
	Frozen:						
43	Escalloped .....	Heated .....	*90	---	Evaporation .....	10	---
44	Fritters .....	Heated in oven .....	96	94 to 100	..... do .....	4	0 to 6
45	Do .....	Heated in skillet .....	85	81 to 87	..... do .....	15	13 to 19
46	Slices .....	Solids and liquid, cooked, sweetened.	106	105 to 110	Net gain from added ingredients and cooking losses.	+6	+5 to +10
		POSTCOOKING DATA					
	Canned, contents of can:						
47	Baked .....	Drained solids .....	69	60 to 78	Liquid .....	31	22 to 40
48	Fried .....	..... do .....	97	96 to 97	..... do .....	3	3 to 4
	Rings, spiced:						
49	All samples .....	..... do .....	71	61 to 81	..... do .....	29	19 to 39
50	No. 303 .....	..... do .....	77	75 to 81	..... do .....	23	19 to 25
51	No. 10 .....	..... do .....	65	61 to 68	..... do .....	35	32 to 39
52	Sliced, unspecified	..... do .....	87	77 to 99	..... do .....	13	1 to 23
	Cooked from low-moisture dried fruit:						
53	All samples .....	..... do .....	77	69 to 86	..... do .....	23	14 to 31
54	Slices .....	..... do .....	75	69 to 86	..... do .....	25	14 to 31
55	Wedges .....	..... do .....	79	72 to 84	..... do .....	21	16 to 28
	Cooked from regular-moisture dried fruit:						
56	All samples .....	..... do .....	60	50 to 66	..... do .....	40	34 to 50
57	Rings .....	..... do .....	55	50 to 66	..... do .....	45	34 to 50
58	Slices .....	..... do .....	*66	---	..... do .....	34	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign; losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	APPLES--Continued						
		POSTCOOKING DATA -- Continued					
59	Cooked from frozen with added sugar:						
60	Stewed .....	Drained solids .....	58	57 to 59	Liquid .....	42	41 to 43
	Frozen, baked, whole ..	..... do .....	84	74 to 96	..... do .....	16	4 to 26
61	APPLESAUCE, unsieved ....	Applesauce, sieved .....	97	94 to 98	Sieving losses .....	3	2 to 6
	APRICOTS:						
62	Raw, whole .....	Flesh and skin .....	93	82 to 97	Pits .....	7	3 to 18
	Canned, contents of can:						
	Whole, peeled or unpeeled:						
63	All samples in sirup or water.	Drained solids .....	#55	#46 to 69	Liquid .....	#45	#31 to 54
	Extra heavy sirup:						
64	No. 2 1/2 .....	..... do .....	#51	#46 to 63	..... do .....	#49	#37 to 54
65	No. 10 .....	..... do .....	#55	#52 to 60	..... do .....	#45	#40 to 48
	Heavy sirup:						
66	No. 2 1/2 .....	..... do .....	#51	#46 to 63	..... do .....	#49	#37 to 54
67	No. 10 .....	..... do .....	#56	#53 to 61	..... do .....	#44	#39 to 47
	Light sirup:						
68	No. 2 1/2 .....	..... do .....	#54	#49 to 67	..... do .....	#46	#33 to 51
69	No. 10 .....	..... do .....	#58	#56 to 64	..... do .....	#42	#36 to 44
70	Slightly sweetened water, No. 2 1/2.	..... do .....	#56	#50 to 69	..... do .....	#44	#31 to 50
	Water:						
71	No. 2 1/2 .....	..... do .....	#56	#50 to 69	..... do .....	#44	#31 to 50
72	No. 10 .....	..... do .....	#60	#57 to 65	..... do .....	#40	#35 to 43
73	Solid pack .....	..... do .....	#87	#84 to 90	..... do .....	#13	#10 to 16
	Halves:						
74	All samples in sirup or water.	..... do .....	#59	#54 to 72	..... do .....	#41	#28 to 46
	Extra heavy sirup:						
75	No. 2 1/2 .....	..... do .....	58	57 to 60	..... do .....	42	40 to 43
76	No. 10 .....	..... do .....	#56	#54 to 60	..... do .....	#44	#40 to 46
	Heavy sirup:						
77	No. 2 1/2 .....	..... do .....	58	55 to 64	..... do .....	42	36 to 45
78	No. 10 .....	..... do .....	57	57 to 57	..... do .....	43	43 to 43
	Light sirup:						
79	No. 2 1/2 .....	..... do .....	59	57 to 60	..... do .....	41	40 to 43
80	No. 10 .....	..... do .....	#60	#58 to 65	..... do .....	#40	#35 to 42
	Slightly sweetened water:						
81	No. 2 1/2 .....	..... do .....	#61	#57 to 72	..... do .....	#39	#28 to 43
82	No. 10 .....	..... do .....	54	54 to 54	..... do .....	46	46 to 46
83	Juice, No. 303 ..	..... do .....	65	62 to 67	..... do .....	35	33 to 38
	Water:						
84	No. 2 1/2 .....	..... do .....	#61	#57 to 72	..... do .....	#39	#28 to 43
85	No. 10 .....	..... do .....	#62	#60 to 67	..... do .....	#38	#33 to 40
86	Solid pack .....	..... do .....	#87	#84 to 90	..... do .....	#13	#10 to 16
87	Whole, drained fruit with pits.	Flesh .....	90	86 to 93	Pits .....	10	7 to 14
	Dried:						
88	Low moisture (4 to 5%).	Cooked 5 min in water, 1:3.75 by weight.	442	439 to 446	Net gain due to added water and evaporation.	+342	+339 to +346
89	Do .....	Cooked, drained .....	285	285 to 286	Net gain due to water absorption.	+185	+185 to +186
90	Regular moisture (25 to 26%).	Cooked 30 min in water, 1:3 by weight.	290	287 to 294	Net gain due to added water and cooking losses.	+190	+187 to +194
91	Do .....	Cooked, drained .....	179	171 to 186	Net gain due to water absorption.	+79	+71 to +86
92	Cooked fruit with juice.	Drained solids .....	64	63 to 65	Liquid .....	36	35 to 37

# Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS — Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>APRICOTS</u> --Continued						
	Frozen, contents of package:						
93	Added sugar or sirup	Thawed solids, drained	65	62 to 69	Liquid .....	35	31 to 38
94	Thawed, solids and liquid.	Cooked, solids and liquid.	94	93 to 96	Cooking losses .....	6	4 to 7
95	Cooked, solids and liquid.	Drained solids .....	67	62 to 72	Liquid .....	33	28 to 38
	<u>ARROWHEAD</u> , raw, corms:						
96	Untrimmed .....	Trimmed, pared .....	75	63 to 79	Skin and sprout .....	25	21 to 37
97	Trimmed and pared .....	Steamed .....	99	99 to 100	Net change .....	1	0 to 1
	<u>ARTICHOKES, GLOBE</u> or <u>FRENCH</u> , raw:						
98	Whole .....	Edible part of leaves and base.	*40	---	Stem and inedible parts of bracts and flower.	60	---
99	Edible part of leaves and base, frozen.	Simmered .....	94	93 to 96	Net losses .....	6	4 to 7
	<u>ARTICHOKES, JERUSALEM.</u> See <u>JERUSALEM-ARTICHOKES.</u>						
	<u>ASPARAGUS:</u>						
	Raw:						
100	Whole shoots, all samples including undescribed.	Tips and tender portions of shoots.	53	31 to 88	Butt ends .....	47	12 to 69
101	Tips and tender portions of shoots.	Boiled or steamed .....	93	83 to 101	Net change .....	7	+1 to 17
102	Do .....	Pressure cooked .....	82	73 to 87	Net losses .....	18	13 to 27
	Canned, contents of can:						
103	All samples, cut spears, spears, or tips, all can sizes.	Drained solids .....	60	52 to 67	Liquid .....	40	33 to 48
	Cut spears:						
104	All samples .....	..... do .....	58	52 to 67	..... do .....	42	33 to 48
105	No. 1 Picnic ..	..... do .....	58	56 to 59	..... do .....	42	41 to 44
106	No. 300 .....	..... do .....	59	52 to 67	..... do .....	41	33 to 48
107	No. 10 .....	..... do .....	*58	---	..... do .....	42	---
	Spears or tips:						
108	All samples, all can sizes.	..... do .....	61	60 to 62	..... do .....	39	38 to 40
109	No. 1 Picnic ..	..... do .....	#62	---	..... do .....	#38	---
110	No. 300 .....	..... do .....	#60	---	..... do .....	#40	---
111	No. 5 Squat ...	..... do .....	62	62 to 62	..... do .....	38	38 to 38
	Frozen, contents of package:						
112	Cuts and tips .....	Boiled or steamed .....	80	79 to 85	Net losses .....	20	15 to 21
113	Spears .....	..... do .....	95	92 to 97	..... do .....	5	3 to 8
	<u>AVOCADOS</u> , whole:						
	California:						
114	Bacon .....	Pulp, raw .....	75	71 to 78	Seed and skin .....	25	22 to 29
					Seed .....	17	14 to 22
					Skin .....	8	7 to 9
115	Fuerte .....	..... do .....	76	70 to 85	Seed and skin .....	24	15 to 30
					Seed .....	16	9 to 24
					Skin .....	8	6 to 11
116	Hass .....	..... do .....	68	---	Seed and skin .....	32	---
					Seed .....	16	---
					Skin .....	16	---

\* Limited data available.

# Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign; losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	AVOCADOS, whole-- Continued						
117	California--Continued Rincon .....	Pulp, raw .....	63	57 to 67	Seed and skin .....	37	33 to 43
					Seed .....	24	21 to 32
					Skin .....	13	11 to 17
118	Florida: Booth 8 .....	do .....	70	64 to 76	Seed and skin .....	30	24 to 36
					Seed .....	19	17 to 22
					Skin .....	11	8 to 14
119	Lula .....	do .....	60	49 to 75	Seed and skin .....	40	25 to 51
					Seed .....	28	16 to 39
					Skin .....	12	6 to 17
120	Hawaii: Beardslee .....	do .....	65	---	Seed and skin .....	35	---
121	Hulumanu .....	do .....	76	---	do .....	24	---
122	Kahaluu .....	do .....	75	---	do .....	25	---
123	Nabal .....	do .....	70	---	do .....	30	---
	BACON. See PORK, cured.						
	BACON, CANADIAN STYLE. See PORK, cured.						
	BAGELS:						
124	Dough (formed) made from recipe.	Boiled for 15 min .....	135	117 to 168	Net gain due to water absorption.	+35	+17 to +68
125	Boiled dough (formed) made from recipe.	Baked at 205°C (400°F) for 35 min.	69	56 to 80	Evaporation .....	31	20 to 44
126	Frozen, baked .....	Heated .....	97	97 to 97	do .....	3	3 to 3
	BALALONG. See COWPEAS, Immature pods with seeds.						
	BALSAM-PEAR:						
	Fruit:						
127	Whole, raw .....	Flesh, sliced .....	83	80 to 88	Pulp and seeds .....	17	12 to 20
128	Flesh, sliced .....	Steamed .....	95	95 to 96	Net losses .....	5	4 to 5
	Plant:						
129	Leafy tips .....	Tender tips and leaves, cut.	38	24 to 70	Tough stems and leaves	62	30 to 76
130	Tender tips and leaves, cut.	Steamed .....	98	98 to 99	Net losses .....	2	1 to 2
	BAMBOO SHOOTS:						
131	Raw .....	Tender inside .....	29	28 to 30	Sheath .....	71	70 to 72
132	Canned, contents of can, 240 g (8 1/2 oz) size.	Drained solids .....	62	59 to 68	Liquid .....	38	32 to 41
	BANANAS:						
	Raw:						
	Common:						
	All sizes:						
133	Optimum ripeness	Flesh, raw .....	65	57 to 75	Skin .....	35	25 to 43
134	Slightly bruised or overripe.	do .....	60	53 to 71	Skin and spoiled portions	40	29 to 47
135	Large (more than 227 g (1/2 lb)).	do .....	66	58 to 72	Skin .....	34	28 to 42
136	Medium (between 150 and 227 g (1/3 and 1/2 lb)).	do .....	64	57 to 75	do .....	36	25 to 43
137	Small (less than 150 g (1/3 lb)).	do .....	63	60 to 75	do .....	37	25 to 40
138	Red .....	do .....	61	60 to 62	do .....	39	38 to 40
139	Canned, slices, contents of No. 10 can.	Drained solids .....	64	---	Liquid .....	36	---

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign, losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	BANANAS, baking type. See PLANTAINS.						
	BARBADOS-CHERRY. See ACEROLA.						
	BASS:						
		DRESSING AND BONING DATA					
	Atlantic black sea:						
140	Round .....	Drawn, raw .....	95	89 to 99	Entrails .....	5	1 to 11
141	Do .....	Flesh, raw .....	39	34 to 44	Head, tail, fins, entrails, scales, bones, and-skin.	61	56 to 66
142	Drawn .....	Dressed, raw .....	60	---	Head, tail, fins, and scales.	40	---
143	Dressed .....	Fillet with skin, raw	72	---	Bones with adhering flesh	28	---
144	Do .....	Fillet without skin, raw	60	---	Bones, skin, and adhering flesh.	40	---
	Large mouth black:						
145	Round .....	Dressed without skin, raw.	52	---	Head, tail, fins, entrails, scales, and skin.	48	---
146	Dressed without skin	Fillet without skin, raw	59	---	Bones with adhering flesh	41	---
	Striped:						
147	Round .....	Drawn, raw .....	94	---	Entrails .....	6	---
148	Do .....	Flesh, raw .....	43	39 to 50	Head, tail, fins, entrails, scales, bones, and skin.	57	50 to 61
149	Drawn .....	..... do .....	*49	---	Head, tail, fins, scales, bones, and skin.	51	---
150	Do .....	Dressed, raw .....	70	66 to 72	Head, tail, fins, and scales.	30	28 to 34
151	Dressed .....	Fillet with skin, raw	65	63 to 67	Bones with adhering flesh	35	33 to 37
152	Do .....	Fillet without skin, raw	59	57 to 61	Bones, skin, and adhering flesh.	41	39 to 43
	White:						
153	Round .....	..... do .....	39	33 to 44	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	61	56 to 67
		COOKING DATA					
	Atlantic black sea:						
	Fillet, with or without skin:						
154	Raw .....	Baked or broiled .....	82	81 to 82	Net losses .....	18	18 to 19
155	Raw, with bread stuffing.	Baked .....	*75	---	..... do .....	25	---
	Striped:						
156	Dressed, raw .....	..... do .....	*62	---	..... do .....	38	---
157	Do .....	Broiled .....	*84	---	..... do .....	16	---
158	Do .....	Pan fried .....	*89	---	..... do .....	11	---
159	Dressed, raw, stuffed with bread dressing.	Baked .....	73	---	Net losses .....	27	---
					Drippings .....	3	---
					Volatiles .....	24	---
160	Fillet with skin, raw	Baked or broiled .....	80	74 to 83	Net losses .....	20	17 to 26
161	Do .....	Pan fried .....	89	88 to 89	..... do .....	11	11 to 12
162	Fillet without skin, raw.	Broiled .....	76	---	..... do .....	24	---
		POSTCOOKING DATA					
163	Atlantic black sea: Fillet, baked, stuffed	Meat, skin, and stuffing	*95	---	Net losses .....	5	---
					Bone .....	1	---
					Handling loss .....	4	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	BASS--Continued						
		POSTCOOKING DATA -- Continued					
164	Striped: Dressed, baked .....	Meat and skin, cooked .. Meat .....	*90 77	---	Net losses .....	10	---
		Skin .....	13	---	Bones .....	7	---
165	Dressed, broiled .....	Meat and skin, cooked .. Meat .....	*88 79	---	Handling loss .....	3	---
		Skin .....	9	---	Net losses .....	12	---
166	Dressed, pan fried with batter and breading.	Meat and skin with coating, cooked.	*92	---	Bones .....	7	---
167	Dressed, stuffed, baked.	Meat, skin, and stuffing, cooked.	*89	---	Handling loss .....	5	---
168	Fillet, baked or broiled.	Meat, cooked .....	90	89 to 91	Bones and fins .....	8	---
169	Fillet, pan fried with coating.	..... do .....	87	---	Skin .....	10	9 to 11
170	BEAN SALAD, canned, green, wax, and kidney beans in dressing, No. 10 size.	Drained solids .....	68	66 to 69	Skin with coating .....	13	---
	BEAN SPROUTS. See BEANS, Mung, or SOYBEANS.				Liquid .....	32	31 to 34
	BEANS:						
	Broad. See BROADBEANS.						
	Common, mature seeds: Dry:						
171	All samples .....	Soaked, boiled, drained	238	216 to 262	Net gain due to water absorption.	+138	+116 to +162
	White:						
172	Great Northern	..... do .....	248	232 to 262	..... do .....	+148	+132 to +162
173	Navy .....	..... do .....	229	216 to 252	..... do .....	+129	+116 to +152
174	Red, kidney .....	..... do .....	238	227 to 250	..... do .....	+138	+127 to +150
175	Pinto .....	..... do .....	235	219 to 246	..... do .....	+135	+119 to +146
176	Canned, kidney .....	Drained solids .....	*68	---	Liquid .....	32	---
	Goa. See GOA BEANS.						
	Hyacinth. See HYACINTH-BEANS.						
	Lima:						
	Immature seeds:						
	Whole in pods:						
177	All samples, including unspecified.	Shelled beans, raw .....	44	19 to 69	Pods and imperfect beans	56	31 to 81
178	Baby .....	..... do .....	41	30 to 50	..... do .....	59	50 to 70
179	Fordhook .....	..... do .....	42	38 to 55	..... do .....	58	45 to 62
180	Shelled .....	Cooked by boiling, steam- ing, or pressure.	101	95 to 109	Net change .....	+1	+9 to 5
181	Do .....	Boiled	104	99 to 109	..... do .....	+4	+9 to 1
182	Do .....	Steamed	98	95 to 108	..... do .....	2	+8 to 5
183	Do .....	Pressure cooked .....	100	98 to 100	..... do .....	0	0 to 2
	Canned, contents of can:						
184	All samples .....	Drained solids .....	68	62 to 72	Liquid .....	32	28 to 38
185	No. 303 .....	..... do .....	68	62 to 72	..... do .....	32	28 to 38
186	No. 10 .....	..... do .....	69	69 to 69	..... do .....	31	31 to 31

\* Limited data available.

TABLE 1 -- YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	BEANS--Continued						
	Lima--Continued						
	Immature seeds--						
	Continued						
	Frozen, contents						
	of package:						
187	All samples .....	Boiled .....	105	98 to 115	Net change .....	+5	+15 to 2
188	Baby .....	..... do .....	105	99 to 109	..... do .....	+5	+9 to 1
189	Fordhook .....	..... do .....	103	99 to 108	..... do .....	+3	+8 to 1
190	Unspecified .....	..... do .....	106	98 to 115	..... do .....	+6	+15 to 2
	Mature seeds, dry:						
191	All samples .....	Soaked and boiled, drained.	243	223 to 282	Net gain .....	+143	+123 to +182
192	Baby .....	..... do .....	235	223 to 257	..... do .....	+135	+123 to +157
193	Large or Fordhook .....	..... do .....	250	223 to 282	..... do .....	+150	+123 to +182
	Mung:						
194	Mature seeds, dry ...	Simmered .....	*244	---	Net gain due to water absorption.	+144	---
	Sprouted seeds:						
195	Raw .....	Steamed .....	85	84 to 86	Net losses .....	15	14 to 16
	Canned, contents						
	of can:						
196	All samples .....	Drained solids .....	52	44 to 64	Liquid .....	48	36 to 56
197	No. 303 .....	..... do .....	50	44 to 54	..... do .....	50	46 to 56
198	No. 10 .....	..... do .....	54	48 to 64	..... do .....	46	36 to 52
199	Scarlet runner, raw ...	Trimmed, ready to cook	*92	---	Ends and strings .....	8	---
	Snap, green, and wax:						
	Whole:						
200	All samples .....	..... do .....	88	62 to 97	..... do .....	12	3 to 38
201	Ready to cook .....	Cooked by various methods	95	82 to 108	Net change .....	5	+8 to 18
202	Do .....	Boiled or steamed .....	98	82 to 108	..... do .....	2	+8 to 18
203	Do .....	Fried--simmered .....	87	85 to 88	Net losses .....	13	12 to 15
204	Do .....	Microwaves in water ..	99	96 to 102	Net change .....	1	+2 to 4
205	Do .....	Pressure cooked .....	94	87 to 100	Net losses .....	6	0 to 13
	Canned, contents						
	of can:						
206	All samples, including unspecified.	Drained solids .....	58	52 to 65	Liquid .....	42	35 to 48
	Whole:						
207	No. 303 .....	..... do .....	57	54 to 65	..... do .....	43	35 to 46
208	No. 10 .....	..... do .....	+57	---	..... do .....	+43	---
	Cut:						
209	No. 303 .....	..... do .....	57	52 to 62	..... do .....	43	38 to 48
210	No. 10 .....	..... do .....	61	56 to 65	..... do .....	39	35 to 44
	French cut:						
211	No. 303 .....	..... do .....	+56	---	..... do .....	+44	---
212	No. 10 .....	..... do .....	+58	---	..... do .....	+42	---
	Frozen, contents						
	of package:						
213	Cut .....	Thawed, solids, drained	98	96 to 99	..... do .....	2	1 to 4
214	Whole, cut, or French cut.	Boiled, steamed, or cooked in water with microwaves.	90	79 to 101	Net change .....	10	+1 to 21
215	Do .....	Cooked by microwaves without water.	79	76 to 82	..... do .....	21	18 to 24
216	BEANS AND FRANKS, frozen	Baked 25 min in 232°C (450°F) oven.	*95	---	Evaporation.....	5	---
217	BEECHNUTS .....	Kernels .....	61	59 to 63	Shells .....	39	37 to 41

\* Limited data available.

+ Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.



TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<b>BEEF:</b>							
<b>SLAUGHTER AND BONING DATA</b>							
218	Raw: Live .....	Chilled, dressed carcass	60	53 to 64	Dressing and chilling losses.	40	36 to 47
219	Carcass or sides, chilled and dressed.	Lean and fat meat, raw	86	81 to 88	Bones .....	14	12 to 19
Wholesale cuts:							
220	Chuck .....	do	85	81 to 87	do	15	13 to 19
221	Flank .....	do	99	99 to 99	do	1	1 to 1
222	Loin .....	do	88	84 to 90	do	12	10 to 16
223	Neck .....	do	75	73 to 76	do	25	24 to 27
224	Plate and brisket .....	do	86	78 to 89	do	14	11 to 22
225	Rib .....	do	83	75 to 86	do	17	14 to 25
226	Round .....	do	90	88 to 91	do	10	9 to 12
227	Rump .....	do	79	73 to 81	do	21	19 to 27
Shank:							
228	Fore .....	do	61	59 to 62	do	39	38 to 41
229	Hind .....	do	43	41 to 45	do	57	55 to 59
Retail cuts:							
230	Arm roasts .....	do	90	88 to 92	do	10	8 to 12
Chuck ribs:							
231	1-2 .....	do	86	83 to 88	do	14	12 to 17
232	3-4 .....	do	85	82 to 88	do	15	12 to 18
233	5 .....	do	83	80 to 87	do	17	13 to 20
Ribs:							
234	6 or blade .....	do	84	80 to 87	do	16	13 to 20
235	7-8 .....	do	82	78 to 87	do	18	13 to 22
236	9-10 .....	do	83	78 to 87	do	17	13 to 22
237	10-11 .....	do	83	78 to 85	do	17	15 to 22
238	11-12 .....	do	82	78 to 86	do	18	14 to 22
239	Neck .....	do	81	77 to 85	do	19	15 to 23
Round roasts:							
240	Bottom .....	do	97	96 to 98	do	3	2 to 4
241	Top .....	do	*93	---	do	7	---
Steaks:							
242	Club .....	do	83	79 to 88	do	17	12 to 21
243	Porterhouse .....	do	91	88 to 92	do	9	3 to 12
244	Round .....	do	96	95 to 96	do	4	4 to 5
245	Sirloin (including wedge and round bone).	do	92	90 to 94	do	8	6 to 10
246	Sirloin (including hip bone, short hip, short loin, and double bone).	do	83	80 to 87	do	17	13 to 20
247	T-bone .....	do	88	83 to 91	do	12	9 to 17
<b>THAWING DATA</b>							
248	Retail cuts, frozen: Ground or diced ...	Thawed meat, raw	96	94 to 97	Thawing losses	4	3 to 6
249	Roasts, all types .....	do	99	93 to 100	do	1	0 to 7
250	Steaks .....	do	99	98 to 99	do	1	1 to 2
<b>COOKING DATA</b>							
251	Retail cuts: Corned .....	Simmered	58	56 to 60	Net losses	42	34 to 40
Ground:							
Patties:							
252	All samples ...	All internal temp., 60° to 80°C (140° to 180°F) and unspecified--baked, broiled, and grilled.	75	62 to 85	Net losses	25	15 to 38
					Drippings	11	3 to 24
					Volatiles	14	6 to 25

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	BEEF--Continued	COOKING DATA -- Continued					
	Raw--Continued						
	Retail cuts--						
	Continued						
	Ground--Continued						
	Patties--						
	Continued						
253	Regular or hamburger (29% fat).	Baked to rare doneness, 60°C (140°F) internal temp.	79	78 to 80	Net losses ..... Drippings ..... Volatiles .....	21 12 9	20 to 22 11 to 13 8 to 11
254	Do .....	Baked to medium doneness, 71°C (160°F) internal temp.	72	67 to 80	Net losses ..... Drippings ..... Volatiles .....	28 13 15	20 to 33 8 to 16 12 to 17
255	Do .....	Grilled to medium doneness, 71°C (160°F) internal temp.	75	70 to 80	Net losses ..... Drippings ..... Volatiles .....	25 8 17	20 to 30 8 to 8 12 to 22
256	Do .....	Baked to well done, 77° to 82°C (170° to 180°F) internal temp.	63	62 to 64	Net losses ..... Drippings ..... Volatiles .....	37 15 22	36 to 38 12 to 18 20 to 25
257	Lean or chuck (25% fat).	Baked to rare doneness, 60°C (140°F) internal temp.	80	79 to 80	Net losses ..... Drippings ..... Volatiles .....	20 12 8	20 to 21 11 to 13 7 to 9
258	Do .....	Baked to medium doneness, 71°C (160°F) internal temp.	76	70 to 78	Net losses ..... Drippings ..... Volatiles .....	24 11 13	22 to 30 8 to 15 12 to 15
259	Do .....	Grilled to medium doneness, 71°C (160°F) internal temp.	*78	78 to 78	Net losses ..... Drippings ..... Volatiles .....	22 7 15	22 to 22 7 to 7 15 to 15
260	Do .....	Baked to well done, 77° to 82°C (170° to 180°F) internal temp.	68	67 to 70	Net losses ..... Drippings ..... Volatiles .....	32 14 18	30 to 33 11 to 15 17 to 19
261	Extra lean or round (19-20% fat).	Baked to rare doneness, 60°C (140°F) internal temp.	81	81 to 81	Net losses ..... Drippings ..... Volatiles .....	19 9 10	19 to 19 9 to 10 9 to 10
262	Do .....	Baked to medium doneness, 71°C (160°F) internal temp.	80	78 to 83	Net losses ..... Drippings ..... Volatiles .....	20 9 11	17 to 22 3 to 11 10 to 12
263	Do .....	Grilled to medium doneness, 71°C (160°F) internal temp.	*85	85 to 85	Net losses ..... Drippings ..... Volatiles .....	15 3 12	15 to 15 3 to 3 12 to 12
264	Do .....	Baked to well done, 77° to 82°C (170° to 180°F) internal temp.	67	65 to 69	Net losses ..... Drippings ..... Volatiles .....	33 10 23	31 to 35 9 to 11 22 to 25
265	Unspecified fat content.	Baked, broiled, and grilled to unspecified internal temp.	73	64 to 85	Net losses ..... Drippings ..... Volatiles .....	27 14 13	15 to 36 5 to 24 6 to 20
266	Patties, frozen	Grilled to unspecified internal temp.	62	47 to 75	Net losses ..... Drippings ..... Volatiles .....	38 11 27	25 to 53 8 to 13 20 to 30
267	Ground mixtures: Patties: 70% beef and 30% soy protein.	Cooked to unspecified doneness.	82	77 to 90	Net losses ..... Drippings ..... Volatiles .....	18 10 8	10 to 23 4 to 12 6 to 11
268	Meat loaf: Blend of 64% beef with 36% bread, eggs, and seasonings.	Baked to 85°C (185°F) internal temp. in conventional oven.	77	76 to 78	Net losses ..... Drippings ..... Volatiles .....	23 9 14	22 to 24 9 to 9 14 to 15
269	Do .....	Baked to 85°C (185°F) internal temp. in microwave oven.	73	72 to 74	Net losses ..... Drippings ..... Volatiles .....	27 9 18	26 to 28 8 to 10 17 to 19

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<b>BEEF--Continued</b>							
<b>COOKING DATA -- Continued</b>							
	Raw--Continued Retail cuts-- Continued Ground mixtures-- Continued						
270	Meat loaf: Blend of beef, pork, and veal.	Baked to 85°C (185°F) internal temp. in conventional oven.	67	64 to 72	Net losses .....	33	28 to 36
					Drippings .....	23	20 to 26
					Volatiles .....	10	8 to 12
271	Meat loaf: Blend of 45% beef with 19% soy protein, plus other added ingredients.	Baked to unspecified internal temp.	87	86 to 88	Net losses .....	13	12 to 14
					Drippings .....	3	1 to 4
					Volatiles .....	10	8 to 12
<b>MOIST-HEAT METHODS</b>							
272	All: Bone in .....	Braised until tender ...	68	50 to 77	Net losses .....	32	23 to 50
273	Boneless .....	..... do .....	65	37 to 84	Net losses .....	35	16 to 63
					Drippings .....	20	13 to 27
					Volatiles .....	15	4 to 16
274	Chuck, bone in ....	..... do .....	73	71 to 77	Net losses .....	27	23 to 29
					Drippings .....	17	13 to 20
					Volatiles .....	10	8 to 15
275	Specific, boneless: Arm .....	..... do .....	69	69 to 69	Net losses .....	31	31 to 31
276	Chuck .....	..... do .....	68	49 to 80	Net losses .....	32	20 to 51
					Drippings .....	18	17 to 18
					Volatiles .....	14	14 to 15
277	Do .....	Pressure cooked .....	65	54 to 76	Net losses .....	35	24 to 46
278	Knuckle .....	Braised until tender ...	63	63 to 63	..... do .....	37	37 to 37
279	Round .....	Braised until tender in covered pan.	64	37 to 84	..... do .....	36	16 to 63
280	Do .....	Braised, wrapped in foil or plastic.	70	63 to 75	Net losses .....	30	25 to 37
					Drippings .....	22	13 to 27
					Volatiles .....	8	3 to 15
281	Do .....	Braised, in microwave oven in plastic wrap.	70	---	Net losses .....	30	---
					Drippings .....	15	---
					Volatiles .....	15	---
282	Rump .....	Braised until tender ...	66	55 to 84	Net losses .....	34	16 to 45
283	Short ribs .....	..... do .....	68	---	..... do .....	32	---
284	Shoulder clod ...	..... do .....	70	66 to 78	..... do .....	30	22 to 34
285	Steaks, usually round.	..... do .....	61	53 to 68	Net losses .....	39	32 to 47
					Drippings .....	8	7 to 11
					Volatiles .....	31	28 to 39
286	Cubes, from all cuts.	Simmered or pressure cooked.	61	38 to 75	Net losses .....	39	25 to 62
287	Rib, frozen .....	Braised in film to 60°C (140°F) internal temp.	74	72 to 77	..... do .....	26	23 to 28
<b>DRY-HEAT METHODS</b>							
288	All samples, bone in and boneless.	Seared in 218°C (425°F) oven. Roasted in conventional oven to indicated internal temp.:	89	88 to 89	Juices .....	11	11 to 12
289	Do .....	All temperatures, 57° to 85°C (135° to 185°F).	78	58 to 91	Net losses .....	22	9 to 42
					Drippings .....	8	2 to 23
					Volatiles .....	14	2 to 29
290	Do .....	Rare, 57° to 63°C (135° to 145°F).	83	70 to 91	Net losses .....	17	9 to 30
					Drippings .....	6	2 to 18
					Volatiles .....	11	2 to 20

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	BEEF--Continued	COOKING DATA -- Continued Dry-Heat Methods -- Continued					
	Raw--Continued Retail cuts-- Continued All samples, bone in and bone- less--Continued						
291	Do .....	Medium, 65° to 74°C (150° to 165°F).	77	58 to 88	Net losses .....	23	12 to 42
					Drippings .....	9	3 to 23
					Volatiles .....	14	4 to 35
292	Do .....	Well done, 75° to 85°C (167° to 185°F).	72	59 to 84	Net losses .....	28	16 to 41
					Drippings .....	8	2 to 19
					Volatiles .....	20	12 to 29
293	Bone in .....	All temperatures, 57° to 85°C (135° to 185°F).	78	58 to 91	Net losses .....	22	9 to 42
					Drippings .....	7	2 to 19
					Volatiles .....	15	6 to 29
294	Do .....	Rare, 57° to 63°C (135° to 145°F).	86	80 to 91	Net losses .....	14	9 to 20
					Drippings .....	4	2 to 8
					Volatiles .....	10	6 to 14
295	Do .....	Medium, 65° to 74°C (150° to 165°F).	76	58 to 88	Net losses .....	24	12 to 42
					Drippings .....	8	3 to 13
					Volatiles .....	16	12 to 22
296	Do .....	Well done, 75° to 85°C (167° to 185°F).	70	60 to 81	Net losses .....	30	19 to 40
					Drippings .....	10	4 to 19
					Volatiles .....	20	12 to 29
297	Boneless .....	All temperatures, 57° to 85°C (135° to 185°F).	77	59 to 89	Net losses .....	23	11 to 41
					Drippings .....	9	2 to 23
					Volatiles .....	14	2 to 27
298	Do .....	Rare, 57° to 63°C (135° to 145°F).	81	70 to 89	Net losses .....	19	11 to 30
					Drippings .....	4	2 to 18
					Volatiles .....	15	2 to 20
299	Do .....	Medium, 65° to 74°C (150° to 165°F).	77	59 to 85	Net losses .....	23	15 to 41
					Drippings .....	11	2 to 23
					Volatiles .....	12	4 to 35
300	Do .....	Well done, 75° to 85°C (167° to 185°F).	74	59 to 84	Net losses .....	26	16 to 41
					Drippings .....	7	2 to 13
					Volatiles .....	19	13 to 27
		<u>Roasted in microwave oven to indicated internal temp.:</u>					
301	Do .....	All temperatures, 65° to 85°C (150° to 185°F).	69	60 to 73	Net losses .....	31	27 to 40
					Drippings .....	14	10 to 20
					Volatiles .....	17	14 to 21
302	Do .....	Medium, 65° to 74°C (150° to 165°F).	72	68 to 73	Net losses .....	28	27 to 32
					Drippings .....	13	10 to 16
					Volatiles .....	15	14 to 18
303	Do .....	Well done, 75° to 85°C (167° to 185°F).	61	60 to 63	Net losses .....	39	37 to 40
					Drippings .....	19	17 to 20
					Volatiles .....	20	19 to 21
		<u>Broiled, pan fried, deep-fat fried to indicated internal temp.:</u>					
304	Steaks, bone in and boneless.	All samples, including unspecified done- ness.	76	58 to 91	Net losses .....	24	9 to 42
					Drippings .....	7	1 to 21
					Volatiles .....	17	6 to 31
305	Do .....	Rare, 60° to 65°C (140° to 150°F).	80	74 to 90	Net losses .....	20	10 to 26
					Drippings .....	5	1 to 14
					Volatiles .....	15	10 to 22
306	Do .....	Medium, 68° to 74°C (155° to 165°F).	74	65 to 91	Net losses .....	26	9 to 35
					Drippings .....	8	2 to 17
					Volatiles .....	18	11 to 26
307	Do .....	Well done, 75° to 85°C (167° to 185°F).	68	58 to 81	Net losses .....	32	19 to 42
					Drippings .....	10	2 to 21
					Volatiles .....	22	17 to 31

TABLE 1 -- YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>BEEF--Continued</b>						
			COOKING DATA -- Continued Dry-Heat Methods -- Continued				
308	Raw--Continued Retail cuts, frozen: Roasts, boneless, rib.	Roasted to 60°C (140°F) internal temp.	74	73 to 77	Net losses .....	26	23 to 27
309	Steaks, boneless, prebrowned.	Heated to 66°C (150°F) internal temp.	68	66 to 70	Drippings .....	9	8 to 10
					Volatiles .....	17	12 to 18
					Net losses .....	32	30 to 34
			POSTCOOKING DATA				
310	Corned, boneless, simmered. Roasts, oven: Bone in:	Lean meat .....	70	68 to 73	Fat and cutting loss ...	30	27 to 32
311	Loin (rare): Sliced immediately after roasting.	Lean and fat meat, sliced	84	81 to 86	Net losses .....	16	14 to 19
					Bone and handling loss	11	10 to 14
					Slicing scraps and juice.	5	3 to 6
312	Sliced after standing 30 min and holding 90 min over dry heat.	..... do .....	76	67 to 83	Net losses .....	24	17 to 33
					Bone .....	16	10 to 22
					Slicing scraps and juice.	2	1 to 4
313	Sliced after refrigeration at 5°C (40°F) for 24 h and reheating.	..... do .....	67	66 to 68	Dripping during holding	6	1 to 10
					Net losses .....	33	32 to 34
					Bone .....	18	17 to 20
					Slicing scraps and juice.	14	13 to 15
314	Rib (medium) .....	Lean meat, sliced .....	59	53 to 71	Volatiles .....	1	0 to 1
					Net losses .....	41	29 to 47
					Bone .....	16	12 to 23
					Excess fat .....	20	14 to 24
					Slicing scraps and juice.	2	1 to 3
					Handling loss .....	3	1 to 3
315	Partly boned: Loin (medium) .....	Lean and fat meat, sliced	74	70 to 77	Bone and handling loss	26	23 to 30
316	Rump (unspecified)	Lean meat, sliced .....	68	64 to 73	Net losses .....	32	27 to 36
					Bone .....	4	2 to 6
					Excess fat .....	22	20 to 24
					Slicing scraps and juice.	6	5 to 6
317	Boneless: Chuck (medium) ....	Lean and fat meat, sliced	82	75 to 87	Net losses .....	18	13 to 25
					Excess fat .....	4	2 to 7
					Shrinkage during cool- ing.	8	6 to 11
					Slicing scraps and juice.	5	2 to 8
318	Knuckle (medium) ..	Lean meat, sliced .....	74	64 to 80	Handling loss .....	1	0 to 3
					Net losses .....	26	20 to 36
					Excess fat .....	13	10 to 16
					Shrinkage during cool- ing.	7	1 to 12
					Slicing scraps and juice.	5	2 to 9
319	Rib (medium) .....	..... do .....	54	47 to 62	Handling loss .....	1	0 to 3
					Net losses .....	46	38 to 53
					Excess fat .....	32	24 to 39
					Shrinkage during cool- ing.	7	5 to 11
					Slicing scraps and juice.	6	3 to 8
					Handling loss .....	1	0 to 1

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	BEEF--Continued	POSTCOOKING DATA -- Continued					
	Roasts, oven-- Continued Boneless--Continued Round:						
320	Gooseneck (medium)	Lean meat, sliced .....	83	76 to 89	Net losses .....	17	11 to 24
					Excess fat .....	6	4 to 8
					Shrinkage during cooling .....	9	7 to 13
					Slicing scraps and juice .....	2	1 to 2
321	Inside (medium)	..... do .....	80	76 to 85	Net losses .....	20	15 to 24
					Excess fat .....	7	5 to 10
					Shrinkage during cooling .....	8	5 to 11
					Slicing scraps and juice .....	5	2 to 8
322	Top (rare) .....	..... do .....	90	88 to 93	Net losses .....	10	7 to 12
					Excess fat .....	6	5 to 7
					Juices .....	4	1 to 7
323	Top (medium) ....	..... do .....	77	76 to 79	Net losses .....	23	21 to 24
					Exterior fat and connective tissue .....	14	14 to 14
					Slicing scraps and juice .....	9	7 to 10
324	Rump (medium) .....	..... do .....	90	85 to 93	Net losses .....	10	7 to 15
					Excess fat .....	5	3 to 10
					Slicing scraps and juice .....	2	1 to 3
					Handling loss .....	3	2 to 3
325	Shoulder clod (medium).	Lean and fat meat, sliced	75	69 to 79	Net losses .....	25	21 to 31
					Excess fat .....	12	7 to 17
					Shrinkage during cooling .....	8	6 to 11
					Slicing scraps and juice .....	4	2 to 7
					Handling loss .....	1	0 to 2
326	Sirloin butt (medium).	..... do .....	70	69 to 72	Net losses .....	30	28 to 31
327	Sirloin, top (medium).	..... do .....	77	71 to 84	Net losses .....	23	16 to 29
					Excess fat .....	10	4 to 14
					Shrinkage during cooling .....	7	3 to 11
					Slicing scraps and juice .....	5	2 to 9
					Handling loss .....	1	1 to 4
328	Sirloin tip (medium).	Lean meat, sliced .....	86	83 to 92	Net losses .....	14	8 to 17
					Excess fat .....	10	5 to 13
					Slicing scraps and juice .....	1	1 to 2
					Handling loss .....	3	2 to 6
329	Roasts, braised: Chuck, bone in (medium).	Lean meat, boned, sliced	63	56 to 71	Net losses .....	37	29 to 44
					Bones .....	10	8 to 12
					Excess fat .....	23	14 to 31
					Slicing scraps and juice .....	1	1 to 1
					Handling loss .....	3	2 to 4
330	Round, boneless (medium).	Lean meat, sliced .....	88	84 to 94	Net losses .....	12	6 to 16
					Excess fat .....	7	1 to 12
					Slicing scraps and juice .....	2	1 to 4
					Handling loss .....	3	2 to 4
331	Steaks, bone in, broiled: Loin, thin (well done)	Lean and fat meat, boned	75	57 to 89	Bone .....	25	11 to 43
332	Rib (rare to well done).	..... do .....	82	72 to 86	..... do .....	18	14 to 28

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign; losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>BEET GREENS, raw:</b>						
333	Untrimmed: Mature leaves .....	Trimmed leaves .....	56	53 to 59	Stems, bruised and old leaves.	44	41 to 47
334	Young leaves with beets.	..... do .....	71	51 to 90	Stems, leaves, and beets	29	10 to 49
335	Trimmed .....	Steamed 10 min .....	95	94 to 96	Stems and leaves .....	9	0 to 19
336	Do .....	Boiled, unspecified time	78	77 to 78	Beets .....	20	10 to 30
					Net losses .....	5	4 to 6
					..... do .....	22	22 to 23
	<b>BEETS:</b>						
337	Raw, whole: With full tops .....	Pared roots, raw .....	40	19 to 78	Tops and parings .....	60	22 to 81
					Tops .....	43	27 to 61
338	With part tops .....	..... do .....	67	59 to 73	Parings .....	17	---
339	Do .....	Boiled .....	*96	---	Parings and part tops ..	33	27 to 41
340	No tops .....	Pared roots, raw .....	70	53 to 86	Net losses .....	4	---
341	Do .....	Diced, cooked .....	76	67 to 83	Parings .....	30	14 to 47
					Evaporation, stem ends, peelings, cutting loss.	24	17 to 33
342	Cooked, whole with part tops.	Peeled and diced .....	91	88 to 98	Top, root, skin .....	9	2 to 12
	<b>Canned, contents of can:</b>						
343	All samples .....	Drained solids .....	*66	+56 to 76	Liquid .....	*34	+24 to 44
	<b>Whole:</b>						
344	No. 303 .....	..... do .....	66	66 to 66	..... do .....	34	34 to 34
345	No. 10 .....	..... do .....	71	67 to 73	..... do .....	29	27 to 33
	<b>Diced:</b>						
346	No. 303 .....	..... do .....	64	61 to 72	..... do .....	36	28 to 39
347	No. 10 .....	..... do .....	72	70 to 74	..... do .....	28	26 to 30
	<b>Julienne:</b>						
348	No. 303 .....	..... do .....	*56	---	..... do .....	*44	---
349	No. 10 .....	..... do .....	*65	---	..... do .....	*35	---
	<b>Sliced:</b>						
350	No. 303 .....	..... do .....	67	56 to 76	..... do .....	33	24 to 44
351	No. 10 .....	..... do .....	67	64 to 72	..... do .....	33	28 to 36
352	<b>BENISHOGA, pickled</b> .....	..... do .....	57	57 to 58	..... do .....	43	42 to 43
	<b>BISCUITS, BAKING POWDER:</b>						
353	Dough (rolled) made from recipe with all-purpose or self-rising flour, or from a mix with added ingredients.	Baked until light brown	88	87 to 89	Net losses .....	12	11 to 13
354	Refrigerated dough .....	..... do .....	95	93 to 97	..... do .....	5	3 to 7
355	Frozen, baked .....	Heated in oven .....	88	86 to 90	Evaporation .....	12	10 to 14
	<b>BITTERMELON LEAFY TIPS.</b>						
	See BALSAM-PEAR, plant, leafy tips.						
	<b>BLACKBERRIES:</b>						
356	Raw .....	Sound berries .....	96	92 to 100	Caps and spoiled berries	4	0 to 8
	<b>Canned, contents of can:</b>						
357	All samples .....	Drained solids .....	58	50 to 63	Liquid .....	42	37 to 50
	<b>Heavy sirup:</b>						
358	No. 303 .....	..... do .....	53	50 to 58	..... do .....	47	42 to 50
359	No. 10 .....	..... do .....	*58	---	..... do .....	*42	---
	<b>Light sirup:</b>						
360	No. 303 .....	..... do .....	58	---	..... do .....	42	---
361	No. 10 .....	..... do .....	63	---	..... do .....	37	---

\* Limited data available.

† Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign; losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>BLACKBERRIES--Continued</b>						
	Frozen, contents of package:						
362	All samples .....	Thawed solids, drained	63	50 to 71	Liquid .....	37	29 to 50
363	With sugar .....	..... do .....	66	61 to 71	..... do .....	34	29 to 39
364	In sirup .....	..... do .....	60	50 to 67	..... do .....	40	33 to 50
365	Thawed, solids and liquid.	Boiled .....	90	81 to 95	Net losses .....	10	5 to 19
366	Cooked, from thawed solids and liquid.	Drained solids .....	28	24 to 32	Liquid .....	72	68 to 76
	<b>BLACKEYE PEAS.</b> See <b>COWPEAS.</b>						
	<b>BLACKFISH.</b> See <b>TAUTOG.</b>						
	<b>BLUEBERRIES:</b>						
367	Raw .....	Sound berries .....	98	87 to 100	Stems and spoiled berries.	2	0 to 13
	Canned, contents of can:						
368	All samples .....	Drained solids .....	54	52 to 56	Liquid .....	46	44 to 48
369	Heavy sirup, No. 300.	..... do .....	55	54 to 56	..... do .....	45	44 to 46
370	Light sirup, No. 300 or No. 10.	..... do .....	52	52 to 52	..... do .....	48	48 to 48
371	Water, No. 10 .....	..... do .....	*54	---	..... do .....	*46	---
	Frozen:						
372	Contents of package	Thawed solids, drained	80	63 to 93	..... do .....	20	7 to 37
373	Thawed solids and liquid (88%) mixed with added sugar (12%).	Boiled 1 min .....	94	91 to 98	Net losses .....	6	2 to 9
374	Cooked from thawed solids and liquid with added sugar.	Drained solids .....	52	51 to 53	Liquid .....	48	47 to 49
	<b>BLUEFISH:</b>						
		<b>DRESSING AND BONING DATA</b>					
375	Round .....	Flesh, raw .....	51	49 to 54	Head, tail, fins, entrails, bones, skin, and handling loss.	49	46 to 51
376	Drawn .....	Dressed, raw .....	70	70 to 71	Head, tail, and fins ...	30	29 to 30
377	Dressed with fins and tail.	..... do .....	*88	---	Fins and tail .....	12	---
378	Dressed .....	Fillet with skin, raw	*72	---	Bones with adhering flesh	28	---
379	Fillet with skin .....	Fillet without skin, raw	*93	---	Net losses .....	7	---
					Skin .....	5	---
					Handling loss .....	2	---
		<b>COOKING DATA</b>					
380	Dressed, raw .....	Baked or broiled .....	69	61 to 87	Net losses .....	31	13 to 39
381	Dressed, raw, stuffed	Baked .....	*87	---	Net losses .....	13	---
					Drippings .....	6	---
					Volatiles .....	7	---
382	Fillet with skin, raw	..... do .....	75	70 to 79	Net losses .....	25	21 to 30
					Drippings .....	10	---
					Volatiles .....	15	---
383	Do .....	Broiled .....	71	60 to 81	Net losses .....	29	19 to 40
384	Do .....	Deep-fat fried .....	73	---	..... do .....	27	---
385	Do .....	Pan fried .....	*82	---	..... do .....	18	---
386	Fillet without skin, raw.	Broiled .....	*63	---	..... do .....	37	---

\* Limited data available.

# Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.



TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>BLUEFISH--Continued</b>						
		<b>POSTCOOKING DATA</b>					
387	Dressed, baked .....	Meat and skin, cooked ..	*90	---	Net losses .....	10	---
		<u>Light meat</u> .....	78	---	Bones .....	6	---
		<u>Dark meat</u> .....	5	---	<u>Handling loss</u> .....	4	---
		<u>Skin</u> .....	7	---			
388	Dressed, broiled .....	Meat and skin, cooked ..	*91	---	Net losses .....	9	---
		<u>Light meat</u> .....	77	---	Bones .....	6	---
		<u>Dark meat</u> .....	5	---	<u>Handling loss</u> .....	3	---
		<u>Skin</u> .....	9	---			
389	Dressed, stuffed, baked	Meat, skin, and stuffing,	*90	---	Net losses .....	10	---
		cooked.			Bones .....	7	---
390	Fillet with skin, broiled.	Meat, cooked .....	93	---	<u>Handling loss</u> .....	3	---
		<u>Light meat</u> .....	79	---	Skin and handling loss	7	---
		<u>Dark meat</u> .....	14	---			
391	Fillet without skin, broiled.	Meat, cooked .....	*98	---	Handling loss .....	2	---
		<u>Light meat</u> .....	87	---			
		<u>Dark meat</u> .....	11	---			
392	<u>BLUEGILLS</u> , round .....	Dressed, raw .....	*50	---	Head, fins, entrails, and scales.	50	---
393	<u>BONITO</u> , round .....	Flesh, raw .....	*58	---	Head, tail, fins, entrails, bones, skin, and handling loss.	42	---
	<b>BOYSENBERRIES:</b>						
	Canned, contents of can:						
394	All samples .....	Drained solids .....	64	57 to 68	Liquid .....	36	32 to 43
395	Extra heavy sirup, No. 303.	..... do .....	62	57 to 68	..... do .....	38	32 to 43
396	Heavy sirup, No. 10	..... do .....	*63	---	..... do .....	37	---
397	Water, No. 10 .....	..... do .....	68	---	..... do .....	32	---
398	Frozen in sirup, contents of package.	Thawed solids, drained	56	52 to 61	..... do .....	44	39 to 48
399	<u>BRAZILNUTS</u> .....	Kernels .....	48	41 to 53	Shells .....	52	47 to 59
	<b>BREAD, LOAF:</b>						
	Unbaked:						
400	Dough, made from recipe.	First fermentation, 1 to 2 h.	98	97 to 99	Net losses .....	2	1 to 3
401	Dough, made from recipe, molded.	Second fermentation or proofing, 1/2 to 1 h.	99	99 to 99	..... do .....	1	1 to 1
402	Molded, proofed dough, ready for baking.	Baked and cooled to room temperature.	92	86 to 96	..... do .....	8	4 to 14
403	Brown and serve, commercial type.	Baked until light brown	93	89 to 96	..... do .....	7	4 to 11
404	Baked .....	Toasted .....	91	85 to 97	..... do .....	9	3 to 15
	<b>BREADFRUIT:</b>						
405	Whole .....	Pared, cored halves ....	78	77 to 81	Core and skin .....	22	19 to 23
					Core .....	9	7 to 12
					Skin .....	13	11 to 15
406	Pared, cored, halves ..	Baked .....	99	99 to 100	Net losses .....	1	0 to 1
407	<u>BROADBEANS</u> , raw .....	Shelled beans .....	34	31 to 36	Pods .....	66	64 to 69

\* Limited data available.

TABLE 1 -- YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>BROCCOLI:</b>						
	Raw:						
	Spears:						
408	Untrimmed .....	Flower stalk, trimmed ..	61	45 to 77	Leaves and tough stalks with trimmings.	39	23 to 55
409	Trimmed .....	..... do .....	*78	---	Tough stalks and trimmings.	22	---
410	Do .....	Cooked by boiling, steaming, or pressure.	100	86 to 117	Net change .....	0	+17 to 14
411	Do .....	Boiled .....	100	86 to 117	..... do .....	0	+17 to 14
412	Do .....	Steamed .....	95	87 to 107	..... do .....	5	+7 to 13
413	Do .....	Pressure cooked .....	104	92 to 114	..... do .....	+4	+14 to 8
	Frozen, contents of package:						
414	Spears .....	Thawed solids, drained	96	96 to 97	Liquid .....	4	3 to 4
415	Chopped .....	..... do .....	97	97 to 98	..... do .....	3	2 to 3
416	Spears .....	Cooked by boiling, steaming, or microwaves.	89	73 to 102	Net change .....	11	+2 to 27
417	Do .....	Boiled .....	86	78 to 102	..... do .....	14	+2 to 22
418	Do .....	Steamed .....	94	89 to 100	Net losses .....	6	0 to 11
419	Do .....	Microwaves in water ..	87	80 to 92	..... do .....	13	8 to 20
420	Do .....	Microwaves without water.	82	73 to 87	..... do .....	18	13 to 27
421	Chopped .....	Boiled or steamed .....	94	83 to 100	..... do .....	6	0 to 17
422	Au gratin .....	Baked .....	*95	---	..... do .....	5	---
	<b>BROILER-FRYER.</b> See <b>CHICKEN.</b>						
	<b>BROWNIES.</b> See <b>COOKIES.</b>						
	<b>BRUSSELS SPROUTS:</b>						
	Raw:						
	Untrimmed:						
423	Good quality .....	Trimmed, ready to cook	90	88 to 92	Outer leaves .....	10	8 to 12
424	Fair quality .....	..... do .....	70	66 to 77	..... do .....	30	23 to 34
425	Trimmed, ready to cook.	Cooked by boiling, steaming, or pressure.	106	93 to 122	Net change .....	+6	+22 to 7
426	Do .....	Boiled .....	109	93 to 122	..... do .....	+9	+22 to 7
427	Do .....	Steamed .....	105	98 to 111	..... do .....	+5	+11 to 2
428	Do .....	Pressure cooked .....	96	93 to 101	..... do .....	4	+1 to 7
429	Frozen .....	Boiled .....	96	88 to 101	..... do .....	4	+1 to 12
430	<b>BUFFALOFISH</b> , round .....	Fillet with skin, raw ..	32	24 to 39	Head, tail, fins, entrails, scales, and bones with adhering flesh.	68	61 to 76
431	<b>BULLHEAD</b> , round .....	Dressed, raw .....	*41	---	Head, fins, tail, entrails, and skin.	59	---
432	Do .....	Fillet with skin, raw ..	19	12 to 24	Head, fins, tail, entrails, and bones with adhering flesh.	81	76 to 88
	<b>BULLOCKSHEART.</b> See <b>CUSTARD-APPLE.</b>						
433	<b>BURBOT</b> , round .....	Fillet without skin, raw	15	---	Head, tail, fins, scales, entrails, bones, and skin with adhering flesh.	85	---

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign; losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
434	<u>BURDOCK</u> , raw: Whole root .....	Washed, peeled, and cut into uniform lengths.	75	72 to 80	Skin and root tops .....	25	20 to 28
435	Pieces, peeled .....	Steamed 30 min .....	*93	---	Net losses .....	7	---
436	<u>BUTTERFISH</u> : Round .....	Drawn, raw .....	93	91 to 96	Entrails .....	7	4 to 9
437	Do .....	Flesh, raw .....	51	44 to 56	Head, tail, fins, entrails, bones, and skin.	49	44 to 56
438	Drawn .....	Dressed, raw .....	79	77 to 80	Head, tail, and fins ...	21	20 to 23
439	<u>BUTTERNUTS</u> .....	Kernels .....	*14	---	Shells .....	86	---
	CSM. See <u>CORN-SOY-MILK</u> .						
	<u>CABBAGE</u> : Raw:						
440	Whole head, green, red, or white.	Ready to cook, without core.	93	91 to 96	Core .....	7	4 to 9
441	Do .....	Trimmed, ready to cook, without core.	80	58 to 92	Outer leaves and core ..	20	8 to 42
					Outer leaves .....	14	12 to 16
					Core .....	6	4 to 9
442	Ready to cook .....	Boiled or steamed .....	96	77 to 121	Net change .....	4	+21 to 23
443	Do .....	Pressure cooked .....	86	82 to 96	do .....	14	4 to 18
444	Salted (Kim chee), contents of container.	Drained solids .....	74	71 to 76	Liquid .....	26	24 to 29
	<u>CABBAGE, CHINESE</u> : Raw:						
445	Institutional pack ..	Trimmed and cut to retail pack.	59	52 to 64	Outer leaves and rootstock.	41	36 to 48
446	Retail pack .....	Trimmed and cut for use	93	88 to 95	Outer leaves and root base.	7	5 to 12
447	Trimmed and cut into sections.	Steamed .....	98	95 to 101	Net change .....	2	+1 to 5
448	Salted (Kim chee), contents of container.	Drained solids .....	84	81 to 88	Liquid .....	16	12 to 19
	<u>CABBAGE, GREEN MUSTARD</u> . See <u>MUSTARD GREENS</u> .						
	<u>CABBAGE, SPOON</u> : Raw:						
449	Untrimmed .....	Trimmed .....	88	80 to 95	Bases and damaged leaves	12	5 to 20
450	Trimmed, cut into pieces.	Steamed .....	93	92 to 93	Net losses .....	7	7 to 8
	Refrigerated, salt pickled:						
451	With stale bread .....	Drained solids .....	97	---	Liquid .....	3	---
452	With bran .....	do .....	93	---	do .....	7	---
	<u>CABBAGE, SWAMP</u> . See <u>SWAMP CABBAGE</u> .						
	<u>CABBAGE, WHITE MUSTARD</u> . See <u>CABBAGE, SPOON</u> .						
453	<u>CACTUS FRUIT</u> .....	Flesh, raw .....	*95	---	Skin, stem, and bud ends	5	---
	<u>CAKES</u> :						
454	All samples, made from recipe or from mix with added ingredients.	Mixed batter in pans ready for baking.	97	93 to 98	Handling loss .....	3	2 to 7

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>CAKES</u> --Continued						
				<b>BAKING DATA</b>			
455	Air-leavened batters from recipe or from mix with added ingredients.	Baked cake, cooled .....	86	81 to 92	Net losses .....	14	8 to 19
456	Chemically leavened batters from recipe or from mix with added ingredients.	..... do .....	88	81 to 94	..... do .....	12	6 to 19
457	Angel food .....	..... do .....	87	81 to 92	..... do .....	13	8 to 19
458	Applesauce or apple raisin.	..... do .....	90	88 to 92	..... do .....	10	8 to 12
459	Chocolate .....	..... do .....	91	90 to 91	..... do .....	9	9 to 10
460	Coffee, including crumb or fruit types.	..... do .....	*87	---	..... do .....	13	---
461	Cupcake, all types ..	..... do .....	*81	---	..... do .....	19	---
462	Devils' food .....	..... do .....	91	90 to 91	..... do .....	9	9 to 10
463	Gingerbread .....	..... do .....	89	86 to 91	..... do .....	11	9 to 14
464	Plain, includes caramel, cherry, lemon, spice, etc.	..... do .....	89	85 to 93	..... do .....	11	7 to 15
465	Pound .....	..... do .....	93	93 to 94	..... do .....	7	6 to 7
466	Sponge .....	..... do .....	84	---	..... do .....	6	---
467	White .....	..... do .....	84	81 to 89	..... do .....	16	11 to 19
468	Yellow .....	..... do .....	87	86 to 88	..... do .....	13	12 to 14
				<b>POSTBAKING DATA</b>			
469	Cakes, baked, all types	Baked cake, cooled, ready for frosting.	96	93 to 99	Crumbs left in pan and broken off in handling.	4	1 to 7
470	<u>CALABASH</u> , raw .....	Flesh and seeds .....	80	77 to 83	Parings .....	20	17 to 23
	<u>CANTALOUPE</u> . See <u>MUSKMELONS</u> .						
	<u>CAPE-GOOSEBERRIES</u> . See <u>GROUNDCHERRIES</u> .						
	<u>CAPON</u> . See <u>CHICKEN</u> .						
	<u>CARABASA</u> . See <u>PUMPKIN LEAFY TIPS</u> .						
471	<u>CARAMBOLA</u> , pulp, raw ....	Flesh .....	95	---	Seeds .....	5	---
	<u>CARDIS</u> . See <u>PIGEONPEAS</u> .						
	<u>CARIBOU</u> . See <u>REINDEER</u> .						
472	<u>CARISSA</u> , raw .....	..... do .....	*86	---	Seeds and skin .....	14	---
					Seeds .....	7	---
					Skin .....	7	---
	<u>CARP</u> :						
473	Golden, round .....	Fillet without skin, raw	39	37 to 41	Head, tail, fins, entrails, scales, bones, and skin.	61	59 to 63
474	Sucker, round .....	..... do .....	39	34 to 44	..... do .....	61	56 to 66

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign, losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>CARP--Continued</u>						
	Summer or German:						
475	Round .....	Drawn, raw .....	87	86 to 88	Entrails .....	13	12 to 14
476	Do .....	Fillet without skin, raw	28	20 to 35	Head, tail, fins, entrails, scales, bones, and skin.	72	65 to 80
477	Drawn .....	Dressed, raw .....	62	61 to 62	Head, tail, fins, and scales.	38	38 to 39
478	Dressed .....	Fillet with skin, raw	68	48 to 72	Bones with adhering flesh.	32	28 to 52
	<u>CARROTS:</u>						
	Raw:						
479	With full tops .....	Hand-scraped root .....	59	---	Tops and scrapings .....	41	---
					Tops .....	28	13 to 48
					Scrapings .....	13	---
480	With part tops .....	do .....	78	73 to 84	Part tops and scrapings	22	16 to 27
					Part tops .....	8	7 to 42
					Scrapings .....	14	---
481	Without tops .....	do .....	82	58 to 93	Scrapings .....	18	7 to 42
482	Do .....	Machine-scraped root .....	83	68 to 89	do .....	17	11 to 32
483	Scraped .....	Cooked by boiling, steaming, or pressure.	92	86 to 102	Net change .....	8	+2 to 14
484	Do .....	Boiled .....	92	88 to 97	Net losses .....	8	3 to 12
485	Do .....	Steamed .....	93	86 to 102	Net change .....	7	+2 to 14
486	Do .....	Pressure cooked .....	90	86 to 91	Net losses .....	10	9 to 14
	Canned, contents of can:						
	Wet pack:						
487	All samples .....	Drained solids .....	66	54 to 75	Liquid .....	34	25 to 46
	Whole:						
488	No. 303 .....	do .....	62	54 to 66	do .....	38	34 to 46
489	No. 10 .....	do .....	67	67 to 67	do .....	33	33 to 33
	Diced:						
490	No. 303 .....	do .....	67	62 to 75	do .....	33	25 to 38
491	No. 10 .....	do .....	*69	---	do .....	31	---
	Sliced:						
492	No. 303 .....	do .....	64	58 to 73	do .....	36	27 to 42
493	No. 10 .....	do .....	65	62 to 69	do .....	35	31 to 38
494	Vacuum pack, 340 g (12 oz).	do .....	89	---	do .....	11	---
495	Frozen, sliced .....	Boiled .....	98	97 to 99	Net losses .....	2	1 to 3
	<u>CASABA MELON. See MUSKMELONS.</u>						
496	<u>CASSAVA, common, bitter, raw.</u>	Pared root .....	*74	---	Brown skin and thin inner layer.	26	---
	<u>CATFISH. See BULLHEAD.</u>						
	<u>CAULIFLOWER:</u>						
	Raw:						
	Whole head:						
497	Including some full leaves, raw.	Flowerbud, raw .....	39	13 to 64	Leaves, leafstalks, cores, and trimmings.	61	36 to 87
498	Including base of leafstalks only, raw.	do .....	55	45 to 63	Cores and base of leafstalk.	45	37 to 55
499	Fully trimmed, raw.	Head or flowerbud, raw	92	83 to 100	Outer leaf stems and core.	8	0 to 17

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
500	CAULIFLOWER--Continued Raw--Continued Ready to cook .....	Cooked by boiling, steaming, or pressure.	97	87 to 115	Net change .....	3	+15 to 13
501	Do .....	Boiled .....	97	87 to 105	..... do .....	3	+5 to 13
502	Do .....	Steamed .....	97	88 to 115	..... do .....	3	+15 to 12
503	Do .....	Pressure cooked .....	92	91 to 95	Net losses .....	8	5 to 9
504	Leaves .....	Boiled or steamed .....	*121	---	Net gain .....	+21	---
505	Stems .....	..... do .....	*92	---	Net losses .....	8	---
506	Frozen, contents of package.	..... do .....	93	90 to 95	..... do .....	7	5 to 10
507	CELERIAC, raw .....	Pared root .....	86	79 to 93	Parings .....	14	7 to 21
<u>CELERY, green, or white:</u>							
Raw:							
508	Untrimmed (institutional pack).	Trimmed bunch (retail pack).	89	87 to 91	Trimming including leaves.	11	9 to 13
509	Trimmed bunch (retail pack).	Stalks, trimmed .....	73	68 to 81	Leaf ends, root end, and trimming.	27	19 to 32
510	Hearts (retail pack)	..... do .....	77	71 to 83	Leaves, stems, and discolored parts.	23	17 to 29
511	Stalks, cut .....	Boiled or steamed .....	91	80 to 108	Net change .....	9	+8 to 20
512	Do .....	Sauteed .....	63	54 to 75	Net losses .....	37	25 to 46
513	Canned, contents of can, No. 10 size.	Drained solids .....	63	59 to 67	Liquid .....	37	33 to 41
<u>CHARD, SWISS:</u>							
Raw:							
514	Untrimmed: Good quality .....	Trimmed leaves and stalks.	92	---	Tough stem ends and damaged leaves.	8	---
515	Fair quality .....	..... do .....	77	---	Tough stem ends and wilted leaves.	23	---
Trimmed:							
516	Leaves and stalks	Boiled .....	91	70 to 103	Net change .....	9	+3 to 30
517	Do .....	Steamed .....	73	62 to 94	Net losses .....	27	6 to 38
518	Leaves only .....	Boiled .....	106	104 to 109	Net gain .....	+6	+4 to +9
519	Do .....	Steamed .....	51	50 to 51	Net losses .....	49	49 to 50
520	Stalks only .....	Boiled .....	89	86 to 92	..... do .....	11	8 to 14
521	Do .....	Steamed .....	83	82 to 85	..... do .....	17	15 to 18
522	Frozen, cooked .....	Boiled .....	*117	---	Net gain .....	+17	---
523	Do .....	Heated without added water.	90	80 to 97	Net losses .....	10	3 to 20
<u>CHAYOTE:</u>							
524	Whole .....	Diced flesh, raw .....	*99	---	Stem and seed .....	1	---
525	Diced flesh, raw .....	Steamed 30 min .....	91	90 to 91	Net losses .....	9	9 to 10
526	CHEESE SANDWICH, open-faced.	Broiled until cheese was melted.	96	95 to 97	..... do .....	4	3 to 5
527	CHEESE SOUFFLE, frozen ..	Baked at 177°C (350°F) for 55 min.	*96	---	Evaporation .....	4	---
528	CHERIMOYA, raw .....	Flesh .....	62	58 to 65	Seeds and skin .....	38	35 to 42
<u>CHERRIES:</u>							
Raw:							
529	Sour, red: With stems .....	Pitted flesh for canning	*81	---	Pits, pitting loss, stems, and defects.	19	---
530	Without stems .....	Pitted flesh .....	87	86 to 88	Pits .....	13	12 to 14
Sweet:							
531	With stems .....	..... do .....	84	79 to 87	Pits and stems .....	16	13 to 21
532	Without stems .....	..... do .....	90	88 to 91	Pits .....	10	9 to 12

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>CHERRIES--Continued</b>						
	Canned, contents of can:						
	Sour, red pitted:						
533	All samples .....	Drained solids .....	69	65 to 75	Liquid .....	31	25 to 35
534	Extra heavy sirup, No. 10.	..... do .....	*69	---	..... do .....	31	---
	Water:						
535	No. 303 .....	..... do .....	67	65 to 69	..... do .....	33	31 to 35
536	No. 10 .....	..... do .....	72	71 to 75	..... do .....	28	25 to 29
	Sweet:						
537	All samples .....	..... do .....	62	53 to 66	..... do .....	38	34 to 47
538	Extra heavy sirup, No. 10.	..... do .....	56	56 to 60	..... do .....	44	40 to 44
	Heavy sirup:						
539	No. 303 .....	..... do .....	58	53 to 64	..... do .....	42	36 to 47
540	No. 10 .....	..... do .....	63	61 to 64	..... do .....	37	36 to 39
	Light sirup:						
541	No. 303 .....	..... do .....	*64	---	..... do .....	*36	---
542	No. 10 .....	..... do .....	*66	---	..... do .....	*34	---
	Water:						
543	No. 303 .....	..... do .....	63	59 to 65	..... do .....	37	35 to 41
544	No. 10 .....	..... do .....	*67	---	..... do .....	*33	---
	Juice:						
545	No. 303 .....	..... do .....	*62	---	..... do .....	38	---
546	No. 2 .....	..... do .....	63	60 to 66	..... do .....	37	34 to 40
547	All samples, drained solids.	Pitted flesh .....	88	86 to 90	Pits .....	12	10 to 14
	Frozen, sour red pitted:						
	Contents of package:						
548	Packed in sugar or sirup.	Thawed solids, drained	70	49 to 79	Liquid .....	30	21 to 51
549	Packed in juice ...	..... do .....	55	49 to 70	..... do .....	45	30 to 51
550	Contents of package, thawed.	Boiled on range or in steam-jacketed kettle.	90	82 to 95	Net losses .....	10	5 to 18
551	Contents of package, boiled.	Drained solids .....	38	34 to 45	Liquid .....	62	55 to 66
552	<b>CHERRIES, MARASCHINO, bottled.</b>	..... do .....	61	60 to 63	..... do .....	39	37 to 40
553	<b>CHERRY COBBLER, made from recipe.</b>	Baked .....	*91	---	Net losses .....	9	---
554	<b>CHESTNUTS, fresh .....</b>	Kernels .....	81	72 to 89	Shells .....	19	11 to 28
	<b>CHICKEN:</b>						
	Live:						
	All classes .....	Dressed .....	90	86 to 95	Blood and feathers .....	10	5 to 14
556	Broiler-fryers ....	..... do .....	89	86 to 94	..... do .....	11	6 to 14
557	Roasters and stewers.	..... do .....	91	87 to 95	..... do .....	9	5 to 13
558	Broiler-fryers (for commercial processing).	Commercially dressed, chilled in ice slush.	93	93 to 94	Blood and feather loss, plus gain in weight from ice-slush chilling.	7	6 to 7
559	Do .....	Ready to cook including neck and giblets, commercially processed, ice-slush chilling after evisceration.	73	67 to 75	Blood and feathers, head, feet, inedible viscera losses, plus gain in weight from ice-slush chilling.	27	25 to 33

\* Limited data available.

\* Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>CHICKEN--Continued</b>						
		<b>DRESSING AND DRAWING DATA -- Continued</b>					
560	Dressed: All classes .....	Ready to cook including neck and giblets.	78	65 to 84	Head, feet, and inedible viscera.	22	16 to 35
561	Do .....	Ready to cook excluding neck and giblets.	71	60 to 81	Head, feet, inedible viscera, neck, and giblets.	29	19 to 40
562	Broiler-fryers .....	Ready to cook including neck and giblets.	77	65 to 84	Head, feet, and inedible viscera.	23	16 to 35
563	Do .....	Ready to cook excluding neck and giblets.	71	60 to 81	Head, feet, inedible viscera, neck, and giblets.	29	19 to 40
564	Roasters and stewers	Ready to cook including neck and giblets.	79	71 to 83	Head, feet, and inedible viscera.	21	17 to 29
565	Do .....	Ready to cook excluding neck and giblets.	70	60 to 77	Head, feet, inedible viscera, neck, and giblets.	30	23 to 40
566	Ready to cook, all classes.	Washed and trimmed, raw	96	89 to 99	Trimming and washing losses.	4	1 to 11
		<b>ANATOMICAL PARTS DATA, RAW</b>					
567	Rock Cornish game hen: Ready to cook with neck and giblets, raw.	Ready to cook without neck and giblets, raw.	91	91 to 91	Neck and giblets, raw ..	9	9 to 9
					Neck .....	5	5 to 5
					Giblets .....	4	4 to 4
					Gizzard .....	2	2 to 3
					Heart .....	1	1 to 1
					Liver .....	1	1 to 2
		<b>COOKING DATA</b>					
568	Ready to cook without neck and giblets, raw.	Roasted to 88°C (190°F) internal temp., bone in.	76	69 to 80	Net losses .....	24	20 to 31
					Drippings .....	7	6 to 10
					Volatiles .....	17	13 to 25
569	Ready to cook without neck and giblets, cut up, raw.	Oven fried to 91°C (195°F) internal temp., bone in.	66	64 to 67	Net losses .....	34	33 to 36
					Drippings .....	5	3 to 8
					Volatiles .....	29	25 to 32
	Neck and giblets:						
570	Neck .....	Simmered .....	66	64 to 69	Net losses .....	34	31 to 36
571	Gizzard .....	do .....	54	50 to 57	do .....	46	43 to 50
572	Heart .....	do .....	58	54 to 60	do .....	42	40 to 46
573	Liver .....	do .....	57	50 to 67	do .....	43	33 to 50
		<b>ANATOMICAL PARTS -- PROPORTION OF TOTAL CARCASS, COOKED</b>					
574	Whole, roasted, bone in.	Breast, cooked .....	30	26 to 32	.....	..	.....
		Legs, cooked .....	34	33 to 35	.....	..	.....
		Back, cooked .....	21	19 to 22	.....	..	.....
		Wings, cooked .....	15	15 to 16	.....	..	.....
		<b>POSTCOOKING DATA</b>					
575	Do .....	Meat with skin, cooked	65	61 to 71	Net losses .....	35	29 to 39
		Meat .....	52	51 to 57	Bone .....	29	25 to 31
		Skin .....	13	11 to 16	Handling loss .....	6	2 to 8
576	Cut up, oven fried, entire bird, bone in.	Meat with skin, cooked	67	66 to 68	Bone .....	33	32 to 34
		Meat .....	54	53 to 55	.....	..	.....
		Skin .....	13	12 to 13	.....	..	.....
	Parts, roasted, bone in:						
577	Breast .....	Meat with skin, cooked	85	85 to 85	Bone .....	15	15 to 15
		Meat .....	70	66 to 75	.....	..	.....
		Skin .....	15	10 to 19	.....	..	.....
578	Leg .....	Meat with skin, cooked	77	73 to 79	Net losses .....	23	21 to 27
		Meat .....	64	61 to 67	Bone .....	22	21 to 25
		Skin .....	13	10 to 15	Handling loss .....	1	0 to 2



TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	CHICKEN--Continued	POSTCOOKING DATA -- Continued					
579	Rock Cornish game hen-- Continued Parts, roasted, bone in--Continued Back .....	Meat with skin, cooked Meat .....	53 39	50 to 55 36 to 41	Net losses .....	47	45 to 50
		Skin .....	14	14 to 14	Bone .....	43	42 to 45
580	Wing .....	Meat with skin, cooked Meat .....	65 41	64 to 66 36 to 45	Handling loss .....	4	0 to 8
		Skin .....	24	21 to 29	Bone .....	35	34 to 36
		BONING AND ANATOMICAL PARTS DATA, RAW					
581	Broiler-fryer: Ready to cook with neck and giblets, raw.	Ready to cook without neck and giblets, raw.	86	78 to 90	Neck and giblets .....	14	10 to 22
					Neck .....	7	3 to 10
					Giblets .....	7	3 to 12
					Gizzard .....	3	1 to 6
					Heart .....	1	1 to 1
					Liver .....	3	1 to 5
582	Ready to cook with- out neck and giblets, raw.	Total meat, skin, and separable fat, raw. Meat with skin, raw ..	65 58	--- 50 to 62	Net losses .....	35	---
		Meat, raw .....	47	40 to 53	Bone .....	33	25 to 40
		Dark meat, raw ..	23	19 to 25	Handling loss .....	2	1 to 5
		Light meat, raw ..	24	22 to 28			
		Skin, raw .....	11	7 to 16			
		Separable fat, raw ..	7	3 to 15			
		ANATOMICAL PARTS -- PROPORTION OF TOTAL CARCASS, RAW					
583	Ready to cook with- out neck and giblets, raw.	Breast .....	27	22 to 31			
		Drumsticks .....	17	14 to 20			
		Thighs .....	19	15 to 23			
		Back, full .....	23	20 to 28			
		Rib .....	10	7 to 12			
		Tail .....	13	9 to 14			
		Wings .....	14	12 to 16			
584	Parts, raw: Breast .....	Meat and skin, raw .....	74	59 to 84	Net losses .....	26	16 to 41
		Meat .....	65	50 to 77	Bone .....	20	20 to 24
		Skin .....	9	6 to 15	Separable fat .....	5	1 to 12
					Handling loss .....	1	1 to 5
585	Drumstick .....	Meat and skin, raw .....	63	50 to 75	Net losses .....	37	25 to 50
		Meat .....	55	44 to 69	Bone .....	34	21 to 49
		Skin .....	8	5 to 14	Separable fat .....	1	0 to 4
					Handling loss .....	2	0 to 6
586	Thigh .....	Meat and skin, raw .....	70	63 to 81	Net losses .....	30	19 to 37
		Meat .....	59	48 to 68	Bone .....	22	13 to 29
		Skin .....	11	6 to 21	Separable fat .....	6	2 to 13
					Handling loss .....	2	0 to 4
587	Back: Full .....	Meat and skin, raw .....	52	40 to 65	Net losses .....	48	35 to 60
		Meat .....	43	30 to 54	Bone .....	45	32 to 61
		Skin .....	9	4 to 20	Handling loss .....	3	---
588	Rib .....	Meat and skin, raw .....	51	42 to 65	Net losses .....	49	35 to 58
		Meat .....	45	34 to 59	Bone .....	46	31 to 56
		Skin .....	6	0 to 13	Handling loss .....	3	0 to 6
589	Tail .....	Meat and skin, raw .....	54	40 to 67	Net losses .....	46	33 to 60
		Meat .....	42	24 to 52	Bone .....	43	33 to 56
		Skin .....	12	7 to 23	Handling loss .....	3	0 to 6
590	Wing .....	Meat and skin, raw .....	50	41 to 60	Net losses .....	50	40 to 59
		Meat .....	31	13 to 42	Bone .....	47	35 to 54
		Skin .....	19	12 to 28	Handling loss .....	3	0 to 6

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	CHICKEN--Continued	<b>BONING AND ANATOMICAL PARTS DATA, RAW</b>					
591	Broiler-fryer-- Continued Parts, raw-- Continued Neck .....	Meat with skin, raw .....	56	32 to 74	Net losses .....	44	26 to 68
		Meat .....	26	13 to 41	Bone .....	42	25 to 63
		Skin .....	30	14 to 49	Handling loss .....	2	0 to 7
		<b>THAWING DATA</b>					
592	Broiler-fryer, raw, frozen: Ready to cook with neck and giblets.	Thawed, raw .....	97	95 to 99	Thawing losses .....	3	1 to 5
593	Ready to cook with- out neck and giblets, cut up.	..... do .....	90	87 to 92	..... do .....	10	8 to 13
594	Half .....	..... do .....	94	94 to 94	..... do .....	6	6 to 6
595	Breast .....	..... do .....	*90	90 to 90	..... do .....	10	10 to 10
		<b>COOKING DATA</b>					
596	Broiler-fryer, raw: Ready to cook: Whole .....	All cooking methods .....	74	67 to 87	Net losses .....	26	13 to 33
					Drippings .....	6	1 to 11
					Volatiles .....	20	17 to 25
597	Do .....	Braised .....	77	67 to 84	Net losses .....	23	16 to 33
598	Do .....	Broiled, barbecued ..	*68	---	..... do .....	32	---
599	Do .....	Microwave, cooked to 91°C (195°F) internal temp.	76	73 to 80	Net losses .....	24	20 to 27
					Drippings .....	5	2 to 11
					Volatiles .....	19	18 to 20
600	Do .....	Pressure cooked .....	76	---	Net losses .....	24	---
601	Do .....	Roasted, specified time.	78	68 to 84	Net losses .....	22	16 to 32
					Drippings .....	4	1 to 8
					Volatiles .....	18	18 to 20
602	Do .....	Roasted to 88°C (190°F) internal temp.	71	69 to 73	Net losses .....	29	27 to 31
					Drippings .....	8	3 to 10
					Volatiles .....	21	17 to 25
603	Do .....	Rotisserie cooked in oven.	75	74 to 76	Net losses .....	25	24 to 26
					Drippings .....	5	3 to 6
					Volatiles .....	20	18 to 23
604	Do .....	Stewed .....	75	69 to 87	Net losses .....	25	13 to 31
605	Whole, cut up .....	Broiled .....	62	62 to 63	..... do .....	38	37 to 38
606	Do .....	Deep-fat fried, uncoat- ed or coated with flour.	64	61 to 69	..... do .....	36	31 to 39
607	Do .....	Deep-fat fried, baked ..	*84	---	..... do .....	16	---
608	Half .....	Broiled, specified time	74	73 to 76	Net losses .....	26	24 to 27
					Drippings .....	6	2 to 10
					Volatiles .....	20	19 to 25
609	Do .....	Broiled to 94° to 95°C (200° to 203°F) internal temp. in breast.	66	60 to 70	Net losses .....	34	30 to 40
					Drippings .....	2	2 to 4
					Volatiles .....	32	26 to 38
610	Do .....	Barbecued or charcoal broiled.	74	71 to 76	Net losses .....	26	24 to 29
611	Do .....	Simmered 20 min .....	85	83 to 89	..... do .....	15	11 to 17
612	Half, cut up .....	Roasted .....	69	58 to 78	..... do .....	31	22 to 42
613	Do .....	Simmered .....	75	67 to 83	..... do .....	25	17 to 31

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	CHICKEN--Continued	COOKING DATA -- Continued					
	Broiler-fryer, raw-- Continued						
	Parts:						
614	Breast .....	All cooking methods ....	69	50 to 88	Net losses .....	31	12 to 50
615	Do .....	Braised to 88°C (190°F) internal temp.	71	68 to 72	.... do .....	29	28 to 32
616	Do .....	Broiled .....	63	62 to 64	Net losses .....	37	36 to 38
					Drippings .....	7	---
					Volatiles .....	30	---
617	Do .....	Deep-fat fried .....	*58	---	Net losses .....	42	---
618	Do .....	Oven fried .....	64	50 to 70	.... do .....	36	30 to 50
619	Do .....	Pan fried .....	68	64 to 72	.... do .....	32	28 to 36
620	Do .....	Pressure cooked .....	76	---	.... do .....	24	---
621	Do .....	Roasted .....	72	61 to 82	.... do .....	28	18 to 39
622	Do .....	Simmered .....	77	70 to 88	.... do .....	23	12 to 30
623	Breast quarter .....	Braised to 88°C (190°F) internal temp.	78	72 to 81	.... do .....	22	19 to 28
624	Leg quarter .....	.... do .....	79	74 to 83	.... do .....	21	17 to 26
625	Leg .....	All cooking methods ....	72	63 to 78	.... do .....	28	22 to 37
626	Do .....	Broiled .....	65	63 to 67	Net losses .....	35	33 to 37
					Drippings .....	4	---
					Volatiles .....	31	---
627	Do .....	Broiled, barbecued ...	75	73 to 78	Net losses .....	25	22 to 27
628	Do .....	Pressure cooked .....	76	---	.... do .....	24	---
629	Drumstick .....	All cooking methods ....	72	65 to 87	.... do .....	28	13 to 35
630	Do .....	Braised to 88°C (190°F) internal temp.	81	80 to 84	.... do .....	19	16 to 20
631	Do .....	Broiled .....	69	66 to 71	Net losses .....	31	29 to 34
					Drippings .....	3	2 to 4
					Volatiles .....	28	25 to 30
632	Do .....	Broiled, barbecued ...	72	67 to 76	Net losses .....	28	24 to 33
633	Do .....	Deep-fat fried with and without flour coating.	66	65 to 66	.... do .....	34	34 to 35
634	Do .....	Deep-fat fried (breaded).	77	---	.... do .....	23	---
635	Do .....	Deep-fat fried (pressure cooked).	70	67 to 73	.... do .....	30	27 to 33
636	Do .....	Oven fried .....	66	56 to 73	.... do .....	34	27 to 44
637	Do .....	Pan fried .....	69	63 to 76	.... do .....	31	24 to 37
638	Do .....	Roasted, unspecified temperature.	76	63 to 87	.... do .....	24	13 to 37
639	Do .....	Roasted to 82°C (180°F) internal temp. in microwave oven.	74	73 to 74	.... do .....	26	26 to 27
640	Do .....	Simmered .....	78	72 to 85	.... do .....	22	15 to 28
641	Thigh .....	All cooking methods ....	67	58 to 82	.... do .....	33	18 to 42
642	Do .....	Braised to 88°C (190°F) internal temp.	73	71 to 76	.... do .....	27	24 to 29
643	Do .....	Broiled .....	61	46 to 76	Net losses .....	39	24 to 54
					Drippings .....	6	---
					Volatiles .....	33	---
644	Do .....	Broiled, barbecued ...	64	58 to 71	Net losses .....	36	29 to 42
645	Do .....	Deep-fat fried with or without flour.	59	58 to 60	.... do .....	41	40 to 42
646	Do .....	Deep-fat fried (breaded).	80	---	.... do .....	20	---
647	Do .....	Deep-fat fried (pressure cooked).	67	66 to 68	.... do .....	33	32 to 34
648	Do .....	Oven fried, flour coating.	66	57 to 72	.... do .....	34	28 to 43
649	Do .....	Pan fried .....	66	61 to 74	.... do .....	34	26 to 39

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	CHICKEN--Continued	COOKING DATA -- Continued					
	Broiler-fryer, raw-- Continued						
	Parts--Continued						
	Thigh--Continued						
650	Do .....	Roasted, unspecified temperature.	69	58 to 79	Net losses .....	31	21 to 42
651	Do .....	Roasted to 82°C (180°F) internal temp. in microwave oven.	68	64 to 71	do .....	32	29 to 36
652	Do .....	Simmered .....	74	67 to 82	do .....	26	18 to 33
653	Back, full .....	All cooking methods .....	68	49 to 79	do .....	32	21 to 51
654	Do .....	Pressure cooked .....	76	---	do .....	24	---
655	Do .....	Roasted, unspecified temperature.	61	49 to 71	do .....	39	29 to 51
656	Do .....	Simmered .....	67	58 to 79	do .....	33	21 to 42
657	Rib .....	All cooking methods .....	64	59 to 77	do .....	36	23 to 41
658	Do .....	Deep-fat fried or oven fried with flour coating.	60	---	do .....	40	---
659	Do .....	Pan fried .....	68	59 to 77	do .....	32	23 to 41
660	Tail .....	All cooking methods .....	62	48 to 74	do .....	38	26 to 52
661	Do .....	Deep-fat fried or oven fried with flour coating.	59	48 to 70	do .....	41	30 to 52
662	Do .....	Pan fried .....	66	60 to 74	do .....	34	26 to 40
663	Wing .....	All cooking methods .....	76	53 to 96	do .....	24	4 to 47
664	Do .....	Braised to 88°C (190°F) internal temp.	77	76 to 79	do .....	23	21 to 24
665	Do .....	Deep-fat fried or oven fried with flour coating.	66	53 to 78	do .....	34	22 to 47
666	Do .....	Pan fried .....	70	62 to 80	do .....	30	20 to 38
667	Do .....	Pressure cooked .....	83	83 to 84	do .....	17	16 to 17
668	Do .....	Roasted, unspecified internal temp.	74	64 to 83	do .....	26	17 to 36
669	Do .....	Simmered .....	86	74 to 96	do .....	14	4 to 26
670	Neck .....	All cooking methods .....	67	45 to 81	do .....	33	19 to 55
671	Do .....	Deep-fat fried (floured).	67	---	do .....	33	---
672	Do .....	Oven fried .....	62	45 to 72	do .....	38	28 to 55
673	Do .....	Pan fried .....	65	59 to 70	do .....	35	30 to 41
674	Do .....	Pressure cooked .....	73	---	do .....	27	---
675	Do .....	Simmered .....	70	62 to 81	do .....	30	19 to 38
	Giblets, raw:						
676	Gizzard .....	All cooking methods .....	56	34 to 67	do .....	44	33 to 66
677	Do .....	Deep-fat fried (floured).	52	---	do .....	48	---
678	Do .....	Oven fried .....	54	34 to 67	do .....	46	33 to 66
679	Do .....	Pan fried .....	56	46 to 63	do .....	44	37 to 54
680	Do .....	Pressure cooked .....	57	56 to 59	do .....	43	41 to 44
681	Do .....	Simmered .....	59	50 to 67	do .....	41	33 to 50
682	Heart .....	All cooking methods .....	53	22 to 75	do .....	47	25 to 78
683	Do .....	Deep-fat fried (floured).	52	---	do .....	48	---
684	Do .....	Oven fried .....	45	27 to 60	do .....	55	40 to 73
685	Do .....	Pan fried .....	46	38 to 60	do .....	54	40 to 62
686	Do .....	Pressure cooked .....	68	67 to 69	do .....	32	31 to 33
687	Do .....	Simmered .....	54	22 to 75	do .....	46	25 to 78

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	CHICKEN--Continued						
		COOKING DATA -- Continued					
	Broiler-fryer, raw-- Continued						
	Giblets, raw-- Continued						
688	Liver .....	All cooking methods .....	59	38 to 75	Net losses .....	41	25 to 62
689	Do .....	Deep-fat fried (floured).	50	---	do .....	50	---
690	Do .....	Oven fried .....	60	38 to 73	do .....	40	27 to 62
691	Do .....	Pan fried .....	57	49 to 70	do .....	43	30 to 51
692	Do .....	Pressure cooked .....	66	65 to 67	do .....	34	33 to 35
693	Do .....	Simmered .....	64	55 to 75	do .....	36	25 to 45
	Parts, frozen, raw:						
694	Drumstick .....	Deep-fat fried (no coating).	60	---	do .....	40	---
695	Do .....	Deep-fat fried (breaded)	77	---	do .....	23	---
696	Do .....	Deep-fat fried (no coating, cooked under pressure).	66	65 to 67	do .....	34	33 to 35
697	Thigh .....	Deep-fat fried (no coating).	54	---	do .....	46	---
698	Do .....	Deep-fat fried (breaded)	78	---	do .....	22	---
699	Do .....	Deep-fat fried (no coating, cooked under pressure).	59	59 to 59	do .....	41	41 to 41
	Parts, frozen, cooked:						
700	Breast with back ..	Heated in oven for 30 to 40 min.	85	84 to 89	do .....	14	11 to 16
701	Breast with rib ...	do .....	87	82 to 90	do .....	13	10 to 18
702	Breast .....	do .....	93	89 to 94	do .....	7	6 to 11
703	Drumstick .....	do .....	77	73 to 83	do .....	23	17 to 27
704	Thigh with back ...	do .....	83	80 to 87	do .....	17	13 to 20
705	Thigh .....	do .....	88	87 to 90	do .....	12	10 to 13
706	Wing .....	do .....	78	74 to 81	do .....	22	19 to 26
		POSTCOOKING DATA					
	Home or institution- ally prepared, whole or cut up, bone in:						
707	Braised .....	Meat and skin .....	61	58 to 63	Net losses .....	39	37 to 42
		Meat .....	50	46 to 53	Bone .....	34	30 to 37
		Skin .....	11	9 to 12	Excess fat .....	2	2 to 3
					Handling loss .....	3	1 to 4
708	Broiled, barbecued	Meat and skin .....	62	---	Net losses .....	38	---
		Meat .....	51	---	Bone .....	34	---
		Skin .....	11	---	Handling loss .....	4	---
709	Deep-fat fried, uncoated.	Meat and skin .....	71	67 to 72	Net losses .....	29	28 to 33
		Meat .....	60	56 to 63	Bone .....	26	25 to 27
		Skin .....	11	10 to 11	Handling loss .....	3	1 to 6
710	Deep-fat fried, floured.	Meat and skin .....	74	---	Bone .....	26	---
		Meat .....	59	---	do .....	...	...
		Skin .....	15	---	do .....	...	...
711	Fried, battered, followed by braising or baking, with or without giblets.	Meat, skin, and giblets	72	70 to 73	Net losses .....	28	27 to 30
		Meat .....	44	43 to 46	Bone .....	24	23 to 26
		Giblets .....	3	3 to 4	Handling loss .....	4	4 to 4
		Skin, fat, and coating	25	23 to 27	do .....	...	...
712	Oven fried .....	Meat and skin .....	70	70 to 73	Bone .....	30	27 to 30
		Meat .....	57	56 to 59	do .....	...	...
		Skin .....	13	13 to 14	do .....	...	...
713	Pressure cooked ...	Meat and skin .....	68	---	Bone .....	32	---

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	CHICKEN--Continued	POSTCOOKING DATA - Continued					
	Broiler-fryer-- Continued Home or institution- ally prepared, whole or cut up, bone in--Continued						
714	Roasted .....	Meat and skin .....	65	---	Net losses .....	35	---
		Dark meat .....	25	---	Bone .....	29	---
		Light meat .....	29	---	Handling loss .....	6	---
		Skin .....	11	---			
715	Simmered .....	Meat and skin .....	65	59 to 68	Net losses .....	35	32 to 41
		Meat .....	50	45 to 58	Bone .....	27	26 to 28
		Skin .....	15	10 to 20	Handling loss .....	8	6 to 13
716	Commercially frozen, fried and reheated.	Meat, skin, and coating	73	---	Net losses .....	27	---
		Meat .....	39	---	Bone .....	23	---
		Skin .....	11	---	Handling loss .....	4	---
		Coating .....	23	---			
717	Half, cooked: Broiled or barbecued.	Meat and skin .....	66	62 to 68	Net losses .....	34	32 to 38
		Dark meat .....	26	24 to 27	Bone .....	32	28 to 33
		Light meat .....	28	27 to 28	Handling loss .....	2	1 to 5
		Skin .....	12	11 to 15			
718	Roasted, cut up	Meat and skin .....	65	59 to 74	Net losses .....	35	26 to 41
		Meat .....	53	48 to 61	Bone .....	34	25 to 40
		Skin .....	12	8 to 16	Handling loss .....	1	1 to 1
719	Simmered, cut up	Meat and skin .....	65	61 to 69	Net losses .....	35	31 to 39
		Meat .....	51	45 to 58	Bone .....	34	30 to 38
		Skin .....	14	10 to 20	Handling loss .....	1	1 to 1
720	Breast, cooked: Braised .....	Meat and skin .....	80	78 to 83	Net losses .....	20	17 to 22
		Meat .....	68	66 to 70	Bone .....	18	14 to 20
		Skin .....	12	10 to 13	Excess fat .....	1	1 to 2
					Handling loss .....	1	0 to 1
721	Broiled .....	Meat and skin .....	77	75 to 78	Net losses .....	23	22 to 25
		Meat .....	68	63 to 72	Bone .....	19	18 to 22
		Skin .....	9	6 to 12	Handling loss .....	4	2 to 4
722	Deep-fat fried ..	Meat and skin .....	84	---	Bone and handling loss	16	---
		Meat .....	71	---			
		Skin .....	13	---			
723	Oven fried .....	Meat and skin .....	83	70 to 91	Net losses .....	17	9 to 30
		Meat .....	73	65 to 80	Bone .....	15	12 to 28
		Skin .....	10	5 to 15	Handling loss .....	2	1 to 4
724	Pan fried .....	Meat and skin .....	84	80 to 88	Net losses .....	16	12 to 20
		Meat .....	70	63 to 75	Bone .....	13	11 to 16
		Skin .....	14	10 to 19	Handling loss .....	3	1 to 4
725	Pressure cooked	Meat and skin .....	83	---	Bone and handling loss	17	---
726	Roasted .....	Meat and skin .....	79	70 to 87	Net losses .....	21	13 to 30
		Meat .....	70	61 to 80	Bone .....	20	12 to 30
		Skin .....	9	4 to 15	Handling loss .....	1	0 to 1
727	Simmered .....	Meat and skin .....	80	72 to 87	Net losses .....	20	13 to 28
		Meat .....	69	61 to 80	Bone .....	19	13 to 28
		Skin .....	11	5 to 17	Handling loss .....	1	0 to 1
728	Breast quarter, braised.	Meat and skin .....	66	65 to 67	Net losses .....	34	33 to 35
		Meat .....	53	51 to 55	Bone .....	32	30 to 33
		Skin .....	13	12 to 14	Excess fat .....	1	1 to 2
					Handling loss .....	1	1 to 1
729	Leg quarter, braised.	Meat and skin .....	62	59 to 65	Net losses .....	38	35 to 41
		Meat .....	51	48 to 53	Bone .....	33	28 to 36
		Skin .....	11	11 to 13	Excess fat .....	2	1 to 3
					Handling loss .....	3	1 to 4
730	Leg, cooked: Broiled .....	Meat and skin .....	69	67 to 70	Net losses .....	31	30 to 33
		Meat .....	61	59 to 62	Bone .....	28	26 to 31
		Skin .....	8	7 to 9	Handling loss .....	3	2 to 4

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. % (4)	RANGE % (5)	DESCRIPTION	AVG. % (7)	RANGE % (8)
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	CHICKEN-- Continued						
		POSTCOOKING DATA -- Continued					
	Broiler-fryer-- Continued Home or institution- ally prepared, whole or cut up, bone in--Continued						
731	Leg, cooked-- Continued Broiled, barbecued.	Meat and skin .....	67	65 to 67	Net losses .....	33	33 to 35
		Meat .....	56	53 to 59	Bone .....	30	29 to 32
		Skin .....	11	9 to 12	Handling loss .....	3	3 to 4
732	Pressure cooked Drumstick, cooked:	Meat and skin .....	53	48 to 59	Bone .....	47	41 to 52
733	Braised .....	Meat and skin .....	63	61 to 65	Net losses .....	37	35 to 39
		Meat .....	55	50 to 58	Bone .....	36	34 to 38
		Skin .....	8	7 to 11	Handling loss .....	1	1 to 2
734	Broiled, barbecued.	Meat and skin .....	66	60 to 69	Net losses .....	34	31 to 40
		Meat .....	58	56 to 63	Bone .....	32	28 to 38
		Skin .....	8	5 to 10	Handling loss .....	2	0 to 6
735	Deep-fat fried ..	Meat and skin .....	68	---	Bone and handling loss	32	---
		Meat .....	58	---	.....	..	.....
		Skin .....	10	---	.....	..	.....
736	Oven fried .....	Meat and skin .....	66	57 to 72	Net losses .....	34	28 to 43
		Meat .....	56	44 to 61	Bone .....	32	27 to 41
		Skin .....	10	7 to 13	Handling loss .....	2	0 to 5
737	Pan fried .....	Meat and skin .....	69	63 to 73	Net losses .....	31	27 to 37
		Meat .....	57	51 to 62	Bone .....	29	25 to 34
		Skin .....	12	9 to 14	Handling loss .....	2	0 to 6
738	Roasted .....	Meat and skin .....	67	59 to 76	Net losses .....	33	24 to 41
		Meat .....	57	48 to 66	Bone .....	32	22 to 38
		Skin .....	10	5 to 16	Handling loss .....	1	---
739	Simmered .....	Meat and skin .....	64	55 to 73	Net losses .....	36	27 to 45
		Meat .....	53	42 to 64	Bone .....	35	24 to 42
		Skin .....	11	6 to 18	Handling loss .....	1	---
740	Thigh, cooked: Braised .....	Meat and skin .....	72	71 to 74	Net losses .....	28	26 to 29
		Meat .....	57	56 to 58	Bone .....	24	22 to 25
		Skin .....	15	14 to 16	Excess fat .....	2	1 to 3
					Handling loss .....	2	1 to 3
741	Broiled, barbecued.	Meat and skin .....	74	61 to 82	Net losses .....	26	18 to 39
		Meat .....	66	54 to 74	Bone .....	22	13 to 36
		Skin .....	8	5 to 16	Handling loss .....	4	1 to 5
742	Deep-fat fried ..	Meat and skin .....	80	---	Bone and handling loss	20	---
		Meat .....	69	---	.....	..	.....
		Skin .....	11	---	.....	..	.....
743	Oven fried .....	Meat and skin .....	78	71 to 84	Net losses .....	22	16 to 29
		Meat .....	68	64 to 75	Bone .....	20	15 to 26
		Skin .....	10	6 to 12	Handling loss .....	2	0 to 4
744	Pan fried .....	Meat and skin .....	80	77 to 84	Net losses .....	20	16 to 23
		Meat .....	68	64 to 72	Bone .....	19	17 to 22
		Skin .....	12	10 to 15	Handling loss .....	1	0 to 3
745	Roasted .....	Meat and skin .....	75	66 to 85	Net losses .....	25	15 to 34
		Meat .....	64	56 to 73	Bone .....	24	14 to 34
		Skin .....	11	5 to 16	Handling loss .....	1	---
746	Simmered .....	Meat and skin .....	74	69 to 81	Net losses .....	26	19 to 31
		Meat .....	60	51 to 72	Bone .....	25	16 to 30
		Skin .....	14	8 to 23	Handling loss .....	1	---
747	Back, full, cooked: Pressure cooked	Meat and skin .....	42	27 to 52	Bone .....	58	48 to 73
748	Roasted .....	Meat and skin .....	49	29 to 65	Net losses .....	51	35 to 71
		Meat .....	33	19 to 51	Bone .....	50	36 to 67
		Skin .....	16	5 to 29	Handling loss .....	1	---

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	CHICKEN--Continued	POSTCOOKING DATA -- Continued					
	Broiler-fryer-- Continued Home or institution- ally prepared, whole or cut up, bone in--Continued Back, full, cooked-- Continued						
749	Simmered .....	Meat and skin .....	50	33 to 63	Net losses .....	50	37 to 67
		Meat .....	33	23 to 48	Bone .....	48	35 to 66
		Skin .....	17	9 to 35	Handling loss .....	2	---
750	Rib back, cooked: Deep-fat fried ..	Meat and skin .....	70	---	Bone and handling loss ..	30	---
		Meat .....	63	---	.....	..	.....
		Skin .....	7	---	.....	..	.....
751	Oven fried .....	Meat and skin .....	67	58 to 77	Net losses .....	33	23 to 42
		Meat .....	60	52 to 68	Bone .....	30	23 to 40
		Skin .....	7	2 to 13	Handling loss .....	3	0 to 6
752	Pan fried .....	Meat and skin .....	69	52 to 73	Net losses .....	31	27 to 48
		Meat .....	62	55 to 65	Bone .....	27	22 to 34
		Skin .....	7	5 to 10	Handling loss .....	4	1 to 6
753	Tail back, cooked: Deep-fat fried ..	Meat and skin .....	69	---	Bone and handling loss	31	---
		Meat .....	50	---	.....	..	.....
		Skin .....	19	---	.....	..	.....
754	Oven fried .....	Meat and skin .....	67	56 to 77	Net losses .....	33	23 to 44
		Meat .....	50	39 to 57	Bone .....	31	22 to 44
		Skin .....	17	8 to 29	Handling loss .....	2	0 to 6
755	Pan fried .....	Meat and skin .....	70	62 to 81	Net losses .....	30	19 to 38
		Meat .....	54	45 to 60	Bone .....	27	16 to 36
		Skin .....	16	12 to 29	Handling loss .....	3	2 to 5
756	Wing, cooked: Braised .....	Meat and skin .....	56	55 to 58	Net losses .....	44	42 to 45
		Meat .....	35	34 to 37	Bone .....	43	41 to 44
		Skin .....	21	20 to 22	Handling loss .....	1	1 to 1
757	Deep-fat fried ..	Meat and skin .....	61	---	Bone and handling loss	39	---
		Meat .....	32	---	.....	..	.....
		Skin .....	29	---	.....	..	.....
758	Oven fried .....	Meat and skin .....	60	49 to 82	Net losses .....	40	18 to 51
		Meat .....	33	26 to 37	Bone .....	37	32 to 51
		Skin .....	27	20 to 33	Handling loss .....	3	1 to 7
759	Pan fried .....	Meat and skin .....	62	56 to 66	Net losses .....	38	34 to 44
		Meat .....	33	30 to 41	Bone .....	35	30 to 40
		Skin .....	29	24 to 34	Handling loss .....	3	2 to 4
760	Pressure cooked	Meat and skin .....	53	48 to 59	Bone .....	47	41 to 52
761	Roasted .....	Meat and skin .....	52	42 to 67	Net losses .....	48	33 to 58
		Meat .....	35	27 to 46	Bone .....	47	31 to 54
		Skin .....	17	11 to 28	Handling loss .....	1	1 to 1
762	Simmered .....	Meat and skin .....	51	41 to 58	Net losses .....	49	42 to 59
		Meat .....	33	22 to 39	Bone .....	48	42 to 59
		Skin .....	18	11 to 25	Handling loss .....	1	1 to 1
763	Neck, cooked: Deep-fat fried ..	Meat and skin .....	69	---	Bone and handling loss	31	---
		Meat .....	44	---	.....	..	.....
		Skin .....	25	---	.....	..	.....
764	Oven fried .....	Meat and skin .....	71	70 to 73	Net losses .....	29	27 to 30
		Meat .....	44	32 to 53	Bone .....	25	20 to 34
		Skin .....	27	12 to 45	Handling loss .....	4	0 to 8
765	Pan fried .....	Meat and skin .....	74	71 to 80	Net losses .....	26	20 to 29
		Meat .....	46	41 to 57	Bone .....	22	18 to 26
		Skin .....	28	19 to 36	Handling loss .....	4	1 to 6



TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	CHICKEN--Continued	POSTCOOKING DATA -- Continued					
766	Broiler-fryer-- Continued Home or institution- ally prepared, whole or cut up, bone in--Continued Neck, cooked-- Continued Simmered .....	Meat and skin .....	68	59 to 75	Bone .....	32	25 to 41
		Meat .....	33	24 to 39	.....	..	.....
		Skin .....	35	24 to 47	.....	..	.....
767	Commercially prepared parts, cooked, frozen, and heated. Breast with back ..	Meat, skin, and breading	75	68 to 78	Net losses .....	25	22 to 32
		Meat .....	45	44 to 46	Bone .....	21	18 to 26
		Skin .....	7	4 to 9	Handling loss .....	4	2 to 7
		Breading .....	23	17 to 29	.....	..	.....
768	Breast with rib ...	Meat, skin, and breading	77	77 to 78	Net losses .....	23	22 to 23
		Meat .....	50	50 to 50	Bone .....	19	18 to 20
		Skin and breading .....	27	27 to 28	Handling loss .....	4	2 to 5
769	Drumstick .....	Meat, skin, and breading	68	64 to 70	Net losses .....	32	30 to 36
		Meat .....	47	41 to 56	Bone .....	28	24 to 32
		Skin and breading .....	21	13 to 32	Handling loss .....	4	2 to 7
770	Thigh with back ...	Meat, skin, and breading	74	71 to 75	Net losses .....	26	25 to 29
		Meat .....	29	26 to 32	Bone .....	24	22 to 27
		Skin .....	18	16 to 20	Handling loss .....	2	2 to 3
		Breading .....	27	23 to 30	.....	..	.....
771	Thigh .....	Meat, skin, and breading	82	81 to 83	Net losses .....	18	17 to 19
		Meat .....	51	49 to 53	Bone .....	15	14 to 16
		Skin and breading .....	31	27 to 34	Handling loss .....	3	3 to 3
772	Wing .....	Meat, skin, and breading	70	67 to 72	Net losses .....	30	28 to 33
		Meat .....	30	26 to 38	Bone .....	25	23 to 30
		Skin and breading .....	40	33 to 46	Handling loss .....	5	3 to 8
		ANATOMICAL PARTS DATA, RAW					
773	Roaster: Ready to cook with neck and giblets, whole, raw.	Ready to cook carcass, raw.	90	88 to 94	Neck, giblets, and cutting loss.	10	6 to 12
		Breasts and legs with skin.	57	56 to 58	Neck, raw .....	4	3 to 6
		Breasts without skin	22	19 to 25	Giblets, raw .....	5	3 to 6
		Legs without skin ..	28	25 to 31	Cutting loss .....	1	0 to 2
		Skin from breast and legs.	7	7 to 8	.....	..	.....
		Back .....	21	17 to 25	.....	..	.....
		Wings .....	12	10 to 16	.....	..	.....
		COOKING DATA					
774	Do .....	Braised .....	66	---	Net losses .....	34	---
775	Do .....	Stewed .....	63	61 to 65	..... do .....	37	35 to 39
776	Ready to cook with neck and giblets, cut up, raw.	..... do .....	58	---	..... do .....	42	---
777	Ready to cook, whole, raw.	Braised to 88°C (190°F) internal temp.	75	74 to 76	..... do .....	25	24 to 26
778	Do .....	Roasted .....	74	67 to 81	Net losses .....	26	19 to 33
					Drippings .....	8	7 to 12
					Volatiles .....	18	11 to 25
779	Ready to cook, cut up, raw.	Oven fried to 91°C (195°F) internal temp.	64	64 to 65	Net losses .....	36	35 to 36
					Drippings .....	7	7 to 7
					Volatiles .....	29	28 to 29

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<b>CHICKEN--Continued</b>							
<b>COOKING DATA -- Continued</b>							
780	Roaster--Continued Half, raw .....	Broiled .....	71	68 to 73	Net losses .....	29	27 to 32
					<u>Drippings</u> .....	12	9 to 20
					<u>Volatiles</u> .....	17	12 to 18
781	Do .....	Roasted to 88°C (190°F) internal temp.	69	60 to 78	Net losses .....	31	22 to 40
					<u>Drippings</u> .....	12	7 to 23
					<u>Volatiles</u> .....	19	16 to 26
	Parts, raw:						
	With skin:						
782	Back .....	Pressure cooked .....	75	---	Net losses .....	25	---
783	Wing .....	do .....	75	---	do .....	25	---
	Without skin:						
784	Breast .....	do .....	65	---	do .....	35	---
785	Leg .....	do .....	60	---	do .....	40	---
786	Giblets, raw .....	do .....	54	---	do .....	46	---
<b>POSTCOOKING DATA</b>							
787	Whole, bone in, with neck and giblets, stewed.	Meat and skin .....	77	76 to 78	Net losses .....	23	22 to 24
		<u>Meat</u> .....	65	64 to 67	<u>Bone</u> .....	21	20 to 22
		<u>Skin</u> .....	12	11 to 12	<u>Handling loss</u> .....	2	2 to 2
788	Cut up, bone in, with neck and giblets, stewed.	Meat and skin .....	75	---	<u>Bone</u> .....	25	---
		<u>Meat</u> .....	56	---	.....	..	.....
		<u>Skin</u> .....	19	---	.....	..	.....
789	Whole, bone in, braised.	Meat and skin .....	63	61 to 67	Net losses .....	37	33 to 39
		<u>Meat</u> .....	52	50 to 57	<u>Bone</u> .....	32	28 to 35
		<u>Skin</u> .....	11	10 to 11	<u>Excess fat</u> .....	2	2 to 3
					<u>Handling loss</u> .....	3	2 to 4
790	Whole, bone in, roasted.	Total meat and skin ...	68	65 to 73	Net losses .....	32	27 to 35
		<u>Total meat</u> .....	56	52 to 60	<u>Bone</u> .....	31	27 to 35
		<u>Dark meat</u> .....	26	25 to 27	<u>Excess fat</u> .....	1	0 to 3
		<u>Light meat</u> .....	30	29 to 31	.....	..	.....
		<u>Skin</u> .....	12	11 to 13	.....	..	.....
791	Cut up, bone in, braised.	Meat and skin .....	72	72 to 73	<u>Bone</u> .....	28	27 to 28
		<u>Meat</u> .....	60	60 to 61	.....	..	.....
		<u>Skin</u> .....	12	11 to 13	.....	..	.....
792	Half, bone in, stewed.	Meat and skin .....	75	---	<u>Bone</u> .....	25	---
	Parts, bone in, pressure cooked:						
793	Back, with skin ...	Meat and skin .....	75	---	do .....	25	---
		<u>Meat</u> .....	36	---	.....	..	.....
		<u>Skin</u> .....	39	---	.....	..	.....
794	Wing, with skin ...	Meat and skin .....	76	---	<u>Bone</u> .....	24	---
		<u>Meat</u> .....	41	---	.....	..	.....
		<u>Skin</u> .....	35	---	.....	..	.....
795	Breast, without skin.	Meat .....	87	---	<u>Bone</u> .....	13	---
796	Leg, without skin	do .....	79	---	do .....	21	---
<b>ANATOMICAL PARTS AND THAWING DATA, RAW</b>							
797	Capon: Ready to cook with neck and giblets, raw.	Ready to cook carcass, raw.	88	85 to 89	Neck, giblets, and separable fat.	12	11 to 15
		<u>Breast</u> .....	28	---	<u>Neck</u> .....	5	5 to 5
		<u>Legs</u> .....	33	---	<u>Giblets</u> .....	5	4 to 5
		<u>Back</u> .....	17	---	<u>Gizzard</u> .....	2	1 to 2
		<u>Wings</u> .....	10	---	<u>Heart</u> .....	1	1 to 1
					<u>Liver</u> .....	2	2 to 2
					<u>Separable fat</u> .....	2	2 to 3
798	Ready to cook with neck and giblets, frozen.	Thawed .....	98	97 to 100	Thawing losses .....	2	0 to 3

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS — Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<b>CHICKEN--Continued</b>							
<b>COOKING DATA</b>							
799	Capon--Continued Ready to cook, whole, raw.	Roasted to 85°C (185°F) internal temp. in thigh.	69	66 to 72	Net losses	31	28 to 34
					Drippings	10	9 to 11
					Volatiles	21	17 to 24
800	Do .....	Roasted on rotisserie ..	74	---	Net losses	26	---
801	Ready to cook, whole, stuffed, raw.	Roasted .....	79	77 to 86	Net losses	21	14 to 23
		<u>Meat, bone, and skin</u>	63	60 to 68	Drippings	7	3 to 8
		<u>Stuffing</u> .....	16	12 to 20	Volatiles	14	10 to 16
802	Neck and giblets, raw	Roasted, foil wrapped ..	69	61 to 81	Net losses	31	19 to 39
803	Neck, raw .....	Simmered .....	62	58 to 67	do	38	33 to 42
	Giblets, raw:						
804	Gizzard .....	do	63	61 to 64	do	37	36 to 39
805	Heart .....	do	52	50 to 54	do	48	46 to 50
806	Liver .....	do	62	61 to 63	do	38	37 to 39
<b>POSTCOOKING DATA</b>							
807	Whole, roasted, bone in.	Meat and skin .....	73	71 to 75	Net losses	27	25 to 29
		<u>Dark meat</u> .....	29	28 to 31	Bone	21	18 to 24
		<u>Light meat</u> .....	35	32 to 37	Handling loss	6	5 to 7
		<u>Skin</u> .....	9	7 to 11			
808	Whole, roasted on rotisserie, bone in.	Meat and skin .....	75	---	Net losses	25	---
		<u>Dark meat</u> .....	31	---	Bone	18	---
		<u>Light meat</u> .....	36	---	Handling loss	7	---
		<u>Skin</u> .....	8	---			
809	Whole, roasted with stuffing, bone in, stuffing removed.	Meat and skin .....	69	66 to 75	Net losses	31	25 to 34
		<u>Dark meat</u> .....	26	---	Bone	27	---
		<u>Light meat</u> .....	31	---	Handling loss	4	---
		<u>Skin</u> .....	12	11 to 16			
	Parts, roasted, bone in:						
810	Breast and back ...	Meat and skin .....	67	65 to 69	Net losses	33	31 to 35
		<u>Dark meat</u> .....	6	6 to 7	Bone	32	31 to 33
		<u>Light meat</u> .....	51	48 to 52	Handling loss	1	1 to 2
		<u>Skin</u> .....	10	8 to 12			
811	Leg .....	Meat and skin .....	78	75 to 81	Net losses	22	19 to 25
		<u>Meat</u> .....	70	66 to 73	Bone	20	18 to 22
		<u>Skin</u> .....	8	8 to 9	Handling loss	2	1 to 2
812	Wing .....	Meat and skin .....	60	58 to 62	Net losses	40	38 to 42
		<u>Meat</u> .....	38	36 to 41	Bone	37	35 to 40
		<u>Skin</u> .....	22	20 to 25	Handling loss	3	2 to 3
813	Neck, simmered .....	Meat and skin .....	71	68 to 73	Net losses	29	27 to 32
		<u>Meat</u> .....	36	34 to 38	Bone	26	26 to 27
		<u>Skin</u> .....	35	35 to 35	Handling loss	3	2 to 4
<b>ANATOMICAL PARTS AND BONING DATA, RAW</b>							
814	Hen, stewing chicken, or fowl: Ready to cook with neck and giblets, raw.	Ready to cook carcass, raw.	85	---	Neck, giblets, separable fat, and handling loss.	15	---
		<u>Breast</u> .....	24	19 to 27	Neck	3	---
		<u>Back</u> .....	22	17 to 31	Giblets	5	---
		<u>Drumsticks</u> .....	13	10 to 14	Gizzard	2	---
		<u>Thighs with oyster meat.</u>	16	14 to 17	Heart	1	---
		<u>Wings</u> .....	10	8 to 13	Liver	2	---
					Separable fat	6	---
					Handling loss	1	---
815	Parts, raw: Half .....	Meat and skin, raw .....	63	---	Net losses	37	---
		<u>Meat</u> .....	49	---	Bone	20	---
		<u>Skin</u> .....	14	---	Excess fat	12	---
					Handling loss	5	---

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	CHICKEN--Continued	<b>ANATOMICAL PARTS AND BONING DATA, RAW -- Continued</b>					
	Hen, stewing chicken, or fowl--Continued						
	Parts, raw--Continued						
816	Breast with rib ...	Meat and skin, raw .....	69	66 to 71	Bone .....	31	29 to 34
		Meat .....	53	52 to 53	.....	..	.....
		Skin .....	16	14 to 18	.....	..	.....
817	Thigh with oyster meat.	Meat and skin, raw .....	82	80 to 84	Bone .....	18	16 to 20
		Meat .....	64	63 to 65	.....	..	.....
		Skin .....	18	16 to 21	.....	..	.....
		<b>COOKING DATA</b>					
818	Ready to cook with neck and giblets, raw.	Braised .....	62	---	Net losses .....	38	---
819	Ready to cook with neck, raw.	Roasted to 88°C (190°F) internal temp.	61	58 to 64	..... do .....	39	36 to 42
820	Ready to cook, whole or cut up, raw.	Braised .....	66	58 to 72	..... do .....	34	28 to 42
821	Do .....	Pressure cooked .....	67	52 to 76	..... do .....	33	24 to 48
822	Do .....	Roasted to 85°C (185°F) internal temp.	78	77 to 79	..... do .....	22	21 to 23
823	Do .....	Stewed .....	62	59 to 65	..... do .....	38	35 to 41
824	Half, raw	Simmered .....	65	61 to 70	..... do .....	35	30 to 39
	Parts, raw:						
825	Breast .....	Pressure cooked .....	64	58 to 70	..... do .....	36	30 to 42
826	Leg with oyster meat.	..... do .....	62	57 to 67	..... do .....	38	33 to 43
827	Drumstick .....	..... do .....	66	63 to 71	..... do .....	34	29 to 37
828	Thigh with oyster meat.	..... do .....	60	53 to 64	..... do .....	40	36 to 47
829	Back .....	..... do .....	60	49 to 71	..... do .....	40	29 to 51
830	Wing .....	..... do .....	73	68 to 80	..... do .....	27	20 to 32
831	Neck .....	..... do .....	74	66 to 79	..... do .....	26	21 to 34
	Parts, skinless, raw:						
832	Breast .....	..... do .....	67	66 to 67	..... do .....	33	33 to 34
833	Leg .....	..... do .....	65	63 to 66	..... do .....	35	34 to 37
	Giblets, raw:						
834	Gizzard .....	..... do .....	60	56 to 64	..... do .....	40	36 to 44
835	Heart .....	..... do .....	65	57 to 80	..... do .....	35	20 to 43
836	Liver .....	..... do .....	63	55 to 70	..... do .....	37	30 to 45
		<b>POSTCOOKING DATA</b>					
837	Whole, braised, bone in.	Meat and skin .....	77	77 to 78	Bone and handling loss .....	23	22 to 23
		Meat .....	62	61 to 63	.....	..	.....
		Skin .....	15	15 to 16	.....	..	.....
838	Cut up, pressure cooked, bone in.	Meat and skin .....	72	63 to 82	Bone .....	28	18 to 37
839	Half, stewed, bone in	Meat and skin .....	69	---	Net losses .....	31	---
		Meat .....	57	---	Bone .....	24	---
		Skin .....	12	---	Excess fat .....	2	---
					Handling loss .....	5	---
	Parts, pressure cooked, bone in:						
840	Breast .....	Meat and skin .....	90	85 to 97	Bone .....	10	3 to 15
841	Leg with oyster meat.	..... do .....	78	73 to 84	..... do .....	22	16 to 27
842	Drumstick .....	..... do .....	74	71 to 80	..... do .....	26	20 to 29
843	Thigh with oyster meat.	..... do .....	82	73 to 87	..... do .....	18	13 to 27
844	Back .....	Meat and skin .....	71	61 to 81	..... do .....	29	19 to 39
		Meat .....	33	30 to 34	.....	..	.....
		Skin .....	38	35 to 39	.....	..	.....

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>CHICKEN</u> --Continued						
		POSTCOOKING DATA -- Continued					
	Hen, stewing chicken, or fowl--Continued						
845	Parts, pressure cooked, bone in--Continued						
	Wing .....	Meat and skin .....	66	61 to 72	Bone .....	34	28 to 39
		Meat .....	43	42 to 45	.....	..	.....
		Skin .....	23	21 to 27	.....	..	.....
846	Neck .....	Meat and skin .....	66	63 to 73	Bone .....	34	27 to 37
	Parts, pressure cooked, skinless, bone in:						
847	Breast .....	Meat .....	86	84 to 89	..... do .....	14	11 to 16
848	Leg .....	..... do .....	73	71 to 76	..... do .....	27	24 to 29
	<u>CHICKEN</u> , canned:						
849	Whole, with neck, in broth, bone in.	Drained carcass with neck, bone in.	46	41 to 52	Broth .....	54	48 to 59
		Drained carcass .....	44	---	.....	..	.....
		Neck .....	2	---	.....	..	.....
850	Whole carcass with neck, drained.	Meat and skin .....	73	70 to 76	Net losses .....	27	24 to 30
		Meat .....	57	51 to 62	Bone .....	23	21 to 25
		Skin .....	16	12 to 20	Handling loss .....	4	3 to 5
851	Whole carcass without neck, drained.	Meat and skin .....	71	70 to 71	Net losses .....	29	29 to 30
		Meat .....	53	52 to 53	Bone .....	24	24 to 25
		Skin .....	18	17 to 19	Handling loss .....	5	5 to 5
852	Neck, drained .....	Meat and skin .....	72	71 to 74	Net losses .....	28	26 to 29
		Meat .....	41	36 to 44	Bone .....	26	23 to 28
		Skin .....	31	25 to 39	Handling loss .....	2	0 to 3
853	Boned, solid pack .....	Drained meat .....	93	---	Broth .....	7	---
854	Boned, with broth .....	..... do .....	88	86 to 91	..... do .....	12	9 to 14
855	<u>CHICKEN ROLL</u> , frozen ....	Roasted to 82°C (180°F) internal temp.	69	66 to 72	Net losses .....	31	28 to 34
856	<u>CHICKEN AND NOODLES</u> , frozen.	Heated until hot and bubbly.	92	90 to 94	Evaporation .....	8	6 to 10
857	<u>CHICKEN TETRAZZINI</u> , made from recipe.	Ingredients including cooked spaghetti mixed and heated together.	*97	---	..... do .....	3	---
	<u>CHICKPEAS</u> :						
858	Canned, contents of No. 303 can.	Drained solids .....	64	61 to 66	Liquid .....	36	34 to 39
859	Dry .....	Soaked, boiled, drained	207	205 to 209	Net gain due to water absorption.	+107	+105 to +109
	<u>CHICORY</u> , curly leafed. See <u>ENDIVE</u> .						
860	<u>CHICORY, WITLOOF</u> , head ..	Trimmed .....	89	---	Core and root base .....	11	---
					Core .....	8	---
					Root base .....	3	---
861	<u>CHICORY GREENS</u> .....	..... do .....	82	---	Stems .....	18	---
	<u>CHINESE DATE</u> . See <u>JUJUBE</u> .						
	<u>CHINESE PRESERVING MELON</u> . See <u>WAXGOURD</u> .						
	<u>CHINESE SPINACH</u> . See <u>AMARANTH</u> .						
	<u>CHISA</u> . See <u>WATERCRESS</u> .						

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION		LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) and losses by a minus (-) sign)</i>			
		PERCENT	RANGE	PERCENT	RANGE	PERCENT	
<b>CHUM, MEAN:</b>							
862	Made from recipe .....	Simmered about 30 to 40 min until done.	84	80 to 88	Net losses .....	16	12 to 20
863	Frozen .....	Heated in saucepan or fillet until hot.	96	95 to 96	.... do .....	4	4 to 5
<b>CHRYSANTHEMUM:</b>							
864	Untrimmed .....	Trimmed and cut .....	96	94 to 98	Stem end .....	4	2 to 6
865	Trimmed, cut .....	Steamed .....	100	100 to 100	No change .....	0	0 to 0
866	CHUB, round .....	Fillet with skin, raw ..	41	34 to 48	Head, tail, fins, scales, entrails, and bones with adhering flesh.	59	52 to 66
867	Do .....	Fillet without skin, raw	33	31 to 35	Head, tail, fins, scales, entrails, bones, and skin with adhering flesh.	67	55 to 69
<b>CISCO. See LAKE HERRING.</b>							
<b>CLAMS:</b>							
Raw:							
Hard, in shell:							
868	All samples .....	Edible portion .....	15	6 to 28	Shell and liquor .....	85	72 to 94
869	New England .....	.... do .....	15	14 to 20	.... do .....	85	80 to 86
870	Chesapeake .....	.... do .....	10	7 to 10	.... do .....	90	90 to 93
871	Middle Atlantic .....	.... do .....	14	10 to 14	.... do .....	86	86 to 90
872	South Atlantic .....	.... do .....	10	6 to 10	.... do .....	90	90 to 94
873	Pacific .....	.... do .....	25	24 to 28	.... do .....	75	72 to 76
874	Razor, in shell .....	.... do .....	35	---	.... do .....	65	---
Soft, in shell:							
875	All samples .....	.... do .....	22	13 to 33	.... do .....	74	67 to 87
876	New England .....	.... do .....	23	23 to 33	.... do .....	77	67 to 77
877	Chesapeake .....	.... do .....	13	13 to 19	.... do .....	87	81 to 87
878	Middle Atlantic .....	.... do .....	30	27 to 32	.... do .....	70	68 to 73
879	Surf, in shell .....	Edible portion consists of 43% tongue (range 40 to 47%) and 57% other parts (range 53 to 60%).	20	---	.... do .....	80	---
880	Canned, minced or chopped, contents of can.	Drained solids .....	45	41 to 67	Liquid .....	55	33 to 59
Frozen:							
881	Cakes .....	Baked .....	99	98 to 100	Net losses .....	1	0 to 2
882	Deviled .....	.... do .....	98	---	.... do .....	2	---
883	Fried .....	.... do .....	89	83 to 95	.... do .....	11	5 to 17
884	Stuffed .....	.... do .....	92	84 to 96	.... do .....	8	4 to 16
885	COCONUT, whole .....	Meat .....	48	43 to 54	Shell and water .....	52	46 to 57
					Shell .....	25	19 to 37
					Water .....	27	7 to 40
886	Do .....	Cream .....	*25	---	Shell, water, and residue	75	---
<b>COD:</b>							
DRESSING AND BONING DATA							
887	Round .....	Dressed, raw .....	55	---	Head, tail, fins, entrails, and scales.	45	---
888	Do .....	Flesh, raw, machine separated.	38	---	Head, tail, fins, bones, entrails, and scales.	62	---
889	Do .....	Fillet, raw .....	30	15 to 36	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	70	64 to 85

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>COD</u> --Continued						
		<b>DRESSING AND BONING DATA -- Continued</b>					
890	Drawn .....	Flesh, raw .....	69	65 to 73	Head, tail, fins, scales, bones, and skin.	31	27 to 35
891	Do .....	Fillet, raw .....	40	35 to 48	Head, tail, fins, scales, bones, and skin with adhering flesh.	60	52 to 65
892	Steak .....	Steak, raw, boneless ...	88	77 to 91	Bones .....	12	9 to 23
		<b>THAWING DATA</b>					
893	Fillet, frozen .....	Thawed, raw .....	93	80 to 100	Thawing losses .....	7	0 to 20
		<b>COOKING DATA</b>					
	Fillet:						
894	Frozen, raw .....	Baked, uncovered .....	76	74 to 77	Net losses .....	24	23 to 26
895	Thawed, raw .....	Baked, covered .....	83	83 to 84	..... do .....	17	16 to 17
896	Do .....	Baked, covered part of time.	77	77 to 78	..... do .....	23	22 to 23
897	Do .....	Baked, uncovered .....	69	61 to 72	..... do .....	31	28 to 39
898	Do .....	Broiled .....	72	61 to 84	..... do .....	28	16 to 39
899	Do .....	Pan fried .....	81	79 to 82	..... do .....	19	18 to 21
900	Do .....	Poached .....	*88	---	..... do .....	12	---
901	Thawed, breaded, raw	Baked .....	83	72 to 93	Net losses .....	17	7 to 28
					Drippings .....	1	0 to 1
					Volatiles .....	16	7 to 27
902	Roll, frozen with spinach.	..... do .....	90	81 to 97	Net Losses .....	10	3 to 19
903	Dry, salted, raw .....	Soaked, drained meat ...	119	114 to 128	Net gain due to water absorption.	+19	+14 to +28
904	Dry, salted, soaked, raw.	Cooked, drained meat ...	64	61 to 74	Net losses .....	36	26 to 39
		<b>POSTCOOKING DATA</b>					
905	Canned, contents of can.	Drained solids .....	*77	---	Liquid .....	23	---
	<u>COLLARDS:</u>						
	Raw:						
906	Untrimmed .....	Trimmed leaves, without stems.	57	52 to 68	Stems .....	43	32 to 48
907	Do .....	Trimmed leaves with stems.	74	72 to 77	Tough stems .....	26	23 to 28
908	Trimmed .....	Boiled or steamed .....	116	110 to 123	Net gain .....	+16	+10 to +23
909	Canned, contents of can, all samples.	Drained solids .....	61	59 to 63	Liquid .....	39	37 to 41
910	Frozen, contents of package.	Thawed .....	98	97 to 98	Thawing losses .....	2	2 to 3
911	Do .....	Boiled or steamed .....	89	84 to 97	Net losses .....	11	3 to 16
912	<u>COLTSFOOTS</u> , canned .....	Drained solids.....	68	67 to 69	Liquid .....	32	31 to 33
	<u>COOKIES</u> (unbaked dough made from recipe, from mix, or from refrigerated dough):						
913	Bar (including brownies)	Baked .....	94	93 to 96	Net losses .....	6	4 to 7
914	Drop .....	..... do .....	86	84 to 88	..... do .....	14	12 to 16
915	Pressed, cut, or rolled	..... do .....	90	87 to 95	..... do .....	10	5 to 13
916	<u>CORIANDER</u> , raw .....	Leaves and stems, trimmed.	87	84 to 90	Rootlets .....	13	10 to 16
	<u>CORN:</u>						
	Raw:						
917	In husk .....	Husked corn .....	70	---	Husks and silk .....	30	---

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
918	CORN--Continued Raw--Continued In husk .....	Raw kernels cut off cob	36	15 to 63	Husks, silk, trimmings, and cob. <u>Husks, silk, and trimmings.</u> Cob .....	64 35 29	37 to 85 12 to 59 13 to 44
919	On cob, husk removed .....	do .....	55	---	Cob, trimmings, and juice. Net change .....	45 +1	--- +7 to 7
920	Do .....	Cooked on cob .....	101	93 to 107	Cobs .....	46	40 to 64
921	Cooked, on cob .....	Cooked kernels .....	54	36 to 60			
	Canned, whole grain, contents of can: Wet pack:						
922	All samples .....	Drained solids .....	68	62 to 75	Liquid .....	32	25 to 38
923	No. 303 .....	do .....	68	62 to 72	do .....	32	28 to 38
924	No. 10 .....	do .....	69	65 to 75	do .....	31	25 to 35
	Vacuum pack:						
925	All samples .....	do .....	90	84 to 95	do .....	10	5 to 16
926	No. 2 vacuum .....	do .....	90	87 to 94	do .....	10	6 to 13
927	No. 10 vacuum .....	do .....	89	84 to 95	do .....	11	5 to 16
	Frozen, contents of package:						
928	Kernels .....	Boiled or steamed .....	96	89 to 106	Net change .....	4	+6 to 11
929	On cob .....	Boiled .....	99	98 to 99	Net losses .....	1	1 to 2
930	CORN FRITTERS, frozen ...	Heated in oven or in frying pan with fat or oil.	91	79 to 105	Net change due to fat absorption and evaporation.	9	+5 to 21
	CORN GRITS:						
931	Regular .....	Cooked, 1 part cereal in 5 or 6 parts water (by volume) for 25 min.	657	604 to 698	Net gain due to added water and evaporation.	+557	+504 to +598
932	Quick .....	Cooked, 1 part cereal in 4 parts water (by volume) for 3 1/2 min.	603	590 to 620	do .....	+503	+490 to +520
933	Precooked (instant) ...	Prepared, by mixing 19 g (2/3 oz) cereal with 150 ml (5/8 cup) hot water.	758	747 to 774	Net gain due to added water.	+658	+647 to +674
	CORN MUFFINS. See MUFFINS.						
934	CORNSALAD, raw .....	Leaves and stems .....	*96	---	Roots .....	4	---
	CORN-SOY-MILK:						
935	Uncooked .....	2 parts cereal blended with 3 parts hot water.	382	375 to 392	Net gain due to added water.	+282	+275 to +292
936	Cooked .....	1 part cereal blended with 3 parts water (by volume) and boiled 1 min.	668	606 to 722	Net gain due to added water and evaporation.	+568	+506 to +622
	COWPEAS:						
	Common (including blackeye peas, southern peas, and cream crowder): Immature seeds:						
	Raw:						
937	In pods .....	Shelled seeds .....	51	26 to 90	Pods .....	49	10 to 74
938	Shelled .....	Boiled .....	*93	---	Net losses .....	7	---

\* Limited data available.



TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	<b>COWPEAS--Continued</b>						
	Common (including blackeye peas, southern peas, and cream crowder)--Continued						
	Immature seeds--Continued						
939	Canned, contents of can.	Drained solids .....	75	58 to 87	Liquid .....	25	13 to 42
940	Frozen (blackeye peas only).	Boiled or steamed .....	106	93 to 120	Net change .....	+6	+20 to 7
941	Mature seeds, dry ...	Presoaked and boiled ...	278	260 to 288	Net gain due to water absorption.	+178	+160 to +188
942	Immature pods with seeds.	Trimmed pods, raw .....	*91	---	Ends and strings .....	9	---
943	Do .....	Steamed .....	101	101 to 101	Net gain .....	+1	+1 to +1
	<b>Yardlong (asparagus bean):</b>						
944	Untrimmed .....	Trimmed, raw .....	95	95 to 96	Ends .....	5	4 to 5
945	Trimmed, cut into pieces.	Boiled .....	96	95 to 96	Net losses .....	4	4 to 5
	<b>CRAB:</b>						
	<b>Blue, whole, live:</b>						
946	Hard .....	Boiled, meat, total picked.	17	14 to 18	Cooking loss, shell, and other waste.	83	82 to 86
		Regular .....	9	8 to 15			
		Lump .....	4	3 to 6			
		Claw .....	4	2 to 5			
947	Do .....	Steamed, meat, total picked.	15	11 to 17	Cooking loss, shell, and other waste.	85	83 to 89
		Regular .....	8	6 to 9			
		Lump .....	4	3 to 5			
		Claw .....	3	2 to 3			
948	Soft .....	Trimmed, raw .....	95	---	Trimming and cleaning losses.	5	---
	<b>Dungeness, whole:</b>						
949	Live .....	Eviscerated .....	27	---	Carapace, viscera, and abdomen.	73	---
950	Eviscerated .....	Boiled .....	93	---	Net losses .....	7	---
951	Boiled .....	Meat, total picked .....	24	22 to 26	Cooking loss, shell, and other waste.	76	74 to 78
	<b>King, whole:</b>						
952	Raw .....	Cooked, in shell .....	96	80 to 101	Net losses .....	4	+1 to 20
953	Cooked, in shell .....	Meat, total picked (hand).	25	23 to 28	Carapace, viscera, abdomen, shell, and handling loss.	75	72 to 77
		From first leg .....	9	8 to 10			
		From second and third legs.	5	4 to 5			
		From claws .....	2	2 to 3			
		From shoulder and body	8	8 to 9			
		From tail .....	1	---			
954	Frozen .....	Meat, total picked, raw	51	48 to 53	Carapace, viscera, abdomen, shell, and handling loss.	49	47 to 52
		From first 3 sections of leg.	9	9 to 10			
		From fourth and fifth sections of leg.	19	18 to 21			
		From claws .....	7	6 to 7			
		From shoulder and body	16	14 to 16			
955	Meat, cooked, frozen: All types, unspecified	Thawed .....	84	70 to 93	Thawing losses .....	16	7 to 30
	<b>King:</b>						
956	First leg .....	do .....	82	71 to 90	do .....	18	10 to 29
957	Second leg .....	do .....	83	78 to 85	do .....	17	15 to 22
958	Third leg .....	do .....	85	79 to 90	do .....	15	10 to 21
959	Body .....	do .....	81	74 to 87	do .....	19	13 to 26
960	Shoulder .....	do .....	84	77 to 89	do .....	16	11 to 23
961	Claw .....	do .....	88	82 to 91	do .....	12	9 to 18
962	Meat, canned .....	Drained solids .....	77	65 to 80	Liquid .....	23	20 to 35

ed data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<b>CRAB DISHES:</b>							
Made from recipe:							
963	Imperial .....	Baked .....	*94	---	Net losses .....	6	---
964	Devised .....	do .....	*95	---	do .....	5	---
Frozen, prepared:							
965	Au gratin .....	do .....	*92	---	do .....	8	---
966	Devised, cake .....	do .....	94	92 to 99	do .....	6	1 to 8
967	Devised, cake, miniature .....	do .....	92	88 to 97	do .....	8	3 to 12
968	<b>CRANBERRIES</b> , raw .....	Sound berries .....	95	93 to 99	Stems and spoiled berries .....	5	1 to 7
<b>CRAYFISH:</b>							
Raw:							
969	Whole, in shell .....	Abdomen, raw .....	*12	---	Shell .....	88	---
Tail, in shell:							
970	Frozen .....	Thawed .....	98	89 to 100	Thawing losses .....	2	0 to 11
971	Do .....	Meat, raw .....	73	42 to 82	Thawing and shell losses .....	27	18 to 58
972	Thawed .....	Tail without bottom shell, raw .....	86	---	Bottom shell .....	14	---
973	Do .....	Boiled or broiled .....	90	87 to 93	Net losses .....	10	7 to 13
974	Tail, without bottom shell, thawed .....	Broiled .....	*92	---	do .....	8	---
Cooked:							
975	Tail, in shell, boiled or broiled .....	Meat, cooked .....	65	62 to 74	Shell .....	35	26 to 38
976	Tail, without bottom shell, broiled .....	do .....	72	---	Upper shell .....	28	---
<b>CREAM PUFFS:</b>							
977	Batter, made from recipe using fresh eggs .....	Baked at 218°C (425°F) for 30 min. ....	57	55 to 60	Net losses .....	43	40 to 45
978	Batter, made from recipe using frozen or dried eggs .....	Baked at 226°C (440°F) for 45 min. ....	49	43 to 55	do .....	51	45 to 57
979	<b>CRESS, GARDEN</b> , raw .....	Leaves .....	*71	---	Stems, crowns, and spoiled leaves .....	29	---
<b>CROAKER:</b>							
980	Round .....	Dressed, raw .....	39	23 to 50	Head, fins, entrails, and scales .....	61	50 to 77
981	Do .....	Minced flesh, machine separated, raw .....	40	37 to 60	Head, tail, fins, entrails, and scales .....	60	40 to 63
982	Do .....	Fillet without skin, raw .....	27	22 to 46	Head, tail, fins, entrails, scales, skin, and adhering flesh .....	73	54 to 78
983	Dressed, raw .....	Minced flesh, machine separated, raw .....	*70	---	Bone and skin .....	30	---
984	Do .....	Baked .....	*86	---	Net losses .....	14	---
Drippings .....							
Volatiles .....							
985	Fillet, raw: All samples .....	do .....	85	75 to 97	Net losses .....	15	3 to 25
986	Small fish, less than 454 g (1 lb) .....	do .....	79	75 to 82	do .....	21	18 to 25
987	Large fish, 680 to 900 g (1 1/2 to 2 lb) .....	do .....	*97	---	do .....	3	---
988	Baked, whole .....	Meat with skin, cooked .....	*83	---	Net losses .....	17	---
Bones .....							
Handling loss .....							

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	<b>CUCUMBERS:</b>						
989	Raw .....	Pared, sliced .....	84	68 to 94	Parings, ends, bruised spots.	16	6 to 32
990	Do .....	Unpared, sliced .....	95	90 to 98	Ends and bruised spots	5	2 to 10
991	Salted, contents of container: Sliced (Kyuri Shiozuke).	Drained solids .....	91	91 to 92	Liquid .....	9	8 to 9
992	Quartered (Kim chee)	..... do .....	60	58 to 61	..... do .....	40	39 to 42
993	<b>CULTUS, PACIFIC</b> , round, raw.	Flesh, raw .....	50	49 to 52	Head, tail, fins, entrails, bones, and skin.	50	48 to 51
994	<b>CURRENTS</b> , black (European), red and white.	Fruit without stems ....	98	97 to 98	Stems .....	2	2 to 3
995	<b>CUSK, ATLANTIC</b> , drawn ...	Flesh, raw .....	*58	---	Head, tail, fins, skin, and bones.	42	---
996	<b>GUSTARD-APPLE</b> , raw .....	Flesh .....	58	41 to 72	Seeds and skin .....	42	28 to 59
	<b>DAIKON</b> . See <b>RADISHES</b> , oriental.						
	<b>DANISH PASTRY:</b>						
997	Dough, refrigerated in can.	Baked and cooled .....	88	86 to 89	Net losses .....	12	11 to 14
998	Frozen, baked .....	Heated .....	*98	---	Evaporation .....	2	---
	<b>DASHEENS</b> . See <b>TAROS</b> .						
999	<b>DATES</b> , moisturized, with pits.	Pitted fresh .....	90	87 to 91	Pits .....	10	9 to 13
	<b>DEWBERRIES</b> . See <b>BLACK-BERRIES</b> .						
1000	<b>DOCK</b> , raw .....	Leaves and stems .....	*70	---	Stalks .....	30	---
	<b>DOUGHNUTS</b> , cake or raised: Dough, rolled and cut	Fried in oil .....	102	101 to 103	Net gain due to fat absorption and weight loss. (Fat absorption 10%, raised doughnuts; 14%, cake doughnuts).	+2	+1 to +3
1002	Fried .....	Coated with sugar and cinnamon.	116	113 to 118	Net gain due to added coating.	+16	+13 to +18
	<b>DRESSING, BREAD:</b>						
1003	In bird .....	Baked .....	146	125 to 155	Net gain .....	+46	+25 to +55
1004	In casserole .....	..... do .....	*88	---	Net losses .....	12	---
1005	<b>DRUM</b> (red), round .....	Flesh, raw .....	41	36 to 45	Head, fins, tail, entrails, bones, and skin.	59	55 to 64
	<b>DUCK:</b>						
	Domesticated:						
	Live .....	Dressed .....	*88	---	Blood and feathers .....	12	---
1007	Dressed .....	Ready to cook, including giblets.	79	78 to 80	Head, feet, inedible viscera, lungs, and kidneys.	21	20 to 22

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign; losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>DUCK</u> --Continued						
		<b>DRESSING AND BONING DATA -- Continued</b>					
1008	Domesticated--Continued Ready to cook with neck and giblets, raw.	Ready to cook without neck and giblets, raw.	88	85 to 90	Neck and giblets, raw ..	12	10 to 15
		<u>Back, raw</u> .....	23	23 to 24	<u>Neck</u> .....	5	5 to 6
		<u>Breast, raw</u> .....	30	30 to 30	<u>Heart</u> .....	1	1 to 1
		<u>Legs, raw</u> .....	24	23 to 24	<u>Gizzard</u> .....	3	3 to 4
		<u>Wings, raw</u> .....	11	11 to 11	<u>Liver</u> .....	3	3 to 3
1009	Ready to cook with giblets, raw.	Meat, skin, fat, and giblets, raw.	82	74 to 85	Bones .....	18	15 to 26
		<b>COOKING DATA</b>					
1010	Ready-to-cook carcass, raw.	Roasted to 88° to 91°C (190° to 195°F) internal temp.	62	58 to 67	Net losses .....	38	33 to 42
1011	Ready-to-cook carcass, cut up, raw.	Pressure cooked .....	56	48 to 61	<u>Drippings</u> .....	13	9 to 15
					<u>Volatiles</u> .....	25	21 to 31
					Net losses .....	44	39 to 52
					<u>Fat in drippings</u> .....	21	18 to 27
					<u>Broth</u> .....	23	21 to 25
1012	Parts, raw: Back .....	Foil wrapped, pressure cooked.	53	52 to 54	Net losses .....	47	46 to 48
1013	Breast .....	do .....	52	52 to 52	do .....	48	48 to 48
1014	Legs .....	do .....	55	55 to 55	do .....	45	45 to 45
1015	Wings .....	do .....	75	74 to 75	do .....	25	25 to 26
		<b>POSTCOOKING DATA</b>					
1016	Roasted, whole, bone in.	Meat with skin, cooked	50	48 to 52	Net losses .....	50	48 to 52
		<u>Meat</u> .....	33	31 to 35	<u>Bones</u> .....	35	35 to 36
		<u>Skin</u> .....	17	16 to 18	<u>Separable fat</u> .....	7	5 to 8
					<u>Handling loss</u> .....	8	7 to 10
1017	Pressure cooked, bone in, cut up.	Meat with skin, cooked	38	37 to 39	Bones and handling loss	62	61 to 63
1018	Back .....	do .....	27	26 to 27	do .....	73	73 to 74
1019	Breast .....	do .....	43	43 to 44	do .....	57	56 to 57
1020	Legs .....	do .....	44	44 to 44	do .....	56	56 to 56
1021	Wings .....	do .....	38	37 to 39	do .....	62	61 to 63
		<b>DRESSING DATA</b>					
1022	Wild: Dressed, raw .....	Flesh, skin, and giblets	58	---	Head, feet, inedible viscera, and bones.	42	---
1023	<u>DURIAN</u> .....	Flesh, raw .....	24	20 to 30	Seeds and husk .....	76	70 to 80
1024	<u>EEL, AMERICAN</u> , head, skin, and entrails removed.	do .....	76	76 to 76	Bones .....	24	24 to 24
1025	<u>EGG ALBUMEN</u> , dry .....	Reconstituted for use ..	*814	---	Gain in preparation with added water.	+714	---
1026	<u>EGG ROLLS</u> , frozen: Regular size, 70 g (2.5 oz).	Deep-fat fried .....	87	85 to 90	Net losses .....	13	10 to 15
1027	Do .....	Pan fried .....	*91	---	do .....	9	---
1028	Miniature, 14 g (0.5 oz)	Baked until heated ....	95	92 to 98	Evaporation .....	5	2 to 8
1029	Do .....	Pan fried .....	85	84 to 87	Net losses .....	15	13 to 16
		<b>EGGPLANT:</b>					
		Raw:					
1030	Whole .....	Trimmed and cubed or sliced, unpared.	97	93 to 98	Stems and calyxes .....	3	2 to 7
1031	Do .....	Trimmed, pared, and sliced.	81	68 to 93	Ends, parings, and trimmings.	19	7 to 32

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS — Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG %	RANGE %	DESCRIPTION	AVG %	RANGE %
		(13)	(14)	(15)	(16)	(17)	(18)
	EGGPLANT—Continued						
	Raw—Continued						
1032	Unpared, sliced, or cubed.	Steamed .....	94	87 to 98	Net losses .....	6	2 to 13
1033	Pared, sliced .....	..... do .....	93	92 to 94	..... do .....	7	6 to 8
1034	Do .....	Coated with batter, fried.	100	75 to 125	Net change .....	0	+25 to 20
1035	Pickled, in brine, contents of container.	Drained solids .....	62	61 to 63	Liquid .....	38	37 to 39
1036	EGGPLANT PARMESAN, frozen	Heated in oven .....	95	93 to 97	Evaporation .....	5	3 to 7
	EGGS:						
	Hen:						
	Raw:						
	In shell:						
	All sizes:						
1037	Whole .....	White and yolk (66% white, 34% yolk).	89	85 to 93	Shell .....	11	7 to 15
1038	White and yolk	Whites .....	59	55 to 63	.....	..	.....
1039	Do .....	Yolks .....	30	26 to 34	.....	..	.....
	Jumbo (wt. not less than 850 g (30 oz) per doz):						
1040	Whole .....	White and yolk (66% white, 34% yolk).	91	91 to 92	Shell .....	9	8 to 9
1041	White and yolk	Whites .....	60	56 to 63	.....	..	.....
1042	Do .....	Yolks .....	31	28 to 35	.....	..	.....
	Extra large (wt. not less than 765 g (27 oz) per doz):						
1043	Whole .....	White and yolk (66% white, 34% yolk).	90	87 to 91	Shell .....	10	9 to 13
1044	White and yolk	Whites .....	59	57 to 63	.....	..	.....
1045	Do .....	Yolks .....	31	27 to 33	.....	..	.....
	Large (wt. not less than 680 g (24 oz) per doz):						
1046	Whole .....	White and yolk (66% white, 34% yolk).	88	86 to 92	Shell .....	12	8 to 14
1047	White and yolk	Whites .....	58	55 to 62	.....	..	.....
1048	Do .....	Yolks .....	30	26 to 33	.....	..	.....
	Medium (wt. not less than 595 g (21 oz) per doz):						
1049	Whole .....	White and yolk (66% white, 34% yolk).	88	85 to 93	Shell .....	12	7 to 15
1050	White and yolk	Whites .....	58	55 to 62	.....	..	.....
1051	Do .....	Yolks .....	30	26 to 33	.....	..	.....
	Small (wt. not less than 510 g (18 oz) per doz):						
1052	Whole .....	White and yolk .....	87	87 to 87	Shell .....	13	13 to 13
	Out of shell:						
1053	For cooking in fat.	Fried .....	88	87 to 88	Net losses .....	12	12 to 13
1054	For cooking in water.	Poached .....	98	92 to 102	Net change .....	2	+2 to 8
1055	For cooking in a mixture:						
	Scrambled, dry	Egg, 91%; fat, 8%; and seasonings, 1%.	92	92 to 93	Net losses .....	8	7 to 8

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	EGGS--Continued						
	Hen--Continued						
	Raw--Continued						
	Out of shell--						
	Continued						
	For cooking in a						
	mixture--						
	Continued						
1056	Scrambled,	Egg, 76%; milk, 15%; fat,	91	88 to 93	Net losses .....	9	7 to 12
	creamy.	8%; and seasonings,					
		1%.					
1057	French omelet	Egg, 69%; milk, 19%;	92	91 to 93	.... do .....	8	7 to 9
		butter, 10%; and					
		seasonings, 2%.					
1058	Cooked in shell .....	Hard cooked .....	89	88 to 90	Shell and membrane .....	11	10 to 12
1059	Do .....	Soft cooked .....	87	86 to 87	.... do .....	13	13 to 14
1060	Hard cooked .....	Pickled in 100% vinegar	92	88 to 96	Losses in storage .....	8	4 to 12
1061	Do .....	Pickled in 50% vinegar	90	88 to 93	.... do .....	10	7 to 12
		and 50% water.					
	Duck:						
1062	Raw .....	White and yolk .....	88	87 to 90	Shell .....	12	10 to 13
	Preserved, salted:						
1063	Mud packed .....	Cleaned .....	*76	76 to 76	Mud .....	24	24 to 24
1064	Cleaned .....	Shelled after simmering	*87	87 to 87	Shell .....	13	13 to 13
	<u>ELEPHANT'S EAR.</u> See						
	<u>PEPEAO.</u>						
	<u>ENDIVE:</u>						
1065	Institutional pack .....	Trimmed .....	78	75 to 80	Ends, outer leaves, and	22	20 to 25
					trimmings.		
1066	Retail pack .....	Trimmed and cored .....	86	79 to 93	Outer leaves and core ..	14	7 to 21
					Outer leaves .....	12	6 to 20
					Core .....	2	1 to 6
	<u>ENGLISH MUFFINS:</u>						
1067	Baked .....	Toasted .....	*87	---	Net losses .....	13	---
1068	Frozen, baked .....	Heated and toasted .....	86	84 to 88	.... do .....	14	12 to 16
	<u>FARINA:</u>						
1069	Regular .....	Cooked, 1 part cereal	693	684 to 705	Net gain due to water	+593	+584 to +605
		in 6 parts water (by			absorption.		
		volume) for 15 min.					
1070	Quick cooking .....	Cooked, 1 part cereal in	671	639 to 691	.... do .....	+571	+539 to +591
		5 parts water (by					
		volume) for 5 min.					
1071	Instant cooking .....	Cooked, 1 part cereal in	575	537 to 612	.... do .....	+475	+437 to +512
		4 parts water (by					
		volume) for 30 s.					
1072	Precooked (instant) ...	Prepared, by mixing,	488	473 to 507	Net gain due to added	+388	+373 to +407
		28 g (1 oz) cereal			water.		
		with 150 ml (5/8 cup)					
		hot water.					
1073	<u>FEIJOA</u> , raw .....	Flesh with seed .....	87	84 to 90	Skins .....	13	16 to 20
1074	<u>FENNEL</u> , common, raw .....	Trimmed leaves .....	*93	---	Trimmings .....	7	---
	<u>FIGS:</u>						
1075	Raw .....	Flesh, raw .....	99	98 to 100	Stems .....	1	0 to 2
	Dried:						
1076	All samples .....	Cooked, drained .....	149	141 to 159	Net gain due to water	+49	+41 to +59
					absorption.		
1077	Black Mission (11	.... do .....	146	141 to 153	.... do .....	+46	+41 to +53
	to 30 per 454 g						
	(1 lb)).						
1078	Calimyrnas (9 to	.... do .....	152	150 to 159	.... do .....	+52	+50 to +59
	14 per 454 g						
	(1 lb)).						

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	<u>FIGS--Continued</u>						
1079	Canned, contents of can: All samples .....	Drained solids .....	#59	#53 to 76	Liquid .....	#41	#24 to 47
1080	Extra heavy sirup: No. 303 .....	..... do .....	#58	#53 to 72	..... do .....	#42	#28 to 47
1081	No. 10 .....	..... do .....	58	57 to 64	..... do .....	42	36 to 43
1082	Heavy sirup: No. 303 .....	..... do .....	58	56 to 59	..... do .....	42	41 to 44
1083	No. 10 .....	..... do .....	58	57 to 62	..... do .....	42	38 to 43
1084	Water: No. 303 .....	..... do .....	#61	#56 to 76	..... do .....	#39	#24 to 44
1085	No. 10 .....	..... do .....	#59	#57 to 64	..... do .....	#41	#36 to 43
1086	<u>FILBERTS</u> .....	Kernels .....	42	16 to 62	Shells .....	58	38 to 84
	<u>FILIPINO SPINACH.</u> See <u>JUTE.</u>						
	<u>FISH.</u> See individual kinds-- <u>COD, SALMON,</u> <u>etc.</u>						
1087	<u>FISHCAKE</u> , breaded, fried, frozen.	Heated in oven .....	96	94 to 98	Evaporation .....	4	2 to 6
1088	Do .....	Pan fried .....	*101	100 to 102	Net gain due to fat absorption.	+1	+2 to 0
	<u>FISH PORTION:</u>						
1089	Frozen, raw .....	Thawed, raw .....	80	75 to 93	Thawing losses .....	20	7 to 25
1090	Thawed, raw .....	Baked .....	*58	---	Net losses .....	42	---
1091	Do .....	Broiled .....	61	61 to 61	..... do .....	39	39 to 39
1092	Frozen, battered, breaded, fried.	Baked .....	90	79 to 95	..... do .....	10	5 to 21
1093	<u>FISH STICKS</u> , breaded, frozen.	..... do .....	91	85 to 98	..... do .....	9	2 to 15
1094	Do .....	Broiled .....	87	83 to 91	..... do .....	13	9 to 17
1095	Do .....	Pan fried .....	97	94 to 99	..... do .....	3	1 to 6
	<u>FLATFISHES.</u> See individ- ual kinds-- <u>FLOUNDER,</u> <u>SOLE, etc.</u>						
	<u>FLOUNDER:</u>						
		<b>DRESSING AND BONING DATA</b>					
1096	Arrowtooth: Round .....	Fillet without skin, raw	28	22 to 36	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	72	64 to 78
1097	Blackback: Round .....	Dressed, raw .....	*75	---	Head, tail, fins, scales, and entrails.	25	---
1098	Do .....	Flesh, raw .....	39	32 to 48	Head, tail, fins, entrails, scales, bones, and skin.	61	52 to 68
1099	Do .....	Fillet without skin, raw	41	15 to 52	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	59	48 to 85
1100	Flake: Round .....	Flesh, raw .....	39	32 to 48	Head, tail, fins, entrails, scales, bones, and skin.	61	52 to 68

\* Limited data available.

# Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>FLOUNDER--Continued</b>	<b>DRESSING AND BONING DATA -- Continued</b>					
1101	Flake--Continued Round .....	Fillet without skin, raw	43	34 to 51	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	57	49 to 66
1102	Drawn .....	Flesh, raw .....	*41	---	Head, tail, fins, scales, bones, and skin.	59	---
1103	Southern: Round .....	..... do .....	*54	---	Head, tail, fins, entrails, scales, bones, and skin.	46	---
1104	Starry: Round .....	..... do .....	*43	---	..... do .....	57	---
1105	Do .....	Fillet without skin, raw	19	15 to 26	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	81	74 to 85
1106	Unspecified: Round .....	Flesh, raw .....	45	32 to 54	Head, tail, fins, entrails, scales, bones, and skin.	55	46 to 68
1107	Do .....	Fillet without skin, raw	33	15 to 52	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	67	48 to 85
		<b>THAWING DATA</b>					
1108	Fillet, frozen .....	Thawed, raw .....	98	95 to 100	Thawing losses .....	2	0 to 5
		<b>COOKING DATA</b>					
1109	Dressed, raw .....	Baked .....	*75	---	Net losses .....	25	---
					<u>Drippings</u> .....	6	---
					<u>Volatiles</u> .....	19	---
1110	Dressed, breaded, raw	Pan fried and broiled ..	93	93 to 93	Net losses .....	7	7 to 7
					<u>Drippings</u> .....	2	2 to 2
					<u>Volatiles</u> .....	5	5 to 5
1111	Fillet, raw .....	Baked .....	72	63 to 80	Net losses .....	28	20 to 37
					<u>Drippings</u> .....	3	---
					<u>Volatiles</u> .....	25	---
1112	Do .....	Broiled .....	73	72 to 75	Net losses .....	27	25 to 28
1113	Fillet, breaded, raw ..	Deep-fat fried .....	*88	---	..... do .....	12	---
1114	Do .....	Pan fried .....	*111	---	Net gain due to fat absorption.	+11	---
		<b>POSTCOOKING DATA</b>					
1115	Dressed, baked .....	Meat, cooked .....	*89	---	Net losses .....	11	---
					<u>Bones</u> .....	8	---
					<u>Handling loss</u> .....	3	---
1116	Dressed, pan fried, and broiled.	Meat, skin, and breading, cooked.	*89	---	Net losses including bone and handling loss.	11	---
1117	<b>FLOUNDER ALMONDINE,</b> frozen.	Baked .....	*94	---	Net losses .....	6	---
	<b>FRANKFURTER.</b> See <b>SAUSAGE.</b>						
	<b>FROG LEGS:</b>						
1118	Raw .....	Flesh, raw .....	65	64 to 65	Bones and handling loss	35	35 to 36
1119	Do .....	Broiled .....	73	72 to 75	Net losses .....	27	25 to 28
1120	Do .....	Pan fried .....	79	78 to 79	..... do .....	21	21 to 22
1121	Broiled .....	Meat, cooked .....	71	68 to 75	Net losses .....	29	25 to 32
					<u>Bones</u> .....	24	21 to 26
					<u>Handling loss</u> .....	5	5 to 5

\* Limited data available.



TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses, with a minus (-) sign.)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
1122	FROG LEGS--Continued Pan fried .....	Meat, cooked .....	76	74 to 77	Net losses .....	24	23 to 26
					Bones .....	21	20 to 22
					Handling loss .....	3	3 to 4
1123	FROSTINGS: Cooked .....	Prepared for use .....	*84	---	Evaporation .....	16	---
1124	Uncooked, buttercream .....	do .....	98	97 to 98	Handling loss .....	2	2 to 3
	FRUIT COCKTAIL:						
1125	Canned, contents of can: All samples .....	Drained solids .....	67	59 to 77	Liquid .....	33	23 to 41
	Extra heavy sirup:						
1126	No. 303 .....	do .....	*64	*61 to 73	do .....	*36	*27 to 39
1127	No. 10 .....	do .....	*65	*63 to 68	do .....	*35	*32 to 37
	Heavy sirup:						
1128	No. 303 .....	do .....	67	59 to 70	do .....	33	30 to 41
1129	No. 10 .....	do .....	65	64 to 68	do .....	35	32 to 36
	Light sirup:						
1130	No. 303 .....	do .....	*68	*64 to 77	do .....	*32	*23 to 36
1131	No. 10 .....	do .....	67	65 to 70	do .....	33	30 to 35
	Water:						
1132	No. 303 .....	do .....	68	62 to 73	do .....	32	27 to 38
1133	No. 10 .....	do .....	*68	---	do .....	*32	---
	Juice:						
1134	No. 303 .....	do .....	*69	*64 to 77	do .....	*31	*23 to 36
1135	No. 10 .....	do .....	*68	---	do .....	*32	---
	Dried (low moisture, 4 to 5%):						
1136	Ready to cook .....	Prepared fruit with juice (1 part fruit to 4.2 parts boiling water, by weight).	520	520 to 521	Net gain due to added water.	+420	+420 to +421
1137	Do .....	Prepared fruit, drained	300	300 to 301	Net gain due to water absorption.	+200	+200 to +201
1138	Prepared fruit with juice.	Drained solids .....	58	57 to 58	Liquid .....	42	42 to 43
	FRUITS FOR SALAD:						
	Canned, contents of can:						
1139	All samples .....	do .....	61	55 to 74	do .....	39	26 to 45
	Extra heavy sirup:						
1140	No. 303 .....	do .....	*59	*55 to 70	do .....	*41	*30 to 45
1141	No. 2 1/2 .....	do .....	*60	*56 to 68	do .....	*40	*32 to 44
1142	No. 10 .....	do .....	*59	*57 to 62	do .....	*41	*38 to 43
	Heavy sirup:						
1143	No. 303 .....	do .....	*62	---	do .....	38	---
1144	No. 2 1/2 .....	do .....	*60	---	do .....	40	---
1145	No. 10 .....	do .....	61	55 to 67	do .....	39	33 to 45
	Light sirup:						
1146	No. 303 .....	do .....	*62	*58 to 74	do .....	*38	*26 to 42
1147	No. 2 1/2 .....	do .....	*62	*58 to 71	do .....	*38	*29 to 42
1148	No. 10 .....	do .....	*61	*59 to 65	do .....	*39	*35 to 41
	Water:						
1149	No. 303 .....	do .....	*62	*58 to 74	do .....	*38	*26 to 42
1150	No. 2 1/2 .....	do .....	*62	*58 to 71	do .....	*38	*29 to 42
1151	No. 10 .....	do .....	*62	*60 to 66	do .....	*38	*34 to 40
	FUKI. See COLTSFOOTS.						
	FUYU. See ROSE BEAN CURD.						
	GARBANZOS. See CHICKPEAS.						

\* Limited data available.

† Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS — Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses told out a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
1152	GARLIC, bulbs .....	Peeled cloves, raw .....	87	87 to 88	Knob and skins .....	13	12 to 13
	GINGER, pickled. See BENTSHOGA.						
1153	GINGER ROOT, raw .....	Peeled root .....	90	83 to 94	Scrapings .....	10	6 to 17
1154	GINKGO NUTS:						
	Raw .....	Dried kernels .....	*59	---	Shells .....	41	---
1155	Canned, contents of can, unspecified size.	Drained solids .....	60	59 to 60	Liquid .....	40	40 to 41
1156	GOA BEANS, raw:						
	Untrimmed .....	Trimmed .....	98	92 to 100	Ends .....	2	0 to 8
1157	Trimmed .....	Steamed .....	*96	---	Net losses .....	4	---
	GOAT:						
1158	Live .....	Dressed carcass .....	53	50 to 55	Dressing losses .....	47	45 to 50
1159	Dressed carcass .....	Lean and fat meat, raw .....	81	78 to 83	Bones .....	19	17 to 22
	Wholesale cuts, raw:						
1160	Breast .....	..... do .....	76	73 to 80	..... do .....	24	20 to 27
1161	Leg .....	..... do .....	87	85 to 88	..... do .....	13	12 to 15
1162	Loin .....	..... do .....	87	85 to 90	..... do .....	13	10 to 15
1163	Rack .....	..... do .....	76	71 to 82	..... do .....	24	18 to 29
1164	Shoulder .....	..... do .....	80	79 to 81	..... do .....	20	19 to 21
	GONDUL. See PIGEONPEAS.						
	GOOSE:						
	Domesticated:		DRESSING AND BONING DATA				
1165	Live .....	Dressed .....	86	82 to 91	Blood and feathers .....	14	9 to 18
1166	Dressed .....	Ready-to-cook with neck and giblets.	84	78 to 89	Head, feet, and inedible viscera.	16	11 to 22
1167	Do .....	Ready-to-cook carcass ..	73	70 to 75	Head, feet, inedible viscera, neck, and giblets.	27	25 to 30
1168	Ready-to-cook with neck and giblets, raw.	Ready-to-cook carcass, raw.	87	83 to 89	Neck and giblets .....	13	11 to 17
		Breast .....	24	19 to 29	Neck .....	5	5 to 5
		Legs .....	24	21 to 27	Gizzard .....	5	5 to 6
		Back .....	22	21 to 22	Heart .....	1	1 to 1
		Wings .....	17	16 to 17	Liver .....	2	2 to 2
1169	Ready-to-cook carcass, raw.	Meat and skin, raw .....	81	81 to 81	Bones .....	19	19 to 19
		Meat, raw .....	47	46 to 48	..... do .....	..	.....
		Skin, raw .....	34	33 to 35	..... do .....	..	.....
			COOKING DATA				
1170	Ready-to-cook with neck and giblets, raw.	Roasted .....	*66	61 to 72	Net losses .....	34	28 to 39
					Drippings .....	19	15 to 22
					Volatiles .....	15	12 to 21
1171	Ready-to-cook carcass, raw.	..... do .....	66	56 to 73	Net losses .....	34	27 to 44
					Drippings .....	15	10 to 23
					Volatiles .....	19	17 to 21
1172	Ready-to-cook carcass, cut up, raw.	Pressure cooked .....	65	62 to 67	Net losses .....	35	33 to 38
	Parts, wrapped in foil, raw:						
1173	Breast, raw .....	..... do .....	62	---	..... do .....	38	---
1174	Legs, raw .....	..... do .....	61	---	..... do .....	39	---
1175	Back, raw .....	..... do .....	66	---	..... do .....	34	---
1176	Wings, raw .....	..... do .....	74	---	..... do .....	26	---
1177	Neck and giblets, raw.	Simmered .....	68	67 to 69	..... do .....	32	31 to 33
1178	Neck, raw .....	..... do .....	70	---	..... do .....	30	---

\*Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. % (4)	RANGE % (5)	DESCRIPTION	AVG. % (7)	RANGE % (8)
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<b>GOOSE--Continued</b>							
<b>COOKING DATA --Continued</b>							
	Domesticated--Continued						
	Ready-to-cook carcass, cut up, raw--Continued						
	Neck and giblets, raw--Continued						
1179	Gizzard, raw ....	Simmered .....	61	---	Net losses .....	39	---
1180	Heart, raw .....	..... do .....	50	---	..... do .....	50	---
1181	Liver, raw .....	..... do .....	79	---	..... do .....	21	---
<b>POSTCOOKING DATA</b>							
1182	Roasted with neck and giblets, bone in.	Total edible meat including neck, giblets, and skin.	73	70 to 76	Bones and cutting loss	27	24 to 30
1183	Roasted carcass, bone in.	Meat and skin, cooked	72	67 to 76	Bones .....	28	24 to 33
		Meat .....	55	54 to 57			
		Skin .....	17	12 to 19			
<b>COOKING AND POSTCOOKING DATA</b>							
1184	Wild: Ready-to-cook carcass, raw.	Roasted .....	*71	---	Net losses .....	29	---
					Drippings .....	1	---
					Volatiles .....	28	---
1185	Roasted carcass, bone in.	Meat and skin, raw .....	*65	---	Net losses .....	35	---
		Meat .....	58	---	Bones .....	32	---
		Skin .....	7	---	Cutting loss .....	3	---
	<b>GOURD, DISHCLOTH.</b> See TOWELGOURD.						
	<b>GRANADILLA, whole, raw:</b>						
1186	Purple .....	Pulp and seeds .....	52	42 to 56	Shell .....	48	44 to 58
1187	Do .....	Juice .....	*34	---	Shell, seed, and pulp ..	66	---
1188	Yellow .....	..... do .....	*40	---	..... do .....	60	---
	<b>GRAPEFRUIT, raw:</b>						
	<b>White:</b>						
1189	Pink, red, and white: All cultivars .....	Half, with peel, ready to serve.	92	89 to 95	Seeds, some rag .....	8	5 to 11
1190	Do .....	Segments without membranes.	52	41 to 64	Peel, seeds, and membranes around segments.	48	36 to 59
1191	Do .....	Juice .....	48	33 to 55	Peel, rag, seeds, membranes, handling loss.	52	45 to 67
1192	California and Arizona.	..... do .....	43	35 to 55	..... do .....	57	45 to 65
1193	Florida, all cultivars.	..... do .....	50	45 to 51	..... do .....	50	49 to 55
1194	Texas, all cultivars	..... do .....	50	45 to 51	..... do .....	50	49 to 55
1195	Pink and red: Seeded (Foster Pink).	..... do .....	48	43 to 53	..... do .....	52	47 to 57
1196	Seedless (including Pink Marsh, Redblush).	..... do .....	51	47 to 55	..... do .....	49	45 to 53
1197	White: Seeded (Duncan, other cultivars).	..... do .....	45	33 to 54	..... do .....	55	46 to 67
1198	Seedless (Marsh Seedless).	..... do .....	48	36 to 55	..... do .....	52	45 to 64
1199	Half, with peel, ready to serve.	Flesh .....	37	34 to 38	Peel, rag, membrane, and adhering pulp with some juice.	63	62 to 66

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<u>GRAPEFRUIT SEGMENTS:</u>							
1200	Canned, contents of cans All samples .....	Drained solids .....	58	52 to 65	Liquid .....	42	35 to 48
1201	Heavy sirup .....	do .....	*56	---	do .....	44	---
1202	Juice .....	do .....	59	52 to 65	do .....	41	35 to 48
1203	Water .....	do .....	*58	---	do .....	*42	---
1204	Chilled, contents of jar.	do .....	66	65 to 67	do .....	34	34 to 37
1205	Frozen in sirup, contents of can.	Thawed solids, drained	*55	---	do .....	45	---
<u>GRAPEFRUIT AND ORANGE SEGMENTS FOR SALAD:</u>							
1206	Canned, contents of can.	Drained solids .....	63	59 to 69	do .....	37	31 to 41
1207	Chilled, contents of jar.	do .....	67	60 to 70	do .....	33	30 to 40
<u>GRAPES:</u>							
Raw:							
1208	American type (slip skin).	Pulp and juice, seeds removed.	58	55 to 59	Skin, seeds, and stems Skin .....	42 34	41 to 45 33 to 36
					Seeds .....	6	4 to 10
					Stems .....	2	---
1209	European type (adherent skin): Seeded cultivars ..	Sound fruit, seeds, and stems removed.	89	86 to 92	Seeds and stems .....	11	8 to 14
					Seeds .....	5	4 to 8
					Stems .....	6	---
1210	Seedless cultivars	Sound fruit, stems removed.	96	94 to 98	Stems .....	4	2 to 6
1211	Canned, contents of can, all samples.	Drained solids .....	62	57 to 68	Liquid .....	38	32 to 43
<u>GRIDDLECAKES. See PANCAKES.</u>							
<u>GRITS. See CORN GRITS.</u>							
1212	<u>GROUNDCHERRIES, raw</u> .....	Pulp .....	*94	---	Husks .....	6	---
<u>GROUNDNUTS. See PEANUTS.</u>							
<u>GROUPER:</u>							
1213	Round .....	Fillet, without skin, raw.	43	40 to 45	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	57	55 to 60
1214	Drawn .....	Flesh, raw .....	44	44 to 44	Head, tail, fins, scales, bones, and skin.	56	56 to 56
<u>GUAVA, whole, raw:</u>							
1215	Common .....	Flesh with skin and seed	97	---	Stem and blossom end ...	3	---
1216	Do .....	Flesh with skin .....	80	---	Seeds, stem, and blossom end.	20	---
1217	Strawberry (Cattley) ..	Flesh with skin and seed	97	---	Stem and blossom end ...	3	---
1218	Do .....	Flesh with skin .....	85	83 to 87	Seeds, stem, and blossom end.	15	13 to 17
<u>GUINEA HEN:</u>							
1219	Live .....	Dressed .....	*83	---	Blood and feathers .....	17	---
1220	Dressed .....	Ready to cook with giblets.	*72	---	Head, feet, and inedible viscera.	28	---

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TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1221	GUINEA HEN--Continued Ready to cook with giblets, raw.	Meat, skin, and giblets, raw.	84	83 to 85	Bones	16	15 to 17
1222	Do	Ready-to-cook carcass, raw.	*95	---	Giblets, raw	5	---
					Gizzard	3	---
					Heart	1	---
					Liver	1	---
1223	Ready-to-cook carcass, raw.	Roasted	*75	---	Net losses	25	---
		Breast without rib bones.	29	---	Drippings	1	---
		Legs	22	---	Volatiles	24	---
		Wings	10	---			
		Back with rib bones	14	---			
1224	Do	Stewed	*81	---	Net losses	19	---
		Breast without rib bones.	27	---			
		Legs	25	---			
		Wings	12	---			
		Back with rib bones	17	---			
1225	Roasted carcass, bone in	Total meat and skin	*69	---	Net losses	31	---
		Dark meat	20	---	Bones	29	---
		Light meat	37	---	Handling loss and waste.	2	---
		Skin	12	---			
	Parts, roasted:						
1226	Breast without rib bones.	Meat and skin	*27	---	Net losses	13	---
		Light meat	78	---	Bones	12	---
		Skin	9	---	Handling loss	1	---
1227	Legs	Meat and skin	*75	---	Net losses	24	---
		Dark meat	65	---	Bones	21	---
		Skin	11	---	Handling loss	3	---
1228	Back with rib bones	Total meat and skin	*26	---	Net losses	74	---
		Dark meat	8	---	Bones	72	---
		Light meat	10	---	Handling loss	2	---
		Skin	8	---			
1229	Wings	Meat and skin	*59	57 to 60	Bones	41	40 to 43
		Light meat	33	32 to 34			
		Skin	26	23 to 28			
1230	Stewed carcass, bone in	Meat and skin	*73	---	Net losses	27	---
		Meat	61	---	Bones	25	---
		Skin	12	---	Handling loss and waste.	2	---
	Parts, stewed:						
1231	Breast without rib bones.	Meat and skin	*92	---	Net losses	8	---
		Meat	86	---	Bones	7	---
		Skin	6	---	Handling loss	1	---
1232	Legs	Meat and skin	72	71 to 73	Bones	28	27 to 29
		Meat	62	60 to 63			
		Skin	10	10 to 10			
1233	Back with rib bones	Meat and skin	*49	---	Net losses	51	---
		Meat	36	---	Bones	43	---
		Skin	13	---	Handling loss	8	---
1234	Wings	Meat and skin	62	61 to 63	Net losses	38	37 to 39
		Meat	37	37 to 37	Bones	37	37 to 37
		Skin	25	25 to 26	Handling loss	1	0 to 2
	Giblets, raw:						
1235	Gizzard	Simmered	*54	---	Net losses	46	---
1236	Heart	do	45	43 to 50	do	54	50 to 57
1237	Liver	do	79	71 to 86	do	21	14 to 29

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<b>DRESSING AND BONING DATA</b>							
1238	HADDOCK: Round .....	Drawn, raw .....	*90	---	Entrails .....	10	---
1239	Do .....	Flesh, raw .....	48	43 to 52	Head, tail, fins, scales, entrails, bones, and skin.	52	48 to 57
1240	Do .....	Fillet with skin, raw ..	41	37 to 45	Head, tail, fins, scales, entrails, and bones with adhering flesh.	59	55 to 63
1241	Drawn .....	..... do .....	46	45 to 48	Head, tail, fins, scales, and bones with adhering flesh.	54	52 to 55
1242	Fillet with skin, raw	Fillet without skin, raw	88	83 to 91	Skin .....	12	9 to 17
1243	Fillet without skin, frozen.	Thawed, raw .....	97	88 to 100	Thawing losses .....	3	0 to 12
<b>COOKING DATA</b>							
1244	Fillet without skin, raw.	Baked .....	78	---	Net losses .....	22	---
1245	Do .....	Broiled .....	82	76 to 88	..... do .....	18	12 to 24
1246	Fillet without skin, breaded, raw.	Oven fried .....	85	85 to 86	Net losses .....	15	14 to 15
1247	Do .....	Pan fried .....	*77	---	Drippings .....	3	2 to 5
					Volatiles .....	12	10 to 13
					Net losses .....	23	---
					Drippings .....	3	---
					Volatiles .....	19	---
1248	Steak, raw .....	Baked .....	*81	---	Breading .....	1	---
					Net losses .....	19	---
					..... do .....	6	---
1249	Do .....	Microwave cooked .....	*94	---	..... do .....	6	---
<b>HAKE:</b>							
1250	New England species (includes squirrel, white, and whiting), round.	Flesh, raw .....	43	42 to 46	Head, tail, fins, entrails, scales, bones, and skin.	57	54 to 58
1251	Do .....	Fillet without skin, raw	36	---	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	64	---
1252	Drawn .....	Flesh, raw .....	48	---	Head, tail, fins, scales, bones, and skin.	52	---
1253	Do .....	Fillet without skin, raw	47	43 to 51	Head, tail, fins, scales, bones, and skin with adhering flesh.	53	49 to 57
1254	Pacific species, round	Flesh, raw .....	49	---	Head, viscera, bones, skin.	51	---
1255	Do .....	Fillet without skin, raw	29	24 to 36	Head and viscera .....	45	---
					Bones and skin .....	6	---
					Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	71	64 to 76
<b>HALIBUT:</b>							
<b>DRESSING, BONING, AND THAWING DATA</b>							
1256	Round .....	Fillet without skin, raw	59	51 to 68	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	41	32 to 49
1257	Steak: Frozen .....	Thawed .....	94	92 to 95	Thawing losses .....	6	5 to 8
1258	Thawed .....	Flesh, raw .....	81	76 to 88	Bones and skin .....	19	12 to 24

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	HALIBUT--Continued						
					COOKING DATA		
1259	Steak--Continued Thawed .....	Baked .....	84	81 to 90	Net losses .....	16	10 to 19
1260	Do .....	Broiled .....	73	68 to 79	Net losses .....	27	21 to 32
					Drippings .....	2	2 to 4
1261	Thawed, rolled in flour.	Pan fried .....	*85	---	Volatiles .....	25	26 to 29
					Net losses .....	15	---
					POSTCOOKING DATA		
1262	Broiled .....	Meat, cooked .....	*82	---	Net losses .....	18	---
					Bones .....	2	---
					Skin .....	15	---
					Handling loss .....	1	---
	HAM. See PORK, cured.						
	HAMBURGER. See BEEF.						
1263	HANS, SCARLET, raw .....	Flesh and skin .....	*80	---	Core .....	20	---
1264	HAWTHORN, CHINESE, raw ..	.... do .....	85	80 to 90	.... do .....	15	10 to 20
	HAZELNUTS. See FILBERTS.						
	HEART:						
					TRIMMING DATA		
1265	Raw, untrimmed: Beef .....	Trimmed, ready to cook, raw.	72	64 to 81	Net losses including vessels, blood, cartilage, and fat.	28	19 to 36
1266	Lamb .....	.... do .....	78	73 to 82	.... do .....	22	18 to 27
1267	Pork .....	.... do .....	83	80 to 88	.... do .....	17	12 to 20
1268	Veal .....	.... do .....	*63	---	.... do .....	37	---
					COOKING DATA		
1269	Raw, ready to cook: Beef .....	Braised .....	54	48 to 63	Net losses .....	46	37 to 52
1270	Do .....	Simmered .....	61	56 to 65	.... do .....	39	35 to 44
1271	Lamb .....	Braised .....	*53	---	.... do .....	47	---
1272	Do .....	Simmered .....	64	59 to 67	.... do .....	36	33 to 41
1273	Pork .....	Braised or pressure cooked.	54	50 to 57	.... do .....	46	43 to 50
1274	Do .....	Simmered .....	57	54 to 60	.... do .....	43	40 to 46
1275	Veal .....	Braised .....	55	48 to 69	.... do .....	45	31 to 52
1276	Do .....	Simmered .....	63	62 to 64	.... do .....	37	36 to 38
					POSTCOOKING DATA		
1277	Cooked: Beef .....	Trimmed, ready to eat ..	75	57 to 87	Fat, skin, and evapora- tion after cooking.	25	13 to 43
1278	Lamb .....	.... do .....	84	80 to 89	.... do .....	16	11 to 20
1279	Pork .....	.... do .....	89	86 to 93	.... do .....	11	7 to 14
	HERRING:						
1280	Atlantic, round .....	Flesh, raw .....	51	50 to 51	Head, tail, fins, entrails, scales, bones, and skin.	49	49 to 50
1281	Lake, round .....	Drawn .....	88	83 to 92	Entrails .....	12	8 to 17
1282	Do .....	Fillet without skin, raw	37	29 to 45	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	63	55 to 71
1283	Pacific, round .....	Minced flesh, raw, machine separated.	67	---	Head, viscera, bones, and skin.	33	---
					Head and viscera .....	29	---
					Bones and skin .....	4	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>HERRING</u> --Continued						
1284	Canned:						
	Kippered .....	Drained solids .....	87	83 to 90	Liquid .....	13	10 to 17
1285	Plain .....	..... do .....	71	69 to 73	..... do .....	29	27 to 31
1286	<u>HERRING ROE</u> , canned .....	..... do .....	75	62 to 83	..... do .....	25	17 to 38
1287	<u>HICKORYNUTS</u> .....	Kernels .....	35	30 to 38	Shells .....	65	62 to 70
	<u>HOMINY</u> (1½), canned, contents of can, all sizes:						
1288	Liquid pack .....	Drained solids .....	60	59 to 62	Liquid .....	40	38 to 41
1289	Solid pack .....	..... do .....	*98	---	..... do .....	2	---
	<u>HOMINY GRITS</u> . See <u>CORN GRITS</u> .						
	<u>HONEYDEW MELON</u> . See <u>MUSKMELONS</u> .						
1290	<u>HORS D'OEUVRES</u> , frozen ..	Thawed to room temperature and baked at 205°C (400°F) for 15 min.	80	53 to 94	Thawing and baking losses	20	6 to 47
1291	<u>HORSE RADISH</u> , roots, raw	Pared root .....	69	55 to 73	Parings .....	31	27 to 45
	<u>HORSE RADISH TREE</u> :						
	Leafy tips:						
1292	Whole .....	Leaves and tender tips	62	59 to 65	Stems .....	38	35 to 41
1293	Leaves and tender tips.	Steamed .....	*96	---	Net losses .....	4	---
	Pods:						
1294	Untrimmed .....	Trimmed, and cut into pieces.	52	46 to 58	Hard outer covering and fibers.	48	42 to 54
1295	Trimmed, and cut into pieces.	Steamed .....	100	100 to 100	No change .....	0	0 to 0
	<u>HYACINTH-BEANS</u> , raw:						
1296	Untrimmed .....	Trimmed .....	93	91 to 95	Ends and strings .....	7	5 to 9
1297	Trimmed .....	Steamed .....	94	94 to 95	Net losses .....	6	5 to 6
	<u>ICINGS</u> . See <u>FROSTINGS</u> .						
1298	<u>INCONNU</u> , round .....	Flesh, raw .....	*63	---	Head, fins, entrails, bones, and skin.	37	---
1299	<u>JACKFRUIT</u> , raw .....	Pulp .....	28	25 to 32	Seeds and skin .....	72	68 to 75
	<u>JAVA PLUMS</u> . See <u>ROSE APPLES</u> .						
1300	<u>JERUSALEM-ARTICHOKES</u> , raw	Pared tubers .....	*69	---	Parings .....	31	---
	<u>JEW'S-EAR</u> . See <u>PEPEAO</u> .						
	<u>JICAMA</u> . See <u>YAMBEAN</u> .						
	<u>JUJUBE</u> , common:						
1301	Raw .....	Flesh and skin .....	93	87 to 96	Seeds .....	7	4 to 13
1302	Dried .....	..... do .....	89	85 to 93	..... do .....	11	7 to 15
	<u>JUTE</u> , raw:						
1303	Bunch .....	Tender tips and leaves	62	39 to 87	Tough leaves and stems	38	13 to 61
1304	Tender tips and leaves	Steamed .....	99	99 to 100	Net losses .....	1	0 to 1

\* Limited data available.



TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without sign)</i>		
		DESCRIPTION	AVG % (14)	RANGE % (15)	DESCRIPTION	AVG % (17)	RANGE % (18)
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>KALE:</u>						
	Raw:						
1305	Untrimmed .....	Leaves without stems ...	64	---	Stems, midribs, trimming, and damaged leaves.	36	---
1306	Do .....	Leaves with stems .....	71	59 to 74	Stem ends, tough stems, and tough part of midribs.	39	26 to 41
1307	Trimmed .....	Cooked by boiling or steaming.	110	81 to 138	Net change .....	+10	+38 to 19
1308	Do .....	Boiled .....	105	81 to 138	.... do .....	+5	+38 to 19
1309	Do .....	Steamed .....	115	88 to 135	.... do .....	+15	+35 to 12
	Canned, contents of can:						
1310	All samples .....	Drained solids .....	64	61 to 72	Liquid .....	36	28 to 39
1311	No. 303 .....	.... do .....	68	63 to 72	.... do .....	32	28 to 37
1312	No. 10 .....	.... do .....	*61	---	.... do .....	39	---
	Frozen, contents of package:						
1313	Leaf .....	Boiled or steamed .....	76	64 to 92	Net losses .....	24	8 to 36
1314	Chopped .....	Boiled .....	90	90 to 91	.... do .....	10	9 to 10
1315	<u>KETAMBILLA</u> , whole, raw ..	Pulp .....	*62	---	Seeds, skin, and bud end	38	---
	<u>KIDNEY:</u>						
	Raw, untrimmed:						
1316	Beef .....	Trimmed, ready to cook, raw.	82	78 to 87	Fat, veins, connective tissue.	18	13 to 22
1317	Lamb .....	.... do .....	*97	---	.... do .....	3	---
1318	Veal .....	.... do .....	*88	---	.... do .....	12	---
	Raw, ready to cook:						
1319	Beef .....	Baked .....	*75	---	Net losses .....	25	---
1320	Do .....	Braised or simmered .....	50	45 to 53	.... do .....	50	47 to 55
	<u>KIM CHEE</u> . See <u>CABBAGE</u> ; <u>CABBAGE, CHINESE</u> ; and <u>CUCUMBERS</u> , salted.						
1321	<u>KINGFISH</u> , round .....	Flesh, raw .....	*44	---	Head, fins, entrails, bones, and skin.	56	---
	<u>KOHLRABI</u> , raw:						
1322	With leaves .....	Pared, bulblike stems ..	*46	---	Leaves with stems, parings.	54	---
1323	Without leaves .....	.... do .....	*63	---	Stem ends and parings	37	---
	<u>KORUGAKI</u> . See <u>PERSIMMONS</u> , dried.						
1324	<u>KUMQUATS</u> , raw .....	Pulp and rind, raw .....	93	88 to 96	Seeds .....	7	4 to 12
	<u>KUWAT</u> . See <u>ARROWHEAD</u> .						
1325	<u>LAKE HERRING</u> , raw .....	Fillet with skin, raw ..	*52	---	Head, fins, entrails, scales, and bones.	48	---
	<u>LAKE TROUT</u> :						
1326	Round .....	Fillet without skin, raw ..	*43	---	Head, tail, fins, entrails, scales, bones, and skin.	57	---
1327	Drawn .....	Fillet with skin, raw ..	59	55 to 64	Head, tail, fins, and bones.	41	36 to 45
1328	<u>LAKE TROUT</u> (siscowet):						
	Round .....	Fillet without skin .....	37	34 to 40	Head, tail, fins, entrails, scales, bones, and skin.	63	60 to 66

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	LAMB:						
		SLAUGHTER AND BONING DATA					
1329	Live .....	Chilled, dressed carcass	49	43 to 55	Dressing and chilling losses.	51	45 to 57
	Carcass or sides, chilled and dressed:						
1330	Prime .....	Lean and fat meat, raw	*86	---	Bones .....	14	---
1331	Choice .....	do .....	*84	---	do .....	16	---
1332	Good .....	do .....	*82	---	do .....	18	---
1333	Utility .....	do .....	*78	---	do .....	22	---
	Wholesale cuts, raw, bone in:						
	Breast and flank:						
1334	Prime .....	do .....	*92	---	do .....	8	---
1335	Choice .....	do .....	*89	---	do .....	11	---
1336	Good .....	do .....	*89	---	do .....	11	---
1337	Utility .....	do .....	*86	---	do .....	14	---
	Foreleg:						
1338	Prime .....	do .....	*73	---	do .....	27	---
1339	Choice .....	do .....	*70	---	do .....	30	---
1340	Good .....	do .....	*69	---	do .....	31	---
1341	Utility .....	do .....	*67	---	do .....	33	---
	Leg:						
1342	Prime .....	do .....	*87	---	do .....	13	---
1343	Choice .....	do .....	*85	---	do .....	15	---
1344	Good .....	do .....	*84	---	do .....	16	---
1345	Utility .....	do .....	*82	---	do .....	18	---
	Loin:						
1346	Prime .....	do .....	*90	---	do .....	10	---
1347	Choice .....	do .....	*89	---	do .....	11	---
1348	Good .....	do .....	*86	---	do .....	14	---
1349	Utility .....	do .....	*82	---	do .....	18	---
	Neck:						
1350	Prime .....	do .....	*80	---	do .....	20	---
1351	Choice .....	do .....	*78	---	do .....	22	---
1352	Good .....	do .....	*77	---	do .....	23	---
1353	Utility .....	do .....	*71	---	do .....	29	---
	Rib:						
1354	Prime .....	do .....	*87	---	do .....	13	---
1355	Choice .....	do .....	*81	---	do .....	19	---
1356	Good .....	do .....	*80	---	do .....	20	---
1357	Utility .....	do .....	*75	---	do .....	25	---
	Shoulder:						
1358	Prime .....	do .....	*88	---	do .....	12	---
1359	Choice .....	do .....	*86	---	do .....	14	---
1360	Good .....	do .....	*84	---	do .....	16	---
1361	Utility .....	do .....	*82	---	do .....	18	---
	Selected retail cuts, raw, bone in:						
1362	Leg .....	Lean and fat meat, raw, slightly trimmed.	76	65 to 82	Bones with some trimmings	24	18 to 35
1363	Do .....	Lean, raw .....	58	57 to 59	Net losses .....	42	41 to 43
					Excess fat .....	19	17 to 20
					Bones .....	16	15 to 17
					Waste .....	7	7 to 8
1364	Rib loin .....	Lean and fat meat, raw, slightly trimmed.	73	61 to 88	Bones with some trimmings	27	12 to 39
1365	Do .....	Lean, raw .....	41	38 to 44	Net losses .....	59	56 to 62
					Excess fat .....	39	35 to 43
					Bones .....	11	10 to 13
					Waste .....	9	8 to 9
1366	Shoulder .....	do .....	48	47 to 48	Net losses .....	52	52 to 53
					Excess fat .....	27	25 to 29
					Bones .....	17	16 to 19
					Waste .....	8	7 to 8

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
<b>LAMB--Continued</b>							
<b>THAWING DATA</b>							
1367	Retail cuts, frozen: Leg, boneless .....	Thawed meat .....	96	93 to 98	Thawing losses .....	4	2 to 7
1368	Shoulder, boneless ..	..... do .....	98	96 to 100	..... do .....	2	0 to 4
<b>COOKING DATA</b>							
<u>Cooked by all methods (broiled, pan fried, oven cooked, braised) to indicated stages of doneness:</u>							
1369	Chops and steaks, bone in, boneless, and unspecified (including loin, rib, shoulder, armbone).	All internal temperatures, 60 to 83°C (140° to 181°F) and unspecified.	75	64 to 94	Net losses .....	25	6 to 36
					Drippings .....	8	2 to 15
					Volatiles .....	17	7 to 26
1370	Do .....	Rare, 60° to 70°C (140° to 158°F) internal temp.	80	70 to 94	Net losses .....	20	6 to 30
					Drippings .....	7	4 to 13
					Volatiles .....	13	7 to 18
1371	Do .....	Medium, 75° to 80°C (167° to 176°F) internal temp.	79	66 to 89	Net losses .....	21	11 to 34
					Drippings .....	6	2 to 15
					Volatiles .....	15	9 to 21
1372	Do .....	Well done, 82° to 83°C (180° to 181°F) internal temp.	66	64 to 70	Net losses .....	34	30 to 36
					Drippings .....	10	6 to 14
					Volatiles .....	24	20 to 26
1373	Patties, ground .....	Pan or oven broiled .....	68	62 to 74	Net losses .....	32	26 to 38
					Drippings .....	20	12 to 29
					Volatiles .....	12	6 to 21
1374	Do .....	Cooked in microwave oven	63	59 to 68	Net losses .....	37	32 to 41
					Drippings .....	20	16 to 24
					Volatiles .....	17	14 to 20
<u>Roasted by dry heat in conventional oven:</u>							
1375	Roasts: All samples (bone in, boneless, including leg, loin, rib, shoulder).	All internal temperatures, 67° to 83°C (153° to 181°F) and unspecified.	74	53 to 88	Net losses .....	26	12 to 47
					Drippings .....	7	2 to 22
					Volatiles .....	19	9 to 33
1376	Do .....	Rare, 67° to 70°C (153° to 158°F) internal temp.	80	69 to 88	Net losses .....	20	12 to 31
					Drippings .....	7	2 to 12
					Volatiles .....	13	10 to 22
1377	Do .....	Medium, 75° to 79°C (167° to 174°F) internal temp.	73	53 to 80	Net losses .....	27	20 to 47
					Drippings .....	7	5 to 15
					Volatiles .....	20	13 to 25
1378	Do .....	Well done, 80° to 85°C (176° to 185°F) internal temp.	68	54 to 78	Net losses .....	32	22 to 46
					Drippings .....	10	4 to 22
					Volatiles .....	22	9 to 33
1379	Leg, whole: Bone in .....	Rare, 67°C (153°F) internal temp.	84	77 to 88	Net losses .....	16	12 to 23
					Drippings .....	5	2 to 7
					Volatiles .....	11	10 to 15
1380	Do .....	Medium, 75° to 79°C (167° to 174°F) internal temp.	73	69 to 80	Net losses .....	27	20 to 31
					Drippings .....	7	5 to 8
					Volatiles .....	20	17 to 26
1381	Do .....	Well done, 82° to 83°C (180° to 181°F) internal temp.	71	56 to 83	Net losses .....	29	17 to 44
					Drippings .....	11	5 to 14
					Volatiles .....	18	12 to 30

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	LAMB--Continued	COOKING DATA -- Continued					
	Retail cuts, raw-- Continued						
	Roasts--Continued						
	Leg, whole-- Continued						
1382	Boneless .....	Rare, 67° to 70°C (153° to 158°F) internal temp.	78	69 to 84	Net losses .....	22	16 to 31
					Drippings .....	7	4 to 10
					Volatiles .....	15	12 to 22
1383	Do .....	Medium, 75° to 79°C (167° to 174°F) internal temp.	72	53 to 80	Net losses .....	28	20 to 47
					Drippings .....	10	5 to 15
					Volatiles .....	18	13 to 25
1384	Do .....	Well done, 80° to 85°C (176° to 185°F) internal temp.	67	60 to 78	Net losses .....	33	22 to 40
					Drippings .....	11	6 to 22
					Volatiles .....	22	9 to 30
1385	Bone in or bone- less.	Unspecified internal temp.	72	58 to 74	Net losses .....	28	26 to 42
					Drippings .....	13	6 to 17
					Volatiles .....	15	12 to 34
1386	Leg, half, boneless: Shank .....	Well done, 82°C (180°F) internal temp.	67	64 to 70	Net losses .....	33	30 to 36
					Drippings .....	5	4 to 7
					Volatiles .....	28	25 to 29
1387	Sirloin .....	..... do .....	62	60 to 64	Net losses .....	38	36 to 40
					Drippings .....	3	6 to 11
					Volatiles .....	30	27 to 33
1388	Rib, whole, bone in	Medium, 76°C (169°F) internal temp.	79	74 to 85	Net losses .....	21	15 to 26
					Drippings .....	9	4 to 13
					Volatiles .....	12	5 to 16
1389	Shoulder, whole, boneless.	Rare, 69°C (156°F) internal temp.	77	73 to 79	Net losses .....	23	21 to 27
					Drippings .....	9	8 to 12
					Volatiles .....	14	12 to 15
1390	Do .....	Medium, 77°C (170°F) internal temp.	68	64 to 74	Net losses .....	32	26 to 36
					Drippings .....	8	4 to 13
					Volatiles .....	24	21 to 28
		<u>Roasted in microwave oven:</u>					
1391	Leg, whole, bone in or boneless.	Medium, 79°C (174°F) internal temp.	*75	---	Net losses .....	25	---
					Drippings .....	8	---
					Volatiles .....	17	---
1392	Do .....	Well done, 82°C (180°F) internal temp.	57	54 to 60	Net losses .....	43	40 to 46
					Drippings .....	16	14 to 19
					Volatiles .....	27	24 to 30
		<u>Cooked by moist-heat methods:</u>					
1393	Leg, whole, bone- less.	Cooked in film to 75°C (167°F) internal temp.	70	---	Net losses .....	30	---
					Drippings .....	24	---
					Volatiles .....	6	---
1394	Shoulder, bone in	Braised to 95°C (203°F) internal temp.	76	75 to 77	Net losses .....	24	23 to 25
					Drippings .....	12	11 to 12
					Volatiles .....	12	11 to 13
1395	Shoulder, shank, breast, flank, or neck (bone in and bone- less).	Braised, simmered, or stewed to unspeci- fied internal temp.	60	54 to 72	Net losses .....	40	28 to 46

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS — Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. % (14)	RANGE % (15)	DESCRIPTION	AVG. % (17)	RANGE % (18)
(11)	(2)	(3)	(14)	(15)	(6)	(7)	(8)
	LAMB--Continued						
			POSTCOOKING DATA				
	Roasted by dry heat:						
	Leg:						
1396	Bone in .....	Lean and fat meat, boned	72	71 to 72	Bones, skin, excess fat, and cutting loss.	28	28 to 29
					Bones .....	22	15 to 28
					Skin and excess fat ..	5	---
					Cutting loss .....	1	---
1397	Do .....	Lean meat, boned .....	58	56 to 69	Bones, excess fat, juices, and cutting loss.	42	31 to 44
					Bones .....	16	15 to 24
					Excess fat .....	14	8 to 16
					Juices .....	11	10 to 14
					Cutting loss .....	1	1 to 2
1398	Boneless .....	do .....	86	75 to 88	Excess fat, shrinkage, and cutting loss.	14	12 to 25
					Excess fat .....	5	3 to 7
					Shrinkage .....	8	6 to 12
					Cutting loss .....	1	---
1399	Rib loin, bone in ...	Lean and fat meat, boned	66	63 to 67	Bones, juices, and cutting loss.	34	33 to 37
					Bones .....	25	22 to 29
					Juices .....	8	7 to 9
					Cutting loss .....	1	1 to 2
1400	Do .....	Lean meat, boned .....	55	52 to 57	Bones, excess fat, juices, and cutting loss.	45	43 to 48
					Bones .....	10	9 to 12
					Excess fat .....	26	23 to 31
					Juices .....	7	6 to 8
					Cutting loss .....	2	---
1401	Rib, bone in .....	do .....	39	31 to 47	Bones, excess fat, carving, and handling loss.	61	53 to 69
					Bones .....	30	27 to 36
					Excess fat .....	23	18 to 28
					Carving .....	3	1 to 6
					Handling loss .....	5	1 to 3
	Shoulder:						
1402	Bone in .....	Lean meat, slightly trimmed, boned.	75	73 to 77	Bones, excess fat, and cutting loss.	25	23 to 27
					Bones .....	19	---
					Excess fat .....	5	---
					Cutting loss .....	1	0 to 3
1403	Boneless .....	Lean meat, slightly trimmed.	83	81 to 86	Excess fat, shrinkage, and cutting loss.	17	14 to 19
					Excess fat .....	9	7 to 10
					Shrinkage .....	7	6 to 10
					Cutting loss .....	1	---
1404	Do .....	Lean meat .....	66	55 to 75	Excess fat, carving, and handling loss.	34	25 to 45
					Excess fat .....	28	18 to 41
					Carving .....	2	1 to 3
					Handling loss .....	4	2 to 6
	Cooked by moist heat (pot roasted, simmered, boiled, pressure cooked):						
1405	Shoulder, bone in ...	Lean and fat meat, boned	76	65 to 83	Bone and cutting loss ..	24	17 to 35
					Bones .....	22	17 to 32
					Cutting loss .....	2	0 to 4
1406	Do .....	Lean meat, boned .....	50	49 to 50	Bone, excess fat, and cutting loss.	50	50 to 51
					Bones .....	17	16 to 18
					Excess fat .....	22	20 to 24
					Juices and waste .....	10	10 to 12
					Cutting loss .....	1	---

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
	<u>LASAGNA.</u>						
1407	Noodles, enriched: Without egg .....	Cooked to al dente stage	212	210 to 215	Net gain due to water absorption.	+112	+110 to +115
1408	Do .....	Cooked to tender stage	248	243 to 256	do .....	+148	+143 to +156
1409	With egg .....	do .....	236	232 to 240	do .....	+136	+132 to +140
1410	Cooked noodles with sauce and cheese made from recipe or from mix.	Baked until hot and bubbly.	93	90 to 95	Net losses .....	7	5 to 10
1411	Frozen, prepared .....	do .....	89	82 to 96	Evaporation .....	11	4 to 18
1412	<u>LEEKs</u> , raw .....	Bulb and lower leaf ....	44	35 to 58	Tops, root ends, and skin ends on bulb.	56	42 to 65
					Tops .....	46	44 to 54
					Root ends .....	8	7 to 11
					Skin ends on bulb ....	2	1 to 2
1413	<u>LEMONS</u> , whole .....	Juice .....	43	29 to 55	Peel, seeds, and membranes.	57	45 to 71
1414	Do .....	Juice, strained .....	36	18 to 46	Peel, pulp, and seeds ..	64	54 to 82
					Peel .....	45	32 to 68
					Pulp .....	17	13 to 23
					Seeds .....	2	0 to 4
1415	Do .....	Cartwheel slices with peel.	80	64 to 93	Waste ends and handling loss.	20	7 to 36
1416	Do .....	Wedges with peel .....	98	98 to 100	Seeds .....	2	0 to 2
1417	<u>LENTILS</u> , dry, raw .....	Simmered 20 min, drained	261	251 to 281	Net gain due to water absorption.	+161	+151 to +181
1418	Do .....	Boiled 30 min or baked 35 min.	289	266 to 303	do .....	+189	+166 to +203
	<u>LETTUCE:</u>						
	Butterhead including Boston, Bibb:						
1419	Institutional pack ..	Trimmed for retail pack	72	70 to 75	Tough outer leaves .....	28	25 to 30
1420	Retail pack .....	Trimmed leaves .....	91	76 to 95	Core and wilted leaves	9	5 to 24
1421	Cos or Romaine: Institutional pack ..	Trimmed and cored .....	64	51 to 78	Outer leaves, core, trimmings, and cutting loss.	36	22 to 49
					Outer leaves .....	22	4 to 31
					Core and trimmings ...	12	7 to 17
					Handling loss .....	2	0 to 2
1422	Retail pack .....	Cored .....	*94	---	Core .....	6	---
	Crisphead cultivars including iceberg:						
1423	Institutional pack ..	Trimmed for retail pack	78	73 to 86	Coarse outer leaves ....	22	14 to 27
1424	Do .....	Trimmed leaves .....	71	67 to 87	Coarse leaves and core	29	13 to 33
1425	Retail pack .....	Trimmed and cored .....	93	88 to 96	Core and wilted leaves	7	4 to 12
1426	Looseleaf or bunching .....	do .....	*64	---	Outer leaves, core, and trimmings.	36	---
	<u>LIMA BEANS.</u> See <u>BEANS</u> , Lima.						
	<u>LIMES:</u>						
	Acid type:						
1427	Whole, raw .....	Sections without membrane, raw.	*57	---	Peel, seeds, and membrane.	43	---
1428	Do .....	Juice .....	47	38 to 56	do .....	53	44 to 62
1429	Sweet type, whole, raw	Pulp with membrane .....	84	---	Peel .....	16	---
1430	<u>LINGCOD</u> , round .....	Flesh, raw, machine separated.	*47	---	Head, tail, fins, entrails, scales, bones, and skin.	53	---
1431	Do .....	Fillet without skin, raw	34	15 to 42	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	66	58 to 85

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>LIVER:</b>						
		<b>TRIMMING DATA</b>					
1432	Untrimmed, sliced, raw: Beef .....	Trimmed, ready to cook	93	89 to 98	Net losses including skin, veins, and blood.	7	2 to 11
1433	Lamb .....	do .....	91	90 to 92	do .....	9	8 to 11
1434	Pork .....	do .....	92	90 to 94	do .....	8	6 to 10
1435	Veal .....	do .....	92	90 to 94	do .....	8	6 to 10
		<b>COOKING DATA</b>					
1436	Ready to cook, raw: Beef .....	Oven fried or braised after coating with flour.	96	84 to 105	Net change .....	4	+5 to 16
1437	Do .....	Pan or oven fried without coating, well done.	74	66 to 81	Net losses .....	26	19 to 34
1438	Do .....	Pan fried, rare .....	87	81 to 90	do .....	13	10 to 19
1439	Do .....	Braised .....	67	64 to 69	do .....	33	31 to 36
1440	Lamb .....	Scalded and fried .....	61	60 to 63	do .....	39	37 to 40
1441	Pork .....	Fried or oven cooked .....	66	52 to 82	do .....	34	18 to 48
1442	Do .....	Braised with sauce and vegetables.	*76	---	do .....	24	---
1443	Veal .....	Pan fried or braised, well done.	64	60 to 67	do .....	36	33 to 40
1444	Do .....	Pan fried, medium rare	79	76 to 82	do .....	21	18 to 24
1445	Do .....	Pan fried, rare .....	*96	---	do .....	4	---
1446	Do .....	Fried in conventional oven, 25 min.	*80	---	do .....	20	---
1447	Do .....	Fried in microwave oven, 5 min.	*78	---	do .....	22	---
	<b>LOBSTER, northern:</b>						
	<b>Whole, in shell:</b>						
1448	Live .....	Boiled .....	92	84 to 104	Net change .....	8	+4 to 16
1449	Boiled .....	Body, claw, and tail ...	28	22 to 36	Shell, head, entrails, and handling loss.	72	64 to 78
		Body .....	7	6 to 9			
		Claw .....	11	10 to 15	Shell .....	39	36 to 40
		Tail .....	10	10 to 12	Head and entrails .....	18	13 to 19
					Handling loss .....	15	13 to 17
	<b>Tail, in shell:</b>						
1450	Frozen .....	Thawed, in shell .....	84	83 to 86	Thawing losses .....	16	14 to 17
1451	Thawed .....	Meat, cooked .....	55	52 to 58	Cooking losses and shell	45	42 to 48
1452	Frozen .....	Meat, raw .....	73	42 to 82	Thawing losses and shell	27	18 to 58
1453	Do .....	Meat, cooked .....	53	41 to 62	Cooking losses and shell	47	38 to 59
1454	Thawed .....	Broiled, in shell .....	56	38 to 77	Cooking losses .....	44	23 to 62
1455	Canned, contents of can	Drained solids .....	70	68 to 72	Liquid .....	30	28 to 32
1456	<b>LOBSTER NEWBURG, made from recipe.</b>	Baked .....	*91	---	Net losses .....	9	---
	<b>LOBSTER, SPINY. See CRAYFISH.</b>						
	<b>LOGANBERRIES, canned, contents of can:</b>						
1457	All samples .....	Drained solids .....	49	47 to 49	Liquid .....	51	51 to 53
1458	Extra heavy sirup, No. 303.	do .....	48	47 to 49	do .....	52	51 to 53
1459	Heavy sirup, No. 10	do .....	*49	---	do .....	51	---
	<b>LONGANS:</b>						
1460	Raw .....	Flesh .....	53	47 to 58	Shell and seeds .....	47	42 to 53
1461	Dried .....	do .....	36	34 to 40	do .....	64	60 to 66

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS — Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1462	LOQUATS, raw .....	Flesh .....	62	56 to 70	Skin and seeds .....	38	30 to 44
					Seeds .....	23	15 to 34
					Skin .....	15	10 to 20
	LOTUS:						
	Root, raw:						
1463	Whole .....	Peeled and sliced, raw	79	58 to 92	Skin and ends .....	21	8 to 42
1464	Trimmed and sliced ..	Steamed 30 min .....	96	94 to 98	Net losses .....	4	2 to 6
1465	Seeds, dried .....	Seed .....	96	93 to 98	Skin .....	4	2 to 7
	LYCHEES:						
1466	Raw .....	Pulp .....	63	56 to 67	Thin shell and seeds ...	37	33 to 44
					Thin shell .....	18	18 to 18
					Seeds .....	15	14 to 16
					Handling loss .....	4	---
1467	Dried .....	..... do .....	54	50 to 59	Thin shell and seeds ...	46	41 to 50
					Thin shell .....	19	16 to 26
					Seeds .....	27	20 to 32
1468	MACADAMIA NUTS .....	Kernels .....	34	24 to 44	Shells .....	66	56 to 76
	MACARONI, dry:						
	Cuts, elbows, and shells:						
1469	All samples, made from different farinaceous ingredients.	Boiled to varying degrees of doneness.	273	234 to 328	Net gain due to water absorption.	+173	+134 to +228
1470	Semolina only .....	..... do .....	287	273 to 308	..... do .....	+187	+173 to +208
1471	Semolina with farina or flour.	..... do .....	256	234 to 269	..... do .....	+156	+134 to +169
1472	Corn, soy, and wheat.	..... do .....	268	234 to 285	..... do .....	+168	+134 to +185
1473	Milk and unspecified wheat ingredient.	..... do .....	318	312 to 328	..... do .....	+218	+212 to +228
1474	Wheat and soy .....	..... do .....	250	241 to 258	..... do .....	+150	+141 to +158
	MACARONI AND CHEESE:						
1475	Made from recipe or from mix.	Heated after mixing .....	98	98 to 98	Evaporation .....	2	2 to 2
1476	Frozen .....	Baked .....	91	89 to 95	..... do .....	9	5 to 11
	MACKEREL:						
		DRESSING AND BONING DATA					
1477	Atlantic: Round .....	Dressed, raw .....	*70	---	Head, tail, fins, and entrails.	30	---
1478	Do .....	Flesh, raw .....	54	46 to 65	Head, tail, fins, entrails, bones, and skin.	46	35 to 54
1479	Drawn .....	..... do .....	*57	---	Head, tail, fins, bones, and skin.	43	---
1480	Pacific: Round .....	Dressed, raw .....	*70	---	Head, tail, fins, and entrails.	30	---
1481	Dressed .....	Flesh, raw .....	72	64 to 80	Bones and skin .....	28	20 to 36
1482	Spanish, round .....	Fillet with skin, raw ..	59	54 to 64	Head, tail, fins, entrails, and bones with adhering flesh.	41	36 to 46
		COOKING DATA					
	Unspecified:						
1483	Dressed, raw .....	Broiled, bone in .....	80	71 to 89	Net losses .....	20	11 to 29
1484	Fillet, raw .....	Baked .....	86	---	..... do .....	14	---
1485	Do .....	Broiled .....	77	---	..... do .....	23	---
1486	Fillet, salted, soaked.	Drained solids .....	98	---	Liquid .....	2	---

\* Limited data available.



TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Losses indicated by a plus (+) sign, losses with net gain)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1487	MACKEREL, canned (horse or Pacific), contents of can.	Drained solids .....	84	81 to 86	Liquid .....	16	14 to 19
1488	MAMEY .....	Flesh .....	60	52 to 71	Seeds and skin .....	40	29 to 48
	MAMMEE APPLE. See MAMEY.						
	MANDARIN ORANGES. See TANGERINES.						
1489	MANGO, whole, raw: All types .....	Pulp .....	69	51 to 82	Skin and seeds .....	31	18 to 49
					Skin .....	15	6 to 19
					Seeds .....	16	9 to 34
1490	Florida: All cultivars .....	do .....	76	69 to 82	Skin and seeds .....	24	18 to 31
					Skin .....	13	7 to 17
					Seeds .....	11	9 to 19
1491	Haden .....	do .....	74	70 to 78	Skin and seeds .....	26	22 to 30
					Skin .....	15	14 to 17
					Seeds .....	11	11 to 12
1492	Irwin .....	do .....	*82	---	Skin and seeds .....	18	---
					Skin .....	9	---
					Seeds .....	9	---
1493	Kent .....	do .....	*80	---	Skin and seeds .....	20	---
					Skin .....	8	---
					Seeds .....	12	---
1494	Hawaii .....	do .....	62	57 to 67	Skin and seeds .....	38	33 to 43
					Skin .....	21	20 to 27
					Seeds .....	17	16 to 25
1495	MANGOSTEEN .....	Flesh, raw .....	29	28 to 31	Rind and seeds .....	71	69 to 72
1496	MANICOTTI: Dry .....	Cooked in water until tender.	220	215 to 226	Net gain due to water absorption during cooking.	+120	+115 to +126
1497	Cooked, stuffed with cheese with tomato sauce added, frozen.	Baked in oven at 232°C (450°F).	88	87 to 89	Evaporation .....	12	11 to 13
	MARMALADE PLUMS. See SAPOTES.						
	MATAI. See WATER CHESTNUTS.						
	MEAT. See BEEF, LAMB, PORK, VEAL.						
	MEAT LOAF. See BEEF.						
	MERINGUE:						
1498	Hard .....	Baked until firm and dry.	74	72 to 75	Net losses .....	26	25 to 28
1499	Soft .....	Baked until peaks were lightly browned.	79	75 to 83	do .....	21	17 to 25
1500	MILLET, cracked and ground.	Cooked by boiling 1 part ground millet in 6 parts water for 25 min.	*753	---	Net gain due to water absorption.	+653	---
	MIXED VEGETABLES. See VEGETABLES, MIXED.						

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Losses in parentheses; gains in plus signs; net losses or gains)</i>		
		DESCRIPTION	AVG %	RANGE %	DESCRIPTION	AVG %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1501	MOUNTAIN APPLE, whole, raw.	Flesh with skin .....	*87	---	Seed and stem end .....	13	---
	MUFFINS, all types, including blueberry, bran, corn, plain:						
1502	Batter made from recipe	Baked until light brown	86	82 to 88	Net losses .....	14	12 to 18
1503	Batter made from mix and added ingredients.	..... do .....	90	88 to 92	..... do .....	10	8 to 12
1504	Frozen, baked .....	Heated in oven .....	92	81 to 95	Evaporation .....	8	5 to 19
1505	MULLET, round .....	Flesh, raw .....	53	41 to 58	Head, tail, fins, entrails, scales, bones, and skin.	47	42 to 59
1506	Do .....	Fillet without skin, raw	32	25 to 38	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	68	62 to 75
	MUNG BEAN SPROUTS. See BEANS, Mung, Sprouted.						
	MUSHROOMS:						
	Raw:						
	Whole:						
1507	Good quality .....	Trimmed .....	97	87 to 100	Trimmings, mainly stem ends.	3	0 to 13
1508	Fair quality .....	Peeled, trimmed, sliced	81	75 to 85	Peelings, trimmings, and slicing losses.	19	15 to 25
1509	Whole or sliced, peeled and trimmed.	Cooked, all methods ....	69	47 to 88	Net losses .....	31	12 to 53
1510	Do .....	Broiled, fried, or sauteed.	65	47 to 80	..... do .....	35	20 to 53
1511	Do .....	Boiled or simmered ...	73	64 to 88	..... do .....	27	12 to 36
1512	Canned, contents of can, all samples.	Drained solids.....	58	47 to 62	Liquid .....	42	38 to 53
	Dried:						
1513	Whole .....	Trimmed .....	82	78 to 85	Stems .....	18	15 to 22
1514	Trimmed .....	Soaked .....	*341	---	Net gain due to water absorption.	+241	---
1515	Soaked .....	Steamed 15 min .....	*96	---	Net losses .....	4	---
1516	Frozen, in butter sauce	Heated by frying .....	*51	---	..... do .....	49	---
1517	MUSKELLUNGE, round .....	Flesh, raw .....	*49	---	Head, tail, fins, entrails, scales, bones, skin, and handling loss.	51	---
	MUSKMELONS:						
	Raw:						
	Cantaloup:						
1518	Whole .....	..... do .....	51	29 to 74	Cavity contents, rind, cutting loss.	49	26 to 71
					Cavity contents .....	9	6 to 14
					Rind .....	39	20 to 56
					Cutting loss .....	1	0 to 3
1519	Halves or sections, cavity contents removed.	..... do .....	56	---	Rind and cutting loss	44	---
					Rind .....	43	---
					Cutting loss .....	1	---
1520	Casaba:						
	Whole .....	..... do .....	*60	---	Cavity contents and rind	40	---
					Cavity contents .....	11	---
					Rind .....	29	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign. Losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<b>MUSKMELONS--Continued</b>							
<b>Raw--Continued</b>							
<b>Casaba--Continued</b>							
1521	Sections with rind and cavity contents.	Sections with rind .....	90	87 to 94	Cavity contents .....	10	6 to 13
1522	Sections with rind	Flesh, raw .....	67	64 to 71	Rind .....	33	29 to 36
1523	Flesh without rind	Cubed or diced .....	*97	---	Juice .....	3	---
<b>Honeydew:</b>							
1524	Whole .....	Flesh, raw .....	46	34 to 54	Cavity contents and rind	54	46 to 66
					<u>Cavity contents</u> .....	5	---
					<u>Rind</u> .....	49	42 to 62
1525	Sections with rind	..... do .....	57	50 to 61	Rind .....	43	39 to 50
<b>Persian:</b>							
1526	Whole .....	..... do .....	*42	---	Cavity contents and rind	58	---
					<u>Cavity contents</u> .....	5	---
					<u>Rind</u> .....	53	---
1527	Sections with rind and cavity contents.	Sections with rind .....	95	94 to 96	Cavity contents .....	5	4 to 6
1528	Sections with rind	Flesh, raw .....	44	41 to 46	Rind .....	56	54 to 59
1529	Frozen, melon balls in sirup.	Thawed solids, drained	55	53 to 57	Liquid .....	45	43 to 47
<b>MUSSELS, whole .....</b>							
1530	Do .....	Solids and liquor .....	51	43 to 56	Shell and "beard" .....	49	44 to 57
1531	Do .....	Drained solids, raw .....	29	25 to 33	Shell, "beard," and liquor.	71	67 to 75
<b>MUSTARD GREENS:</b>							
<b>Raw:</b>							
1532	Untrimmed .....	Leaves, trimmed .....	93	90 to 95	Bases .....	7	5 to 10
1533	Trimmed .....	Boiled .....	*84	---	Net losses .....	16	---
1534	Do .....	Steamed .....	93	92 to 94	..... do .....	7	6 to 8
<b>Canned, chopped, contents of can:</b>							
1535	All samples .....	Drained solids .....	64	61 to 69	Liquid .....	36	31 to 39
1536	No. 303 .....	..... do .....	67	65 to 69	..... do .....	33	31 to 35
1537	No. 10 .....	..... do .....	*61	---	..... do .....	39	---
1538	Frozen, chopped, contents of package.	Boiled or simmered, drained.	90	84 to 100	Net losses .....	10	0 to 16
<b>NATAL PLUM. See <u>CARISSA</u>.</b>							
<b>NECTARINES .....</b>							
1539	Do .....	Flesh with skin, raw ...	91	86 to 95	Pits .....	9	5 to 14
1540	Do .....	Flesh, raw .....	85	81 to 87	Pits and skins .....	15	13 to 19
<b>NOODLES, EGG, all sizes, including twists, fettucini, and others:</b>							
<b>Dry:</b>							
1541	All samples made with various farinaceous ingredients.	Cooked to al dente and tender stages.	262	226 to 310	Net gain due to water absorption during cooking.	+162	+126 to +210
1542	Semolina or durum flour only.	..... do .....	244	226 to 265	..... do .....	+144	+126 to +165
1543	Other wheat flour or unspecified.	..... do .....	273	242 to 310	..... do .....	+173	+142 to +210
1544	Unspecified .....	Cooked with sauce mix, water, and butter in covered casserole.	96	92 to 100	Net losses .....	4	0 to 8
1545	Cooked .....	Added to prepared sauce, butter, and heated.	99	98 to 99	..... do .....	1	1 to 2

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS — Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>* Gains indicated by a plus (+) sign; losses, by a minus (-) sign.</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
<b>NOODLES, JAPANESE:</b>							
Raw:							
1546	Chow funn (wheat with potassium carbonate).	Boiled .....	*274	---	Net gain due to water absorption during cooking.	+174	---
1547	Soha (buckwheat) .....	do .....	*372	---	do .....	+272	---
1548	Somen or udon (wheat, sodium bicarbonate, salt, and egg). Canned, contents of can:	do .....	393	327 to 456	do .....	+293	+227 to +356
1549	Konnyaku .....	Drained solids .....	57	55 to 60	Liquid .....	43	40 to 45
1550	Shirataki .....	do .....	62	60 to 64	do .....	38	36 to 40
NUTS. See individual kinds.							
<b>OATS, ROLLED (plain or maple flavored):</b>							
1551	Regular .....	Cooked, 1 part cereal in 2 to 2 1/4 parts water (by volume) for 5 min.	578	556 to 602	Net gain due to water absorption during cooking.	+478	+456 to +502
1552	Quick .....	Cooked, 1 part cereal in 2 to 2 1/4 parts water (by volume) for 45 s to 1 min.	604	520 to 636	do .....	+504	+470 to +536
1553	Precooked (instant) ...	Prepared by mixing 28 g (1 oz) cereal with 180 ml (3/4 cup) hot water.	619	603 to 632	Net gain due to added water.	+519	+503 to +532
<b>OKRA:</b>							
Raw:							
1554	Untrimmed .....	Trimmed, raw .....	86	80 to 95	Crown and tip .....	14	5 to 20
Trimmed:							
1555	Whole .....	Boiled or steamed .....	110	98 to 139	Net change .....	+10	+39 to 2
1556	Cut .....	Steamed .....	*92	---	Net losses .....	8	---
1557	Canned, contents of can, all samples.	Drained solids .....	60	50 to 66	Liquid .....	40	34 to 50
Frozen:							
1558	Whole .....	Boiled or steamed .....	99	92 to 103	Net change .....	1	+3 to 8
1559	Cut .....	do .....	82	76 to 86	Net losses .....	18	14 to 24
<b>OLIVES, in brine:</b>							
Green, contents of can, unspecified size:							
Plain:							
1560	Unpitted .....	Drained solids .....	63	52 to 76	Liquid .....	37	24 to 48
1561	Pitted .....	do .....	53	50 to 56	do .....	47	44 to 50
1562	Stuffed .....	do .....	64	56 to 73	do .....	36	27 to 44
Ripe, all cultivars, contents of can, unspecified size:							
Dark:							
1563	Unpitted .....	do .....	53	41 to 65	do .....	47	35 to 59
1564	Pitted .....	do .....	47	42 to 52	do .....	53	48 to 58
1565	Green, unpitted .....	do .....	57	54 to 63	do .....	43	37 to 46
Ripe, unpitted, drained solids:							
1566	Dark .....	Pitted flesh .....	86	83 to 90	Pits .....	14	10 to 17
1567	Greek process .....	do .....	80	76 to 83	do .....	20	17 to 24
<b>OMELET.</b> See <b>EGGS.</b>							

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG %	RANGE %	DESCRIPTION	AVG %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>ONIONS:</b>						
	Raw:						
	Mature:						
	Whole:						
1568	All samples .....	Peeled .....	90	50 to 99	Skin, ends, sprouts, and defects.	10	1 to 50
1569	Sound .....	do .....	91	63 to 99	Skin and ends .....	9	1 to 37
1570	Sprouted .....	do .....	82	50 to 94	Skin, ends, sprouts, and defects.	18	6 to 50
1571	Peeled .....	Chopped .....	92	89 to 96	Cutting loss .....	8	4 to 11
1572	Do .....	Cooked by baking, boiling, or steaming.	85	67 to 103	Net change .....	15	+3 to 33
	Young, green (bunching):						
1573	Whole .....	Cleaned and trimmed .....	*96	---	Rootlets .....	4	---
1574	Do .....	Cleaned and partly trimmed.	83	62 to 91	Bruised tops and roots	17	9 to 38
1575	Do .....	Cleaned and topped .....	37	22 to 50	Green tops and rootlets	63	50 to 78
1576	Cleaned and partly topped, cut.	Steamed .....	95	95 to 96	Net losses .....	5	4 to 5
	Canned, contents of can:						
1577	No. 303 .....	Drained solids .....	57	56 to 58	Liquid .....	43	42 to 44
1578	No. 10 .....	do .....	64	63 to 65	do .....	36	35 to 37
	Dried:						
1579	Sliced .....	Reconstituted .....	190	185 to 195	Net gain due to added water.	+90	+85 to +95
1580	Chopped .....	do .....	*150	---	do .....	+50	---
1581	Minced .....	do .....	*120	---	do .....	+20	---
1582	Frozen, chopped, contents of package.	Thawed .....	*82	---	Thawing losses .....	18	---
1583	<b>ONIONS, WELSH</b> .....	Tender part, raw .....	65	65 to 66	Tops of leaves and roots	35	34 to 35
	<b>ORANGES:</b>						
	Raw, whole:						
1584	All cultivars (Arizona, California, Florida, Hawaii).	Peeled fruit .....	75	67 to 84	Peel .....	25	16 to 33
1585	Do .....	Sections with membrane	71	62 to 81	Peel, seeds, and handling loss.	29	19 to 38
1586	Do .....	Sections without membrane.	50	47 to 51	Peel, seeds, and membrane	50	49 to 53
1587	Do .....	Juice, strained .....	49	33 to 64	Peel, pulp, rag, and seeds.	51	36 to 67
1588	California and Arizona, all cultivars and sizes.	Peeled fruit .....	72	67 to 75	Peel .....	28	25 to 33
1589	Do .....	Cartwheel slices .....	59	45 to 76	Peel, waste ends, and seeds.	41	24 to 55
1590	Do .....	Juice, strained .....	48	39 to 61	Peel, pulp, rag, and seeds.	52	39 to 61
1591	Florida, all cultivars and sizes.	Peeled fruit .....	77	71 to 82	Peel .....	23	18 to 29
1592	Do .....	Juice, strained .....	50	33 to 65	Peel, pulp, rag, and seeds.	50	35 to 67
	California: Navels:						
1593	All sizes .....	Cartwheel slices, finger peeled.	62	54 to 70	Peel, waste ends, seeds, and handling loss.	38	30 to 46

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. % (14)	RANGE % (15)	DESCRIPTION	AVG. % (17)	RANGE % (18)
	ORANGES--Continued						
	Raw, whole--Continued						
	California--Continued						
	Navels--Continued						
1594	All sizes .....	Cartwheel slices, finger peeled, pared.	49	36 to 57	Peel, waste ends, seeds, and cutting loss.	51	43 to 64
1595	Large (size 72), 7.8 cm (3 1/16 in) diam.	Cartwheel slices, finger peeled.	63	61 to 66	Peel, waste ends, seeds, and handling loss.	37	34 to 39
1596	Do .....	Cartwheel slices, finger peeled, pared.	50	46 to 55	Peel, waste ends, seeds, and cutting loss.	50	45 to 54
1597	Medium (size 88), 7.3 cm (2 7/8 in) diam.	Cartwheel slices, finger peeled.	63	56 to 69	Peel, waste ends, seeds, and handling loss.	37	31 to 44
1598	Do .....	Cartwheel slices, finger peeled, pared.	52	45 to 57	Peel, waste ends, seeds, and cutting loss.	48	43 to 55
1599	Small (size 138), 6.0 cm (2 3/8 in) diam.	Cartwheel slices, finger peeled.	61	54 to 68	Peel, waste ends, seeds, and handling loss.	39	32 to 46
1600	Do .....	Cartwheel slices, finger peeled, pared.	45	36 to 54	Peel, waste ends, seeds, and cutting loss.	55	46 to 64
	Valencia:						
1601	All sizes .....	Cartwheel slices, finger peeled.	65	58 to 74	Peel, waste ends, seeds, and handling loss.	35	26 to 42
1602	Do .....	Cartwheel slices, finger peeled, pared.	54	40 to 59	Peel, waste ends, seeds, and cutting loss.	46	41 to 60
1603	Large (size 72), 7.8 cm (3 1/16 in) diam.	Cartwheel slices, finger peeled.	67	61 to 71	Peel, waste ends, seeds, and handling loss.	33	29 to 39
1604	Do .....	Cartwheel slices, finger peeled, pared.	54	49 to 57	Peel, waste ends, seeds, and cutting loss.	46	43 to 51
1605	Medium (size 113), 6.7 cm (2 5/8 in) diam.	Cartwheel slices, finger peeled.	66	58 to 74	Peel, waste ends, seeds, and handling loss.	34	26 to 42
1606	Do .....	Cartwheel slices, finger peeled, pared.	53	40 to 59	Peel, waste ends, seeds, and cutting loss.	47	41 to 60
1607	Small (size 138), 6.0 cm (2 3/8 in) diam.	Cartwheel slices, finger peeled.	62	60 to 66	Peel, waste ends, seeds, and handling loss.	38	34 to 40
1608	Do .....	Cartwheel slices, finger peeled, pared.	54	48 to 57	Peel, waste ends, seeds, and cutting loss.	46	43 to 52
1609	Navels, for juice	Juice, strained .....	44	39 to 49	Peel, pulp, rag, and seeds.	56	51 to 61
1610	Valencia, for juice	..... do .....	51	39 to 61	..... do .....	49	39 to 61
	Florida, for juice:						
1611	Hamlin .....	..... do .....	50	40 to 59	..... do .....	50	41 to 60
1612	Murcott .....	..... do .....	55	42 to 59	..... do .....	45	41 to 58
1613	Parson Brown .....	..... do .....	46	35 to 59	..... do .....	54	41 to 65
1614	Pineapple Orange .....	..... do .....	47	34 to 59	..... do .....	53	47 to 66
1615	Temple .....	..... do .....	53	42 to 59	..... do .....	47	41 to 58
1616	Valencia .....	..... do .....	52	33 to 64	..... do .....	48	36 to 67
1617	Chilled sections, contents of jar.	Drained solids .....	76	72 to 79	Liquid .....	24	21 to 28
	OYSTERS:						
	In shell:						
1618	Eastern .....	Meat, raw .....	11	8 to 12	Shell and liquor .....	89	88 to 92
1619	Gulf and South Atlantic.	..... do .....	6	4 to 7	..... do .....	94	93 to 96
1620	Pacific .....	..... do .....	11	10 to 14	..... do .....	89	86 to 90
1621	Unspecified .....	Meat and liquor (meat, 52% with range from 47 to 69%; liquor, 48% with range from 31 to 53%).	18	11 to 25	Shell .....	82	75 to 89

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	OYSTERS--Continued						
	Shucked, raw:						
1622	Chilled in can .....	Drained solids, raw ....	92	80 to 98	Liquid .....	8	2 to 20
1623	Drained solids .....	Breaded and pan fried	*46	---	Net losses .....	54	---
1624	Do .....	Panned, cooked over hot water, cover on.	78	75 to 90	..... do .....	22	10 to 25
	Frozen:						
1625	Shucked, raw .....	Drained solids, raw ....	93	84 to 98	Thawing losses .....	7	2 to 16
1626	Breaded, fried .....	Pan fried .....	89	86 to 92	Net losses .....	11	8 to 14
	PALIA. See BALSAM-PEAR, plant, leafy tips.						
	PANCAKES:						
1627	Batter made from recipe or from mix with added ingredients.	Baked on griddle for 1 1/2 to 2 min on each side.	84	77 to 89	..... do .....	16	11 to 23
	Frozen:						
1628	Batter, thawed .....	..... do .....	*91	---	..... do .....	9	---
1629	Baked .....	Heated in skillet for 4 min.	100	---	No change .....	0	---
1630	Do .....	Heated in toaster 1 or 2 times.	96	92 to 98	Evaporation .....	4	2 to 8
1631	Do .....	Heated in oven at 177°C (350°F) for 6 min.	*94	---	..... do .....	6	---
1632	PAPAWS, common, North American type.	Flesh, raw .....	75	70 to 77	Rind and seeds .....	25	23 to 30
					Rind .....	7	4 to 12
					Seeds .....	18	15 to 23
	PAPAYAS, raw:						
	Whole:						
1633	All sizes, including unspecified.	Pared and sliced with seeds removed.	73	66 to 78	Skin, stem, and seeds ..	27	22 to 34
					Skin and stem .....	14	11 to 16
					Seeds .....	13	8 to 20
1634	Do .....	Pulp .....	65	40 to 93	Skin and seeds .....	35	7 to 60
					Skin .....	23	15 to 44
					Seeds .....	12	7 to 17
1635	Medium, 369 to 453 g (13 oz up to 16 oz).	..... do .....	56	---	Skin and seeds .....	44	---
1636	Large, 454 to 906 g (16 oz up to 32 oz).	..... do .....	62	61 to 63	Skin and seeds .....	38	37 to 39
					Skin .....	22	---
					Seeds .....	16	---
1637	Extra large, over 907 g (over 32 oz).	..... do .....	79	65 to 93	Skin and seeds .....	21	7 to 35
1638	Pared and sliced with seeds removed.	Steamed .....	102	101 to 103	Net gain .....	+2	+1 to +3
	PARIA. See BALSAM-PEAR, plant, leafy tips.						
1639	PARSLEY, common garden and curled leaf cultivars, raw.	Trimmed .....	*95	---	Tough stems .....	5	---
	PARSNIPS:						
	Raw:						
	Unpared:						
1640	Good quality .....	Pared root .....	*85	---	Parings .....	15	---
1641	Fair quality .....	Pared and cored root ...	70	62 to 83	Parings, trimmings, and pithy cores.	30	17 to 38
1642	Pared .....	Boiled .....	105	88 to 126	Net change .....	+5	+26 to 12
1643	Do .....	Steamed .....	99	91 to 108	..... do .....	1	+8 to 9
1644	Cooked .....	Fried .....	82	72 to 92	Net losses .....	18	8 to 28

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
1645	PARTRIDGE: Ready to cook with neck and giblets, raw.	Ready-to-cook carcass, raw.	*90	---	Neck and giblets, raw ..	10	---
					Neck .....	4	---
					Giblets .....	6	---
					Gizzard .....	2	---
					Heart .....	2	---
					Liver .....	2	---
1646	Ready-to-cook carcass, raw.	Roasted, bone in .....	72	66 to 78	Net Tosses .....	28	22 to 34
					Drippings .....	3	3 to 3
					Volatiles .....	25	19 to 31
ANATOMICAL PARTS -- PROPORTION OF TOTAL CARCASS, COOKED							
1647	Cooked carcass .....	Breast without rib bones	36	35 to 39			
		Legs .....	29	28 to 31			
		Wings .....	13	11 to 13			
		Back with rib bones .....	22	22 to 23			
POSTCOOKING DATA							
1648	Roasted, bone in, carcass.	Meat and skin, cooked ..	74	71 to 77	Net losses .....	26	23 to 29
		Meat .....	64	53 to 63	Bones .....	23	22 to 24
		Skin .....	10	8 to 11	Handling loss .....	3	1 to 5
1649	Roasted, bone in, parts: Breast without rib bones.	Meat and skin, cooked ..	88	86 to 90	Net losses .....	12	10 to 14
		Meat .....	81	79 to 83	Bones .....	8	8 to 9
		Skin .....	7	7 to 7	Handling loss .....	4	1 to 7
1650	Legs, bone in .....	Meat and skin, cooked ..	80	71 to 86	Net losses .....	20	14 to 29
		Meat .....	73	65 to 79	Bones .....	18	14 to 23
		Skin .....	7	6 to 7	Handling loss .....	2	0 to 9
1651	Back with rib bones	Meat and skin, cooked ..	52	51 to 52	Net losses .....	48	48 to 49
		Meat .....	36	30 to 40	Bones .....	46	46 to 46
		Skin .....	16	8 to 21	Handling loss .....	2	2 to 3
1652	Wings, bone in .....	Meat and skin, cooked ..	62	62 to 63	Net losses .....	38	37 to 38
		Meat .....	46	44 to 48	Bones .....	36	33 to 38
		Skin .....	16	14 to 19	Handling loss .....	2	0 to 5
	PASSION FRUIT. See GRANADILLA.						
	PASTA. See LASAGNA, MACARONI, MANICOTTI, NOODLES, RIGATONI, ROTINI, SPAGHETTI.						
1653	PASTINA, EGG .....	Cooked by boiling 1 part pastina in 4 parts water (by volume) for 15 to 18 min.	626	576 to 676	Net gain due to water absorption during cooking.	+526	+476 to +576
PARING DATA							
1654	PEACHES: Raw, whole: All samples, and unspecified.	Peeled flesh .....	76	32 to 94	Pits and skins .....	24	6 to 68
1655	Good and better .....	..... do .....	77	50 to 94	..... do .....	23	6 to 50
1656	Fair and poor .....	..... do .....	68	46 to 94	..... do .....	32	6 to 54
1657	Cling, good and better quality.	..... do .....	73	61 to 81	Pits and skins .....	27	19 to 39
					Pits .....	12	11 to 14
					Skins .....	15	7 to 19
1658	Freestone, good and better quality.	..... do .....	85	71 to 91	Pits and skins .....	15	9 to 29
					Pits .....	5	4 to 7
					Skins .....	10	3 to 23
THAWING DATA							
1659	Frozen, contents of package: Halves .....	Drained solids, thawed	54	49 to 60	Liquid .....	46	40 to 51
1660	Sliced in sirup: Plain .....	..... do .....	65	47 to 82	..... do .....	35	18 to 53
1661	With strawberries	..... do .....	*62	---	..... do .....	38	---

\* Limited data available.



TABLE 1—YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS—Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	PEACHES--Continued						
			COOKING DATA				
	Dried:						
1662	Slices: Low moisture .....	Solids and liquid, cooked, unsweetened.	518	492 to 533	Net gain due to water absorption during cooking.	+418	+392 to +433
1663	Regular moisture ..	..... do .....	272	246 to 311	..... do .....	+172	+146 to +211
	Frozen, contents of package:						
1664	Halves .....	Solids and liquid, cooked (after thawing).	95	93 to 97	Net losses .....	5	3 to 7
1665	Slices in sirup .....	..... do .....	95	93 to 98	..... do .....	5	2 to 7
			POSTCOOKING DATA				
	Canned, contents of can:						
1666	All samples .....	Drained solids .....	60	49 to 80	Liquid .....	40	20 to 51
	Cling:						
	Halves:						
1667	All samples ...	..... do .....	61	52 to 76	..... do .....	39	24 to 48
	Extra heavy sirup:						
1668	No. 303 ...	..... do .....	#59	#54 to 72	..... do .....	#41	#28 to 46
1669	No. 2 1/2 ...	..... do .....	#57	#52 to 67	..... do .....	#43	#33 to 48
1670	No. 10 ...	..... do .....	#57	#55 to 62	..... do .....	#43	#38 to 45
	Heavy sirup:						
1671	No. 303 ...	..... do .....	61	56 to 66	..... do .....	39	34 to 44
1672	No. 2 1/2 ...	..... do .....	#58	#55 to 72	..... do .....	#42	#28 to 45
1673	No. 10 ...	..... do .....	#60	#58 to 65	..... do .....	#40	#35 to 42
	Light sirup:						
1674	No. 303 ...	..... do .....	#65	#59 to 80	..... do .....	#35	#20 to 41
1675	No. 2 1/2 ...	..... do .....	#61	#57 to 73	..... do .....	#39	#27 to 43
1676	No. 10 ...	..... do .....	#63	#61 to 69	..... do .....	#37	#31 to 39
	Water:						
1677	No. 303 ...	..... do .....	66	60 to 75	..... do .....	34	25 to 40
1678	No. 2 1/2 ...	..... do .....	#64	#59 to 76	..... do .....	#36	#24 to 41
1679	No. 10 ...	..... do .....	#65	#63 to 71	..... do .....	#35	#29 to 37
1680	Juice, No. 303	..... do .....	60	58 to 63	..... do .....	40	37 to 42
1681	Slightly sweetened water, No. 2 1/2.	..... do .....	*62	---	..... do .....	38	---
	Slices:						
1682	All samples ...	..... do .....	#63	#51 to 79	..... do .....	#37	#21 to 49
	Extra heavy sirup:						
1683	No. 303 ...	..... do .....	#58	#54 to 71	..... do .....	#42	#29 to 46
1684	No. 2 1/2 ...	..... do .....	#58	#54 to 68	..... do .....	#42	#32 to 46
1685	No. 10 ...	..... do .....	59	57 to 63	..... do .....	41	37 to 43
	Heavy sirup:						
1686	No. 303 ...	..... do .....	#63	#58 to 77	..... do .....	#37	#23 to 42
1687	No. 2 1/2 ...	..... do .....	60	60 to 62	..... do .....	40	38 to 40
1688	No. 10 ...	..... do .....	#62	#60 to 66	..... do .....	#38	#34 to 40
	Light sirup:						
1689	No. 303 ...	..... do .....	#64	#59 to 79	..... do .....	#36	#21 to 41
1690	No. 2 1/2 ...	..... do .....	#63	#59 to 73	..... do .....	#37	#27 to 41
1691	No. 10 ...	..... do .....	66	51 to 76	..... do .....	34	24 to 49
	Water:						
1692	No. 303 ...	..... do .....	#64	#59 to 79	..... do .....	#36	#21 to 41
1693	No. 2 1/2 ...	..... do .....	#65	#61 to 76	..... do .....	#35	#24 to 39
1694	No. 10 ...	..... do .....	#66	#65 to 72	..... do .....	#34	#28 to 35
1695	Slightly sweetened water, No. 2 1/2.	..... do .....	*71	---	..... do .....	29	---

\* Limited data available.

# Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.

TABLE 1 -- YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	PEACHES--Continued	POSTCOOKING DATA -- Continued					
	Canned, contents of can--Continued						
	Freestone:						
	Halves:						
1696	All samples ....	Drained solids .....	#58	#49 to 76	Liquid .....	#42	#24 to 51
	Extra heavy sirup:						
1697	No. 303 ....	..... do .....	#56	#51 to 69	..... do .....	#44	#31 to 49
1698	No. 2 1/2 ....	..... do .....	#54	#49 to 65	..... do .....	#46	#35 to 51
1699	No. 10 ....	..... do .....	#55	#52 to 59	..... do .....	#45	#41 to 48
	Heavy sirup:						
1700	No. 303 ....	..... do .....	#58	#56 to 76	..... do .....	#42	#24 to 44
1701	No. 2 1/2 ....	..... do .....	#58	#53 to 69	..... do .....	#42	#31 to 47
1702	No. 10 ....	..... do .....	#57	#55 to 62	..... do .....	#43	#38 to 45
	Light sirup:						
1703	No. 303 ....	..... do .....	#61	#56 to 76	..... do .....	#39	#24 to 44
1704	No. 2 1/2 ....	..... do .....	#58	#53 to 69	..... do .....	#42	#31 to 47
1705	No. 10 ....	..... do .....	#58	#56 to 63	..... do .....	#42	#37 to 44
	Water:						
1706	No. 303 ....	..... do .....	#61	#56 to 76	..... do .....	#39	#24 to 44
1707	No. 2 1/2 ....	..... do .....	#60	#55 to 72	..... do .....	#40	#28 to 45
1708	No. 10 ....	..... do .....	#60	#57 to 65	..... do .....	#40	#35 to 43
	Slices:						
1709	All samples ....	..... do .....	#57	#51 to 74	..... do .....	#43	#26 to 49
	Extra heavy sirup:						
1710	No. 303 ....	..... do .....	#55	#51 to 67	..... do .....	#45	#33 to 49
1711	No. 2 1/2 ....	..... do .....	#54	#51 to 64	..... do .....	#46	#35 to 49
1712	No. 10 ....	..... do .....	#55	#53 to 59	..... do .....	#45	#41 to 47
	Heavy sirup:						
1713	No. 303 ....	..... do .....	58	56 to 74	..... do .....	42	26 to 44
1714	No. 2 1/2 ....	..... do .....	#56	#54 to 68	..... do .....	#44	#32 to 46
1715	No. 10 ....	..... do .....	#56	#55 to 61	..... do .....	#44	#39 to 45
	Light sirup:						
1716	No. 303 ....	..... do .....	#61	#56 to 74	..... do .....	#39	#26 to 44
1717	No. 2 1/2 ....	..... do .....	#56	#54 to 68	..... do .....	#44	#32 to 46
1718	No. 10 ....	..... do .....	#58	#56 to 62	..... do .....	#42	#38 to 44
	Water:						
1719	No. 303 ....	..... do .....	#61	#56 to 74	..... do .....	#39	#26 to 44
1720	No. 2 1/2 ....	..... do .....	#60	#56 to 71	..... do .....	#40	#29 to 44
1721	No. 10 ....	..... do .....	#59	#57 to 74	..... do .....	#41	#26 to 43
	Whole with pits:						
1722	Extra heavy sirup, No. 303 glass.	..... do .....	61	58 to 63	..... do .....	39	37 to 42
1723	Drained solids ....	Pitted flesh .....	81	76 to 83	Pits .....	19	17 to 24
	Cooked:						
1724	From low-moisture dried fruit.	Drained solids .....	60	57 to 65	Liquid .....	40	35 to 43
1725	From regular-moisture dried fruit.	..... do .....	63	58 to 65	..... do .....	37	35 to 42
	From frozen:						
1726	Halves .....	..... do .....	52	49 to 56	..... do .....	48	44 to 51
1727	Slices .....	..... do .....	50	38 to 62	..... do .....	50	38 to 62
	PEANUTS:						
	In shell:						
1728	Raw .....	Roasted .....	92	90 to 94	Roasting loss .....	8	6 to 10
1729	Do .....	Kernels with skin .....	73	67 to 77	Shells .....	27	23 to 33
1730	Boiled .....	..... do .....	*69	---	..... do .....	31	---
1731	Roasted .....	..... do .....	74	73 to 76	..... do .....	26	24 to 27
1732	Shelled .....	Kernels without skin .....	*97	---	Skin .....	3	---

\* Limited data available.

† Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<b>PEARS:</b>							
1733	Raw, whole .....	Flesh and skin .....	92	89 to 95	Core and stem .....	8	5 to 11
1734	Do .....	Pared, sound flesh .....	78	40 to 88	Cores, skin, stems, and bruised areas.	22	12 to 60
Canned, contents of can (halves):							
1735	All samples .....	Drained solids .....	+59	+53 to 75	Liquid .....	+41	+25 to 47
Extra heavy sirup:							
1736	No. 303 .....	do .....	+59	+53 to 75	do .....	+41	+25 to 47
1737	No. 10 .....	do .....	+58	+55 to 64	do .....	+42	+36 to 45
Heavy sirup:							
1738	No. 303 .....	do .....	+59	+53 to 75	do .....	+41	+25 to 47
1739	No. 10 .....	do .....	+60	+57 to 66	do .....	+40	+34 to 43
Light sirup:							
1740	No. 303 .....	do .....	+59	+53 to 75	do .....	+41	+25 to 47
1741	No. 10 .....	do .....	+60	+58 to 67	do .....	+40	+33 to 42
Water:							
1742	No. 303 .....	do .....	+59	+53 to 75	do .....	+41	+25 to 47
1743	No. 10 .....	do .....	+62	+59 to 68	do .....	+38	+32 to 41
1744	Juice, No. 303 .....	do .....	+56	---	do .....	44	---
Dried:							
1745	Ready to cook .....	Cooked, with juice .....	*213	---	Net gain due to water absorption during cooking.	+113	---
1746	Do .....	Cooked, drained .....	167	156 to 174	do .....	+67	+56 to +74
1747	Cooked, with juice ..	Drained solids .....	*81	---	Liquid .....	19	---
<b>PEAS, EDIBLE-PODDED:</b>							
Raw:							
1748	Untrimmed .....	Trimmed pea pods .....	94	92 to 95	Ends and strings .....	6	5 to 8
1749	Trimmed .....	Steamed .....	*96	96 to 97	Net losses .....	4	3 to 4
1750	Frozen .....	Boiled .....	*90	---	do .....	10	---
<b>PEAS, GREEN:</b>							
Immature:							
Raw:							
1751	In pods .....	Shelled .....	38	20 to 80	Pods and inedible peas	62	20 to 80
1752	Shelled .....	Cooked by boiling, steaming, or pressure	96	86 to 108	Net change .....	4	+8 to 14
1753	Do .....	Boiled .....	95	86 to 103	do .....	5	+3 to 14
1754	Do .....	Steamed .....	97	90 to 108	do .....	3	+8 to 10
1755	Do .....	Pressure cooked .....	99	97 to 100	do .....	1	0 to 3
Canned, contents of can:							
Wet pack:							
1756	No. 303 .....	Drained solids .....	64	59 to 72	Liquid .....	36	28 to 41
1757	No. 10 .....	do .....	66	64 to 67	do .....	34	33 to 36
1758	Vacuum pack, No. 2, vacuum.	do .....	87	---	do .....	13	---
1759	Frozen, contents of package.	Cooked by boiling, steaming, microwaves, or pressure.	88	81 to 100	Net losses .....	12	0 to 19
1760	Do .....	Boiled .....	93	87 to 99	do .....	7	1 to 13
1761	Do .....	Steamed .....	96	93 to 100	do .....	4	0 to 7
Microwaves:							
1762	Do .....	In water .....	89	85 to 92	do .....	11	8 to 15
1763	Do .....	Without water .....	83	82 to 84	do .....	17	16 to 18
1764	Do .....	Pressure cooked .....	81	81 to 81	do .....	19	19 to 19
1765	Mature seeds, dry, split, raw.	Simmered or baked after bringing to boil and standing overnight.	247	222 to 263	Net gain due to water absorption.	+147	+122 to +163

\* Limited data available.

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TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign, losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<b>PEAS AND CARROTS:</b>							
Canned, contents of can:							
1766	All samples .....	Drained solids .....	65	62 to 70	Liquid .....	35	30 to 38
1767	No. 303 .....	..... do .....	65	64 to 66	..... do .....	35	34 to 36
1768	No. 10 .....	..... do .....	64	62 to 70	..... do .....	36	30 to 38
1769	Frozen, contents of package.	Cooked by boiling or steaming.	99	95 to 106	Net change .....	1	+6 to 5
1770	PECANS (36 to 200 per 454 g (1 lb) in shell).	Kernels .....	49	27 to 64	Shells .....	51	36 to 73
<b>PEPEAO:</b>							
1771	Raw, with fleshy stem	Trimmed, cut into strips	98	92 to 100	Hard stem end .....	2	0 to 8
1772	Dried fungus .....	Trimmed .....	87	---	Stems and defects .....	13	---
					Stems .....	5	---
					Defects .....	8	---
<b>PEPPERS, HOT, CHILI:</b>							
1773	Immature, green .....	Pods, with seeds discarded.	*73	---	Stem ends, seeds, and core.	27	---
1774	Mature, red .....	Pods, including seeds and core.	*96	---	Stem ends .....	4	---
1775	Do .....	Pods, with seeds discarded.	*73	---	Stem ends, seeds, and core.	27	---
<b>PEPPERS, SWEET:</b>							
Raw:							
Whole:							
1776	Immature, green ...	Flesh and skin .....	82	67 to 89	..... do .....	18	11 to 33
1777	Mature, red .....	..... do .....	*80	---	..... do .....	20	---
1778	Flesh and skin .....	Diced, raw .....	97	94 to 100	Net losses .....	3	0 to 6
1779	Do .....	Parboiled and baked .....	*85	---	..... do .....	15	---
1780	Do .....	Boiled or steamed .....	96	84 to 98	..... do .....	4	2 to 16
1781	Do .....	Baked .....	*87	---	..... do .....	13	---
1782	Cooked, stuffed .....	..... do .....	*97	---	..... do .....	3	---
<b>PERCH:</b>							
<b>DRESSING, BONING, AND THAWING DATA</b>							
Ocean:							
1783	Round .....	Fillet without skin, raw	29	21 to 38	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	71	62 to 79
1784	Fillet, frozen .....	Thawed, raw .....	96	90 to 99	Thawing losses .....	4	1 to 10
White:							
1785	Round .....	Drawn, raw .....	89	85 to 94	Entrails .....	11	6 to 15
1786	Do .....	Flesh, raw .....	36	35 to 36	Head, tail, fins, entrails, scales, bones, and skin.	64	64 to 65
1787	Drawn .....	Dressed, raw .....	62	55 to 65	Head, tail, fins, and scales.	38	35 to 45
1788	Dressed .....	Fillet with skin, raw ..	58	56 to 59	Bones with adhering flesh	42	41 to 44
1789	Fillet with skin ....	Fillet without skin, raw	*91	---	Skin, raw .....	9	---
Yellow:							
1790	Round .....	..... do .....	39	36 to 43	Head, tail, entrails, bones, and skin.	61	57 to 64
1791	Dressed .....	Flesh, raw .....	*61	---	Head, tail, fins, bones, and skin.	39	---
<b>COOKING DATA</b>							
Ocean:							
1792	Fillet without skin, raw.	Poached over hot water, covered.	75	74 to 75	Net losses .....	25	25 to 26
1793	Do .....	Baked .....	79	76 to 82	..... do .....	21	18 to 24
1794	Do .....	Broiled .....	81	---	..... do .....	19	---

\*Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	PERCH--Continued						
		COOKING DATA -- Continued					
1795	Ocean--Continued Fillet without skin, frozen.	Poached over hot water, covered.	69	66 to 70	Net losses .....	31	30 to 34
1796	Fillet, breaded, fried, frozen.	Heated in oven .....	*97	---	..... do .....	3	---
1797	White: Dressed, raw .....	Broiled .....	*78	---	Net losses .....	22	---
					Drippings .....	1	---
					Volatiles .....	21	---
1798	Dressed, with batter and breading, raw.	Pan fried .....	*81	---	Net losses .....	19	---
					Crumbs and drippings .....	6	---
					Volatiles .....	13	---
1799	Fillet with skin, raw	Broiled .....	*85	---	Net losses .....	15	---
					Drippings .....	5	---
					Volatiles .....	10	---
1800	Fillet with skin, batter and breading, raw.	Pan fried .....	*81	---	Net losses .....	19	---
1801	Fillet without skin, raw.	Broiled .....	*67	---	Net losses .....	33	---
					Drippings .....	5	---
					Volatiles .....	28	---
		POSTCOOKING DATA					
1802	White, dressed, broiled	Meat and skin, cooked ..	*79	---	Net losses .....	21	---
		Meat .....	70	---	Bones .....	18	---
		Skin .....	9	---	Handling loss .....	3	---
1803	White, dressed, pan fried with batter and breading.	Meat and skin, cooked ..	*82	---	Net losses .....	18	---
		Meat .....	57	---	Bones .....	13	---
		Skin .....	25	---	Handling loss .....	5	---
	PERSIAN MELON. See MUSKMELONS.						
	PERSIMMONS: Raw:						
1804	Japanese or kaki: Seeded cultivars ..	Flesh without skin .....	82	---	Skin, calyx, and seeds ..	18	---
					Skin .....	14	3 to 35
					Calyx .....	2	1 to 5
					Seeds .....	2	1 to 3
1805	Seedless cultivars	..... do .....	84	---	Skin and calyx .....	16	---
					Skin .....	14	3 to 35
					Calyx .....	2	1 to 5
1806	Native .....	Flesh with skin .....	82	75 to 88	Seeds and calyx .....	18	12 to 25
					Seeds .....	16	11 to 23
					Calyx .....	2	1 to 2
1807	Dried .....	Trimmed .....	92	88 to 96	Stems .....	8	4 to 12
	PHEASANT:						
1808	Live .....	Dressed, raw .....	89	---	Feathers and blood .....	11	---
1809	Dressed .....	Ready to cook with neck and giblets, raw.	88	---	Head, feet, and inedible viscera.	12	---
1810	Ready to cook with neck and giblets.	Ready to cook with neck, raw.	95	---	Giblets .....	5	---
					Gizzard .....	2	---
					Heart .....	1	---
					Liver .....	2	---
1811	Ready to cook with giblets.	Meat, skin, and giblets, raw.	87	85 to 88	Bones .....	13	12 to 15
1812	Ready to cook with neck	Roasted or braised .....	70	70 to 70	Net losses .....	30	30 to 30
1813	Roasted with neck, bone in.	Total meat and skin .....	*78	---	Net losses .....	22	---
		Light meat .....	48	---	Bones .....	14	---
		Dark meat .....	23	---	Handling loss and inedible parts.	8	---
		Skin .....	7	---			
1814	Braised without neck and giblets.	Meat and skin .....	68	---	Net losses .....	32	---
		Meat .....	60	---	Bones .....	27	---
		Skin .....	8	---	Excess fat .....	5	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign; losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1815	PICKEREL, round	Flesh, raw	51	48 to 53	Head, tail, fins, entrails, scales, bones, and skin.	49	47 to 52
1816	Do	Fillet without skin, raw	39	35 to 45	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	61	55 to 65
PIE:							
One crust, unbaked:							
Custard, 20 or 23 cm (8 or 9 in) diam:							
1817	Made from recipe, raw (crust 15%, filling 85%).	Baked and cooled	89	87 to 90	Net losses	11	10 to 13
		Crust (bottom)	25	23 to 28	Cooking loss	9	7 to 12
		Filling	64	59 to 66	Handling loss	2	1 to 3
1818	Frozen	Baked and cooled	89	89 to 90	Net losses	11	10 to 11
		Crust (bottom)	25	24 to 25	Cooking loss	9	7 to 12
		Filling	64	64 to 65	Handling loss	2	1 to 3
1819	Chicken, frozen	Baked	*84	---	Net losses	16	---
		Crust (top)	9	---			
		Filling	75	---			
Two crust, unbaked:							
Fruit, 20 or 23 cm (8 or 9 in) diam:							
1820	Made from recipe, raw (crust 27%, filling, 73%).	Baked and cooled	92	---	Net losses	8	---
					Cooking loss	5	---
					Handling loss	3	---
1821	Frozen, raw (crust 37%, fruit 30%, filling 33%).	..... do	96	94 to 97	Net losses	4	3 to 6
					Cooking loss	3	2 to 4
					Handling loss	1	1 to 3
1822	Meat, fish, or poultry: Made from recipe, raw.	Baked	86	80 to 92	Net losses	14	8 to 20
1823	Frozen, raw	..... do	91	86 to 99	..... do	9	1 to 14
PIE FILLING. See PUDDING.							
PIE SHELL:							
1824	One crust, 20 or 23 cm (8 or 9 in) diam., raw.	..... do	85	83 to 87	..... do	15	13 to 17
1825	Patty shell, frozen	..... do	84	81 to 87	..... do	16	13 to 19
PIGEON. See SQUAB.							
PIGEONPEAS, immature seeds:							
1826	In pods	Shelled peas	48	31 to 60	Pods	52	40 to 69
1827	Shelled	Steamed	97	---	Net losses	3	---
1828	PIGS' FEET, pickled	Meat	56	38 to 73	Bone and gristle	44	27 to 62
PIKE:							
All types:							
1829	Round	Flesh, raw	38	35 to 41	Head, tail, fins, entrails, scales, bones, and skin.	62	59 to 65
1830	Do	Fillet without skin, raw	35	34 to 35	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	65	65 to 66
1831	Drawn	Flesh, raw	51	41 to 62	Head, tail, fins, scales, bones, and skin.	49	38 to 59

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1832	PIKE--Continued Blue: Round .....	Fillet without skin, raw	34	---	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	66	---
1833	Drawn .....	Flesh, raw .....	44	41 to 47	Head, tail, fins, scales, bones, and skin.	56	53 to 59
1834	Sauger, round .....	..... do .....	*35	---	Head, tail, fins, entrails, scales, bones, and skin.	65	---
1835	Yellow: Round .....	..... do .....	*41	---	..... do .....	59	---
1836	Drawn .....	..... do .....	57	53 to 62	Head, tail, fins, bones, and skin.	43	38 to 47
1837	PILINUTS .....	Kernels .....	*18	---	Shells .....	82	---
1838	PIMIENTOS: Raw .....	Fruit wall .....	72	67 to 77	Stem, core, seed, and skin.	28	23 to 33
1839	Canned, contents of can, all samples.	Drained solids .....	82	79 to 86	Liquid .....	18	14 to 21
	PINEAPPLE GUAVA. See FEIJOA.						
	PINEAPPLES:						
	Raw:						
	Whole:						
1840	All samples .....	Flesh, raw .....	52	17 to 80	Crown, core, and parings	48	20 to 83
					Crown .....	10	5 to 20
					Core .....	6	1 to 10
					Parings .....	32	16 to 37
1841	Excellent or good quality.	..... do .....	54	21 to 80	Crown, core, parings, and spoilage.	46	20 to 79
1842	Fair or poor quality.	..... do .....	43	17 to 56	..... do .....	57	44 to 83
	Canned, contents of can:						
	All samples, all styles.						
1843	Slices:	Drained solids .....	65	56 to 89	Liquid .....	35	11 to 44
1844	All samples .....	..... do .....	*63	*57 to 70	..... do .....	*37	*30 to 43
	Extra heavy sirup:						
1845	No. 2 .....	..... do .....	67	65 to 68	..... do .....	33	32 to 35
1846	No. 10 .....	..... do .....	64	57 to 67	..... do .....	36	33 to 43
	Heavy sirup:						
1847	No. 2 .....	..... do .....	63	59 to 67	..... do .....	37	33 to 41
1848	No. 10 .....	..... do .....	59	56 to 63	..... do .....	41	37 to 44
	Light sirup:						
1849	No. 2 .....	..... do .....	*64	---	..... do .....	*36	---
1850	No. 10 .....	..... do .....	*57	---	..... do .....	*43	---
	Juice:						
1851	No. 2 .....	..... do .....	65	---	..... do .....	35	---
1852	No. 10 .....	..... do .....	*58	---	..... do .....	*42	---
	Water:						
1853	No. 1 1/4 .....	..... do .....	*66	---	..... do .....	*34	---
1854	No. 2 .....	..... do .....	*64	---	..... do .....	*36	---
	Chunks and tidbits:						
1855	All samples .....	..... do .....	64	57 to 72	..... do .....	36	28 to 43
	Extra heavy sirup:						
1856	No. 2 .....	..... do .....	66	66 to 66	..... do .....	34	34 to 34
1857	No. 10 .....	..... do .....	66	57 to 67	..... do .....	34	33 to 43

\* Limited data available.

† Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign; losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>PINEAPPLES</u> --Continued	POSTCOOKING DATA - Continued					
	Canned, contents of can--Continued						
	Chunks and tidbits--Continued						
	Heavy sirup:						
1858	No. 2 .....	Drained solids .....	64	59 to 68	Liquid .....	36	32 to 41
1859	No. 10 .....	..... do .....	*61	---	..... do .....	*39	---
	Light sirup:						
1860	No. 2 .....	..... do .....	*64	---	..... do .....	*36	---
1861	No. 10 .....	..... do .....	66	60 to 73	..... do .....	34	27 to 40
	Juice:						
1862	No. 2 .....	..... do .....	65	62 to 67	..... do .....	35	33 to 38
1863	No. 10 .....	..... do .....	*62	---	..... do .....	*38	---
	Water:						
1864	No. 1 1/4 .....	..... do .....	*66	---	..... do .....	*34	---
1865	No. 2 .....	..... do .....	*64	---	..... do .....	*36	---
	Crushed:						
1866	Regular pack, all can sizes.	..... do .....	69	62 to 82	..... do .....	31	18 to 38
1867	Heavy pack, all can sizes.	..... do .....	*79	---	..... do .....	21	---
1868	Solid pack, all can sizes.	..... do .....	84	78 to 89	..... do .....	16	11 to 22
1869	Chilled, contents of jar.	..... do .....	*67	---	..... do .....	33	---
1870	Frozen, chunks or cubes, contents of package.	Thawed solids .....	61	60 to 61	Liquid .....	39	39 to 40
	<u>PINENUTS</u> , all cultivars	Kernels .....	57	23 to 72	Shells .....	43	28 to 77
1872	<u>PISTACHIONUTS</u> , salted ...	Kernels without skin ...	48	47 to 49	Shells, salt, skin, defects, and handling loss.	52	51 to 53
					Shells .....	46	45 to 48
					Salt and skin .....	5	3 to 7
					Defects and handling loss.	1	1 to 1
1873	<u>PITANGA</u> .....	Flesh, raw .....	88	---	Seed, stem, and blossom ends.	12	---
	<u>PIZZA</u> :						
1874	Made from recipe, raw: Dough 35%; sauce 36%; cheese 29%.	Baked .....	89	87 to 92	Net losses .....	11	8 to 13
1875	Made from commercial dry mix, raw: Dough 47%; sauce 45%; cheese 8%.	..... do .....	81	80 to 81	..... do .....	19	19 to 20
1876	Refrigerated, prepared, raw.	..... do .....	83	78 to 87	..... do .....	17	13 to 22
1877	Frozen, prepared, raw: Miniature, 21 to 28 g (3/4 to 1 oz).	..... do .....	*95	---	..... do .....	5	---
1878	All other sizes .....	..... do .....	93	87 to 97	..... do .....	7	3 to 13
	<u>PLANTAINS</u> :						
1879	Green .....	Flesh, raw .....	63	61 to 65	Skin .....	37	35 to 39
1880	Fully ripe .....	..... do .....	65	56 to 85	..... do .....	35	15 to 44
	<u>PLUMS</u> :						
	Raw:						
1881	All samples .....	Pitted flesh .....	94	91 to 98	Pits .....	6	2 to 9
1882	Damson .....	..... do .....	92	89 to 96	..... do .....	8	4 to 11

\* Limited data available.

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TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses with a minus sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>PLUMS--Continued</u>						
	<u>Raw--Continued</u>						
1883	Greengage .....	Pitted flesh .....	97	96 to 98	Pits .....	3	2 to 4
1884	Japanese and hybrid.	..... do .....	94	93 to 96	..... do .....	6	4 to 7
1885	Prune .....	..... do .....	94	94 to 96	..... do .....	6	4 to 6
	Canned, contents of can:						
1886	All samples .....	Drained solids .....	56	48 to 64	Liquid .....	44	36 to 52
1887	Extra heavy sirup, No. 10.	..... do .....	56	55 to 58	..... do .....	44	42 to 45
	Heavy sirup:						
1888	No. 303 .....	..... do .....	*51	---	..... do .....	49	---
1889	No. 10 .....	..... do .....	55	53 to 58	..... do .....	45	42 to 47
	Water:						
1890	No. 303 .....	..... do .....	59	48 to 64	..... do .....	41	36 to 52
1891	No. 10 .....	..... do .....	*58	---	..... do .....	+42	---
1892	Drained solids .....	Pitted flesh .....	92	88 to 96	Pits .....	8	4 to 12
1893	Bottled, contents of container, pickled in brine (umeboshi).	Drained solids .....	69	58 to 79	Liquid .....	31	21 to 42
1894	Drained solids .....	Pitted flesh .....	*56	---	Pits .....	44	---
	<u>POHA. See GROUNDCHERRIES.</u>						
	<u>POLLOCK:</u>						
1895	Drawn .....	Fillet with skin, raw ..	42	32 to 47	Head, tail, fins, scales, and bones with adhering flesh.	58	53 to 68
1896	Dressed .....	Flesh, raw .....	*70	---	Bones .....	30	---
	<u>Fillet:</u>						
1897	Frozen .....	Thawed, raw .....	97	91 to 99	Thawing losses .....	3	1 to 9
1898	Do .....	Cooked .....	*57	---	Net losses .....	43	---
1899	Thawed .....	..... do .....	64	57 to 70	..... do .....	36	30 to 43
1900	<u>POMEGRANATES</u> .....	Pulp with seeds .....	64	56 to 72	Skin .....	36	28 to 44
1901	Do .....	Pulp .....	56	47 to 70	Skin and seeds .....	44	30 to 53
1902	<u>POMPANO, round</u> .....	Flesh, raw .....	56	50 to 62	head, tail, fins, entrails, bones, and skin.	44	38 to 50
	<u>POPCORN:</u>						
1903	With added oil (4 parts popcorn to 3 parts oil, by volume).	Popped corn .....	90	89 to 91	Net losses .....	10	9 to 11
1904	With premeasured ingredients in foil pan with lid.	..... do .....	88	---	..... do .....	12	---
1905	<u>POPOVERS, batter made from recipe or from mix with added eggs and water.</u>	Baked until dry .....	64	60 to 69	..... do .....	36	31 to 40
	<u>PORGY:</u>						
1906	Round .....	Minced flesh, machine separated, raw.	41	---	Head, viscera, tail, fins, scales, bones, and skin.	59	---
					Head and viscera .....	38	---
					Tail, fins, scales, bones, and skin.	21	---
1907	Do .....	Flesh, raw .....	38	33 to 42	Head, tail, fins, entrails, bones, and skin.	62	58 to 67

\* Limited data available.

‡ Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Loss is indicated by a plus (+) sign; loss without a sign)</i>		
		DESCRIPTION	AVG %	RANGE %	DESCRIPTION	AVG %	RANGE %
1908	PORGY--Continued Round .....	Fillet without skin, raw	31	20 to 42	Head, scales, viscera, skin, frame, and other losses.	69	58 to 80
					Head .....	31	28 to 33
					Scales .....	4	3 to 7
					Viscera .....	3	4 to 11
					Skin .....	6	4 to 9
					Frame .....	17	11 to 24
					Other losses .....	3	0 to 6
1909	Dressed without head ..	Minced flesh, machine separated, raw.	62	---	Tail, fins, scales, bones, and skin.	38	---
	PORK:						
			SLAUGHTER DATA				
1910	Live, intermediate-type hogs.	Chilled carcass, dressed- packer style.	72	67 to 78	Dressing and chilling losses.	28	22 to 33
1911	Do .....	Chilled carcass, dressed- shipper style.	79	74 to 84	.... do .....	21	16 to 26
			BONING AND TRIMMING DATA				
1912	Carcass or sides, chilled and dressed, intermedi- ate-type hog: Packers' style† .....	Lean and fat meat, raw	80	76 to 85	Net losses .....	20	15 to 24
					Bones .....	14	10 to 17
					Skin .....	6	5 to 7
1913	Shippers' style .....	.... do .....	79	73 to 84	Net losses .....	21	16 to 27
					Bones .....	14	11 to 18
					Skin .....	7	4 to 9
1914	Wholesale cuts, fresh, raw, intermediate- type hog: Backfat .....	Fat meat, raw .....	89	79 to 94	Skin .....	11	6 to 21
1915	Bacon .....	Lean and fat meat, raw .....	93	84 to 96	.... do .....	7	4 to 16
1916	Feet .....	.... do .....	9	3 to 15	Net losses .....	91	85 to 91
					Bones .....	75	67 to 79
					Skin .....	16	12 to 20
1917	Ham .....	.... do .....	85	82 to 88	Net losses .....	15	12 to 18
					Bones .....	10	8 to 13
					Skin .....	5	3 to 7
1918	Head, full cut .....	.... do .....	48	31 to 66	Net losses .....	52	34 to 69
					Bones .....	35	23 to 49
					Skin .....	17	11 to 23
1919	Loin .....	.... do .....	78	69 to 86	Bones .....	22	14 to 31
1920	Shoulder, 3 rib .....	.... do .....	84	81 to 88	Net losses .....	16	12 to 19
					Bones .....	11	9 to 13
					Skin .....	5	3 to 8
1921	Butt .....	.... do .....	97	95 to 98	Bones .....	3	2 to 5
1922	Picnic .....	.... do .....	81	77 to 84	Net losses .....	19	16 to 23
					Bones .....	14	12 to 17
					Skin .....	5	4 to 6
1923	Plate .....	Fat meat, raw .....	89	81 to 92	Skin .....	11	8 to 19
1924	Shoulder ribs .....	Lean and fat meat, raw .....	40	25 to 64	Bones .....	60	36 to 75
1925	Spareribs .....	.... do .....	58	43 to 71	.... do .....	42	29 to 57
1926	Trimnings .....	.... do .....	87	77 to 100	Skin .....	13	0 to 23
1927	Retail cuts, fresh, raw: Boston butt .....	Lean meat, raw .....	63	58 to 69	Net losses .....	37	31 to 42
					Bones .....	16	13 to 19
					Excess fat .....	21	13 to 31

† These samples exclude full cut head, leaf fat, and kidneys, and include ham facings. Packers' carcass customarily includes jowl and excludes ham facings. It is estimated that the inclusion of the jowl in the packers' carcass would give the following losses: Bone 13 percent; skin 6 percent; total 19 percent.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	PORK--Continued	BONING AND TRIMMING DATA -- Continued					
	Retail cuts, fresh, raw--Continued						
	Ham:						
1928	Whole, bone in, skin on.	Lean and fat meat, raw	69	62 to 74	Net losses .....	31	26 to 38
					Bones .....	11	9 to 15
					Skin .....	8	6 to 11
					Excess fat .....	12	6 to 20
1929	Butt half, bone in, raw.	Lean meat, raw .....	63	60 to 66	Net losses .....	37	34 to 40
					Bones .....	16	15 to 17
					Excess fat .....	21	17 to 24
1930	Shank half, bone in, raw.	..... do .....	60	55 to 65	Net losses .....	40	35 to 45
					Bones .....	22	19 to 23
					Excess fat .....	18	16 to 20
	Loin:						
1931	Whole, bone in ....	Lean and fat meat, raw	65	51 to 81	Net losses .....	35	19 to 49
					Bones .....	22	16 to 37
					Excess fat .....	13	1 to 24
1932	Loin end, bone in	Lean meat, raw .....	56	51 to 62	Net losses .....	44	38 to 49
					Bones .....	23	22 to 25
					Excess fat .....	21	12 to 28
1933	Rib end, bone in ..	..... do .....	51	41 to 59	Net losses .....	49	41 to 59
					Bones .....	23	20 to 25
					Excess fat .....	26	14 to 39
1934	Shoulder, bone in, skin on.	Lean meat with some fat, raw.	77	73 to 87	Net losses .....	23	13 to 27
					Bones .....	8	5 to 10
					Skin .....	5	4 to 6
					Excess fat .....	10	3 to 20
1935	Shoulder, bone in, skin off.	Lean meat, raw .....	53	46 to 59	Net losses .....	47	41 to 54
					Bones .....	31	30 to 34
					Excess fat .....	16	7 to 25
	Retail cuts, cured:						
1936	Bacon slab with rind, raw.	Lean and fat meat, sliced, raw.	82	80 to 84	Rind, some fat with slicing loss.	18	16 to 20
	Ham, bone in:						
1937	Raw, rind on .....	Lean and fat meat, raw	70	60 to 78	Net losses .....	30	22 to 40
					Bones .....	9	7 to 12
					Rind .....	5	4 to 8
					Excess fat .....	15	5 to 24
					Cutting loss .....	1	0 to 2
	Precooked:						
1938	Slice .....	Lean meat, trimmed .....	75	66 to 82	Bones and separable fat	25	18 to 34
1939	Whole .....	..... do .....	*59	---	Bones and excess fat ...	41	---
1940	Picnic shoulder, bone in, rind on.	Lean and fat meat, bone in, raw.	*91	---	Rind .....	9	---
1941	Do .....	Soaked 18 h .....	103	103 to 103	Gain in preparation ....	+3	+3 to +3
1942	Salt pork, including belly, clear plate, and fatback.	Fat meat, raw .....	94	91 to 97	Rind .....	6	3 to 9
		THAWING DATA					
	Retail cuts, fresh, raw:						
1943	Ham, boneless, whole, frozen.	Thawed meat, raw .....	99	96 to 100	Thawing losses .....	1	0 to 4
		COOKING DATA					
1944	Chops, rib, loin, or shoulder.	All cooking methods, including unspecified internal temp.	75	51 to 87	Net losses .....	25	13 to 49
					Drippings .....	10	5 to 16
					Volatiles .....	15	3 to 25

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG %	RANGE %	DESCRIPTION	AVG %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	PORK--Continued	COOKING DATA--Continued					
	Retail cuts, fresh, raw--Continued						
1945	Chops, rib, loin, or shoulder.	Baked in conventional oven: To 77°C (170°F) internal temp.	81	79 to 84	Net losses .....	19	16 to 21
					Drippings .....	7	5 to 8
					Volatiles .....	12	10 to 13
1946	Do .....	To 85°C (185°F) internal temp.	*74	---	Net losses .....	26	---
					Drippings .....	8	---
					Volatiles .....	18	---
1947	Do .....	Baked in microwave oven, unspecified internal temp.	69	68 to 70	Net losses .....	31	30 to 32
					Drippings .....	7	---
					Volatiles .....	24	---
		Baked in microwave oven to 88°C (190°F) internal temp.:					
1948	Do .....	Home-type oven with browning.	*76	---	Net losses .....	24	---
					Drippings .....	12	---
					Volatiles .....	12	---
1949	Do .....	Home-type oven without browning.	*82	---	Net losses .....	18	---
					Drippings .....	15	---
					Volatiles .....	3	---
1950	Do .....	Institutional-type oven without browning.	*79	---	Net losses .....	21	---
					Drippings .....	16	---
					Volatiles .....	5	---
		Braised in conventional oven:					
1951	Do .....	To 77°C (170°F) internal temp.	82	76 to 87	Net losses .....	18	13 to 24
					Drippings .....	15	---
					Volatiles .....	3	---
1952	Do .....	To 85°C (185°F) internal temp.	80	74 to 84	Net losses .....	20	16 to 26
					Drippings .....	16	---
					Volatiles .....	4	---
		Braised, top of range:					
1953	Do .....	To 77°C (170°F) internal temp.	80	75 to 84	Net losses .....	20	16 to 25
					Drippings .....	5	---
					Volatiles .....	15	---
1954	Do .....	To 85°C (185°F) internal temp.	76	73 to 80	Net losses .....	24	20 to 27
					Drippings .....	6	---
					Volatiles .....	18	---
1955	Do .....	To internal temp. over 85°C (185°F).	70	66 to 73	Net losses .....	30	27 to 34
					Drippings .....	8	---
					Volatiles .....	22	---
1956	Do .....	Broiled to 77°C (170°F) internal temp.	68	61 to 79	Net losses .....	32	21 to 39
					Drippings .....	9	---
					Volatiles .....	23	---
1957	Do .....	Broiled to unspecified internal temp.	63	51 to 72	Net losses .....	37	28 to 49
					Drippings .....	12	---
					Volatiles .....	25	---
	Ham, whole:						
		Roasted in conventional oven:					
1958	Bone in .....	To 85°C (185°F) internal temp.	65	62 to 69	Net losses .....	35	31 to 38
					Drippings .....	17	10 to 22
					Volatiles .....	18	16 to 21
1959	Boneless .....	To 77°C (170°F) internal temp.	68	67 to 69	Net losses .....	32	31 to 33
					Drippings .....	20	15 to 25
					Volatiles .....	12	8 to 17
1960	Do .....	To 85°C (185°F) internal temp.	*58	---	Net losses .....	42	---
					Drippings .....	11	---
					Volatiles .....	31	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	PORK--Continued	COOKING DATA - Continued					
	Retail cuts, fresh, raw--Continued						
	Ham, half (butt or shank):						
1961	Bone in .....	To 77°C (170°F) internal temp.	66	61 to 75	Net losses .....	34	25 to 39
					Drippings .....	12	---
					Volatiles .....	22	---
1962	Do .....	To 85°C (185°F) internal temp.	68	68 to 69	Net losses .....	32	31 to 32
1963	Boneless .....	To 77°C (170°F) internal temp.	68	67 to 70	..... do .....	32	30 to 33
1964	Do .....	To 85°C (185°F) internal temp.	66	66 to 67	..... do .....	34	33 to 34
1965	Loin, bone in or boneless.	To 77° to 88°C (170° to 190°F) internal temp.	75	61 to 85	Net losses .....	25	15 to 39
					Drippings .....	12	4 to 22
					Volatiles .....	13	8 to 23
1966	Loin, bone in .....	To 77°C (170°F) internal temp.	80	71 to 85	Net losses .....	20	15 to 29
					Drippings .....	8	4 to 10
					Volatiles .....	12	8 to 23
1967	Do .....	To 85°C (185°F) internal temp.	77	72 to 81	Net losses .....	23	19 to 28
					Drippings .....	8	---
					Volatiles .....	15	---
1968	Do .....	To 88°C (190°F) internal temp.	75	75 to 76	Net losses .....	25	24 to 25
					Drippings .....	9	---
					Volatiles .....	16	---
		Roasted in microwave oven to 88°C (190°F) internal temp.:					
1969	Do .....	Home-type oven with browning.	*71	---	Net losses .....	29	---
					Drippings .....	14	---
					Volatiles .....	15	---
1970	Do .....	Home-type oven without browning.	74	74 to 75	Net losses .....	26	25 to 26
					Drippings .....	11	8 to 14
					Volatiles .....	15	12 to 17
1971	Loin, boneless .....	Roasted in conventional oven to 82° to 85°C (180° to 185°F) internal temp.	68	66 to 69	Net losses .....	32	31 to 34
					Drippings .....	17	11 to 22
					Volatiles .....	15	12 to 21
1972	Do .....	Roasted in microwave oven to 85°C (185°F) internal temp.	63	61 to 64	Net losses .....	37	36 to 39
					Drippings .....	17	16 to 18
					Volatiles .....	20	18 to 22
1973	Shoulder, bone in ...	Roasted in conventional oven to 77° to 82°C (170° to 180°F) internal temp.	70	64 to 75	Net losses .....	30	25 to 36
					Drippings .....	10	7 to 20
					Volatiles .....	20	15 to 26
1974	Shoulder, boneless ..	Roasted in conventional oven to 85°C (185°F) internal temp.	68	67 to 69	Net losses .....	32	31 to 33
					Drippings .....	8	---
					Volatiles .....	24	---
1975	Shoulder, ground ....	Patties cooked by pan frying or oven baked in conventional or microwave ovens.	71	68 to 76	Net losses .....	29	24 to 32
					Drippings .....	9	5 to 13
					Volatiles .....	20	16 to 24
		Cooked, top of range:					
1976	Ham hock, bone in ...	Simmered .....	80	79 to 80	Net losses .....	20	20 to 21
	Spareribs, bone in:						
	Undefined .....	Steamed or boiled ....	66	63 to 72	..... do .....	34	28 to 37
1977	Back .....	Barbecued and braised	76	75 to 79	..... do .....	24	21 to 25
1978	Regular .....	..... do .....	55	53 to 56	..... do .....	45	44 to 47
1979	Ham, loin, or shoulder, boneless.	Braised, simmered, or pressure cooked.	64	51 to 73	..... do .....	36	27 to 49

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	PORK--Continued						
		COOKING DATA - Continued					
1981	Retail cuts, cured: Bacon, sliced .....	<u>All methods, including broiled, oven cooked, microwave, and pan fried.</u>	33	18 to 43	Net losses .....	67	57 to 82
					Drippings .....	48	46 to 50
					Volatiles .....	19	18 to 21
1982	Do .....	Broiled .....	29	23 to 35	Net losses .....	71	65 to 77
					Drippings .....	49	---
					Volatiles .....	22	---
1983	Do .....	Oven cooked .....	34	20 to 40	Net losses .....	66	60 to 80
					Drippings .....	44	---
					Volatiles .....	22	---
1984	Do .....	Microwave .....	32	---	Net losses .....	68	---
					Drippings .....	38	---
					Volatiles .....	30	---
1985	Do .....	Pan fried .....	29	18 to 43	Net losses .....	71	57 to 82
					Drippings .....	51	---
					Volatiles .....	20	---
1986	Bacon, Canadian-style, sliced.	Broiled .....	*63	---	Net losses .....	37	---
1987	Ham:						
	Slice .....	Pan broiled .....	63	60 to 65	..... do .....	37	35 to 40
1988	Ground, loaf .....	Baked, conventional oven to 85°C (185°F) internal temp.	82	81 to 83	Net losses .....	18	17 to 19
					Drippings .....	5	5 to 6
					Volatiles .....	13	12 to 13
1989	Do .....	Baked in microwave oven to 85°C (185°F) internal temp.	72	71 to 72	Net losses .....	28	28 to 29
					Drippings .....	5	5 to 6
					Volatiles .....	23	22 to 23
1990	Whole, bone in or boneless.	Baked in conventional oven to 77°C (170°F) internal temp.	81	76 to 85	Net losses .....	19	15 to 24
					Drippings .....	5	---
					Volatiles .....	14	---
1991	Do .....	Baked in conventional oven to 85°C (185°F) internal temp.	75	65 to 84	Net losses .....	25	16 to 35
					Drippings .....	12	5 to 17
					Volatiles .....	13	8 to 23
1992	Ham, ham hock, and shoulder, bone in.	<u>Cooked, on top of range: Braised or simmered ..</u>	86	74 to 93	Net losses .....	14	7 to 26
1993	Picnic shoulder, bone in, rind on.	Parboiled for 1 h ....	99	99 to 99	..... do .....	1	1 to 1
1994	Ham, precooked .....	Baked to 63°C (145°F) internal temp., wrapped in foil.	73	70 to 76	Net losses .....	27	24 to 30
					Drippings .....	14	13 to 15
					Volatiles .....	13	11 to 15
1995	Do .....	Baked to 63°C (145°F) internal temp., unwrapped.	79	78 to 80	Net losses .....	21	20 to 22
					Drippings .....	10	9 to 11
					Volatiles .....	17	11 to 12
		POSTCOOKING DATA					
1996	Fresh, cooked: Chops, all cooking methods, bone in.	Lean meat with little fat.	58	48 to 71	Net losses .....	42	29 to 52
					Bones .....	18	11 to 28
					Excess fat .....	21	12 to 28
					Cutting loss .....	3	1 to 6
1997	Loin, baked, bone in	..... do .....	52	46 to 57	Net losses .....	48	43 to 54
					Bones .....	23	15 to 31
					Excess fat .....	22	8 to 32
					Cutting loss .....	3	2 to 6
1998	Loin, baked, boneless	..... do .....	65	59 to 74	Net losses .....	35	26 to 41
					Excess fat .....	18	13 to 25
					Drippings .....	17	12 to 20
1999	Ham, baked: Whole, bone in ...	..... do .....	76	67 to 84	Net losses .....	24	16 to 33
					Bones and cartilage ..	17	10 to 24
					Excess fat .....	7	5 to 9

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	PORK--Continued						
		POSTCOOKING DATA -- Continued					
2000	Fresh, cooked-- Continued Ham, baked--Continued Whole, boneless ...	Lean meat .....	79	78 to 80	Net losses .....	21	20 to 22
					<u>Shrinkage during cooling.</u>	8	7 to 9
2001	Half, butt or shank, bone in.	..... do .....	64	55 to 72	<u>Excess fat</u> .....	13	12 to 14
					Net losses .....	36	28 to 45
					<u>Bones</u> .....	14	13 to 23
					<u>Excess fat</u> .....	17	11 to 25
					<u>Carving</u> .....	2	1 to 4
2002	Half, butt or shank, boneless.	..... do .....	85	81 to 88	<u>Handling loss</u> .....	3	2 to 4
	Shoulder, baked:				<u>Net loss as excess fat</u>	15	12 to 19
2003	Whole, bone in ....	..... do .....	56	43 to 68	Net losses .....	44	32 to 57
					<u>Bones</u> .....	18	13 to 26
					<u>Excess fat</u> .....	22	6 to 36
					<u>Carving</u> .....	2	2 to 5
					<u>Handling loss</u> .....	2	2 to 4
2004	Whole, boneless ...	..... do .....	63	56 to 73	Net losses .....	37	27 to 44
					<u>Excess fat</u> .....	17	11 to 26
2005	Butt, boneless ....	..... do .....	63	60 to 67	<u>Cutting loss</u> .....	20	15 to 28
					Net losses .....	37	33 to 40
					<u>Excess fat</u> .....	20	20 to 21
					<u>Cutting loss</u> .....	17	14 to 20
2006	Spareribs, braised:						
	Back .....	..... do .....	48	44 to 50	Bones .....	52	50 to 56
2007	Regular .....	..... do .....	70	54 to 83	..... do .....	30	17 to 46
	Cured, cooked:						
	Ham, baked, whole or half:						
2008	Bone in, skin on ..	..... do .....	57	56 to 57	Net losses .....	43	43 to 44
					<u>Excess fat</u> .....	27	26 to 28
					<u>Bones</u> .....	11	10 to 11
					<u>Skin</u> .....	3	2 to 3
					<u>Cutting loss</u> .....	2	2 to 3
2009	Do .....	Lean and fat meat .....	63	54 to 78	Net losses .....	37	22 to 46
					<u>Bones</u> .....	14	11 to 21
					<u>Skin</u> .....	4	2 to 5
					<u>Excess fat</u> .....	18	2 to 29
					<u>Cutting loss</u> .....	1	0 to 8
2010	Boneless, skin on	..... do .....	86	83 to 88	Net losses, including skin, fat, and cutting loss.	14	12 to 17
2011	Bone in, skin off	..... do .....	72	58 to 84	Net losses .....	28	16 to 42
					<u>Bones</u> .....	15	12 to 21
					<u>Excess fat</u> .....	12	2 to 29
					<u>Cutting loss</u> .....	1	0 to 1
	Ham, simmered, whole or half, bone in, skin on:						
2012	Whole .....	..... do .....	60	59 to 61	Net losses .....	40	39 to 41
					<u>Bones, skin, and excess fat.</u>	37	37 to 38
					<u>Cutting loss</u> .....	3	2 to 3
2013	Butt half .....	..... do .....	57	48 to 65	Net losses .....	43	35 to 52
					<u>Bones, skin, and excess fat.</u>	42	34 to 52
					<u>Cutting loss</u> .....	1	---
	Shoulder, picnic, bone in, skin on:						
2014	Baked .....	..... do .....	50	40 to 57	Net losses .....	50	43 to 60
					<u>Bones</u> .....	16	13 to 20
					<u>Skin and excess fat</u> ..	27	18 to 36
					<u>Cutting loss</u> .....	7	5 to 9

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	PORK--Continued	POSTCOOKING DATA -- Continued					
	Cured, cooked-- Continued						
2015	Shoulder, picnic, bone in, skin on--Continued Simmered .....	Lean and fat meat .....	50	39 to 62	Net losses .....	50	38 to 61
					Bones .....	18	16 to 20
					Skin and excess fat ..	28	20 to 39
					Cutting loss .....	4	1 to 6
2016	Shoulder, picnic, simmered, bone in, skin off.	..... do .....	*54	---	Net losses .....	46	---
					Bones .....	21	---
					Excess fat .....	19	---
					Cutting loss .....	6	---
2017	Canned, ham, cured, boneless.	Lean meat .....	83	83 to 84	Net losses .....	17	16 to 17
					Excess fat .....	7	5 to 10
					Juices .....	10	6 to 12
	POTATO AND POTATO PRODUCTS:	PARING DATA					
	Raw:						
	Unpared, whole:						
2018	All samples, U.S. Grade I. Samples averaged by:	Pared, raw .....	81	61 to 94	Parings and trimmings ..	19	6 to 39
	Paring method:						
2019	Hand .....	..... do .....	80	67 to 88	..... do .....	20	12 to 33
2020	Machine .....	..... do .....	77	61 to 89	Parings removed mech- anically, trimmed by hand.	23	11 to 39
	Size of potato:						
2021	Large, 7.6 to 10.8 cm (3 to 4 1/4 in) diam.	..... do .....	82	79 to 85	Parings and trimmings, hand and mechanical.	18	15 to 21
2022	Medium, 5.7 to 8.3 cm (2 1/4 to 3 1/4 in) diam.	..... do .....	79	76 to 83	..... do .....	21	17 to 24
2023	Small, 4.4 to 6.4 cm (1 3/4 to 2 1/2 in) diam.	..... do .....	74	70 to 78	..... do .....	26	22 to 30
	Cultivar:						
2024	Chippewa ....	..... do .....	81	67 to 88	Parings and trimmings ..	19	12 to 33
2025	Irish Cobbler	..... do .....	75	61 to 87	..... do .....	25	13 to 39
2026	Katahdin ....	..... do .....	82	70 to 88	..... do .....	18	12 to 30
2027	Red La Soda	..... do .....	80	---	..... do .....	20	---
2028	Red Pontiac	..... do .....	84	76 to 91	..... do .....	16	9 to 24
2029	Russet Bur- bank.	..... do .....	86	64 to 91	..... do .....	14	9 to 36
2030	Sebago .....	..... do .....	85	78 to 89	..... do .....	15	11 to 22
2031	White Rose ..	..... do .....	84	72 to 86	..... do .....	16	14 to 28
2032	Early crop ....	..... do .....	90	84 to 94	..... do .....	10	6 to 16
		COOKING DATA					
2033	Pared: For cooking in water or steam.	Boiled, microwave cooked, pressure cooked, or steamed.	99	80 to 123	Net change .....	1	+23 to 20
2034	Do .....	Boiled .....	100	80 to 123	..... do .....	0	+23 to 20

\* Limited data available.



TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign, losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	POTATO AND POTATO PRODUCTS--Continued						
	Raw--Continued	COOKING DATA - Continued					
	Pared--Continued						
2035	For cooking in water or steam.	Microwave cooked .....	95	94 to 96	Net losses .....	5	4 to 6
2036	Do .....	Pressure cooked .....	101	91 to 107	Net change .....	+1	+7 to 9
2037	Do .....	Steamed .....	100	91 to 109	..... do .....	0	+9 to 9
2038	For cooking with fat.	French fried .....	55	40 to 68	Net losses .....	45	32 to 60
2039	Do .....	Raw fried (country style)	57	47 to 63	..... do .....	43	37 to 53
	Unpared:						
2040	For baking .....	Baked in foil .....	95	91 to 100	..... do .....	5	0 to 9
2041	Do .....	Baked, skins oiled .....	81	72 to 98	..... do .....	19	2 to 28
2042	Do .....	Baked, skins not oiled .....	81	66 to 86	..... do .....	19	14 to 34
2043	For cooking in water or steam.	Boiled or steamed .....	97	86 to 106	Net change .....	3	+6 to 14
2044	Do .....	Boiled .....	94	86 to 106	..... do .....	6	+6 to 14
2045	Do .....	Steamed .....	99	94 to 103	..... do .....	1	+3 to 6
	Cooked:						
2046	Boiled or steamed, pared.	Hashed brown until crisp	60	58 to 62	Net losses .....	40	38 to 42
2047	Do .....	Hashed brown until browned on outside.	95	90 to 100	..... do .....	5	0 to 10
2048	Do .....	Home fried .....	*54	---	..... do .....	46	---
2049	Baked, stuffed, oven ready.	Browned .....	89	87 to 90	..... do .....	11	10 to 13
	Dehydrated:						
2050	Flakes or granules	Mashed .....	627	483 to 797	Net gain due to added ingredients.	+527	+383 to +697
2051	Diced or sliced .....	Boiled .....	*412	---	..... do .....	+312	---
2052	Do .....	Hashed brown .....	324	272 to 372	..... do .....	+224	+172 to +272
	Frozen:						
2053	Baked, stuffed .....	Heated in oven .....	92	86 to 100	Evaporation .....	8	0 to 14
2054	Blintzes .....	Heated in fat .....	99	92 to 107	Net change .....	1	+7 to 8
2055	Dumplings .....	Boiled .....	89	46 to 135	..... do .....	11	+35 to 54
	French fried:						
2056	All samples .....	Heated in oven or deep-fat fried.	78	55 to 105	..... do .....	22	+5 to 45
2057	Do .....	Heated in oven .....	78	55 to 92	Evaporation .....	22	8 to 45
2058	Do .....	Deep-fat fried .....	79	56 to 105	Net change .....	21	+5 to 44
2059	Extruded type .....	Heated in oven .....	80	78 to 81	Evaporation .....	20	19 to 22
2060	Do .....	Deep-fat fried .....	93	89 to 99	Net losses .....	7	1 to 11
2061	Puffs .....	Heated in oven .....	86	77 to 92	Evaporation .....	14	8 to 23
2062	Do .....	Deep-fat fried .....	97	90 to 105	Net change .....	3	+5 to 10
	Regular cut, 1 cm (3/8 in):						
2063	Crinkle and smooth.	Heated in oven or deep-fat fried.	72	57 to 91	Net losses .....	28	9 to 43
2064	Do .....	Heated in oven .....	76	57 to 91	Evaporation .....	24	9 to 43
2065	Do .....	Deep-fat fried .....	68	62 to 86	Net losses .....	32	14 to 38
2066	Crinkle .....	Heated in oven .....	76	58 to 91	Evaporation .....	24	9 to 42
2067	Do .....	Deep-fat fried .....	73	62 to 86	Net losses .....	27	14 to 38
2068	Smooth .....	Heated in oven .....	76	57 to 90	Evaporation .....	24	10 to 43
2069	Do .....	Deep-fat fried .....	64	62 to 67	Net losses .....	36	33 to 38
2070	Shoestring, 0.3 cm (1/8 in).	Heated in oven .....	71	55 to 87	Evaporation .....	29	13 to 45
2071	Do .....	Deep-fat fried .....	57	56 to 57	Net losses .....	43	43 to 44
2072	Hashed brown .....	Heated in oven .....	68	52 to 80	Evaporation .....	32	20 to 48
2073	Do .....	Heated in fat .....	82	63 to 99	Net losses .....	18	1 to 37
2074	Mashed .....	Heated over hot water ..	93	92 to 95	Evaporation .....	7	5 to 8
2075	Pancakes .....	Heated in fat .....	98	96 to 100	Net losses .....	2	0 to 4
2076	Do .....	Heated in oven .....	92	88 to 100	Evaporation .....	8	0 to 12
2077	Patties (shredded) ..	Heated in broiler .....	*67	---	..... do .....	33	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<b>POTATO AND POTATO PRODUCTS--Continued</b>							
<b>COOKING DATA - Continued</b>							
2078	Frozen--Continued Patties (shredded) ..	Heated in fat .....	85	79 to 90	Net losses .....	15	10 to 21
2079	Quartered, pared, browned.	Heated in oven or top of stove.	79	72 to 92	Evaporation .....	21	8 to 28
2080	Whole, pared .....	Boiled .....	113	106 to 150	Gain in cooking .....	+13	+6 to +50
2081	Do .....	Browned in oven or in skillet.	91	85 to 95	Evaporation .....	9	5 to 15
<b>POSTCOOKING DATA</b>							
2082	Cooked: Boiled or steamed, pared or baked flesh.	Mashed .....	120	119 to 122	Net gain due to added ingredients.	+20	+19 to +22
2083	Boiled or steamed, pared.	Potato salad (potato, 63%; egg, 11%; mayonnaise, 11%; celery, 7%; onion, green pepper, and cucumber, 7%; seasonings, 1%).	158	146 to 167	.... do .....	+58	+46 to +67
2084	Baked in skin, with foil or oiled skin.	Flesh .....	79	70 to 89	Baked skin .....	21	11 to 30
2085	Covered with foil	.... do .....	82	76 to 89	.... do .....	18	11 to 24
2086	Oiled skin .....	.... do .....	76	70 to 82	.... do .....	24	18 to 30
2087	Baked, stuffed .....	Mashed potato flesh .....	80	73 to 87	.... do .....	20	13 to 27
2088	Boiled or steamed in skin.	Peeled .....	91	85 to 99	Cooked skin .....	9	1 to 15
2089	Boiled in skin .....	.... do .....	91	85 to 99	.... do .....	9	1 to 15
2090	Steamed in skin .....	.... do .....	92	87 to 97	.... do .....	8	3 to 13
2091	Canned, contents of can: All sizes .....	Drained solids .....	68	58 to 71	Liquid .....	32	29 to 42
2092	No. 303 .....	.... do .....	67	58 to 74	.... do .....	33	26 to 42
2093	No. 10 .....	.... do .....	68	67 to 69	.... do .....	32	31 to 33
2094	Frozen, reheated: Baked, stuffed in skin.	Stuffing .....	75	69 to 78	Baked skin .....	25	22 to 31
2095	Baked, stuffed in shell.	.... do .....	99	98 to 99	Aluminum foil shell .....	1	1 to 2
<b>POTATO DISHES:</b>							
2096	From raw potatoes and ingredients: Au gratin, raw .....	Baked .....	92	91 to 94	Net losses .....	8	6 to 9
2097	Scalloped, raw .....	.... do .....	85	78 to 90	.... do .....	15	10 to 22
2098	From cooked potatoes and ingredients: Au gratin, unbaked ..	.... do .....	99	98 to 100	Evaporation .....	1	0 to 2
2099	Creamed, unheated ..	Heated .....	90	89 to 91	.... do .....	10	9 to 11
2100	From dried potato mix with added ingredients: Au gratin, unbaked ..	Baked .....	92	88 to 96	Net losses .....	8	4 to 12
2101	Creamed, unheated ..	Simmered .....	*96	---	Evaporation .....	4	---
2102	Scalloped, unbaked ..	Baked .....	90	82 to 93	Net losses .....	10	7 to 18
2103	Frozen: Au gratin, unbaked ..	.... do .....	96	89 to 99	Evaporation .....	4	1 to 11
2104	Creamed, unheated ..	.... do .....	95	92 to 97	.... do .....	5	3 to 8
2105	Scalloped, unbaked ..	.... do .....	92	81 to 95	.... do .....	8	5 to 19
2106	PRICKLY PEARS, raw .....	Pulp, raw .....	44	22 to 63	Rind and seeds .....	56	37 to 78

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>PRUNES:</b>						
	Raw. See <u>PLUMS</u> .						
	Dried:						
	Uncooked:						
	Regular moisture (24 to 30%) unpitted:						
2107	All samples .....	Flesh, raw .....	88	85 to 92	Pits .....	12	8 to 15
2108	Large, 15 to 40 per 454 g (1 lb).	..... do .....	91	90 to 92	..... do .....	9	8 to 10
2109	Medium, 40 to 90 per 454 g (1 lb).	..... do .....	88	86 to 90	..... do .....	12	10 to 14
2110	Small, over 90 per 454 g (1 lb).	..... do .....	85	---	..... do .....	15	---
2111	Low moisture (4 to 5%) pitted.	Plumped, drained .....	238	230 to 242	Net gain due to water absorption.	+138	+130 to +142
	Regular moisture (24 to 30%):						
2112	Unpitted .....	..... do .....	150	---	..... do .....	+50	---
2113	Pitted .....	..... do .....	138	---	..... do .....	+38	---
2114	Plumped, drained, unpitted fruit.	Pitted flesh .....	88	88 to 89	Pits .....	12	11 to 12
	Canned, contents of can:						
2115	Regular pack, unpitted in extra heavy sirup, all can sizes.	Drained solids .....	63	62 to 65	Liquid .....	37	35 to 38
	Nectarized, No. 10 can, packed in water:						
2116	Unpitted .....	..... do .....	83	---	..... do .....	17	---
2117	Pitted .....	..... do .....	80	---	..... do .....	20	---
	<b>PUDDING:</b>						
2118	Made from recipe or from mix and added milk.	Prepared pudding after cooking until boiling.	90	86 to 93	Net losses .....	10	7 to 14
2119	Instant mix with added milk.	Prepared pudding by beating mix and milk together.	97	97 to 98	Handling loss .....	3	2 to 3
2120	<b>PUMMELO, whole, raw</b> ....	Flesh .....	62	61 to 65	Seeds and skin .....	38	35 to 39
2121	Do .....	Juice .....	56	---	Seeds, skin, and membranes.	44	---
	<b>PUMPKIN, raw:</b>						
2122	Whole .....	Flesh, raw .....	70	62 to 77	Seeds, rind, and stem	30	23 to 38
					Seeds .....	17	9 to 22
2123	Flesh .....	Boiled or steamed until tender.	92	90 to 93	Rind and stem .....	13	10 to 14
					Net losses .....	8	7 to 10
2124	<b>PUMPKIN AND SQUASH SEEDS, dry.</b>	Kernels .....	*74	---	Hulls .....	26	---
	<b>PUMPKIN LEAFY TIPS:</b>						
2125	Untrimmed .....	Tender leaf tips .....	41	22 to 56	Stem and leaves .....	59	44 to 78
2126	Trimmed, tender leaf tips.	Steamed .....	101	---	Net gain .....	+1	---
	<b>PURSLANE, raw:</b>						
2127	Harvested plant .....	Tender leaves and stems	77	45 to 100	Tough stems and leaves	23	0 to 55
2128	Tender leaves and stems, cut into pieces.	Steamed .....	91	86 to 96	Net losses .....	9	4 to 14

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	<b>QUAIL:</b>						
2129	Live .....	Dressed .....	91	86 to 96	Blood and feathers .....	9	4 to 14
2130	Do .....	Ready to cook with neck and giblets.	62	---	Blood, feathers, viscera, feet, head.	38	---
2131	Ready-to-cook carcass with giblets.	Meat, skin, and giblets, raw.	90	89 to 90	Bone .....	10	10 to 11
2132	Ready-to-cook carcass	Roasted at 163°C (325°F) for 35 to 40 min.	78	74 to 81	Net losses .....	22	19 to 26
2133	Do .....	Braised at 205°C (400°F) to internal temp. of 88°C (190°F).	79	---	..... do .....	21	---
2134	Roasted, bone in .....	Meat and skin, cooked ..	80	77 to 82	Bone .....	20	18 to 23
2135	Do .....	Breast meat, cooked ....	38	36 to 40	Bones, skin, and meat from other parts.	62	60 to 64
2136	Braised, bone in .....	Meat and skin, cooked	69	---	Net losses .....	31	---
		Meat .....	58	---	Bone .....	29	---
		Skin .....	11	---	Excess fat .....	2	---
2137	Roasted, boneless .....	Breast meat, cooked ....	48	46 to 49	Skin and meat from other parts.	52	51 to 54
2138	Breast with bone from roasted bird.	..... do .....	93	92 to 94	Bones and skin .....	7	6 to 8
2139	<b>QUINCES, raw</b> .....	Flesh .....	*61	---	Parings, core, and seeds	39	---
	<b>RABBIT:</b>						
	Domesticated:						
2140	Live .....	Ready to cook, including heart, liver, and kidney.	55	51 to 58	Head, skin, feet, and evisceration losses.	45	42 to 49
2141	Do .....	Ready-to-cook carcass ..	50	47 to 53	Head, skin, feet, heart, liver, kidney, and evisceration losses.	50	47 to 53
2142	Ready-to-cook carcass, frozen.	Thawed .....	96	91 to 99	Thawing losses .....	4	1 to 9
2143	Ready-to-cook carcass, raw.	Meat, raw .....	76	67 to 83	Net losses .....	24	17 to 33
		Lean .....	72	65 to 77	Bones .....	21	15 to 28
		Fat .....	4	2 to 6	Waste .....	1	1 to 2
2144	Do .....	Roasted to 80°C (176°F) internal temp.	88	85 to 91	Handling loss .....	2	1 to 2
					Net losses .....	12	9 to 15
					Drippings .....	1	0 to 1
					Volatiles .....	11	9 to 14
2145	Do .....	Stewed .....	68	58 to 79	Net losses .....	32	21 to 42
	Wild:						
2146	Drawn .....	Ready to cook .....	60	---	Head, skin, feet, and bones.	40	---
2147	Ready to cook .....	Meat, raw .....	80	---	Bones .....	20	---
	<b>RADISHES:</b>						
	Common, raw:						
2148	With tops .....	Trimmed .....	63	63 to 63	Tops, rootlets, and trimmings.	37	37 to 37
2149	Without tops .....	..... do .....	92	85 to 95	Stem ends, rootlets, and trimmings.	8	5 to 15
2150	Trimmed .....	Sliced .....	83	69 to 97	Slicing loss .....	17	3 to 31
	Oriental, including daikon, Japanese, or Chinese:						
	Raw:						
2151	With tops .....	Pared, raw .....	77	74 to 83	Tops and parings .....	23	17 to 26
2152	Without tops .....	..... do .....	93	92 to 95	Parings .....	7	5 to 8
2153	Pared, raw .....	Steamed .....	94	90 to 97	Net losses .....	6	3 to 10
2154	Salt pickled, contents of container.	Drained solids .....	95	92 to 97	Liquid .....	5	3 to 8
2155	<b>RAISINS</b> .....	Plumped in hot water for 2 min, drained.	116	115 to 117	Net gain due to water absorption.	+16	+15 to +17

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS — Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>			
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	
	RAKKYO. See SCALLIONS, pickled.							
	RASPBERRIES:							
2156	Raw .....	Sound, trimmed berries	96	91 to 99	Stem, cap, spoiled berries, and handling loss.	4	1 to 9	
2157	Canned, red and black, contents of can: All samples .....	Drained solids .....	50	48 to 53	Liquid .....	50	47 to 52	
2158	Extra heavy sirup: No. 1 tall .....	do .....	51	50 to 52	do .....	49	48 to 50	
2159	No. 10 .....	do .....	†49	---	do .....	†51	---	
2160	Heavy sirup: No. 1 tall .....	do .....	52	52 to 53	do .....	48	47 to 48	
2161	No. 10 .....	do .....	†49	---	do .....	†51	---	
2162	Water: No. 1 tall .....	do .....	48	---	do .....	52	---	
2163	No. 10 .....	do .....	†53	---	do .....	†47	---	
2164	Frozen, contents of package .	Thawed solids, drained	50	44 to 58	do .....	50	42 to 56	
2165	RAVIOLI, meat or cheese, frozen.	Boiled in water for 12 min.	130	127 to 133	Net gain due to water absorption during cooking.	+30	+27 to +33	
	RED GROUPER. See GROUPER.							
	RED SNAPPER:							
			DRESSING AND BONING DATA					
2166	Round .....	Drawn, raw .....	95	93 to 97	Entrails .....	5	3 to 7	
2167	Do .....	Flesh, raw .....	52	47 to 60	Head, tail, fins, entrails, scales, bones, skin, and handling loss.	48	40 to 53	
2168	Drawn .....	Dressed, raw .....	61	56 to 63	Head, tail, fins, and scales.	39	37 to 44	
2169	Dressed .....	Fillet with skin, raw ..	73	67 to 84	Bones with adhering flesh	27	16 to 33	
			COOKING DATA					
2170	Do .....	Baked .....	*75	---	Net losses .....	25	---	
					Drippings .....	7	---	
					Volatiles .....	18	---	
2171	Do .....	Broiled .....	*76	---	Net losses .....	24	---	
					Drippings .....	6	---	
					Volatiles .....	18	---	
2172	Dressed, including head, tail, and fins.	do .....	*87	---	Net losses .....	13	---	
					Drippings .....	2	---	
					Volatiles .....	11	---	
2173	Fillet with skin, raw	Baked .....	*72	---	Net losses .....	28	---	
					Drippings .....	9	---	
					Volatiles .....	19	---	
2174	Do .....	Broiled .....	*70	---	Net losses .....	30	---	
					Drippings .....	4	---	
					Volatiles .....	26	---	
2175	Fillet with skin, breaded, raw.	Pan fried .....	*66	---	Net losses .....	34	---	
					Drippings with residue	17	---	
					Volatiles .....	17	---	
			POSTCOOKING DATA					
2176	Dressed, baked .....	Meat, cooked .....	*81	---	Net losses .....	19	---	
					Bones .....	9	---	
					Skin .....	5	---	
					Handling loss .....	5	---	

\* Limited data available.

† Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign, losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>RED SNAPPER</u> --Continued						
		POSTCOOKING DATA -- Continued					
2177	Dressed, broiled .....	Meat, cooked .....	*74	---	Net losses .....	26	---
					Bones .....	11	---
					Skin .....	8	---
					Handling loss .....	7	---
2178	Fillet, baked or broiled.	..... do .....	87	86 to 87	Net losses .....	13	13 to 14
					Skin .....	7	7 to 8
					Handling loss .....	6	5 to 7
	<u>RED SORREL</u> . See <u>ROSELLE</u> .						
	<u>REDFISH</u> . See <u>DRUM</u> , red, and <u>PERCH</u> , ocean.						
2179	<u>REDHORSE</u> , silver, drawn	Flesh, raw .....	*46	---	Head, tail, fins, bones, and skin.	54	---
	<u>REINDEER</u> , raw:						
2180	Side .....	Lean and fat .....	80	79 to 81	Bones .....	20	19 to 21
2181	Forequarter .....	..... do .....	74	72 to 77	..... do .....	26	23 to 28
2182	Hindquarter .....	..... do .....	86	86 to 86	..... do .....	14	14 to 14
	<u>RHUBARB</u> :						
	Raw:						
	Untrimmed:						
2183	Field grown .....	Trimmed stalk .....	44	35 to 52	Ends and leaves .....	56	48 to 65
2184	Hothouse grown .....	..... do .....	74	69 to 79	..... do .....	26	21 to 31
2185	Partially trimmed, field grown.	..... do .....	75	53 to 89	Ends and leaves .....	25	11 to 47
					Ends .....	19	6 to 39
					Leaves .....	6	3 to 8
2186	Well trimmed .....	..... do .....	86	83 to 90	Ends and leaves .....	14	10 to 17
2187	Trimmed, with sugar and lemon, 68:32 ratio.	Baked at 177°C (350°F) for 1 h.	96	95 to 97	Net losses .....	4	3 to 5
	Canned, contents of can, No. 10:						
2188	Heavy sirup .....	Drained solids .....	62	---	Liquid .....	38	---
2189	Water .....	..... do .....	74	69 to 78	..... do .....	26	22 to 31
2190	Frozen, contents of package.	Thawed solids, drained	64	57 to 70	..... do .....	36	30 to 43
2191	Thawed in sugar sirup, 56:44 ratio.	Boiled for 2 min .....	97	95 to 99	Net losses .....	3	1 to 5
2192	Do .....	Cooked for 1 min in steam-jacketed kettle.	90	82 to 94	..... do .....	10	6 to 18
	Cooked:						
2193	Baked from raw with sugar and lemon.	Drained solids .....	45	42 to 47	Liquid .....	55	53 to 58
2194	Boiled from frozen, thawed in sugar sirup.	..... do .....	47	42 to 52	..... do .....	53	48 to 58
2195	From frozen, thawed in sugar sirup, steamed in jacketed kettle.	..... do .....	58	51 to 55	..... do .....	42	35 to 49
	<u>RICE</u> :						
	Regular:						
	Brown:						
2196	Long grain .....	Boiled or baked in water	335	281 to 382	Net gain due to water absorption..	+235	+181 to +282
2197	Short grain .....	Simmered .....	*190	---	..... do .....	+90	---
	White:						
2198	Long or medium grain.	Boiled, steamed, or baked in water.	308	243 to 375	..... do .....	+208	+143 to +275
2199	Short grain .....	Boiled .....	*201	---	..... do .....	+101	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
2200	RICE--Continued Parboiled, white, long grain.	Boiled or steamed .....	358	306 to 405	Net gain due to water absorption.	+258	+206 to +305
2201	Precooked (instant): Plain, white, long grain.	Boiled .....	350	321 to 427	..... do .....	+250	+221 to +327
2202	Seasoned: White, long grain	..... do .....	321	308 to 338	..... do .....	+221	+208 to +238
2203	Parboiled, long grain.	..... do .....	375	350 to 403	..... do .....	+275	+250 to +303
2204	RICE, GRANULATED .....	Cooked 1 part cereal in 5 parts water (by volume) for 30 s.	716	617 to 768	..... do .....	+616	+517 to +668
2205	RICE, SPANISH: Made from recipe .....	Simmered for 20 to 30 min	84	76 to 87	Net losses .....	16	13 to 24
2206	Mix, including rice and sauce packet plus tomatoes, water.	Prepared according to package directions.	*88	---	..... do .....	12	---
2207	RIGATONI .....	Boiled in water for 10 to 20 min.	219	214 to 223	Net gain due to water absorption.	+119	+114 to +123
	ROCK CORNISH HENS. See CHICKEN.						
	ROCK LOBSTER. See CRAYFISH.						
2208	ROCKFISH: Round .....	Fillet without skin, raw	28	17 to 41	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	72	59 to 83
2209	Do .....	Minced flesh, machine separated, raw.	44	41 to 47	Head, viscera, bones, and skin. Head and viscera .....	56	53 to 59
					Bones and skin .....	45	42 to 49
2210	Frame .....	Flesh, raw .....	51	---	Bones and skin .....	11	10 to 11
	ROLLS:						
				FERMENTATION DATA			
2211	Unbaked dough, unmolded: Made from recipe or from mix.	Fermented 1 to 2 h until doubled.	99	98 to 99	Net losses .....	1	1 to 2
2212	Molded after one fermentation.	Fermented or proofed 1/2 to 1 h until light.	99	98 to 99	..... do .....	1	1 to 2
2213	Frozen, molded dough ..	Thawed and fermented ...	*97	---	..... do .....	3	---
				BAKING DATA			
2214	Molded, proofed dough	Baked .....	85	80 to 91	..... do .....	15	9 to 20
2215	Refrigerated dough ....	..... do .....	91	85 to 95	..... do .....	9	5 to 15
2216	Thawed, fermented dough.	..... do .....	*87	---	..... do .....	13	---
2217	Brown and serve .....	..... do .....	89	83 to 94	..... do .....	11	6 to 17
2218	Frozen, baked .....	Heated .....	94	93 to 97	Evaporation .....	6	3 to 7
	ROSE APPLES:						
2219	Whole, raw .....	Pitted flesh .....	*81	---	Pits .....	19	---
2220	Do .....	Pulp, raw .....	67	60 to 78	Caps and pits .....	33	22 to 40
2221	ROSE BEAN CURD, cubes in salted water.	Drained solids .....	93	93 to 93	Liquid .....	7	7 to 7

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS — Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	ROSEFISH. See PERCH, ocean.						
2222	ROSELLE .....	Flesh, raw .....	*61	---	Seed pods and stem .....	39	---
2223	ROTINI .....	Boiled in water for 10 to 17 min.	230	223 to 240	Net gain due to water absorption.	+130	+123 to +140
	RUTABAGAS:						
	Raw:						
2224	Without tops .....	Pared roots .....	85	67 to 94	Parings .....	15	6 to 33
2225	Pared .....	Boiled or steamed .....	93	88 to 101	Net change .....	7	+1 to 12
2226	Cooked .....	Mashed without added ingredients.	98	97 to 99	Mashing losses .....	2	1 to 3
2227	SABLEFISH, drawn without head.	Fillet without skin, raw	42	26 to 54	Tail, fins, scales, bones, and skin with adhering flesh.	58	46 to 74
2228	SAFFLOWER SEEDS, dry ....	Kernels .....	57	44 to 76	Hulls .....	43	24 to 56
	SAIMEN. See NOODLES, JAPANESE.						
2229	SALAD-ROCKET, raw .....	Leaves and stems .....	*92	---	Tough stems .....	8	---
	SALMON:						
		DRESSING, BONING, AND THAWING DATA					
2230	Atlantic: Round .....	Flesh, raw .....	65	60 to 69	Entrails, bones, and skin.	35	31 to 40
2231	Drawn .....	..... do .....	*76	---	Bones and skin .....	24	---
2232	Pacific, Red or Sockeye, dressed with fins and tail.	Dressed, raw .....	99	99 to 99	Fins and tail .....	1	1 to 1
2233	Steak, frozen, bone in	Thawed, raw .....	86	84 to 92	Thawing losses .....	14	8 to 16
2234	Steak, thawed, raw, bone in.	Meat, boneless, raw ....	88	87 to 89	Bones and skin .....	12	11 to 13
		COOKING DATA					
2235	Pacific, dressed, stuffed, raw.	Baked .....	81	79 to 82	Net losses .....	19	18 to 21
					Drippings .....	5	4 to 6
2236	Steak, thawed, bone in, raw.	..... do .....	89	---	Volatiles .....	14	14 to 15
2237	Do .....	Broiled .....	83	---	Net losses .....	11	---
2238	Steak, thawed, bone in, marinated in oil and vinegar sauce, raw.	..... do .....	63	---	..... do .....	17	---
2239	Steak, thawed, boneless, raw.	Baked .....	85	80 to 88	Net losses .....	15	12 to 20
					Drippings .....	1	1 to 1
					Volatiles .....	14	11 to 19
		POSTCOOKING DATA					
2240	Pacific, dressed, stuffed, baked.	Meat, cooked .....	84	82 to 86	Net losses .....	16	14 to 18
		Light meat .....	80	78 to 82	Bones .....	3	3 to 3
		Dark meat .....	4	4 to 5	Skin .....	7	7 to 7
2241	Steak, marinated, broiled, bone in.	Meat, cooked .....	85	78 to 89	Handling loss .....	6	4 to 8
					Net losses .....	15	11 to 22
					Bones .....	4	3 to 7
					Skin .....	9	6 to 14
					Handling loss .....	2	1 to 4

\* Limited data available.



TABLE 1 -- YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>SALMON--Continued</b>						
		<b>POSTCOOKING DATA -- Continued</b>					
	Canned:						
	Contents of can:						
2242	All samples .....	Drained solids .....	81	71 to 89	Liquid .....	19	11 to 29
2243	Coho (silver) ...	do .....	83	---	do .....	17	---
2244	Pink (humpback) ..	do .....	76	71 to 81	do .....	24	19 to 29
2245	Sockeye (red) ...	do .....	81	78 to 83	do .....	19	17 to 22
2246	Unspecified .....	do .....	83	71 to 89	do .....	17	11 to 29
	Drained solids:						
2247	All samples .....	Flesh, canned .....	98	96 to 100	Bones .....	2	0 to 4
2248	Chinook (king) ..	do .....	99	96 to 100	do .....	1	0 to 4
2249	Chum (keta) .....	do .....	98	97 to 100	do .....	2	0 to 3
2250	Coho (silver) ...	do .....	98	97 to 99	do .....	2	1 to 3
2251	Pink (humpback) ..	do .....	98	97 to 98	do .....	2	2 to 3
2252	Sockeye (red) ...	do .....	98	97 to 98	do .....	2	2 to 3
2253	SALMON LOAF, made from recipe, uncooked.	Baked, covered .....	*92	---	Net losses .....	8	---
	<b>SALSIFY, raw:</b>						
2254	With tops .....	Scraped root .....	*47	---	Tops, scrapings, and rootlets.	53	---
2255	Without tops .....	do .....	*87	---	Scrapings and rootlets	13	---
2256	<b>SAPODILLA</b> .....	Flesh, raw .....	80	71 to 88	Seeds and skin .....	20	12 to 29
2257	<b>SAPOTES</b> .....	do .....	76	65 to 86	do .....	24	14 to 35
	<b>SARDINES, canned:</b>						
2258	Atlantic .....	Drained solids .....	87	79 to 94	Liquid .....	13	6 to 21
2259	Pacific .....	do .....	81	79 to 83	do .....	19	17 to 21
	Foreign:						
2260	All samples .....	do .....	85	75 to 93	do .....	15	7 to 25
2261	Japanese .....	do .....	83	79 to 86	do .....	17	14 to 21
2262	Norwegian .....	do .....	85	81 to 89	do .....	15	11 to 19
	Portugese:						
2263	All samples .....	do .....	85	75 to 93	do .....	15	7 to 25
2264	With bone and skin.	do .....	84	79 to 88	do .....	16	12 to 21
2265	Boneless .....	do .....	88	86 to 89	do .....	12	11 to 14
2266	Boneless and skinless.	do .....	81	75 to 93	do .....	19	7 to 25
2267	In tomato sauce	do .....	87	85 to 91	do .....	13	9 to 15
2268	Swedish .....	do .....	89	---	do .....	11	---
	<b>SAUCES:</b>						
2269	Chicken, made from mix and water.	Mixture simmered for 9 min	*85	---	Net losses .....	15	---
2270	Tomato:						
2271	Made from recipe ...	Simmered for 1 h .....	86	80 to 93	do .....	14	7 to 20
	Made from mix, tomato paste, and water.	Simmered for 10 to 15 min	92	86 to 96	do .....	8	4 to 14
	<b>SAUERKRAUT:</b>						
	Canned, contents of can:						
2272	All samples .....	Drained solids .....	88	77 to 96	Liquid .....	12	4 to 23
2273	No. 303 .....	do .....	90	89 to 91	do .....	10	9 to 11
2274	No. 2 1/2 .....	do .....	93	82 to 96	do .....	7	4 to 18
2275	No. 10 .....	do .....	81	77 to 96	do .....	19	4 to 23
2276	Refrigerated, contents of container, 0.9 liter (1 qt) or 900 g (2 lb) sizes.	do .....	70	55 to 89	do .....	30	11 to 45

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS — Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign; losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
2277	SAUGER, round .....	Flesh, raw .....	*35	---	Head, tail, fins, entrails, scales, bones, and skin.	65	---
	SAUSAGE:						
	Frankfurters:						
2278	All samples .....	Broiled or simmered ....	94	79 to 100	Net losses .....	6	0 to 21
2279	Do .....	Broiled .....	92	79 to 96	.... do .....	8	4 to 21
2280	Do .....	Simmered .....	96	86 to 100	.... do .....	4	0 to 14
2281	Frankfurters in pastry, frozen.	Baked for 20 min .....	77	72 to 81	.... do .....	23	19 to 28
	Pork, fresh:						
2282	Raw, patties or links	Cooked without water, well done by frying or oven baking.	51	37 to 60	Net losses .....	49	40 to 63
					Drippings .....	29	10 to 39
					Volatiles .....	20	11 to 30
2283	Do .....	Cooked with added water, well done by frying or oven baking.	64	63 to 66	Net losses .....	36	34 to 37
					Drippings .....	21	20 to 22
					Volatiles .....	15	12 to 16
2284	Do .....	Cooked in microwave oven with or without browning.	53	63 to 64	Net losses .....	37	36 to 37
					Drippings .....	28	22 to 31
					Volatiles .....	9	5 to 14
2285	Precooked, patties or links.	Heated in pan or oven according to directions.	*92	91 to 95	Net losses .....	8	5 to 9
					Drippings .....	7	5 to 8
					Volatiles .....	1	1 to 2
2286	SCALLIONS, pickled .....	Drained solids .....	77	72 to 86	Liquid .....	23	14 to 28
	SCALLOPS:						
	Shucked:						
2287	Frozen, raw .....	Thawed, raw .....	97	95 to 99	Thawing losses .....	3	1 to 5
2288	Thawed, raw .....	Boiled .....	*50	---	Net losses .....	50	---
2289	French fried, frozen ..	Baked .....	89	80 to 93	.... do .....	11	7 to 20
2290	Do .....	Broiled .....	*79	---	.... do .....	21	---
2291	Do .....	Pan broiled .....	97	96 to 97	.... do .....	3	3 to 4
	SCUP. See PORGY.						
	SEA TROUT, gray:						
			DRESSING AND BONING DATA				
2292	Round .....	Drawn, raw .....	87	85 to 88	Entrails .....	13	12 to 15
2293	Drawn .....	Dressed, raw .....	79	78 to 82	Head, tail, fins, and scales.	21	18 to 22
2294	Dressed .....	Fillet with skin, raw ..	84	82 to 85	Bones with adhering flesh	16	15 to 18
			COOKING DATA				
2295	Do .....	Baked .....	*69	---	Net losses .....	31	---
2296	Fillet with skin, raw	Broiled .....	65	63 to 67	.... do .....	35	33 to 37
2297	Fillet with skin, batter and breading, raw.	Pan fried .....	87	86 to 88	.... do .....	13	12 to 14
			POSTCOOKING DATA				
2298	Dressed, baked .....	Meat with skin, cooked	*91	---	Net losses .....	9	---
		Meat .....	84	---	Bones .....	8	---
		Skin .....	7	---	Handling loss .....	1	---
2299	Fillet with skin, broiled.	Meat with skin, cooked	99	98 to 99	Handling loss .....	1	1 to 2
		Meat .....	93	92 to 93			
		Skin .....	6	6 to 6			
2300	Fillet with skin, batter and breading, pan fried.	Meat with skin, cooked	98	98 to 99	.... do .....	2	1 to 2
		Meat .....	81	81 to 82			
		Skin .....	17	17 to 18			
	SEAFOOD IN SAUCE, frozen:						
2301	Au gratin .....	Baked at 232°C (450°F) for 35 min.	*90	---	Evaporation .....	10	---
2302	In wine sauce .....	Baked at 191°C (375°F) for 25 min.	82	72 to 88	.... do .....	18	12 to 28

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
2303	SEAKALE, raw .....	Shoots .....	*77	---	Root and wasted leaves	23	---
	SERI. See WATERCRESS.						
	SESBAMIA FLOWER:						
2304	Whole .....	Trimmed .....	81	73 to 87	Pistil, calyx, and stem	19	13 to 27
					Pistil and calyx .....	11	8 to 18
					Stem .....	8	4 to 13
2305	Trimmed, cut into 2.5 cm (1 in) lengths.	Boiled .....	*104	---	Net gain .....	+4	---
	SHAD:						
		DRESSING AND BONING DATA					
2306	Gizzard, round .....	Fillet without skin, raw	33	32 to 37	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	67	63 to 68
	White:						
2307	Buck, round .....	Drawn, raw .....	*89	---	Entrails .....	11	---
2308	Roe, round .....	Drawn with roe, raw	96	---	..... do .....	4	---
		Drawn, raw	85	---			
		Roe, raw	11	---			
2309	Buck, round .....	Dressed, raw .....	75	---	Head, tail, fins, entrails, scales, and bones with adhering flesh.	25	---
2310	Do .....	Flesh, raw .....	48	40 to 54	Head, tail, fins, entrails, scales, bones, and skin.	52	46 to 60
2311	Do .....	Fillet without skin, raw	45	39 to 53	Head, tail, fins, entrails, scales, and bones with adhering flesh.	55	47 to 61
2312	Drawn .....	Dressed, raw .....	87	86 to 88	Head, tail, fins, and scales.	13	12 to 14
2313	Fillet with skin ....	Fillet without skin, raw	*88	---	Skin .....	12	---
		COOKING DATA					
2314	Dressed, raw .....	Baked, covered .....	*76	---	Net losses .....	24	---
					Drippings .....	7	---
					Volatiles .....	17	---
2315	Do .....	Baked, uncovered .....	*71	---	Net losses .....	29	---
					Drippings .....	7	---
					Volatiles .....	22	---
2316	Dressed, topped with bacon, raw.	Baked, covered .....	*73	---	Net losses .....	27	---
2317	Fillet with skin, raw	Baked .....	91	---	..... do .....	9	---
2318	Do .....	Broiled .....	81	79 to 83	Net losses .....	19	17 to 21
					Drippings .....	6	---
					Volatiles .....	13	---
2319	Fillet without skin, raw.	..... do .....	*69	---	Net losses .....	31	---
					Drippings .....	2	---
					Volatiles .....	29	---
		POSTCOOKING DATA					
2320	Dressed, baked .....	Total meat with skin, cooked.	89	88 to 89	Net losses .....	11	11 to 12
		Light meat .....	71	71 to 71	Bones .....	6	6 to 7
		Dark meat .....	11	10 to 12	Handling loss .....	5	4 to 6
		Skin .....	7	6 to 7			
2321	Fillet with skin, broiled.	Total meat with skin, cooked,	*95	---	Net losses .....	5	---
		Light meat .....	68	---	Bones .....	1	---
		Dark meat .....	19	---	Handling loss .....	4	---
		Skin .....	8	---			
2322	Fillet without skin, broiled.	Total meat, cooked .....	*98	---	Net losses .....	2	---
		Light meat .....	79	---	Bones .....	1	---
		Dark meat .....	19	---	Handling loss .....	1	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign, losses without a sign)		
		DESCRIPTION	AVG. % (4)	RANGE % (5)	DESCRIPTION	AVG. % (7)	RANGE % (8)
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
<b>SHAD ROE:</b>							
2323	Untrimmed, raw .....	Cleaned and trimmed ....	*98	---	Cleaning and trimming losses.	2	---
2324	Do .....	Cleaned, trimmed, and skinned, raw.	*90	---	Skin, cleaning, and trimming losses.	10	---
2325	Cleaned and trimmed, raw.	Broiled .....	*83	---	Net losses .....	17	---
					<u>Drippings</u> .....	4	---
					<u>Volatiles</u> .....	13	---
<b>SHADDOCK. See PUMMELLO.</b>							
2326	<b>SHALLOT BULBS</b> , raw .....	Peeled bulbs .....	*88	---	Skins .....	12	---
2327	<b>SHARK'S FIN</b> .....	Cartilage .....	*78	---	Bones and skin .....	22	---
<b>SHEEFISH. See INCONNU.</b>							
2328	<b>SHEEPSHEAD</b> , round .....	Flesh, raw .....	*42	---	Head, tail, fins, scales, bones, and skin.	58	---
2329	Do .....	Fillet without skin, raw	27	12 to 40	Head, tail, fins, scales, bones, and skin with adhering flesh.	73	60 to 88
2330	<b>SHEPHERDSPURSE</b> , raw .....	Trimmed leaves .....	*93	---	Trimmings .....	7	---
<b>SHRIMP:</b>							
<b>CLEANING AND THAWING DATA</b>							
2331	Whole, head on .....	Headless, raw .....	57	50 to 62	Heads .....	43	38 to 50
2332	Headless, in shell: Frozen, all sizes, raw.	Thawed, raw .....	86	76 to 94	Thawing losses .....	14	6 to 24
2333	Thawed, raw: All samples .....	Meat, shelled, deveined, raw.	81	77 to 82	Net losses .....	19	18 to 23
					<u>Shell</u> .....	15	12 to 16
					<u>Veins and handling loss</u>	4	3 to 6
2334	Do .....	Fantailed, raw .....	86	83 to 90	Net losses .....	14	10 to 17
					<u>Shell</u> .....	10	7 to 13
					<u>Veins and handling loss</u>	4	1 to 5
	Count per 454 g (1 lb):						
2335	21-25 .....	Meat, shelled, deveined, raw.	*82	---	Net losses .....	18	---
					<u>Shell</u> .....	12	---
					<u>Veins and handling loss</u>	6	---
2336	26-30 .....	..... do .....	*81	---	Net losses .....	19	---
					<u>Shell</u> .....	16	---
					<u>Veins and handling loss</u>	3	---
2337	31-35 .....	..... do .....	80	---	Net losses .....	20	---
					<u>Shell</u> .....	16	---
					<u>Veins and handling loss</u>	4	---
2338	Do .....	Fantailed, raw .....	88	85 to 90	Net losses .....	12	10 to 15
					<u>Shell</u> .....	7	6 to 9
					<u>Veins and handling loss</u>	5	4 to 5
2339	36-40 .....	Meat, shelled, deveined, raw.	81	81 to 82	Net losses .....	19	18 to 19
					<u>Shell</u> .....	15	15 to 15
					<u>Veins and handling loss</u>	4	3 to 4
2340	Do .....	Fantailed, raw .....	*88	---	Net losses .....	12	---
					<u>Shell</u> .....	9	---
					<u>Veins and handling loss</u>	3	---
2341	41-45 .....	Meat, shelled, deveined, raw.	82	81 to 82	Net losses .....	18	18 to 19
					<u>Shell</u> .....	15	14 to 16
					<u>Veins and handling loss</u>	3	3 to 3
2342	Do .....	Fantailed, raw .....	87	---	Net losses .....	13	---
					<u>Shell</u> .....	12	---
					<u>Veins and handling loss</u>	1	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign, losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	SHRIMP--Continued	CLEANING AND THAWING DATA - Continued					
	Headless, in shell-- Continued						
	Thawed, raw--Continued						
	Count per 454 g (1 lb)--Continued						
2343	Over 60 .....	Meat, shelled, deveined, raw.	78	77 to 80	Net losses .....	22	20 to 23
					Shell .....	16	14 to 17
					<u>Veins and handling loss</u>	6	6 to 6
2344	Do .....	Fantailed, raw .....	*83	---	Net losses .....	17	---
					Shell .....	13	---
					<u>Veins and handling loss</u>	4	---
		COOKING DATA, IN SHELL AND SHELLED					
2345	All samples .....	Boiled .....	76	68 to 89	Net losses .....	24	11 to 32
	Count per 454 g (1 lb):						
2346	15-20 .....	do .....	78	74 to 82	do .....	22	18 to 26
2347	21-25 .....	do .....	82	79 to 89	do .....	18	11 to 21
2348	26-30 .....	do .....	80	76 to 86	do .....	20	14 to 24
2349	31-35 .....	do .....	72	69 to 77	do .....	28	23 to 31
2350	36-40 .....	do .....	70	68 to 72	do .....	30	28 to 32
2351	41-45 .....	do .....	73	72 to 74	do .....	27	26 to 28
	Meat, shelled, deveined, raw:						
2352	All samples .....	do .....	73	67 to 78	do .....	27	22 to 33
	Count per 454 g (1 lb):						
2353	26-30 .....	do .....	75	75 to 75	do .....	25	25 to 25
2354	31-35 .....	do .....	76	76 to 76	do .....	24	24 to 24
2355	36-40 .....	do .....	76	75 to 78	do .....	24	22 to 25
2356	41-45 .....	do .....	67	67 to 67	do .....	33	33 to 33
2357	Over 60 .....	do .....	70	70 to 71	do .....	30	29 to 30
		CLEANING DATA, COOKED IN SHELL					
	Boiled in shell:						
2358	All samples .....	Meat, shelled, deveined, cooked.	66	57 to 74	Net losses .....	34	26 to 43
					Shell .....	26	19 to 35
					<u>Veins and handling loss</u>	8	3 to 11
	Count per 454 g (1 lb):						
2359	15-20 .....	do .....	66	66 to 67	Net losses .....	34	33 to 34
					Shell .....	28	27 to 28
					<u>Veins and handling loss</u>	6	5 to 6
2360	21-25 .....	do .....	65	57 to 71	Net losses .....	35	29 to 43
					Shell .....	29	26 to 32
					<u>Veins and handling loss</u>	6	3 to 10
2361	26-30 .....	do .....	67	64 to 69	Net losses .....	33	31 to 36
					Shell .....	24	20 to 26
					<u>Veins and handling loss</u>	9	7 to 11
2362	31-35 .....	do .....	69	62 to 74	Net losses .....	31	26 to 38
					Shell .....	26	21 to 35
					<u>Veins and handling loss</u>	5	3 to 8
2363	36-40 .....	do .....	66	62 to 69	Net losses .....	34	31 to 38
					Shell .....	28	21 to 35
					<u>Veins and handling loss</u>	6	3 to 10
2364	41-45 .....	do .....	71	70 to 71	Net losses .....	29	29 to 30
					Shell .....	20	19 to 22
					<u>Veins and handling loss</u>	9	9 to 10
		THAWING DATA					
	Frozen, shelled, and deveined:						
2365	Raw .....	Thawed .....	85	79 to 93	Thawing losses .....	15	7 to 21
2366	Cooked .....	do .....	*83	---	do .....	17	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	SHRIMP--Continued						
			COOKING DATA				
2367	Fantailed, breaded, raw: All samples ..... Count per 454 g (1 lb):	Deep-fat fried .....	64	62 to 66	Net losses .....	36	34 to 38
2368	31-35 .....	do .....	*66	---	do .....	34	---
2369	36-40 .....	do .....	*62	---	do .....	38	---
2370	41-50 .....	do .....	*65	---	do .....	35	---
2371	Over 60 .....	do .....	*65	---	do .....	35	---
2372	Fantailed, breaded, frozen, unspecified count.	do .....	69	68 to 70	do .....	31	30 to 32
			POSTCOOKING DATA				
2373	Fantailed, breaded, deep-fat fried: All samples ..... Count per 454 g (1 lb):	Meat and breading .....	90	88 to 91	Tail and handling loss	10	9 to 12
2374	31-35 .....	do .....	*90	---	do .....	10	---
2375	36-40 .....	do .....	*91	---	do .....	9	---
2376	41-50 .....	do .....	*91	---	do .....	9	---
2377	Over 60 .....	do .....	*88	---	do .....	12	---
	SHRIMP DISHES, frozen, prepared:						
2378	Creole .....	Baked .....	96	96 to 97	Net losses .....	4	3 to 4
2379	Croquettes with Newburg sauce.	do .....	98	97 to 99	do .....	2	1 to 3
2380	Whole in lobster sauce	Heated over hot water ..	*91	---	do .....	9	---
2381	Roll (Chinese) .....	Baked .....	97	94 to 99	do .....	3	1 to 6
2382	Stuffed with deviled crab.	do .....	*91	---	do .....	9	---
	SITAW. See COWPEAS, immature, in pods.						
	SMELT:						
2383	Round, Atlantic .....	Flesh, raw .....	55	48 to 62	Head, tail, fins, entrails, bones, and skin.	45	38 to 52
2384	Fillet, french fried, frozen.	Baked .....	*79	---	Net losses .....	21	---
	SNAP BEANS. See BEANS, snap.						
	SNAPPER, RED. See RED SNAPPER.						
	SOLE:						
	Round:						
2385	All samples, includ- ing unspecified.	Fillet without skin, raw	30	18 to 43	Head, tail, fins, entrails, scales, bones, and skin with adhering flesh.	70	57 to 82
2386	Dover .....	do .....	27	18 to 40	do .....	73	60 to 82
2387	English .....	do .....	33	22 to 43	do .....	67	57 to 78
2388	Flathead .....	do .....	27	18 to 34	do .....	73	66 to 82
2389	Petrale .....	do .....	34	22 to 43	do .....	66	57 to 78
2390	Rex .....	do .....	28	23 to 34	do .....	72	66 to 77
2391	Rack .....	do .....	26	23 to 29	do .....	74	71 to 77
2392	Sand .....	do .....	33	21 to 43	do .....	67	57 to 79

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
2393	SOLE--Continued Round--Continued Unspecified .....	Minced flesh separated by machine, raw.	60	---	Head, viscera, bones, and skin. Head and viscera .....	40	---
2394	Fillet without skin, raw.	Broiled .....	*69	---	Bones and skin .....	28	---
2395	Fillet, breaded, raw ..	Deep-fat fried .....	*88	---	Net losses .....	12	---
2396	Fillet, breaded, fried, frozen.	Baked .....	*91	---	..... do .....	9	---
2397	SOLE AU GRATIN, frozen ..	..... do .....	84	82 to 86	Evaporation .....	16	14 to 18
	SOMEN. See NOODLES, JAPANESE.						
	SORREL. See DOCK.						
2398	SOURSOP, whole, raw .....	Pulp .....	67	59 to 75	Seeds and skin .....	33	25 to 41
2399	Do .....	Juice .....	50	---	Seeds, skin, and fiber	50	---
	SOYBEANS:						
	Immature:						
2400	In pods, raw .....	Shelled seeds, raw .....	53	45 to 60	Pods .....	47	40 to 55
2401	Do .....	Blanched .....	*109	---	Net gain due to water absorption.	+9	---
2402	In pods, blanched ...	Shelled seeds, raw .....	60	59 to 61	Pods .....	40	39 to 41
2403	Seeds, raw .....	Boiled or pressure cooked.	101	99 to 103	Net change .....	+1	+3 to 1
2404	Mature, dry: Seeds, raw .....	Sprouted seeds .....	*290	---	Net gain due to water absorption.	+190	---
2405	Sprouts, raw .....	Boiled .....	88	---	Net losses .....	12	---
2406	Do .....	Sauteed .....	*85	---	..... do .....	15	---
	SPAGHETTI, all sizes, including thin, regular, linguine, vermicelli:						
	Dry:						
2407	All samples made from different farina-caous ingredients.	Cooked to al dente or tender stage.	282	238 to 343	Net gain due to water absorption.	+182	+138 to +243
2408	Semolina only .....	Cooked to al dente or firm stage.	278	254 to 293	..... do .....	+178	+154 to +193
2409	Do .....	Cooked to tender stage	312	283 to 343	..... do .....	+212	+183 to +243
2410	Semolina with farina or flour.	Cooked to al dente or firm stage.	265	238 to 300	..... do .....	+165	+138 to +200
2411	Do .....	Cooked to tender stage	300	277 to 338	..... do .....	+200	+177 to +238
2412	Corn, soy, and wheat.	..... do .....	*288	---	..... do .....	+188	---
2413	Wheat and soy .....	..... do .....	*244	---	..... do .....	+144	---
2414	Unspecified .....	..... do .....	278	253 to 334	..... do .....	+178	+153 to +234
	Cooked:						
2415	With meat sauce made from recipe.	Heated in oven at 177°C (350°F).	*94	---	Evaporation .....	6	---
2416	With tomato sauce made from mix and ingredients.	Heated on top of stove	*86	---	..... do .....	14	---
2417	SPANISH MACKEREL, round	Flesh, raw .....	61	52 to 66	Head, tail, fins, entrails, bones, and skin.	39	34 to 48

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS — Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>SPINACH:</b>						
	Raw:						
	Untrimmed (in bulk institutional pack):						
2418	Good quality .....	Trimmed leaves .....	72	---	Large stems and roots ..	28	---
2419	Fair quality .....	..... do .....	61	---	Stems, damaged leaves, roots, and cutting loss.	39	---
	Trimmed, retail pack:						
2420	Good quality .....	..... do .....	100	---	No losses .....	0	---
2421	Fair quality .....	..... do .....	92	---	Damaged leaves, trimmings	8	---
2422	Trimmed, ready to cook.	Boiled .....	77	55 to 104	Net change .....	23	+4 to 45
2423	Do .....	Steamed .....	93	77 to 110	..... do .....	7	+10 to 23
2424	Do .....	Pressure cooked .....	68	58 to 87	Net losses .....	32	13 to 42
	Canned, contents of can:						
2425	All samples .....	Drained solids .....	68	61 to 80	Liquid .....	32	20 to 39
2426	No. 303 .....	..... do .....	73	65 to 80	..... do .....	27	20 to 35
2427	No. 10 .....	..... do .....	63	61 to 66	..... do .....	37	34 to 39
2428	Frozen, contents of package, leaf or chopped.	Thawed .....	91	88 to 95	Thawing losses .....	9	5 to 12
2429	Leaf .....	Boiled .....	67	57 to 77	Net losses .....	33	23 to 43
2430	Do .....	Microwave cooked in water.	65	60 to 74	..... do .....	35	26 to 40
2431	Do .....	Microwave cooked without water.	66	50 to 80	..... do .....	34	20 to 50
2432	Chopped .....	Boiled .....	66	57 to 88	..... do .....	34	12 to 43
	<u>SPINACH, CHINESE.</u> See <u>AMARANTH.</u>						
2433	<u>SPINACH, CREAMED,</u> frozen	Heated in pouch or in pan over hot water.	95	92 to 97	Evaporation and handling loss.	5	3 to 8
2434	<u>SPINACH SOUFFLE,</u> frozen	Baked 60 to 70 min at 177°C (350°F).	87	87 to 88	Net losses .....	13	12 to 13
					Cooking losses .....	10	10 to 10
					Food adhering to dish	3	2 to 3
	<u>SPINY LOBSTER.</u> See <u>CRAYFISH.</u>						
2435	<u>SPOT,</u> round .....	Dressed, raw .....	*60	---	Head, tail, fins, entrails, and scales.	40	---
	<b>SQUAB:</b>						
2436	Ready to cook with giblets, raw.	Ready-to-cook carcass, raw.	85	85 to 85	Giblets and neck .....	15	15 to 15
					Gizzard .....	4	4 to 5
					Heart .....	1	1 to 2
					Liver .....	6	5 to 6
					Neck, skinless .....	4	3 to 4
2437	Ready-to-cook carcass, raw.	Roasted .....	67	61 to 73	Net losses .....	33	27 to 39
					Drippings .....	7	6 to 7
					Volatiles .....	26	21 to 32
2438	Roasted, cooled .....	Meat and skin, cooked ..	60	58 to 63	Net losses .....	40	37 to 42
		Meat .....	43	40 to 46	Bones .....	36	34 to 37
		Skin .....	17	16 to 17	Handling loss .....	4	4 to 4
	Giblets and neck:						
2439	Gizzard .....	Simmered .....	61	53 to 69	Net losses .....	39	31 to 47
2440	Heart .....	..... do .....	63	60 to 67	..... do .....	37	33 to 40
2441	Liver .....	..... do .....	68	67 to 70	..... do .....	32	30 to 33
2442	Neck, skinless .....	..... do .....	78	75 to 80	..... do .....	22	20 to 25
2443	Neck, skinless, simmered.	Meat, cooked .....	*44	---	Bones .....	56	---

\* Limited data available.



TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION (Gains indicated by a plus (+) sign; losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	<b>SQUASH, SUMMER:</b>						
	Raw:						
	Whole:						
2444	All samples .....	Flesh and skin, raw ....	95	84 to 99	Ends .....	5	1 to 6
2445	Straightneck ....	.... do .....	99	---	.... do .....	1	---
2446	Zucchini .....	.... do .....	93	86 to 98	.... do .....	7	2 to 14
2447	All other cultivars.	.... do .....	95	84 to 98	.... do .....	5	2 to 16
2448	Zucchini .....	Flesh, raw .....	82	74 to 90	Ends and skin .....	18	10 to 26
2449	Flesh and skin, raw	Sliced, raw .....	98	98 to 99	Slicing loss .....	2	1 to 2
2450	Ready to cook .....	All samples, cooked ....	85	66 to 99	Net losses .....	15	1 to 34
2451	Do .....	Steamed .....	88	69 to 99	.... do .....	12	1 to 31
2452	Do .....	Boiled .....	81	66 to 94	.... do .....	19	6 to 34
2453	Canned, yellow, cut, contents of can, all samples.	Drained solids .....	61	58 to 66	Liquid .....	39	34 to 42
	Frozen, contents of package:						
2454	All samples .....	Boiled .....	76	65 to 88	Net losses .....	24	12 to 35
2455	Yellow, sliced ....	.... do .....	78	68 to 88	.... do .....	22	12 to 32
2456	Zucchini, sliced ..	.... do .....	73	65 to 82	.... do .....	27	18 to 35
	<b>SQUASH, WINTER:</b>						
	Raw:						
	Whole:						
2457	Acorn .....	Flesh, raw .....	74	66 to 81	Seeds, rind, stem, and cutting loss.	26	19 to 34
					Seeds .....	13	10 to 17
					Rind .....	12	10 to 17
					Stem and cutting loss	1	0 to 1
2458	Boston marrow ....	.... do .....	*88	---	Seeds and rind .....	12	---
2459	Butternut .....	.... do .....	84	75 to 88	Seeds, rind, trimmings, and handling loss.	16	12 to 25
2460	Hubbard and other well-known cultivars.	.... do .....	64	48 to 86	Seeds, rind, stem, and cutting loss.	36	14 to 52
					Seeds .....	10	3 to 16
					Rind .....	25	16 to 37
					Stem and cutting loss	1	0 to 3
	Ready to cook:						
2461	All kinds, seeds removed, pared or unpared.	Baked .....	85	77 to 92	Net losses .....	15	8 to 23
2462	Do .....	Boiled or steamed .....	89	81 to 97	.... do .....	11	3 to 19
2463	Cooked:						
	Acorn, baked or steamed in skin, seeds removed.	Flesh, cooked .....	64	58 to 74	Skin and handling loss	36	26 to 42
	Hubbard:						
2464	Baked in skin, seeds removed.	.... do .....	65	63 to 67	.... do .....	35	33 to 37
2465	Steamed in skin, seeds removed.	.... do .....	76	74 to 77	.... do .....	24	23 to 26
2466	All kinds, baked or steamed, flesh only.	Mashed .....	98	96 to 100	Net losses .....	2	0 to 4
2467	Do .....	Pureed .....	95	87 to 98	.... do .....	5	2 to 13
2468	Frozen, cooked, contents of package.	Heated by steaming or in double boiler.	94	83 to 99	.... do .....	6	1 to 17
2469	<b>SQUAWFISH</b> , round .....	Fillet with skin, raw ..	31	29 to 35	Head, tail, fins, entrails, scales, and bones.	69	65 to 71
2470	<b>SQUETEAGUE</b> , round .....	Fillet without skin, raw	48	44 to 54	Head, tail, fins, entrails, scales, bones, and skin.	52	46 to 56

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>SQUID:</u>						
2471	Round .....	Skinned and trimmed, raw	78	77 to 80	Skin, viscera, and eye	22	20 to 23
2472	Canned, Portugese .....	Drained solids .....	65	64 to 67	Liquid .....	35	33 to 36
	<u>STEWERS. See CHICKEN.</u>						
	<u>STRAWBERRIES:</u>						
	Raw:						
2473	Good quality .....	Flesh, raw .....	94	86 to 99	Caps and stems .....	6	1 to 14
2474	Fair quality .....	..... do .....	86	60 to 98	Caps, stems, green and spoiled berries.	14	2 to 40
	Frozen, contents of package:						
	Sweetened:						
2475	Whole .....	Thawed solids, drained	59	49 to 71	Liquid .....	41	29 to 51
2476	Sliced .....	..... do .....	60	44 to 93	..... do .....	40	7 to 56
2477	Unsweetened, whole ..	..... do .....	91	91 to 91	..... do .....	9	9 to 9
2478	<u>STURGEON, anterior portion.</u>	Flesh, raw .....	*85	---	Bones and skin .....	15	---
	<u>SUCCOTASH (whole kernel corn and lima beans):</u>						
2479	Canned, contents of can, No. 303.	Drained solids .....	69	65 to 71	Liquid .....	31	29 to 35
2480	Frozen, contents of package.	Boiled or steamed .....	100	90 to 113	Net change .....	0	+13 to 10
	<u>SUCKER:</u>						
2481	Round .....	Drawn, raw .....	77	74 to 80	Entrails .....	23	20 to 26
2482	Drawn .....	Dressed, raw .....	70	70 to 70	Head, fins, and scales	30	30 to 30
2483	Dressed .....	Fillet with skin, raw ..	80	79 to 80	Bones with adhering flesh.	20	20 to 21
	<u>SUCKER, WHITE NOSE:</u>						
2484	Round .....	Fillet without skin, raw	35	32 to 38	Head, tail, fins, scales, entrails, bones, and skin with adhering flesh.	65	62 to 68
2485	Drawn .....	Flesh, raw .....	*46	---	Head, tail, fins, scales, bones, and skin.	54	---
2486	<u>SUGAR-APPLES</u> .....	Flesh, raw .....	*55	---	Seeds and skin .....	45	---
2487	<u>SUNFLOWER SEEDS, dry</u> .....	Kernels .....	49	44 to 54	Hulls .....	51	46 to 56
	<u>SURINAM-CHERRY. See PITANGA.</u>						
	<u>SWAMP CABBAGE, shoots:</u>						
2488	Untrimmed .....	Trimmed .....	77	67 to 88	Inedible stems and trimmings.	23	12 to 33
2489	Trimmed .....	Steamed .....	*99	---	Net losses .....	1	---
	<u>SWEETBREADS, VEAL:</u>						
2490	Raw .....	Braised .....	*58	---	..... do .....	42	---
2491	Do .....	Simmered .....	57	52 to 66	..... do .....	43	34 to 48
2492	Simmered .....	Browned in fat .....	*86	---	..... do .....	14	---
2493	Do .....	Cream sauce added, cooked.	*304	---	Net gain due to added sauce and handling losses.	+204	---
	<u>SWEETPOTATO TOPS, raw:</u>						
2494	Untrimmed .....	Trimmed, raw .....	71	45 to 100	Inedible stems and trimmings.	29	0 to 55
					Stems .....	14	0 to 27
					Bruised leaves .....	15	0 to 37

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	<u>SWEETPOTATO TOPS</u> , raw-- Continued						
2495	Trimmed and cut .....	Steamed 15 min .....	96	96 to 96	Net losses .....	4	4 to 4
	<u>SWEETPOTATOES:</u>						
	Raw:						
PARING DATA							
2496	Whole .....	Hand or machine pared ..	80	69 to 91	Parings, trimmings, and bad spots.	20	9 to 31
2497	Do .....	Hand .....	88	78 to 91	..... do .....	12	9 to 22
2498	Do .....	Machine .....	72	69 to 76	..... do .....	28	24 to 31
COOKING DATA							
2499	Do .....	Baked .....	78	68 to 87	Net losses .....	22	13 to 32
2500	Pared or unpared ...	Boiled or steamed .....	100	87 to 106	Net change .....	0	+6 to 13
2501	Do .....	Boiled .....	101	87 to 106	..... do .....	+1	+6 to 13
2502	Do .....	Steamed .....	98	91 to 105	..... do .....	2	+5 to 9
2503	Dried, flakes .....	Mashed .....	313	281 to 400	Net gain due to added water and other ingredients.	+213	+181 to +300
	Frozen:						
2504	Candied, with added butter.	Heated in oven .....	96	91 to 98	Evaporation .....	4	2 to 9
2505	Mashed .....	Heated in double boiler	96	94 to 99	..... do .....	4	1 to 6
2506	Do .....	Heated in oven .....	*96	---	..... do .....	4	---
	Canned, contents of can:						
POSTCOOKING DATA							
	Sirup pack:						
2507	All samples .....	Drained solids .....	65	47 to 71	Liquid .....	35	29 to 53
2508	Heavy sirup, No. 10.	..... do .....	66	60 to 70	..... do .....	34	30 to 40
	Light sirup:						
2509	No. 3 squat ...	..... do .....	63	47 to 71	..... do .....	37	29 to 53
2510	No. 10 .....	..... do .....	66	57 to 71	..... do .....	34	29 to 43
2511	Vacuum pack, No. 3 vacuum.	..... do .....	*88	---	..... do .....	*12	---
	Cooked from raw:						
2512	Baked in skin .....	Flesh .....	78	63 to 90	Skin .....	22	10 to 37
2513	Boiled or steamed in skin.	..... do .....	87	74 to 99	..... do .....	13	1 to 26
2514	Boiled in skin ...	..... do .....	91	76 to 99	..... do .....	9	1 to 24
2515	Steamed in skin ...	..... do .....	83	74 to 93	..... do .....	17	7 to 26
2516	Boiled or steamed, whole or sliced.	Mashed .....	97	97 to 98	Net losses .....	3	2 to 3
	<u>SWEETSQ.</u> See <u>SUGAR-</u> <u>APPLES.</u>						
	<u>SWISS CHARD.</u> See <u>CHARD,</u> <u>SWISS.</u>						
	<u>SWORDFISH STEAK:</u>						
2517	Raw .....	Baked .....	73	73 to 73	Cooking and boning losses	27	27 to 27
2518	Do .....	Broiled .....	71	64 to 73	Net losses .....	29	27 to 36
					Drippings .....	7	5 to 10
					Volatiles .....	22	17 to 31
2519	Broiled, bone in .....	Meat, cooked .....	89	87 to 91	Net losses .....	11	9 to 13
					Bones .....	3	3 to 4
					Skin .....	6	5 to 7
					Handling loss .....	2	1 to 2
2520	<u>TACOS</u> , frozen .....	Baked at 219°C (425°F) for 15 min covered, and 20 to 25 min uncovered.	93	92 to 93	Evaporation .....	7	7 to 8

\* Limited data available.

† Average values estimated from minimum drained weight reported in USDA Standards for Grades and net weights given in the NCA Net Quantity Statements for Canned Food Labels; range in values estimated from lower limit for the individual container and the specified maximum range given in the USDA Standards for Grades.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS — Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
2521	TAMARINDS, raw	Flesh	34	28 to 45	Pods and seeds	66	55 to 72
2522	TANGELOS, whole, raw	Sections with membrane	74	71 to 77	Peel and seeds	26	23 to 29
2523	Do	Juice	55	51 to 57	Peel, rag, and seeds	45	43 to 49
TANGERINES and other MANDARIN ORANGES:							
2524	Raw, whole	Sections with membrane	72	66 to 80	Peel and seeds	28	20 to 34
2525	Do	Juice	46	33 to 62	Peel, seeds, axis, and membrane.	54	38 to 67
2526	Canned, segments, contents of can.	Drained solids	62	56 to 66	Liquid	38	34 to 44
TAROS, corms:							
Raw:							
2527	Whole	Pared and sliced, raw	86	83 to 89	Skin and ends	14	11 to 17
					Skin	13	10 to 15
					Ends	1	1 to 2
2528	Do	Boiled	*101	---	Net gain	+1	---
2529	Pared and sliced	Steamed	100	100 to 101	Net change	0	0 to +1
Cooked:							
2530	Whole, boiled	Pared	92	88 to 95	Parings	8	5 to 12
2531	Pared and sliced, steamed.	Mashed	*93	---	Hard lumps	7	---
TAUTOG:							
2532	Round	Flesh, raw	37	34 to 42	Head, tail, fins, entrails, scales, bones, and skin.	63	58 to 66
2533	Drawn	..... do	43	41 to 45	Head, tail, fins, scales, bones, and skin.	57	55 to 59
2534	TERRAPIN, in shell	Muscle, raw	*21	---	Shell	79	---
2535	TILEFISH, round	Flesh, raw	*51	---	Head, tail, fins, entrails, scales, bones, and skin.	49	---
TOAST, FRENCH:							
2536	Made from recipe	Fried until lightly browned and soft.	91	90 to 92	Net losses	9	8 to 10
2537	Do	Fried until crisp	*75	---	..... do	25	---
2538	Frozen	Heated in oven	92	91 to 93	Evaporation	8	7 to 9
TOMATOES:							
Raw:							
2539	Whole, regular size	Trimmed, stem removed	98	98 to 99	Stem ends	2	1 to 2
2540	Do	Peeled	90	84 to 94	Skin	10	6 to 16
2541	Do	Cored and trimmed	88	88 to 88	Core and trimmings	12	12 to 12
2542	Do	Peeled, cored, and trimmed.	82	78 to 84	Skin, core, and trimmings	18	16 to 22
2543	Peeled, cored, and trimmed.	Diced	92	88 to 96	Juice and handling loss	8	4 to 12
2544	Whole, miniature or cherry.	Trimmed and cleaned	*88	---	Trimmings	12	---
Canned, contents of can:							
2545	No. 303	Drained solids	66	62 to 69	Liquid	34	31 to 38
2546	No. 10	..... do	75	68 to 89	..... do	25	11 to 32
2547	TOMCOD, ATLANTIC, round	Flesh, raw	*39	---	Head, tail, fins, entrails, bones, and skin.	61	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	<b>TONGUE:</b>						
	Ready to cook:		<b>COOKING DATA</b>				
2548	Beef, raw .....	Simmered .....	78	71 to 81	Net losses .....	22	19 to 29
2549	Beef, smoked .....	do .....	*69	---	do .....	31	---
2550	Lamb .....	do .....	80	72 to 89	do .....	20	11 to 28
2551	Pork .....	do .....	65	63 to 67	do .....	35	33 to 37
2552	Veal .....	do .....	80	79 to 82	do .....	20	18 to 21
	Cooked, untrimmed, simmered:		<b>POSTCOOKING DATA</b>				
2553	Beef .....	Trimmed, ready to eat ..	72	68 to 76	Skin, trimmings, and evaporation after cooking.	28	24 to 32
2554	Beef, smoked .....	do .....	*74	---	do .....	26	---
2555	Lamb .....	do .....	73	60 to 84	do .....	27	16 to 40
2556	Pork .....	do .....	76	73 to 79	do .....	24	21 to 27
2557	Veal .....	do .....	77	70 to 86	do .....	23	14 to 30
	<b>TOWELGOURD, raw:</b>						
2558	Whole .....	Flesh, pared, and sliced	73	67 to 78	Ribs, skin, stem, and blossom end.	27	22 to 33
2559	Sliced, pared .....	Steamed .....	88	88 to 88	Net losses .....	12	12 to 12
2560	<b>TREE-TOMATO</b> .....	Flesh, raw .....	73	68 to 79	Seeds and skin .....	27	21 to 32
	<b>TROUT:</b>						
	Brook:		<b>DRESSING AND BONING DATA</b>				
2561	Round .....	Flesh, raw .....	49	47 to 51	Head, tail, fins, entrails, bones, and skin.	51	49 to 53
2562	Do .....	Fillet without skin, raw	35	29 to 39	Head, tail, fins, entrails, bones, and skin with adhering flesh.	65	61 to 71
2563	Drawn .....	do .....	59	---	Head, tail, fins, bones, and skin with adhering flesh.	41	---
	Rainbow (steelhead):						
2564	Round .....	Dressed, raw .....	*68	---	Head, tail, fins, entrails, and scales.	32	---
2565	Do .....	Fillet with skin, raw ..	62	49 to 73	Head, tail, fins, entrails, scales, and bones with adhering flesh.	38	27 to 51
	Dressed (boned, head and tail on):						
2566	Raw .....	do .....	81	81 to 81	Head and tail .....	19	19 to 19
2567	Frozen .....	Fillet with skin, raw, thawed.	76	74 to 78	Head, tail, and thawing losses.	24	22 to 26
			<b>COOKING DATA</b>				
2568	Dressed (head and tail on), raw.	Baked .....	91	90 to 92	Net losses .....	9	8 to 10
2569	Fillet with skin, raw.	Broiled .....	77	73 to 80	do .....	23	20 to 27
2570	Fillet with skin, breaded, raw.	Fried .....	94	92 to 97	do .....	6	3 to 8
	<b>TSUKEMONO. See CABBAGE, SPOON, salt pickled.</b>						

\* Limited data available.

TABLE 1 — YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS — Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>TUNA:</b>						
	Canned, contents of can:						
	Chunks:						
2571	In brine .....	Drained solids .....	*79	---	Liquid .....	21	---
2572	In oil .....	do .....	*100	---	do .....	0	---
2573	Flakes, in oil .....	do .....	94	90 to 100	do .....	6	0 to 10
2574	Grated, in oil .....	do .....	97	96 to 98	do .....	3	2 to 4
2575	Solid pack, in oil ..	do .....	82	75 to 95	do .....	18	5 to 25
2576	Portugese, unspecified style, in oil.	do .....	87	---	do .....	13	---
2577	Frozen sticks .....	Heated in water .....	*103	---	Gain in cooking .....	+3	---
	<b>TUNA DISHES:</b>						
2578	Casserole with noodles, frozen.	Baked .....	*90	---	Evaporation .....	10	---
2579	Loaf, prepared from canned tuna and other ingredients, unbaked.	do .....	*94	---	Net losses .....	6	---
					Evaporation .....	4	---
					Handling Loss .....	2	---
	<b>TUNG-HO-CHOI.</b> See <b>CHRYSANTHEMUM.</b>						
2580	<b>TURBOT</b> , round .....	Flesh, raw .....	*52	---	Head, tail, fins, entrails, bones, and skin.	48	---
	<b>TURKEY:</b>						
	Live:						
	All weights .....						
2581	Less than 5.9 kg (13 lb).	Dressed .....	90	87 to 93	Blood and feathers .....	10	7 to 13
2582	5.9 kg and over (13 lb and over).	do .....	89	87 to 92	do .....	11	8 to 13
2583	Dressed:	do .....	91	88 to 93	do .....	9	7 to 12
2584	All weights .....	Ready to cook including neck and giblets.	84	77 to 88	Head, feet, and inedible viscera.	16	12 to 23
2585	Do .....	Ready to cook without neck and giblets.	77	62 to 84	Head, feet, inedible viscera, neck, and giblets.	23	16 to 38
2586	Less than 5.4 kg (12 lb).	Ready to cook including neck and giblets.	83	77 to 88	Head, feet, and inedible viscera.	17	12 to 23
2587	Do .....	Ready to cook without neck and giblets.	75	62 to 83	Head, feet, inedible viscera, neck, and giblets.	25	17 to 38
2588	5.4 kg and over (12 lb and over).	Ready to cook including neck and giblets.	85	80 to 88	Head, feet, and inedible viscera.	15	12 to 20
2589	Do .....	Ready to cook without neck and giblets.	78	74 to 84	Head, feet, inedible viscera, neck, and giblets.	22	16 to 26
	Fryer-roaster:						
2590	Ready to cook with neck and giblets, raw.	Ready-to-cook carcass, raw.	90	90 to 92	Neck without skin and giblets, raw.	10	8 to 10
					Neck without skin, raw	4	3 to 5
					Giblets, raw .....	6	4 to 7
					Gizzard .....	3	2 to 4
					Heart .....	1	1 to 1
					Liver .....	2	2 to 2

\* Limited data available.

TABLE 1 -- YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	TURKEY--Continued	ANATOMICAL PARTS -- PROPORTION OF TOTAL CARCASS, RAW					
2591	Fryer-roaster--Continued Ready to cook without neck and giblets, raw.	Breast .....	33	32 to 34	.....	..	.....
		Legs .....	31	30 to 32	.....	..	.....
		Drumsticks .....	15	14 to 16	.....	..	.....
		Thighs .....	16	15 to 17	.....	..	.....
		Back, full .....	22	20 to 22	.....	..	.....
		Rib .....	10	9 to 10	.....	..	.....
		Tail .....	12	11 to 12	.....	..	.....
		Wings .....	14	13 to 16	.....	..	.....
		BONING DATA					
2592	Ready to cook, whole or half carcass, raw.	Meat and skin, raw .....	71	67 to 75	Net losses .....	29	25 to 33
		Meat .....	63	59 to 65	Bone .....	28	23 to 33
		Dark .....	27	27 to 29	Handling loss .....	1	0 to 3
		Light .....	36	36 to 37	.....	..	.....
		Skin .....	8	7 to 10	.....	..	.....
	Parts, raw:						
2593	Breast .....	Meat and skin, raw .....	87	85 to 89	Net losses .....	13	11 to 15
		Meat .....	78	77 to 81	Bone .....	12	11 to 13
		Skin .....	9	8 to 9	Handling loss .....	1	1 to 2
2594	Breast quarter .....	Meat and skin, raw .....	75	74 to 77	Net losses .....	25	23 to 26
		Meat .....	65	64 to 66	Bone .....	23	22 to 24
		Skin .....	10	10 to 11	Handling loss .....	2	1 to 3
2595	Leg quarter .....	Meat and skin, raw .....	71	69 to 73	Net losses .....	29	27 to 31
		Meat .....	64	62 to 65	Bone .....	27	24 to 29
		Skin .....	7	6 to 8	Handling loss .....	2	2 to 4
2596	Leg .....	Meat and skin, raw .....	75	70 to 79	Net losses .....	25	21 to 30
		Meat .....	71	66 to 74	Bone .....	22	19 to 25
		Skin .....	4	4 to 5	Handling loss .....	3	1 to 5
2597	Drumstick .....	Meat and skin, raw .....	69	66 to 74	Net losses .....	31	26 to 34
		Meat .....	65	62 to 70	Bone .....	28	24 to 31
		Skin .....	4	4 to 4	Handling loss .....	3	2 to 3
2598	Thigh .....	Meat and skin, raw .....	82	77 to 85	Net losses .....	18	15 to 23
		Meat .....	77	76 to 80	Bone .....	17	14 to 19
		Skin .....	5	4 to 5	Handling loss .....	1	0 to 2
2599	Back, full .....	Meat and skin, raw .....	57	51 to 60	Net losses .....	43	40 to 49
		Meat .....	47	41 to 51	Bone .....	40	38 to 46
		Skin .....	10	9 to 12	Handling loss .....	3	2 to 5
2600	Rib .....	Meat and skin, raw .....	56	54 to 58	Net losses .....	44	42 to 46
		Meat .....	50	48 to 51	Bone .....	41	39 to 44
		Skin .....	6	5 to 9	Handling loss .....	3	1 to 5
2601	Tail .....	Meat and skin, raw .....	59	48 to 64	Net losses .....	41	36 to 52
		Meat .....	46	35 to 53	Bone .....	38	34 to 47
		Skin .....	13	11 to 17	Handling loss .....	3	0 to 7
2602	Wing .....	Meat and skin, raw .....	61	59 to 64	Net losses .....	39	36 to 41
		Meat .....	43	42 to 45	Bone .....	37	34 to 39
		Skin .....	18	17 to 19	Handling loss .....	2	1 to 4
		COOKING DATA					
2603	Ready to cook without neck and giblets, raw.	Braised at 232°C (450°F) for 1 3/4 to 2 1/2 h.	73	72 to 74	Net losses .....	27	26 to 28
					Drippings .....	6	5 to 7
					Volatiles .....	21	19 to 22
2604	Do .....	Roasted to 85°C (185°F) internal temp.	72	68 to 75	Net losses .....	28	25 to 32
					Drippings .....	6	6 to 7
					Volatiles .....	22	20 to 23

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	TURKEY--Continued						
		COOKING DATA - Continued					
	Fryer-roaster-- Continued						
2605	Ready to cook without neck and giblets, raw.	Roasted on rotisserie to unspecified doneness.	65	65 to 65	Net losses .....	35	35 to 35
2606	Ready-to-cook carcass, stuffed, raw.	Roasted at 163°C (325°F) for 3 to 3 1/2 h.	74	74 to 74	Net losses .....	26	26 to 26
					Drippings .....	2	1 to 2
					Drippings in stuffing	5	5 to 6
					Volatiles .....	19	18 to 20
2607	Ready-to-cook carcass, cut up, raw.	Pressure cooked in foil	76	---	Net losses .....	24	---
2608	Ready-to-cook half, cut up, raw.	Roasted to 85°C (185°F) internal temp.	75	72 to 77	Net losses .....	25	23 to 28
					Drippings .....	9	8 to 10
					Volatiles .....	16	15 to 18
	Parts, raw:						
2609	Breast .....	Pressure cooked in foil	73	---	Net losses .....	27	---
2610	Do .....	Pressure cooked in open pan.	63	59 to 68	do .....	37	32 to 41
2611	Do .....	Roasted to 85°C (185°F) internal temp.	79	76 to 83	Net losses .....	21	17 to 24
					Drippings .....	7	5 to 10
					Volatiles .....	14	12 to 16
2612	Leg quarter .....	Braised .....	72	72 to 72	Net losses .....	28	28 to 28
2613	Do .....	Floured, browned, and braised.	*76	---	do .....	24	---
2614	Leg .....	Pressure cooked in foil	73	---	do .....	27	---
2615	Do .....	Roasted to 85°C (185°F) internal temp.	72	68 to 77	Net losses .....	28	23 to 32
					Drippings .....	12	9 to 14
					Volatiles .....	16	13 to 18
2616	Drumstick .....	Braised with or without flour.	70	68 to 72	Net losses .....	30	28 to 32
2617	Do .....	Pressure cooked in open pan.	60	56 to 63	do .....	40	37 to 44
2618	Do .....	Stewed .....	68	67 to 69	do .....	32	31 to 33
2619	Thigh with oyster meat.	Pressure cooked in open pan.	60	57 to 63	do .....	40	37 to 43
2620	Back, full .....	Pressure cooked in foil	75	---	do .....	25	---
2621	Rib .....	Pressure cooked in open pan.	58	52 to 62	do .....	42	38 to 48
2622	Tail .....	do .....	60	54 to 64	do .....	40	36 to 46
2623	Back and wing .....	Roasted to 85°C (185°F) internal temp.	73	71 to 76	Net losses .....	27	24 to 29
					Drippings .....	8	6 to 8
					Volatiles .....	19	16 to 23
2624	Wing .....	Braised, with or without added flour.	80	77 to 84	Net losses .....	20	16 to 23
2625	Do .....	Pressure cooked in open pan.	67	60 to 71	do .....	33	29 to 40
		POSTCOOKING DATA					
2626	Carcass without neck and giblets, braised or roasted.	Meat and skin, cooked	73	71 to 74	Net losses .....	27	26 to 29
		Meat .....	63	62 to 63	Bone .....	25	24 to 27
		Dark .....	25	25 to 26	Excess fat .....	2	2 to 2
		Light .....	38	37 to 38			
		Skin .....	10	10 to 11			
2627	Carcass without neck and giblets, stuffed, roasted.	Meat and skin, cooked	73	73 to 74	Bone .....	27	26 to 27
		Meat .....	63	63 to 64			
		Dark .....	27	27 to 28			
		Light .....	36	35 to 37			
		Skin .....	10	9 to 10			
2628	Carcass with neck, cut up, pressure cooked.	Meat and skin, cooked	76	73 to 80	Net losses .....	24	20 to 27
		Meat .....	67	64 to 70	Bone .....	22	19 to 25
		Skin .....	9	7 to 10	Handling loss .....	2	1 to 3

\* Limited data available.



TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	<b>TURKEY--Continued</b>						
	Fryer-roaster-- Continued Parts:	<b>POSTCOOKING DATA - Continued</b>					
2629	Half, roasted .....	Meat and skin, cooked ..	72	69 to 76	Net losses .....	28	24 to 31
		Meat .....	61	59 to 65	Bone .....	24	22 to 26
		Dark .....	24	22 to 25	Handling loss .....	4	2 to 6
		Light .....	37	36 to 40	.....	..	.....
		Skin .....	11	10 to 11	.....	..	.....
2630	Breast, pressure cooked.	Meat and skin, cooked ..	90	88 to 93	Net losses .....	10	7 to 12
		Meat .....	84	82 to 86	Bone .....	9	7 to 11
		Skin .....	6	5 to 8	Handling loss .....	1	1 to 2
2631	Breast, roasted ...	Meat and skin, cooked ..	87	86 to 89	Net losses .....	13	11 to 14
		Meat .....	78	76 to 78	Bone .....	11	10 to 12
		Skin .....	9	9 to 10	Handling loss .....	2	1 to 3
2632	Breast quarter, roasted.	Meat and skin, cooked ..	75	73 to 78	Net losses .....	25	22 to 27
		Meat .....	64	62 to 67	Bone .....	22	19 to 24
		Skin .....	11	11 to 12	Handling loss .....	3	1 to 4
2633	Leg quarter, braised.	Meat and skin, cooked ..	68	67 to 69	Net losses .....	32	31 to 33
		Meat .....	56	54 to 57	Bone .....	29	26 to 30
		Skin .....	12	10 to 13	Handling loss .....	3	2 to 5
2634	Leg quarter, roasted.	Meat and skin, cooked ..	68	64 to 72	Net losses .....	32	28 to 36
		Meat .....	58	54 to 61	Bone .....	28	25 to 30
		Skin .....	10	9 to 11	Handling loss .....	4	2 to 8
2635	Leg, roasted .....	Meat and skin, cooked ..	73	68 to 77	Net losses .....	27	23 to 32
		Meat .....	67	62 to 71	Bone .....	23	21 to 26
		Skin .....	6	5 to 8	Handling loss .....	4	2 to 7
2636	Drumstick, braised	Meat and skin, cooked ..	68	66 to 70	Net losses .....	32	30 to 34
		.....	..	.....	Bone .....	26	25 to 27
		.....	..	.....	Handling loss .....	6	5 to 7
2637	Drumstick, pressure cooked.	Meat and skin, cooked ..	68	65 to 72	Net losses .....	32	28 to 35
		Meat .....	64	61 to 67	Bone .....	30	26 to 33
		Skin .....	4	2 to 5	Handling loss .....	2	0 to 2
2638	Drumstick, roasted	Meat and skin, cooked ..	66	61 to 72	Net losses .....	34	28 to 39
		Meat .....	60	55 to 65	Bone .....	29	27 to 32
		Skin .....	6	6 to 8	Handling loss .....	5	0 to 10
2639	Drumstick, stewed	Meat and skin, cooked ..	71	68 to 73	Net losses .....	29	27 to 32
		Meat .....	62	61 to 62	Bone .....	26	25 to 27
		Skin .....	9	6 to 12	Handling loss .....	3	2 to 5
2640	Thigh, roasted ....	Meat and skin, cooked ..	79	75 to 83	Net losses .....	21	17 to 25
		Meat .....	73	70 to 77	Bone .....	18	14 to 21
		Skin .....	6	4 to 7	Handling loss .....	3	1 to 5
2641	Thigh with oyster meat, pressure cooked.	Meat and skin, cooked ..	83	81 to 86	Net losses .....	17	14 to 19
		Meat .....	75	73 to 78	Bone .....	15	13 to 18
		Skin .....	8	6 to 9	Handling loss .....	2	1 to 2
2642	Back, pressure cooked.	Meat and skin, cooked ..	65	63 to 70	Net losses .....	35	30 to 37
		Meat .....	54	51 to 57	Bone .....	32	28 to 36
		Skin .....	11	9 to 13	Handling loss .....	3	0 to 7
2643	Back, roasted .....	Meat and skin, cooked ..	55	54 to 59	Net losses .....	45	41 to 46
		Meat .....	41	39 to 44	Bone .....	39	36 to 42
		Skin .....	14	12 to 16	Handling loss .....	6	2 to 10
2644	Rib back, pressure cooked.	Meat and skin, cooked ..	75	71 to 79	Net losses .....	25	21 to 29
		Meat .....	67	63 to 70	Bone .....	23	19 to 26
		Skin .....	8	7 to 11	Handling loss .....	2	1 to 4
2645	Rib back, roasted	Meat and skin, cooked ..	56	54 to 58	Net losses .....	44	42 to 46
		Meat .....	49	46 to 52	Bone .....	38	34 to 43
		Skin .....	7	6 to 8	Handling loss .....	6	1 to 10
2646	Tail back, pressure cooked.	Meat and skin, cooked ..	57	55 to 61	Net losses .....	43	39 to 45
		Meat .....	44	41 to 48	Bone .....	40	38 to 43
		Skin .....	13	11 to 15	Handling loss .....	3	1 to 3
2647	Tail back, roasted	Meat and skin, cooked ..	55	51 to 59	Net losses .....	45	41 to 49
		Meat .....	34	30 to 38	Bone .....	40	38 to 42
		Skin .....	21	18 to 25	Handling loss .....	5	2 to 10
2648	Wing, braised or stewed.	Meat and skin, cooked ..	60	58 to 62	Net losses .....	40	38 to 42
		Meat .....	38	37 to 38	Bone .....	37	35 to 40
		Skin .....	22	20 to 25	Handling loss .....	3	2 to 3

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>TURKEY--Continued</b>						
		<b>POSTCOOKING DATA -- Continued</b>					
2649	Fryer-roaster-- Continued Parts--Continued Wing, pressure cooked.	Meat and skin, cooked .. Meat .. Skin ..	62 44 18	58 to 67 41 to 47 14 to 21	Net losses .. Bone .. Handling loss ..	38 37 1	33 to 42 32 to 40 0 to 3
2650	Wing, roasted .....	Meat and skin, cooked .. Meat .. Skin ..	58 39 19	53 to 62 36 to 42 16 to 21	Net losses .. Bone .. Handling loss ..	42 38 4	38 to 47 34 to 41 0 to 8
		<b>ANATOMICAL PARTS DATA</b>					
2651	Young hen: Ready to cook with neck and giblets, raw.	Ready-to-cook carcass, raw.	91	91 to 92	Neck without skin and giblets, raw. Neck without skin .. Giblets .. Gizzard .. Heart .. Liver ..	9 4 5 2 1 2	8 to 9 4 to 4 4 to 5 2 to 2 1 to 1 1 to 2
		<b>ANATOMICAL PARTS - PROPORTION OF TOTAL CARCASS, RAW</b>					
2652	Ready to cook without neck and giblets, raw.	Breast .. Legs .. Drumsticks .. Thighs .. Back, full .. Rib .. Tail .. Wings ..	37 30 14 16 20 9 11 13	36 to 38 29 to 31 13 to 16 16 to 17 19 to 20 8 to 10 11 to 12 12 to 14			
		<b>BONING DATA</b>					
2653	Ready to cook, whole or half carcass, raw.	Meat and skin, raw .. Meat .. Dark .. Light .. Skin ..	75 63 26 37 12	70 to 78 57 to 68 24 to 28 36 to 38 7 to 18	Net losses .. Bone .. Handling loss ..	25 23 2	22 to 30 20 to 30 2 to 2
2654	Parts, raw: Breast .....	Meat and skin, raw .. Meat .. Skin ..	88 73 15	86 to 90 65 to 79 10 to 23	Net losses .. Bone .. Handling loss ..	12 11 1	10 to 14 10 to 13 0 to 2
2655	Breast quarter ....	Meat and skin, raw .. Meat .. Skin ..	79 66 13	78 to 80 63 to 68 12 to 15	Net losses .. Bone .. Handling loss ..	21 19 2	20 to 22 18 to 20 1 to 2
2656	Leg quarter .....	Meat and skin, raw .. Meat .. Skin ..	74 64 10	73 to 76 60 to 67 9 to 13	Net losses .. Bone .. Handling loss ..	26 24 2	24 to 27 22 to 26 1 to 3
2657	Leg .....	Meat and skin, raw .. Meat .. Skin ..	82 76 6	81 to 82 74 to 76 5 to 7	Net losses .. Bone .. Handling loss ..	18 16 2	18 to 19 16 to 18 1 to 2
2658	Drumstick .....	Meat and skin, raw .. Meat .. Skin ..	75 70 5	74 to 76 70 to 72 4 to 5	Net losses .. Bone .. Handling loss ..	25 23 2	24 to 26 21 to 24 1 to 3
2659	Thigh .....	Meat and skin, raw .. Meat .. Skin ..	87 79 8	85 to 89 77 to 81 6 to 8	Net losses .. Bone .. Handling loss ..	13 12 1	11 to 15 10 to 13 1 to 2
2660	Back, full:	Meat and skin, raw .. Meat .. Skin ..	55 38 17	51 to 61 31 to 47 14 to 23	Net losses .. Bone .. Handling loss ..	45 42 3	39 to 49 36 to 45 2 to 4
2661	Rib .....	Meat and skin, raw .. Meat .. Skin ..	59 46 13	57 to 61 39 to 53 9 to 17	Net losses .. Bone .. Handling loss ..	41 38 3	39 to 43 36 to 42 1 to 4
2662	Tail .....	Meat and skin, raw .. Meat .. Skin ..	52 32 20	45 to 61 26 to 43 15 to 26	Net losses .. Bone .. Handling loss ..	48 45 3	39 to 55 36 to 51 2 to 4

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>TURKEY--Continued</b>						
	Young hen--Continued						
	Parts, raw--Continued						
2663	Wing .....	<b>BONING DATA --Continued</b>					
		Meat and skin, raw .....	67	66 to 68	Net losses .....	33	32 to 34
		Meat .....	46	44 to 47	Bone .....	30	30 to 31
		Skin .....	21	21 to 22	Handling loss .....	3	2 to 3
		<b>COOKING DATA</b>					
2664	Ready to cook with neck, raw.	Pressure cooked .....	64	62 to 65	Net losses .....	36	35 to 38
2665	Ready to cook without neck and giblets, raw.	Braised to 90°C (194°F) internal temp. in thigh.	72	69 to 73	..... do .....	28	27 to 31
2666	Do .....	Roasted to internal temp. of 95°C (203°F) in thigh; and 90°C (194°F) in breast.	78	65 to 86	Net losses .....	22	14 to 35
					Drippings .....	9	5 to 14
					Volatiles .....	13	8 to 18
2667	Ready-to-cook carcass, stuffed, raw.	Roasted to 84°C (182°F) internal temp. in breast.	80	76 to 83	Net losses .....	20	17 to 24
2668	Parts, raw: Half, frozen .....	Braised to 85°C (185°F) internal temp.	69	67 to 72	..... do .....	31	28 to 33
2669	Half .....	Pressure cooked to 30°C (176°F) internal temp.	75	---	..... do .....	25	---
2670	Do .....	Roasted to 85° to 90°C (185° to 194°F) internal temp. in breast.	77	65 to 87	Net losses .....	23	13 to 35
					Drippings .....	12	4 to 22
					Volatiles .....	11	5 to 25
2671	Breast, frozen ....	Braised to 85°C (185°F) internal temp.	68	67 to 69	Net losses .....	32	31 to 33
2672	Breast .....	Pressure cooked .....	67	64 to 69	..... do .....	33	31 to 36
2673	Breast, boneless ..	Roasted to 95°C (203°F) internal temp.	73	73 to 74	..... do .....	27	26 to 27
2674	Leg quarter, frozen	Braised to 85°C (185°F) internal temp.	89	---	Net losses .....	11	---
					Drippings .....	4	---
					Volatiles .....	7	---
2675	Leg with oyster meat.	Pressure cooked .....	62	60 to 64	Net losses .....	38	36 to 40
2676	Drumstick .....	..... do .....	62	61 to 63	..... do .....	38	37 to 39
2677	Drumstick, frozen	Braised to 85°C (185°F) internal temp.	71	71 to 72	..... do .....	29	28 to 29
2678	Thigh, frozen ...	..... do .....	70	69 to 70	..... do .....	30	30 to 31
2679	Thigh with oyster meat.	Pressure cooked .....	63	62 to 64	..... do .....	37	36 to 38
2680	Thigh .....	Roasted to 95°C (203°F) internal temp.	71	71 to 71	..... do .....	29	29 to 29
2681	Back, with oyster meat.	Pressure cooked .....	59	56 to 61	..... do .....	41	39 to 44
2682	Rib .....	..... do .....	62	60 to 64	..... do .....	38	36 to 40
2683	Tail .....	..... do .....	57	53 to 59	..... do .....	43	41 to 47
2684	Wing, frozen or unfrozen.	Braised to 85°C (185°F) internal temp. or pressure cooked.	69	66 to 72	..... do .....	31	28 to 34
		<b>POSTCOOKING DATA</b>					
2685	Carcass with neck, pressure cooked.	Meat and skin, cooked ..	80	79 to 83	Net losses .....	20	17 to 21
		Meat .....	68	67 to 70	Bone .....	18	15 to 20
		Skin .....	12	10 to 14	Handling loss .....	2	1 to 2
2686	Carcass, whole or half, braised.	Meat and skin, cooked ..	71	68 to 75	Net losses .....	29	25 to 32
		Meat .....	64	60 to 69	Bone .....	25	21 to 28
		Skin .....	7	6 to 8	Excess fat .....	2	1 to 3
					Handling loss .....	2	1 to 4
2687	Carcass, whole or half, roasted.	Meat and skin, cooked	72	69 to 76	Net losses .....	28	24 to 31
		Meat .....	61	59 to 65	Bone .....	24	22 to 26
		Dark .....	24	22 to 25	Handling loss .....	..	2 to 6
		Light .....	37	36 to 40	..... do .....	..	.....
		Skin .....	11	10 to 11	..... do .....	..	.....

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	TURKEY--Continued	POSTCOOKING DATA - Continued					
	Young hen--Continued						
	Parts:						
2688	Breast, braised ...	Meat and skin, cooked ..	87	86 to 88	Net losses .....	13	12 to 14
		Meat .....	78	78 to 80	Bone .....	9	8 to 9
		Skin .....	9	7 to 11	Excess fat .....	3	2 to 3
					Handling loss .....	1	1 to 2
2689	Breast, pressure cooked.	Meat and skin, cooked ..	91	90 to 92	Net losses .....	9	8 to 10
		Meat .....	83	82 to 84	Bone .....	8	7 to 9
		Skin .....	8	6 to 9	Handling loss .....	1	1 to 1
2690	Breast, roasted ...	Meat and skin, cooked ..	89	88 to 91	Net losses .....	11	9 to 12
		Meat .....	80	80 to 83	Bone .....	8	8 to 9
		Skin .....	9	9 to 10	Handling loss .....	3	1 to 3
2691	Breast quarter, roasted.	Meat and skin, cooked ..	81	81 to 82	Net losses .....	19	18 to 19
		Meat .....	70	69 to 72	Bone .....	17	16 to 18
		Skin .....	11	10 to 12	Handling loss .....	2	1 to 2
2692	Leg quarter, braised.	Meat and skin, cooked ..	78	77 to 79	Net losses .....	22	21 to 23
		Meat .....	71	68 to 74	Bone .....	20	19 to 21
		Skin .....	7	5 to 9	Excess fat .....	1	1 to 2
					Handling loss .....	1	0 to 2
2693	Leg quarter, roasted.	Meat and skin, cooked ..	74	72 to 75	Net losses .....	26	25 to 28
		Meat .....	65	63 to 67	Bone .....	24	23 to 26
		Skin .....	9	8 to 9	Handling loss .....	2	2 to 3
2694	Leg, roasted .....	Meat and skin, cooked ..	81	80 to 82	Net losses .....	19	18 to 20
		Meat .....	75	74 to 75	Bone .....	17	17 to 17
		Skin .....	6	5 to 8	Handling loss .....	2	1 to 2
2695	Leg with oyster meat, pressure cooked.	Meat and skin, cooked ..	82	80 to 84	Net losses .....	18	16 to 20
		Meat .....	73	71 to 73	Bone .....	16	14 to 18
		Skin .....	9	7 to 11	Handling loss .....	2	1 to 3
2696	Drumstick, braised	Meat and skin, cooked ..	69	65 to 72	Net losses .....	31	28 to 35
		Meat .....	62	59 to 66	Bone .....	30	25 to 34
		Skin .....	7	6 to 8	Handling loss .....	1	1 to 2
2697	Drumstick, pressure cooked or roasted	Meat and skin, cooked ..	74	72 to 77	Net losses .....	26	23 to 28
		Meat .....	68	67 to 69	Bone .....	24	21 to 26
		Skin .....	6	5 to 8	Handling loss .....	2	1 to 3
2698	Thigh, braised ....	Meat and skin, cooked ..	83	81 to 85	Net losses .....	17	15 to 19
		Meat .....	76	74 to 79	Bone .....	14	12 to 16
		Skin .....	7	6 to 9	Excess fat .....	2	1 to 3
					Handling loss .....	1	1 to 2
2699	Thigh, roasted ....	Meat and skin, cooked ..	86	86 to 90	Net losses .....	14	10 to 14
		Meat .....	78	77 to 80	Bone .....	12	10 to 13
		Skin .....	8	6 to 9	Handling loss .....	2	1 to 2
2700	Thigh with oyster meat, pressure cooked.	Meat and skin, cooked ..	87	86 to 89	Net losses .....	13	11 to 14
		Meat .....	76	74 to 77	Bone .....	11	10 to 13
		Skin .....	11	9 to 13	Handling loss .....	2	1 to 3
2701	Back, roasted .....	Meat and skin, cooked ..	56	55 to 59	Net losses .....	44	41 to 45
		Meat .....	44	41 to 48	Bone .....	40	38 to 42
		Skin .....	12	11 to 14	Handling loss .....	4	3 to 5
2702	Rib back, pressure cooked.	Meat and skin, cooked ..	76	74 to 79	Net losses .....	24	21 to 26
		Meat .....	67	65 to 70	Bone .....	21	19 to 24
		Skin .....	9	8 to 10	Handling loss .....	3	2 to 3
2703	Rib back, roasted	Meat and skin, cooked ..	61	57 to 63	Net losses .....	39	37 to 43
		Meat .....	50	47 to 54	Bone .....	35	33 to 38
		Skin .....	11	7 to 15	Handling loss .....	4	3 to 6
2704	Tail back, pressure cooked.	Meat and skin, cooked ..	62	60 to 64	Net losses .....	38	36 to 40
		Meat .....	41	40 to 43	Bone .....	35	34 to 38
		Skin .....	21	17 to 24	Handling loss .....	3	3 to 3
2705	Tail back, roasted	Meat and skin, cooked ..	52	49 to 61	Net losses .....	48	39 to 51
		Meat .....	38	34 to 45	Bone .....	44	37 to 48
		Skin .....	14	13 to 21	Handling loss .....	4	2 to 5
2706	Wing, braised .....	Meat and skin, cooked ..	59	56 to 62	Net losses .....	41	38 to 44
		Meat .....	44	41 to 46	Bone .....	39	36 to 42
		Skin .....	15	13 to 16	Excess fat .....	1	0 to 3
					Handling loss .....	1	0 to 1

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, loss without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	<b>TURKEY--Continued</b>						
		<b>POSTCOOKING DATA -- Continued</b>					
2707	Young hen--Continued Parts--Continued Wing, pressure cooked.	Meat and skin, cooked ..	68	65 to 71	Net losses .....	32	29 to 35
		Meat .....	46	44 to 49	Bone .....	30	26 to 33
		Skin .....	22	18 to 24	Handling loss .....	2	2 to 4
2708	Wing, roasted .....	Meat and skin, cooked ..	67	64 to 69	Net losses .....	33	31 to 36
		Meat .....	51	47 to 53	Bone .....	30	28 to 34
		Skin .....	16	15 to 17	Handling loss .....	3	2 to 3
		<b>ANATOMICAL PARTS DATA</b>					
2709	Young tom: Ready to cook with neck and giblets, raw.	Ready-to-cook carcass, raw.	92	91 to 93	Neck without skin and giblets, raw.	8	7 to 9
					Neck without skin .....	5	4 to 5
					Giblets .....	3	2 to 4
					Gizzard .....	1	1 to 1
					Heart .....	1	1 to 1
					Liver .....	1	1 to 2
		<b>ANATOMICAL PARTS -- PROPORTION OF TOTAL CARCASS, RAW</b>					
2710	Ready to cook without neck and giblets, raw.	Breast .....	41	37 to 45	.....	.....	.....
		Legs .....	31	30 to 32	.....	.....	.....
		Drumsticks .....	14	11 to 16	.....	.....	.....
		Thighs .....	17	15 to 18	.....	.....	.....
		Back, full .....	17	16 to 18	.....	.....	.....
		Rib .....	8	7 to 9	.....	.....	.....
		Tail .....	9	8 to 10	.....	.....	.....
		Wings .....	11	9 to 14	.....	.....	.....
		<b>BONING DATA</b>					
2711	Ready-to-cook carcass with or without neck, raw.	Meat and skin, raw .....	73	67 to 83	Net losses .....	27	17 to 33
		Meat .....	63	59 to 69	Bone .....	26	16 to 32
		Dark .....	27	27 to 29	Handling loss .....	1	1 to 3
		Light .....	36	32 to 42	.....	.....	.....
		Skin .....	10	7 to 14	.....	.....	.....
2712	Parts, raw: Breast .....	Meat and skin, raw .....	90	87 to 93	Net losses .....	10	7 to 13
		Meat .....	77	69 to 81	Bone .....	9	7 to 13
		Skin .....	13	6 to 18	Handling loss .....	1	0 to 1
2713	Breast quarter .....	Meat and skin, raw .....	82	79 to 86	Net losses .....	18	14 to 21
		Meat .....	68	67 to 69	Bone .....	17	13 to 20
		Skin .....	14	11 to 17	Handling loss .....	1	1 to 2
2714	Leg quarter .....	Meat and skin, raw .....	76	72 to 79	Net losses .....	24	21 to 28
		Meat .....	67	65 to 69	Bone .....	22	19 to 25
		Skin .....	9	7 to 10	Handling loss .....	2	1 to 3
2715	Leg .....	Meat and skin, raw .....	82	79 to 83	Net losses .....	18	17 to 21
		Meat .....	76	74 to 77	Bone .....	17	15 to 19
		Skin .....	6	5 to 7	Handling loss .....	1	1 to 2
2716	Drumstick .....	Meat and skin, raw .....	71	65 to 76	Net losses .....	29	24 to 35
		Meat .....	65	59 to 71	Bone .....	27	21 to 33
		Skin .....	6	5 to 8	Handling loss .....	2	1 to 3
2717	Thigh .....	Meat and skin, raw .....	88	84 to 89	Net losses .....	12	11 to 16
		Meat .....	82	80 to 82	Bone .....	11	10 to 14
		Skin .....	6	5 to 7	Handling loss .....	1	1 to 2
2718	Back, full .....	Meat and skin, raw .....	52	39 to 67	Net losses .....	48	33 to 61
		Meat .....	40	31 to 49	Bone .....	45	37 to 49
		Skin .....	12	8 to 19	Handling loss .....	3	1 to 6
2719	Rib .....	Meat and skin, raw .....	61	46 to 73	Net losses .....	39	27 to 54
		Meat .....	51	36 to 60	Bone .....	37	26 to 52
		Skin .....	10	7 to 16	Handling loss .....	2	1 to 4
2720	Tail .....	Meat and skin, raw .....	52	48 to 61	Net losses .....	48	39 to 52
		Meat .....	39	36 to 41	Bone .....	45	37 to 49
		Skin .....	13	7 to 22	Handling loss .....	3	1 to 6
2721	Wing .....	Meat and skin, raw .....	65	64 to 67	Net losses .....	35	33 to 36
		Meat .....	46	45 to 48	Bone .....	33	31 to 34
		Skin .....	19	18 to 20	Handling loss .....	2	1 to 3

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	TURKEY--Continued						
		COOKING DATA					
2722	Young tom--Continued Ready to cook with neck, raw.	Pressure cooked .....	63	60 to 67	Net losses .....	37	33 to 40
					Drippings .....	23	---
					Volatiles .....	14	---
2723	Ready to cook, whole or half, frozen or unfrozen, with or without neck and giblets, raw.	Braised or stewed to 84° to 90°C (183° to 194°F) internal temp.	71	68 to 74	Net losses .....	29	26 to 32
2724	Ready-to-cook carcass, whole or half, raw.	Roasted to 85° to 90°C (185° to 194°F) internal temp.	73	67 to 83	Net losses .....	27	17 to 33
					Drippings .....	12	6 to 14
					Volatiles .....	15	10 to 20
2725	Ready-to-cook half carcass, frozen, raw.	Roasted to 90°C (194°F) internal temp.	61	---	Net losses .....	39	---
	Parts, raw:						
2726	Breast, frozen ....	Braised or roasted to 90°C (194°F) internal temp.	68	67 to 71	..... do .....	32	29 to 33
2727	Breast .....	Pressure cooked .....	66	63 to 69	Net losses .....	34	31 to 37
					Drippings .....	14	---
					Volatiles .....	20	---
2728	Do .....	Simmered until tender ..	73	---	Net losses .....	27	---
2729	Leg quarter, frozen	Braised to 90°C (194°F) internal temp.	70	69 to 71	..... do .....	30	29 to 31
2730	Do .....	Roasted to 90°C (194°F) internal temp.	61	---	..... do .....	39	---
2731	Drumstick, frozen	Braised to 90°C (194°F) internal temp.	74	72 to 77	..... do .....	26	23 to 28
2732	Do .....	Roasted to 90°C (194°F) internal temp.	68	---	..... do .....	32	---
2733	Drumstick .....	Pressure cooked or stewed.	63	56 to 66	Net losses .....	37	34 to 44
					Drippings .....	36	---
					Volatiles .....	1	---
2734	Do .....	Roasted, unspecified internal temp.	71	68 to 80	Net losses .....	29	20 to 32
2735	Thigh, frozen ....	Braised to 90°C (194°F) internal temp.	68	65 to 70	..... do .....	32	30 to 35
2736	Do .....	Roasted to 90°C (194°F) internal temp.	56	---	..... do .....	44	---
2737	Thigh .....	Pressure cooked or simmered.	61	55 to 67	Net losses .....	39	33 to 45
					Drippings .....	34	---
					Volatiles .....	5	---
2738	Do .....	Roasted to 95°C (203°F) internal temp.	70	69 to 71	Net losses .....	30	29 to 31
2739	Rib back .....	Pressure cooked .....	59	53 to 65	Net losses .....	41	35 to 47
					Drippings .....	30	---
					Volatiles .....	11	---
2740	Do .....	Simmered until tender ..	67	---	Net losses .....	33	---
2741	Tail back .....	Pressure cooked .....	59	51 to 65	Net losses .....	41	35 to 49
					Drippings .....	35	---
					Volatiles .....	6	---
2742	Do .....	Simmered until tender ..	68	---	Net losses .....	32	---
2743	Wing, frozen ....	Braised to 90°C (194°F) internal temp.	69	68 to 70	..... do .....	31	30 to 32
2744	Wing .....	Pressure cooked .....	65	60 to 73	Net losses .....	35	27 to 40
					Drippings .....	30	---
					Volatiles .....	5	---
2745	Do .....	Roasted, unspecified internal temp.	68	64 to 74	Net losses .....	32	26 to 36
2746	Do .....	Simmered until tender ..	77	---	..... do .....	23	---

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	TURKEY--Continued						
	Young tom--Continued						
2747	Carcass with neck and giblets, simmered.	Meat and skin, cooked .. Meat .. Skin ..	80 69 11	---	Bone ..	20	---
2748	Carcass with neck, pressure cooked.	Meat and skin, cooked .. Meat .. Skin ..	81 72 9	---	Bone ..	19	---
2749	Carcass, braised ..	Meat and skin, cooked .. Meat .. Skin ..	69 62 7	67 to 71 59 to 65 6 to 8	Net losses .. Bone .. Excess fat .. Handling loss ..	31 26 3 2	29 to 33 24 to 27 2 to 4 2 to 3
2750	Carcass, roasted ..	Meat and skin, cooked .. Meat .. Dark .. Light .. Skin ..	74 64 23 41 10	69 to 80 57 to 67 22 to 24 37 to 43 9 to 14	Net losses .. Bone .. Handling loss ..	26 24 2	20 to 31 20 to 30 1 to 5
2751	Carcass, stuffed, roasted.	Meat and skin, cooked .. Meat .. Dark .. Light .. Skin ..	79 66 26 40 13	---	Bone ..	21	---
	Parts:						
2752	Half, braised ..	Meat and skin, cooked .. Meat .. Skin ..	72 65 7	69 to 75 63 to 67 7 to 9	Net losses .. Bone .. Excess fat .. Handling loss ..	28 24 3 1	25 to 31 21 to 26 1 to 3 1 to 2
2753	Half, roasted ..	Meat and skin, cooked .. Meat .. Dark .. Light .. Skin ..	79 68 25 43 11	75 to 82 66 to 70 24 to 25 41 to 45 9 to 13	Net losses .. Bone .. Handling loss ..	21 20 1	18 to 25 17 to 24 1 to 2
2754	Breast, braised ...	Meat and skin, cooked .. Meat .. Skin ..	85 76 9	81 to 86 71 to 79 7 to 11	Net losses .. Bone .. Excess fat .. Handling loss ..	15 10 4 1	14 to 19 8 to 13 1 to 9 1 to 2
2755	Breast, pressure cooked, roasted, or simmered.	Meat and skin, cooked .. Meat .. Skin ..	92 80 12	87 to 94 78 to 84 5 to 16	Net losses .. Bone .. Handling loss ..	8 7 1	6 to 13 6 to 11 0 to 2
2756	Breast quarter, roasted.	Meat and skin, cooked .. Meat .. Skin ..	82 70 12	78 to 85 68 to 72 10 to 15	Net losses .. Bone .. Handling loss ..	18 17 1	15 to 22 14 to 20 1 to 2
2757	Leg quarter, braised.	Meat and skin, cooked .. Meat .. Skin ..	75 70 5	73 to 78 68 to 73 4 to 6	Net losses .. Bone .. Excess fat .. Handling loss ..	25 23 1 1	22 to 27 20 to 24 0 to 1 0 to 1
2758	Leg quarter, roasted.	Meat and skin, cooked .. Meat .. Skin ..	73 65 8	67 to 77 61 to 69 7 to 10	Net losses .. Bone .. Handling loss ..	27 25 2	23 to 33 22 to 28 1 to 3
2759	leg, roasted ..	Meat and skin, cooked .. Meat .. Skin ..	80 73 7	77 to 83 70 to 76 5 to 8	Net losses .. Bone .. Handling loss ..	20 19 1	17 to 23 16 to 22 1 to 3
2760	Drumstick, braised	Meat and skin, cooked .. Meat .. Skin ..	68 63 5	65 to 69 60 to 64 5 to 5	Net losses .. Bone .. Handling loss ..	32 31 1	31 to 35 30 to 34 0 to 2
2761	Drumstick, roasted, pressure cooked, or simmered.	Meat and skin, cooked .. Meat .. Skin ..	72 65 7	64 to 76 59 to 70 4 to 9	Net losses .. Bone .. Handling loss ..	28 27 1	24 to 36 22 to 33 1 to 3
2762	Thigh, braised ...	Meat and skin, cooked .. Meat .. Skin ..	82 76 6	80 to 83 75 to 77 5 to 6	Net losses .. Bone .. Excess fat .. Handling loss ..	18 15 1 2	17 to 20 14 to 17 1 to 2 1 to 2
2763	Thigh, pressure cooked, roasted, or simmered.	Meat and skin, cooked .. Meat .. Skin ..	86 79 7	81 to 88 74 to 82 6 to 9	Net losses .. Bone .. Handling loss ..	14 13 1	12 to 19 11 to 17 1 to 3

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	TURKEY--Continued						
	Young tom--Continued						
	Parts--Continued						
2764	Back, roasted .....	Meat and skin, cooked .. Meat .....	59 46	52 to 64 39 to 50	Net losses .....	41	36 to 48
		Skin .....	13	11 to 15	Bone .....	39	34 to 45
					Handling loss .....	2	2 to 3
2765	Rib back, pressure cooked.	Meat and skin, cooked .. Meat .....	67 60	60 to 79 54 to 70	Net losses .....	33	21 to 40
		Skin .....	7	5 to 10	Bone .....	30	19 to 38
					Handling loss .....	3	2 to 4
2766	Rib back, roasted or simmered.	Meat and skin, cooked .. Meat .....	63 53	53 to 71 42 to 59	Net losses .....	37	29 to 47
		Skin .....	10	7 to 14	Bone .....	34	27 to 44
					Handling loss .....	3	2 to 4
2767	Tail back, pressure cooked.	Meat and skin, cooked .. Meat .....	63 47	53 to 66 42 to 49	Net losses .....	37	34 to 47
		Skin .....	16	11 to 19	Bone .....	34	31 to 43
					Handling loss .....	3	2 to 4
2768	Tail back, roasted or simmered.	Meat and skin, cooked .. Meat .....	54 42	50 to 56 37 to 46	Net losses .....	46	44 to 50
		Skin .....	12	10 to 15	Bone .....	44	43 to 47
					Handling loss .....	2	1 to 3
2769	Wing, braised or simmered.	Meat and skin, cooked .. Meat .....	60 45	59 to 61 44 to 48	Net losses .....	40	39 to 41
		Skin .....	15	13 to 17	Bone .....	38	36 to 40
					Excess fat .....	1	0 to 3
					Handling loss .....	1	0 to 1
2770	Wing, pressure cooked or roasted.	Meat and skin, cooked .. Meat .....	64 48	59 to 69 43 to 53	Net losses .....	36	31 to 41
		Skin .....	16	13 to 21	Bone .....	33	29 to 40
					Handling loss .....	3	1 to 4
	TURKEY, all ages:						
	Ready to cook, frozen, raw:						
2771	Whole carcass, with or without neck and giblets.	Thawed .....	97	94 to 100	Thawing losses .....	3	0 to 6
2772	Half carcass .....	..... do .....	96	95 to 97	..... do .....	4	3 to 5
	TURKEY BURGERS, frozen, floured, raw:						
	Dark meat:						
2773	With skin .....	Pan fried at 149°C (300°F) for 24 min. ..... do .....	57 63	--- 60 to 67	Net losses .....	43	---
2774	Without skin .....	..... do .....	63	60 to 67	..... do .....	37	33 to 40
	Light meat:						
2775	With skin .....	Pan fried at 149°C (300°F) for 20 min. ..... do .....	72 73	--- 71 to 76	..... do .....	28	---
2776	Without skin .....	..... do .....	73	71 to 76	..... do .....	27	24 to 29
	TURKEY GIBLETS, raw:						
2777	All kinds .....	Roasted in foil .....	69	57 to 84	..... do .....	31	16 to 43
2778	Do .....	Simmered until tender ..	64	62 to 66	..... do .....	36	34 to 38
2779	Gizzard .....	Pressure cooked .....	43	---	..... do .....	57	---
2780	Do .....	Simmered until tender ..	63	57 to 66	..... do .....	37	34 to 43
2781	Heart .....	Pressure cooked .....	60	---	..... do .....	40	---
2782	Do .....	Simmered until tender ..	58	51 to 64	..... do .....	42	36 to 49
2783	Liver .....	Pressure cooked .....	52	---	..... do .....	48	---
2784	Do .....	Simmered until tender ..	72	66 to 74	..... do .....	28	26 to 34
	TURKEY NECKS:						
2785	Raw, with and without skin.	Meat, boned .....	57	48 to 65	Bone and handling loss	43	35 to 52
	Raw:						
2786	With skin .....	Pressure cooked .....	61	48 to 63	Net losses .....	39	37 to 52
2787	Without skin .....	..... do .....	66	65 to 68	Net losses .....	34	32 to 35
					Drippings .....	26	---
					Volatiles .....	8	---
2788	Do .....	Roasted in foil .....	69	58 to 80	Net losses .....	31	20 to 42
2789	Do .....	Simmered .....	79	77 to 85	..... do .....	21	15 to 23



TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>TURKEY NECKS--Continued</b>						
	<b>Cooked:</b>						
2790	Pressure cooked with skin.	POSTCOOKING DATA			Net losses	28	22 to 31
		Meat and skin	72	69 to 78	Bone	25	19 to 29
		Meat	55	51 to 63	Handling loss	3	1 to 4
		Skin	17	14 to 20			
2791	Cooked, without skin:	Meat	64	64 to 65	Bone	36	35 to 36
2792	Pressure cooked	do	60	53 to 63	Net losses	40	37 to 47
	Simmered				Bone	37	31 to 44
					Handling loss	3	1 to 13
	<b>TURKEY PATTIES:</b>						
2793	Dark meat, raw	COOKING DATA			Net losses	31	30 to 33
		Baked at 204°C (400°F) for 20 min.	69	67 to 70	Drippings	9	5 to 13
2794	Light and dark meat, raw.	do	71	68 to 78	Volatiles	22	---
					Net losses	29	22 to 32
					Drippings	9	3 to 16
					Volatiles	20	---
2795	<b>TURKEY ROLL, frozen:</b>						
	Dark and light meat with skin, 27% dark meat, 60% light meat, and 13% skin.	Braised to 85°C (185°F) internal temp.	72	---	Net losses	28	---
2796	Do	Roasted to internal temp. of 77° to 85°C (170° to 185°F).	69	65 to 80	Drippings	18	---
2797	Dark meat	Roasted to internal temp. of 85° to 90°C (185° to 194° F).	63	58 to 77	Volatiles	10	---
2798	Light meat	Braised to 80°C (176°F) internal temp.	73	73 to 75	Net losses	37	33 to 42
2799	Do	Roasted to internal temp. of 80° to 85°C (176° to 185°F).	72	67 to 77	Drippings	14	9 to 19
					Volatiles	23	19 to 30
					Net losses	27	25 to 27
					Drippings	12	9 to 13
					Volatiles	15	12 to 18
					Net losses	28	23 to 33
					Drippings	12	8 to 15
					Volatiles	16	11 to 25
	<b>TURKEY STEAKS, frozen:</b>						
2800	Floured, raw; Dark meat	Pan fried at 149°C (300°F) for 24 min.	62	58 to 69	Net losses	38	31 to 42
2801	Light meat	Pan fried at 149°C (300°F) for 20 min.	71	70 to 71	do	29	29 to 30
2802	Battered and breaded, raw, light meat only.	Deep-fat fried for 5 min at 155°C (310°F).	67	---	do	33	---
2803	Do	Pan fried	76	---	do	24	---
2804	Do	Microwave cooked	78	---	do	22	---
	<b>TURNIP GREENS:</b>						
2805	Raw: Untrimmed	Trimmed sound leaves	70	68 to 72	Root crown, tough stems, and discarded leaves.	30	28 to 32
2806	Do	Trimmed sound leaves without midribs and stalks.	43	31 to 55	Root crown, tough stems, midribs, stalks, and discarded leaves.	57	45 to 69
2807	Trimmed	Boiled until very tender	*75	---	Net losses	25	---
	Canned, chopped, contents of can:						
2808	All samples	Drained solids	69	61 to 80	Liquid	31	20 to 39
2809	No. 303	do	72	64 to 80	do	28	20 to 36
2810	No. 10	do	*61	---	do	39	---
2811	Frozen, chopped, contents of package.	Boiled, drained	82	78 to 93	Net losses	18	7 to 22

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<b>TURNIPS:</b>						
	Raw:						
2812	With tops .....	Pared root, raw .....	66	62 to 69	Tops and parings .....	34	31 to 38
2813	Without tops .....	..... do .....	81	61 to 89	Machine or hand parings	19	11 to 39
2814	Trimmed, cubes or slices.	Steamed or boiled, drained.	95	73 to 114	Net change .....	5	+14 to 27
2815	Frozen, mashed, contents of package.	Heated over hot water ..	97	---	Net losses .....	3	---
	<b>TURNOVERS:</b>						
	All fruit fillings:						
2816	Dough and filling, refrigerated, in container.	Baked .....	95	94 to 96	..... do .....	5	4 to 6
2817	Frozen, unbaked .....	..... do .....	*82	---	..... do .....	18	---
2818	<b>TURTLE, in shell .....</b>	Muscle, raw .....	*24	---	Shell .....	76	---
	<b>UDON. See NOODLES, JAPANESE.</b>						
	<b>UMEBOSHI. See PLUMS, pickled.</b>						
	<b>UTONG. See COWPEAS, immature pods with seeds.</b>						
	<b>VEAL:</b>						
		<b>SLAUGHTER AND BONING DATA</b>					
2819	Live .....	Chilled, dressed .....	*58	---	Dressing and chilling losses.	42	---
	Carcass or sides, chilled and dressed:						
2820	Excluding kidney and kidney fat.	Lean and fat meat, raw	79	77 to 81	Bones .....	21	19 to 23
2821	Including kidney and kidney fat.	..... do .....	80	78 to 81	..... do .....	20	19 to 22
	Wholesale cuts, raw:						
2822	Chuck, including neck	..... do .....	80	78 to 82	..... do .....	20	18 to 22
2823	Flank .....	..... do .....	99	99 to 99	..... do .....	1	1 to 1
2824	Loin, excluding kidney and kidney fat.	..... do .....	83	81 to 84	..... do .....	17	16 to 19
2825	Plate .....	..... do .....	79	77 to 81	..... do .....	21	19 to 23
2826	Rib .....	..... do .....	77	75 to 78	..... do .....	23	22 to 25
2827	Round, with rump .....	..... do .....	77	75 to 78	..... do .....	23	22 to 25
2828	Shank, fore .....	..... do .....	52	51 to 53	..... do .....	48	47 to 49
2829	Quarter, fore .....	..... do .....	77	75 to 79	..... do .....	23	21 to 25
2830	Quarter, hind, excluding kidney and kidney fat.	..... do .....	81	79 to 83	..... do .....	19	17 to 21
2831	Quarter, hind, including kidney and kidney fat.	..... do .....	82	81 to 84	..... do .....	18	16 to 19
	Retail cuts, raw:						
2832	Legs .....	Lean and fat meat, boned and trimmed.	68	55 to 78	Net losses .....	32	22 to 45
					Excess fat .....	8	6 to 13
					Bones .....	24	18 to 32
2833	Loin .....	Lean and fat meat, boned	*80	---	Bones .....	20	---
2834	Underrib .....	Lean and fat meat, boned and trimmed.	*61	---	Bones and excess fat ...	39	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>			
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG %	RANGE %	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	
	<b>VEAL--Continued</b>							
			<b>THAWING DATA</b>					
2835	Roasts, frozen:	Thawed	99	98 to 100	Thawing losses	1	0 to 2	
2836	Bone in .....	..... do	97	92 to 100	..... do	3	0 to 8	
			<b>COOKING DATA</b>					
2837	Retail cuts:	Braised in oven, 38 to 60 min.	55	47 to 63	Net losses	45	37 to 53	
2838	Chops and steaks, raw (including loin, rib, and round). Do .....	Pan fried or braised, 10 to 26 min.	78	69 to 84	..... do	22	16 to 31	
2839	Chops, rib, raw	Pan broiled, 25 to 30 min	80	79 to 82	..... do	20	18 to 21	
2840	Cutlet, raw	Pan broiled	67	66 to 69	Net losses	33	31 to 34	
					Drippings	2	1 to 4	
					Volatiles	31	29 to 33	
2841	Ground patties:	Baked 30 min at 205°C (400°F).	59	56 to 64	Net losses	41	36 to 44	
	Raw .....				Drippings	1	1 to 2	
2842	Frozen .....	Pan broiled, 10 min	90	87 to 91	Volatiles	40	35 to 42	
	Roasts, raw:	Roasted by dry heat to indicated internal temp.:			Net losses	10	9 to 13	
2843	All samples, bone in and boneless.	All temperatures, 71° to 88°C (160° to 190°F) and unspecified.	70	60 to 87	Net losses	30	13 to 40	
					Drippings	7	0 to 27	
					Volatiles	23	6 to 36	
2844	Do .....	Medium, 71°C (160°F)	73	65 to 87	Net losses	27	13 to 35	
					Drippings	15	7 to 20	
					Volatiles	12	6 to 25	
2845	Do .....	Well done, 77° to 82°C (170° to 180°F).	71	63 to 79	Net losses	29	21 to 37	
					Drippings	4	1 to 27	
					Volatiles	25	12 to 30	
2846	Do .....	Overdone, 85° to 88°C (185° to 190°F).	65	60 to 69	Net losses	35	31 to 40	
					Drippings	4	0 to 7	
					Volatiles	31	25 to 36	
2847	Bone in .....	All temperatures, 71° to 88°C (160° to 190°F).	68	60 to 70	Net losses	32	30 to 40	
					Drippings	5	0 to 7	
					Volatiles	27	25 to 36	
2848	Do .....	Medium, 71°C (160°F)	*70	---	Net losses	30	---	
2849	Do .....	Well done, 77° to 82°C (170° to 180°F).	69	63 to 70	Net losses	31	30 to 37	
					Drippings	6	---	
					Volatiles	25	---	
2850	Do .....	Overdone, 85° to 88°C (185° to 190°F).	64	60 to 68	Net losses	36	32 to 40	
					Drippings	4	0 to 7	
					Volatiles	32	30 to 36	
2851	Boneless .....	All temperatures, 71° to 88°C (160° to 190°F).	71	61 to 87	Net losses	29	13 to 39	
					Drippings	7	1 to 27	
					Volatiles	22	6 to 36	
2852	Do .....	Medium, 71°C (160°F)	75	65 to 87	Net losses	25	13 to 35	
					Drippings	14	7 to 20	
					Volatiles	11	6 to 25	
2853	Do .....	Well done, 77° to 82°C (170° to 180°F).	73	61 to 79	Net losses	27	21 to 39	
					Drippings	2	1 to 27	
					Volatiles	25	12 to 30	
2854	Do .....	Overdone, 85° to 88°C (185° to 190°F).	66	64 to 69	Net losses	34	31 to 36	
					Drippings	3	1 to 5	
					Volatiles	31	25 to 36	
2855	Stew meat, cubed, boneless (including flank, shank, and unspecified cuts), raw.	Simmered in water	66	64 to 69	Net losses	34	31 to 36	

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>VEAL--Continued</u>						
		POSTCOOKING DATA					
2856	Retail cuts--Continued Chuck, roasted, boneless.	Lean meat, trimmed and sliced.	81	74 to 87	Net losses .....	19	13 to 26
					Excess fat .....	5	2 to 7
					Shrinkage .....	7	2 to 12
					Slicing scraps .....	7	4 to 12
2857	Leg, roasted: Bone in .....	Lean meat with little fat, boned.	*63	---	Net losses .....	37	---
					Bones .....	23	---
					Skin and excess fat ..	13	---
					Cutting loss .....	1	---
2858	Boneless .....	Lean meat, trimmed and sliced.	82	75 to 90	Net losses .....	18	10 to 25
					Excess fat .....	3	1 to 4
					Shrinkage .....	7	3 to 11
					Slicing scraps .....	8	4 to 12
	<u>VEGETABLES, MIXED:</u>						
	Canned, contents of can:						
2859	All samples .....	Drained solids .....	68	58 to 73	Liquid .....	32	27 to 42
2860	No. 303 .....	..... do .....	66	58 to 69	..... do .....	34	31 to 42
2861	No. 10 .....	..... do .....	69	62 to 73	..... do .....	31	27 to 38
2862	Frozen, contents of package.	Boiled or steamed .....	97	86 to 103	Net change .....	3	+3 to 14
	<u>VEGETABLE-OYSTER. See SALSIFY.</u>						
	<u>VENISON:</u>						
2863	Loin chops .....	Braised to 85°C (185°F) internal temp.	75	74 to 75	Net losses .....	25	25 to 26
2864	Rib chops .....	..... do .....	*80	---	..... do .....	20	---
	<u>WAFFLES:</u>						
2865	Batter made from recipe or from mix with added ingredients.	Baked in waffle iron until light brown and crisp.	69	64 to 72	..... do .....	31	28 to 36
2866	Frozen, baked .....	Heated in broiler until warm.	97	96 to 98	Evaporation .....	3	2 to 4
2867	Do .....	Heated in toaster until warm.	89	87 to 92	..... do .....	11	8 to 13
	<u>WALNUTS:</u>						
2868	Black .....	Kernels .....	22	8 to 29	Shells .....	78	71 to 92
2869	Persian or English ..	..... do .....	46	27 to 64	..... do .....	54	36 to 73
	<u>WATER CHESTNUTS:</u>						
2870	Raw .....	Pared, raw .....	*77	---	Parings .....	23	---
2871	Do .....	Pared and diced, raw ...	53	35 to 68	Parings and cutting loss	47	32 to 65
2872	Canned, contents of can	Drained solids .....	64	58 to 75	Liquid .....	36	25 to 42
	<u>WATERCRESS:</u>						
2873	Bunch .....	Trimmed leaves .....	92	86 to 100	Tough stem ends .....	8	0 to 14
2874	Trimmed and cut leaves	Steamed .....	100	99 to 100	No change .....	0	0 to 1
2875	<u>WATERMELON, whole</u> .....	Flesh, raw .....	52	29 to 63	Rind, seeds, and cutting loss.	48	37 to 71
	<u>WAXGOURD, raw:</u>						
2876	Whole .....	..... do .....	70	62 to 80	Stem, center, skin ....	30	20 to 38
					Stem .....	1	1 to 1
					Center .....	17	11 to 22
					Skin .....	12	8 to 15
2877	Sliced flesh .....	Steamed .....	99	98 to 100	Net losses .....	1	0 to 2

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS - Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign, losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	WEAKFISH. See SEA TROUT.						
2878	WELSH RAREBIT, frozen ...	Heated in 204°C (400°F) oven for 20 min.	*97	---	Evaporation .....	3	---
	WEST INDIAN CHERRY. See ACEROLA.						
2879	WHEAT, WHOLE: Meal, plain or with malted barley.	Cooked 1 part cereal in 4 parts water (by volume) for 5 min.	640	615 to 687	Net gain due to water absorption.	+540	+515 to +587
2880	Do .....	Cooked 1 part cereal in 3 parts water (by volume) for 3 min.	503	466 to 597	..... do .....	+403	+366 to +497
2881	Do .....	Cooked 1 part cereal in 3 parts water (by volume) for 10 s.	646	617 to 692	..... do .....	+546	+517 to +592
2882	Rollled .....	Cooked 1 part cereal in 2 parts water (by volume) for 3 min.	591	583 to 600	..... do .....	+491	+483 to +500
2883	WHITEFISH: Round .....	Fillet with skin, raw ..	49	38 to 55	Head, viscera, tail, fins, scales, and bones with adhering flesh.	51	45 to 62
					Head .....	13	---
					Viscera .....	9	---
					Tail, fins, scales, and bone with adhering flesh.	29	---
2884	Fillet with skin, raw	Baked .....	80	---	Net losses .....	20	---
2885	WHITE FLOWER GOURD, raw: Whole .....	Pared flesh, cubed ....	70	67 to 73	Seeds, skin, and ends ..	30	27 to 33
					Seeds .....	20	15 to 23
					Skin .....	9	7 to 12
					Ends .....	1	1 to 1
2886	Flesh, cubed .....	Steamed .....	93	92 to 94	Net losses .....	7	6 to 8
	WHITING. See KINGFISH.						
2887	WILD RICE: Regular .....	Cooked by boiling in water until tender (about 30 min).	397	307 to 488	Net gain due to water absorption.	+297	+207 to +388
2888	Precooked (instant) ...	Simmered for 5 min in water.	*235	---	..... do .....	+135	---
	YAM: Raw:						
2889	Whole: Hawaiian cultivars	Pared .....	86	80 to 91	Parings and trimmings ..	14	9 to 20
					Parings .....	12	8 to 18
					Trimmings .....	2	1 to 5
2890	Puerto Rican cultivars.	..... do .....	72	46 to 87	Parings and trimmings ..	28	13 to 54
					Parings .....	15	11 to 32
					Trimmings .....	13	1 to 34
2891	Pared .....	Steamed .....	99	93 to 101	Net change .....	1	+1 to 7
2892	Dried, flakes .....	Reconstituted, mashed ..	435	---	Net gain due to added water and other ingredients.	+335	---

\* Limited data available.

TABLE 1 - YIELDS AND LOSSES OR GAINS IN PREPARATION OF FOODS -- Continued  
(Percent by weight)

ITEM	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AFTER PREPARATION			LOSS OR GAIN IN PREPARATION <i>(Gains indicated by a plus (+) sign; losses without a sign)</i>		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
2893	YAMBEAN, tuber, raw: White .....	Pared, quartered, sliced, cubed.	92	87 to 95	Skin and ends .....	8	5 to 13
2894	Pared, quartered, sliced.	Steamed .....	100	100 to 100	Skin .....	6	4 to 7
					Ends .....	2	1 to 4
					No change .....	0	0 to 0
	YARD-LONG BEANS. See COWPEAS.						
	YOUNGBERRIES. See BLACKBERRIES.						
	ZUCCHINI. See SQUASH, SUMMER.						

APPENDIX

Most data in table 1 are for yields following single steps in preparing the foods. However, these data can be used to calculate an overall value for yield of cooked prepared food that requires several steps.

Calculation of yield of mashed potatoes from raw, unpared, whole potatoes cooked by microwave can illustrate the procedure. Using data from table 1, three steps are needed: Paring the raw potatoes, cooking, and mashing the cooked potatoes with the addition of other ingredients. For each step, the basic data in table 1 that apply to the particular conditions must be selected. If the average yields at each of these steps are considered applicable, the yield of raw pared potatoes is 81 percent of the weight of unpared whole potatoes (item 2018); the yield of potatoes cooked by microwave is 95 percent of the weight of the raw pared potatoes (item 2035); and the yield of mashed potatoes, allowing for added milk, butter, and seasonings, is 120 percent of the weight of the cooked potatoes (item 2082). In terms of the original weight of raw unpared potatoes, the yield of mashed potatoes would be 92 percent, calculated as follows:

$$\frac{81}{100} \times \frac{95}{100} \times \frac{120}{100} \times 100 = 92.34 \text{ percent}$$

This information may be tabulated as shown in table 2.

TABLE 2 -- SAMPLE COMPUTATIONS FOR YIELDS OF MASHED POTATOES FROM RAW WHOLE POTATOES <sup>1/</sup>

LINE	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AT SPECIFIED STEP IN PREPARATION			
		RAW, UNPARDED, WHOLE —(1)— PERCENT	RAW, PARED —(2)— PERCENT	MICROWAVE COOKED —(3)— PERCENT	MASHED —(4)— PERCENT
1----	Raw, unpared, whole.	100	<u>81</u>	77 (81 X 95)	92 (77 X 120)
2----	Raw, pared.....	---	100	<u>95</u>	114 (95 X 120)
3----	Microwave cooked.	---	---	100	<u>120</u>

<sup>1/</sup> Underlined numbers are in table 1; all other values are derived from them, with calculations shown in parentheses below the results.

Table 2 also provides values on yield for intermediate steps in the preparation of mashed potatoes. In the last column of the table are the percentages of each of the forms listed in the descriptive column. Reading down the last column, the physical yield of mashed potatoes is 92 percent of raw whole, 114 percent of raw pared, and 120 percent of microwave-cooked potatoes. Following line 1 across, it will be seen that when starting with raw whole potatoes, yields of 81 percent raw pared, 77 percent microwave cooked, and 92 percent mashed potatoes are obtained in sequence.

The same procedure as illustrated here for potatoes may be used to arrive at yields on several different bases for any other foods undergoing multiple-step preparation. The data for yields at one or more of the intermediate steps may be useful for comparisons with data reported from other sources or for estimating amounts of supplies to be used as ingredients in prepared dishes.

Meats, fish, and poultry are subjected to a large number of cutting, boning, and cooking processes, and yield may be expressed on many different bases. Sample computations have been prepared to show the derivation of cooked boned chicken and fish in terms of the preceding steps in preparation. The procedure is the same as shown in table 2 for potatoes. The data for broiler-fryer chickens are shown in table 3 and for striped bass in table 4.



TABLE 3 -- SAMPLE COMPUTATIONS FOR YIELDS OF BROILER-FRYER CHICKENS 1/

LINE	DESCRIPTION OF FOOD BEFORE PREPARATION	(1)	(2)	(3)	(4)	(5)	(6)	(7)
		PERCENT	PERCENT	PERCENT	PERCENT	PERCENT	PERCENT	PERCENT
1--	Ready-to cook without neck and giblets.	100	<u>77</u>	<u>47</u> (77 X 61)	<u>68</u>	<u>42</u> (68 X 62)	<u>64</u>	<u>45</u> (64 X 71)
2--	Braised whole, including bone.	---	100	<u>61</u>	---	---	---	---
3--	Broiled, barbecued, whole, including bone.	---	---	---	100	<u>62</u>	---	---
4--	Deep-fat fried, cut up, including bone.	---	---	---	---	---	100	<u>71</u>

1/ Underlined numbers are in table 1; all other values are derived from them, with calculations shown in parentheses below the results.

TABLE 4 -- SAMPLE COMPUTATIONS FOR YIELDS OF STRIPED BASS <sup>1/</sup>

LINE	DESCRIPTION OF FOOD BEFORE PREPARATION	(1) ROUND PERCENT	(2) DRAWN (WITHOUT ENTAILS) PERCENT	(3) DRESSED (WITHOUT HEAD, TAIL, FINS, & SCALES) PERCENT	(4) FILLET WITH SKIN, RAW (WITHOUT BONES) PERCENT	(5) FILLET WITH SKIN, BROILED PERCENT	(6) FILLET WITHOUT SKIN, BROILED PERCENT
1-----	Round.....	100	<u>94</u>	66 (94 X 70)	43 (66 X 65)	34 (43 X 80)	31 (34 X 90)
2-----	Drawn (without entrails).	---	100	<u>70</u>	46 (70 X 65)	37 (46 X 80)	33 (37 X 90)
3-----	Dressed (without head, tail, fins, and scales).	---	---	100	<u>65</u>	52 (65 X 80)	47 (52 X 90)
4-----	Fillet with skin, raw (without bones).	---	---	---	100	<u>80</u>	72 (80 X 90)
5-----	Fillet with skin, broiled.	---	---	---	---	100	<u>90</u>

<sup>1/</sup> Underlined numbers are in table 1; all other values are derived from them, with calculations shown in parentheses below the results.

## Glossary

Cultivar--cultivated variety of fruit or vegetable that has originated and persisted under cultivation.

Drawn--Fish--whole fish with entrails removed.

Rabbit--whole rabbit with entrails removed.

Dressed--Fish--whole fish, eviscerated and scaled, with head, tail, and fins removed.

Poultry--feathers and blood removed, plus slight gain due to ice slush chilling.

Eviscerated--Crab (Dungeness)--live crab after carapace, viscera, and abdomen removed.

Fillet--Fish--sides of fish cut lengthwise away from backbone; flesh is practically boneless.

Round--whole fish as it is removed from the water.

Steaks--Fish--cross section containing part of backbone and cut from large dressed fish.