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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."

^{1/} 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	ABALONE: 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	ACEROLA , raw, whole	Flesh with skin	*80	---	Liquid	53	50 to 56
4	Do	Juice	*68	---	Seed and stem end	20	---
					Seed	18	---
					Stem end	2	---
5	ALEWIFE , round	Flesh, raw, uncut	49	48 to 50	Seed, skin, and residue	32	---
6	Do	Fillet	43	37 to 48	Head, tail, fins, entrails, scales, bones, and skin.	51	50 to 52
				 do	57	52 to 63
7	ALMONDS: In shell	Unblanched kernels	49	21 to 74	Shells	51	26 to 79
8	Shelled	Blanched kernels	*96	---	Skin	4	---
9	AMARANTH: 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	ANCHOVY , canned in oil ..	Drained solids	73	61 to 80	Liquid	27	20 to 39
12	ANTELOPE: 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
	APPLES:	PARING DATA					
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					
27	Raw, whole--Continued Individual cultivars-- Continued 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					
32	Raw: 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:						
37	Low moisture: 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
40	Regular moisture: 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 cook- ing 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</u> , <u>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</u> , <u>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 <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)
	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	---	Net losses	11	---
					Bones	8	---
					Handling loss	3	---
170	BEAN SALAD, canned, green, wax, and kidney beans in dressing, No. 10 size.	Drained solids	68	66 to 69	Skin	10	9 to 11
					Skin with coating	13	---
					Liquid	32	31 to 34
	BEAN SPROUTS. See BEANS, Mung, or SOYBEANS.						
	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)
BEEF:							
SLAUGHTER AND BONING DATA							
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
THAWING DATA							
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
COOKING DATA							
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 (Gains indicated by a plus (+) sign, losses without a sign)		
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
BEEF--Continued							
COOKING DATA -- Continued							
270	Raw--Continued Retail cuts-- Continued Ground mixtures-- Continued 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
271	Meat loaf: Blend of 45% beef with 19% soy protein, plus other added ingredients.	Baked to unspecified internal temp.	87	86 to 88	<u>Drippings</u>	23	20 to 26
					<u>Volatiles</u>	10	8 to 12
					Net losses	13	12 to 14
					<u>Drippings</u>	3	1 to 4
					<u>Volatiles</u>	10	8 to 12
MOIST-HEAT METHODS							
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
					<u>Drippings</u>	20	13 to 27
					<u>Volatiles</u>	15	4 to 16
274	Chuck, bone in do	73	71 to 77	Net losses	27	23 to 29
					<u>Drippings</u>	17	13 to 20
					<u>Volatiles</u>	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
					<u>Drippings</u>	18	17 to 18
					<u>Volatiles</u>	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
					<u>Drippings</u>	22	13 to 27
					<u>Volatiles</u>	8	3 to 15
281	Do	Braised, in microwave oven in plastic wrap.	70	---	Net losses	30	---
					<u>Drippings</u>	15	---
					<u>Volatiles</u>	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
					<u>Drippings</u>	8	7 to 11
286	Cubes, from all cuts.	Simmered or pressure cooked.	61	38 to 75	<u>Volatiles</u>	31	28 to 39
287	Rib, frozen	Braised in film to 60°C (140°F) internal temp.	74	72 to 77	Net losses	39	25 to 62
				 do	26	23 to 28
DRY-HEAT METHODS							
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
					<u>Drippings</u>	8	2 to 23
					<u>Volatiles</u>	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
					<u>Drippings</u>	6	2 to 18
					<u>Volatiles</u>	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)

(1) ITEM	(2) 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>		
		(3) DESCRIPTION	(4) AVG. %	(5) RANGE %	(6) DESCRIPTION	(7) AVG. %	(8) RANGE %
	BEEF--Continued						
		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
					Drippings	9	8 to 10
309	Steaks, boneless, prebrowned.	Heated to 66°C (150°F) internal temp.	68	66 to 70	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
	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
					Handling loss	1	0 to 3
318	Knuckle (medium) ..	Lean meat, sliced	74	64 to 80	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
					Handling loss	1	0 to 3
319	Rib (medium) do	54	47 to 62	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)
	BEET GREENS, raw:						
	Untrimmed:						
333	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
					Stems and leaves	9	0 to 19
335	Trimmed	Steamed 10 min	95	94 to 96	Beets	20	10 to 30
336	Do	Boiled, unspecified time	78	77 to 78	Net losses	5	4 to 6
				 do	22	22 to 23
	BEETS:						
	Raw, whole:						
337	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
	Canned, contents of can:						
343	All samples	Drained solids	*66	+56 to 76	Liquid	*34	+24 to 44
	Whole:						
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
	Diced:						
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
	Julienne:						
348	No. 303 do	*56	--- do	*44	---
349	No. 10 do	*65	--- do	*35	---
	Sliced:						
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	BENISHOGA, pickled do	57	57 to 58 do	43	42 to 43
	BISCUITS, BAKING POWDER:						
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
	BITTERMELON LEAFY TIPS.						
	See BALSAM-PEAR, plant, leafy tips.						
	BLACKBERRIES:						
356	Raw	Sound berries	96	92 to 100	Caps and spoiled berries	4	0 to 8
	Canned, contents of can:						
357	All samples	Drained solids	58	50 to 63	Liquid	42	37 to 50
	Heavy sirup:						
358	No. 303 do	53	50 to 58 do	47	42 to 50
359	No. 10 do	*58	--- do	*42	---
	Light sirup:						
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)
	BLACKBERRIES--Continued						
	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
	BLACKEYE PEAS. See COWPEAS.						
	BLACKFISH. See TAUTOG.						
	BLUEBERRIES:						
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
	BLUEFISH:						
		DRESSING AND BONING DATA					
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	---
		COOKING DATA					
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 %
(11)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<u>BLUEFISH</u> --Continued						
		POSTCOOKING DATA					
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	---
		Skin	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	---
		Skin	9	---			
389	Dressed, stuffed, baked	Meat, skin, and stuffing,	*90	---	Net losses	10	---
		cooked.			Bones	7	---
					<u>Handling loss</u>	3	---
390	Fillet with skin, broiled.	Meat, cooked	93	---	Skin and handling loss	7	---
		<u>Light meat</u>	79	---			
		<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	---
	<u>BOYSENBERRIES</u> :						
	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
	<u>BREAD, LOAF</u> :						
	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
	<u>BREADFRUIT</u> :						
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)
	BROCCOLI:						
	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	---
	BROILER-FRYER. See CHICKEN.						
	BROWNIES. See COOKIES.						
	BRUSSELS SPROUTS:						
	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	BUFFALOFISH, round	Fillet with skin, raw ..	32	24 to 39	Head, tail, fins, entrails, scales, and bones with adhering flesh.	68	61 to 76
431	BULLHEAD, 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
	BULLOCKSHEART. See CUSTARD-APPLE.						
433	BURBOT, 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						
				BAKING DATA			
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
				POSTBAKING DATA			
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</u> --Continued						
	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.</u> See <u>MUSKMELONS.</u>						
496	<u>CASSAVA</u> , common, bitter, raw.	Pared root	*74	---	Brown skin and thin inner layer.	26	---
	<u>CATFISH.</u> See <u>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)
	CHERRIES--Continued						
	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	CHERRIES, MARASCHINO, bottled. do	61	60 to 63 do	39	37 to 40
553	CHERRY COBBLER, made from recipe.	Baked	*91	---	Net losses	9	---
554	CHESTNUTS, fresh	Kernels	81	72 to 89	Shells	19	11 to 28
	CHICKEN:						
	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)
	CHICKEN--Continued						
		DRESSING AND DRAWING DATA -- Continued					
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
		ANATOMICAL PARTS DATA, RAW					
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
		COOKING DATA					
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
		ANATOMICAL PARTS -- PROPORTION OF TOTAL CARCASS, COOKED					
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
		POSTCOOKING DATA					
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.	65	---	Net losses	35	---
		Meat with skin, raw ..	58	50 to 62	Bone	33	25 to 40
		Meat, raw	47	40 to 53	Handling loss	2	1 to 5
		Dark meat, raw ..	23	19 to 25			
		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	BONING AND ANATOMICAL PARTS DATA, RAW					
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
		THAWING DATA					
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
		COOKING DATA					
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						
	Broiler-fryer, raw-- Continued						
	Parts:						
		COOKING DATA -- Continued					
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)
CHICKEN--Continued							
COOKING DATA -- Continued							
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	---
POSTCOOKING DATA							
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.	<u>Meat</u>	87	---	<u>Bone</u>	13	---
796	Leg, without skin	do	79	---	do	21	---
ANATOMICAL PARTS AND THAWING DATA, RAW							
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)
CHICKEN--Continued							
COOKING DATA							
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
					<u>Drippings</u>	10	9 to 11
					<u>Volatiles</u>	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	<u>Drippings</u>	7	3 to 8
		<u>Stuffing</u>	16	12 to 20	<u>Volatiles</u>	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
POSTCOOKING DATA							
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	<u>Bone</u>	21	18 to 24
		<u>Light meat</u>	35	32 to 37	<u>Handling loss</u>	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	---	<u>Bone</u>	18	---
		<u>Light meat</u>	36	---	<u>Handling loss</u>	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	---	<u>Bone</u>	27	---
		<u>Light meat</u>	31	---	<u>Handling loss</u>	4	---
		<u>Skin</u>	12	11 to 16			
810	Parts, roasted, bone in: Breast and back ...	Meat and skin	67	65 to 69	Net losses	33	31 to 35
		<u>Dark meat</u>	6	6 to 7	<u>Bone</u>	32	31 to 33
		<u>Light meat</u>	51	48 to 52	<u>Handling loss</u>	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	<u>Bone</u>	20	18 to 22
		<u>Skin</u>	8	8 to 9	<u>Handling loss</u>	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	<u>Bone</u>	37	35 to 40
		<u>Skin</u>	22	20 to 25	<u>Handling loss</u>	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	<u>Bone</u>	26	26 to 27
		<u>Skin</u>	35	35 to 35	<u>Handling loss</u>	3	2 to 4
ANATOMICAL PARTS AND BONING DATA, RAW							
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	<u>Neck</u>	3	---
		<u>Back</u>	22	17 to 31	<u>Giblets</u>	5	---
		<u>Drumsticks</u>	13	10 to 14	<u>Gizzard</u>	2	---
		<u>Thighs with oyster meat.</u>	16	14 to 17	<u>Heart</u>	1	---
		<u>Wings</u>	10	8 to 13	<u>Liver</u>	2	---
					<u>Separable fat</u>	6	---
					<u>Handling loss</u>	1	---
815	Parts, raw: Half	Meat and skin, raw	63	---	Net losses	37	---
		<u>Meat</u>	49	---	<u>Bone</u>	20	---
		<u>Skin</u>	14	---	<u>Excess fat</u>	12	---
					<u>Handling loss</u>	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	ANATOMICAL PARTS AND BONING DATA, RAW -- Continued					
	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
		COOKING DATA					
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
		POSTCOOKING DATA					
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	
CHUM, MEAN:							
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
CHRYSANTHEMUM:							
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
CISCO. See LAKE HERRING.							
CLAMS:							
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	---
COD:							
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						
		DRESSING AND BONING DATA -- Continued					
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
		THAWING DATA					
893	Fillet, frozen	Thawed, raw	93	80 to 100	Thawing losses	7	0 to 20
		COOKING DATA					
	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
		POSTCOOKING DATA					
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>	64	37 to 85
					<u>Cob</u>	35	12 to 59
919	On cob, husk removed	do	55	---	Cob, trimmings, and juice.	29	13 to 44
920	Do	Cooked on cob	101	93 to 107	Net change	45	---
921	Cooked, on cob	Cooked kernels	54	36 to 60	Cobs	+1	+7 to 7
	Canned, whole grain, contents of can: Wet pack:					46	40 to 64
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)
	COWPEAS--Continued						
	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
	Yardlong (asparagus bean):						
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
	CRAB:						
	Blue, whole, live:						
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	---
	Dungeness, whole:						
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
	King, whole:						
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
	King:						
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 %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
CRAB DISHES:							
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	CRANBERRIES , raw	Sound berries	95	93 to 99	Stems and spoiled berries	5	1 to 7
CRAYFISH:							
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	---
CREAM PUFFS:							
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	CRESS, GARDEN , raw	Leaves	*71	---	Stems, crowns, and spoiled leaves	29	---
CROAKER:							
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	---
Fillet, raw:							
985	All samples	do	85	75 to 97	Drippings	2	---
986	Small fish, less than 454 g (1 lb)	do	79	75 to 82	Volatiles	12	---
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							
						10	---
						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)
	CUCUMBERS:						
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	CULTUS, PACIFIC , round, raw.	Flesh, raw	50	49 to 52	Head, tail, fins, entrails, bones, and skin.	50	48 to 51
994	CURRENTS , black (European), red and white.	Fruit without stems	98	97 to 98	Stems	2	2 to 3
995	CUSK, ATLANTIC , drawn ...	Flesh, raw	*58	---	Head, tail, fins, skin, and bones.	42	---
996	GUSTARD-APPLE , raw	Flesh	58	41 to 72	Seeds and skin	42	28 to 59
	DAIKON . See RADISHES , oriental.						
	DANISH PASTRY:						
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	---
	DASHEENS . See TAROS .						
999	DATES , moisturized, with pits.	Pitted fresh	90	87 to 91	Pits	10	9 to 13
	DEWBERRIES . See BLACK-BERRIES .						
1000	DOCK , raw	Leaves and stems	*70	---	Stalks	30	---
	DOUGHNUTS , 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
	DRESSING, BREAD:						
1003	In bird	Baked	146	125 to 155	Net gain	+46	+25 to +55
1004	In casserole do	*88	---	Net losses	12	---
1005	DRUM (red), round	Flesh, raw	41	36 to 45	Head, fins, tail, entrails, bones, and skin.	59	55 to 64
	DUCK:						
	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						
		DRESSING AND BONING DATA -- Continued					
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
		COOKING DATA					
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
		POSTCOOKING DATA					
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
		DRESSING DATA					
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
		EGGPLANT:					
		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)
	<u>EGGS--Continued</u>						
	Hen--Continued						
	Raw--Continued						
	Out of shell--Continued						
	For cooking in a mixture--Continued						
1056	Scrambled, creamy.	Egg, 76%; milk, 15%; fat, 8%; and seasonings, 1%.	91	88 to 93	Net losses	9	7 to 12
1057	French omelet	Egg, 69%; milk, 19%; butter, 10%; and seasonings, 2%.	92	91 to 93 do	8	7 to 9
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 and 50% water.	90	88 to 93 do	10	7 to 12
	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. See PEPEAO.</u>						
	<u>ENDIVE:</u>						
1065	Institutional pack	Trimmed	78	75 to 80	Ends, outer leaves, and trimmings.	22	20 to 25
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 in 6 parts water (by volume) for 15 min.	693	684 to 705	Net gain due to water absorption.	+593	+584 to +605
1070	Quick cooking	Cooked, 1 part cereal in 5 parts water (by volume) for 5 min.	671	639 to 691 do	+571	+539 to +591
1071	Instant cooking	Cooked, 1 part cereal in 4 parts water (by volume) for 30 s.	575	537 to 612 do	+475	+437 to +512
1072	Precooked (instant) ...	Prepared, by mixing, 28 g (1 oz) cereal with 150 ml (5/8 cup) hot water.	488	473 to 507	Net gain due to added water.	+388	+373 to +407
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 absorption.	+49	+41 to +59
1077	Black Mission (11 to 30 per 454 g (1 lb)). do	146	141 to 153 do	+46	+41 to +53
1078	Calimyrnas (9 to 14 per 454 g (1 lb)). do	152	150 to 159 do	+52	+50 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 %
(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>						
		DRESSING AND BONING DATA					
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 (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>FLOUNDER--Continued</u>						
		DRESSING AND BONING DATA -- Continued					
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
		THAWING DATA					
1108	Fillet, frozen	Thawed, raw	98	95 to 100	Thawing losses	2	0 to 5
		COOKING DATA					
1109	Dressed, raw	Baked	*75	---	Net losses	25	---
					Drippings	6	---
					Volatiles	19	---
1110	Dressed, breaded, raw	Pan fried and broiled ..	93	93 to 93	Net losses	7	7 to 7
					Drippings	2	2 to 2
					Volatiles	5	5 to 5
1111	Fillet, raw	Baked	72	63 to 80	Net losses	28	20 to 37
					Drippings	3	---
					Volatiles	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	---
		POSTCOOKING DATA					
1115	Dressed, baked	Meat, cooked	*89	---	Net losses	11	---
					Bones	8	---
					Handling loss	3	---
1116	Dressed, pan fried, and broiled.	Meat, skin, and breading, cooked.	*89	---	Net losses including bone and handling loss.	11	---
1117	<u>FLOUNDER ALMONDINE,</u> frozen.	Baked	*94	---	Net losses	6	---
	<u>FRANKFURTER. See</u> <u>SAUSAGE.</u>						
	<u>FROG LEGS:</u>						
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
					Bones	24	21 to 26
					Handling loss	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 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	---
1158	GOAT:						
	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:						
		DRESSING AND BONING DATA					
	Domesticated:						
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			
		Skin, raw	34	33 to 35			
		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 (Gains indicated by a plus (+) sign, losses without a sign)			
		DESCRIPTION	AVG. %	RANGE %	DESCRIPTION	AVG. %	RANGE %	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	
	GOOSE--Continued	COOKING DATA --Continued						
	Domesticated--Continued	POSTCOOKING DATA						
	Ready-to-cook carcass, cut up, raw--Continued	COOKING AND POSTCOOKING DATA						
1179	Neck and giblets, raw--Continued	Gizzard, raw	Simmered	61	---	Net losses	39	---
1180	Heart, raw	Heart, raw	do	50	---	do	50	---
1181	Liver, raw	Liver, raw	do	79	---	do	21	---
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			
1184	Wild: Ready-to-cook carcass, raw.	Roasted		*71	---	Net losses	29	---
						Drippings	1	---
1185	Roasted carcass, bone in.	Meat and skin, raw		*65	---	Volatiles	28	---
		Meat		58	---	Net losses	35	---
		Skin		7	---	Bones	32	---
						Cutting loss	3	---
	GOURD, DISHCLOTH. See TOWELGOURD.							
	GRANADILLA, whole, raw:							
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	---
	GRAPEFRUIT, raw:							
	White:							
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</u> , raw	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	---

* 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)
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)
DRESSING AND BONING DATA							
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
COOKING DATA							
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	---
HAKE:							
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
HALIBUT:							
DRESSING, BONING, AND THAWING DATA							
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						
	Steak--Continued		COOKING DATA				
1259	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	HAMS, 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:						
	Raw, untrimmed:		TRIMMING DATA				
1265	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	---
	Raw, ready to cook:		COOKING DATA				
1269	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
	Cooked:		POSTCOOKING DATA				
1277	Beef	Trimmed, ready to eat ..	75	57 to 87	Fat, skin, and evaporation 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>HORSERADISH</u> , roots, raw	Pared root	69	55 to 73	Parings	31	27 to 45
	<u>HORSERADISH 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 %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
LAMB--Continued							
THAWING DATA							
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
COOKING DATA							
<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
	Cos or Romaine:						
1421	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)
	LIVER:						
		TRIMMING DATA					
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
		COOKING DATA					
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	---
	LOBSTER, northern:						
	Whole, in shell:						
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
	Tail, in shell:						
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	LOBSTER NEWBURG, made from recipe.	Baked	*91	---	Net losses	9	---
	LOBSTER, SPINY. See CRAYFISH.						
	LOGANBERRIES, canned, contents of can:						
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	---
	LONGANS:						
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.	66	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)
MUSKMELONS--Continued							
Raw--Continued							
Casaba--Continued							
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	---
Honeydew:							
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
Persian:							
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
1530	MUSSELS, whole	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
MUSTARD GREENS:							
Raw:							
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
Canned, chopped, contents of can:							
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
NATAL PLUM. See <u>CARISSA</u>.							
1539	NECTARINES	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
NOODLES, EGG, all sizes, including twists, fettucini, and others:							
Dry:							
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)
NOODLES, JAPANESE:							
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.							
OATS, ROLLED (plain or maple flavored):							
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
OKRA:							
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
OLIVES, in brine:							
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
OMELET. See EGGS.							

* 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)
	ONIONS:						
	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	ONIONS, WELSH	Tender part, raw	65	65 to 66	Tops of leaves and roots	35	34 to 35
	ORANGES:						
	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. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	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 Losses	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:						
	Slices:						
1662	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.

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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)
PEARS:							
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	---
PEAS, EDIBLE-PODDED:							
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	---
PEAS, GREEN:							
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.

† 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)	
	PEAS AND CARROTS:							
	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	
	PEPEAO:							
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	---	
	PEPPERS, HOT, CHILI:							
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	---	
	PEPPERS, SWEET:							
	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	---	
	PERCH:							
		DRESSING, BONING, AND THAWING DATA						
	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	---	
		COOKING DATA						
	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
		THAWING DATA					
1871	<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	---
1897	Fillet:						
	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>(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 <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)
	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)
POTATO AND POTATO PRODUCTS--Continued							
COOKING DATA - Continued							
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
POSTCOOKING DATA							
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
POTATO DISHES:							
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)
	PRUNES:						
	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	---
	PUDDING:						
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	PUMMELO, whole, raw	Flesh	62	61 to 65	Seeds and skin	38	35 to 39
2121	Do	Juice	56	---	Seeds, skin, and membranes.	44	---
	PUMPKIN, raw:						
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	PUMPKIN AND SQUASH SEEDS, dry.	Kernels	*74	---	Hulls	26	---
	PUMPKIN LEAFY TIPS:						
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	---
	PURSLANE, raw:						
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)
	QUAIL:						
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	QUINCES, raw	Flesh	*61	---	Parings, core, and seeds	39	---
	RABBIT:						
	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	---
	RADISHES:						
	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	RAISINS	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 65 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)
	SALMON--Continued						
		POSTCOOKING DATA -- Continued					
	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	---
	SALSIFY, raw:						
2254	With tops	Scraped root	*47	---	Tops, scrapings, and rootlets.	53	---
2255	Without tops	do	*87	---	Scrapings and rootlets	13	---
2256	SAPODILLA	Flesh, raw	80	71 to 88	Seeds and skin	20	12 to 29
2257	SAPOTES	do	76	65 to 86	do	24	14 to 35
	SARDINES, canned:						
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	---
	SAUCES:						
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
	SAUERKRAUT:						
	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 %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
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 <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)
SHAD ROE:							
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	---
					Drippings	4	---
					Volatiles	13	---
SHADDOCK. See PUMMELLO.							
2326	SHALLOT BULBS, raw	Peeled bulbs	*88	---	Skins	12	---
2327	SHARK'S FIN	Cartilage	*78	---	Bones and skin	22	---
SHEEFISH. See INCONNU.							
2328	SHEEPSHEAD, 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	SHEPHERDSPURSE, raw	Trimmed leaves	*93	---	Trimmings	7	---
SHRIMP:							
CLEANING AND THAWING DATA							
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
					Shell	15	12 to 16
					Veins and handling loss	4	3 to 6
2334	Do	Fantailed, raw	86	83 to 90	Net losses	14	10 to 17
					Shell	10	7 to 13
					Veins and handling loss	4	1 to 5
	Count per 454 g (1 lb):						
2335	21-25	Meat, shelled, deveined, raw.	*82	---	Net losses	18	---
					Shell	12	---
					Veins and handling loss	6	---
2336	26-30 do	*81	---	Net losses	19	---
					Shell	16	---
					Veins and handling loss	3	---
2337	31-35 do	80	---	Net losses	20	---
					Shell	16	---
					Veins and handling loss	4	---
2338	Do	Fantailed, raw	88	85 to 90	Net losses	12	10 to 15
					Shell	7	6 to 9
					Veins and handling loss	5	4 to 5
2339	36-40	Meat, shelled, deveined, raw.	81	81 to 82	Net losses	19	18 to 19
					Shell	15	15 to 15
					Veins and handling loss	4	3 to 4
2340	Do	Fantailed, raw	*88	---	Net losses	12	---
					Shell	9	---
					Veins and handling loss	3	---
2341	41-45	Meat, shelled, deveined, raw.	82	81 to 82	Net losses	18	18 to 19
					Shell	15	14 to 16
					Veins and handling loss	3	3 to 3
2342	Do	Fantailed, raw	87	---	Net losses	13	---
					Shell	12	---
					Veins and 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. %	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-cous 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. % (4)	RANGE % (5)	DESCRIPTION	AVG. % (7)	RANGE % (8)
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	SPINACH:						
	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	---
	SQUAB:						
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)
	SQUASH, SUMMER:						
	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
	SQUASH, WINTER:						
	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	SQUAWFISH , round	Fillet with skin, raw ..	31	29 to 35	Head, tail, fins, entrails, scales, and bones.	69	65 to 71
2470	SQUETEAGUE , 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 %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	<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>SWEETSOP</u> . See <u>SUGAR-APPLES</u> .						
	<u>SWISS CHARD</u> . See <u>CHARD, 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
					<u>Drippings</u>	7	5 to 10
					<u>Volatiles</u>	22	17 to 31
2519	Broiled, bone in	Meat, cooked	89	87 to 91	Net losses	11	9 to 13
					<u>Bones</u>	3	3 to 4
					<u>Skin</u>	6	5 to 7
					<u>Handling loss</u>	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)
	TONGUE:						
	Ready to cook:		COOKING DATA				
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:		POSTCOOKING DATA				
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
	TOWELGOURD, raw:						
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	TREE-TOMATO	Flesh, raw	73	68 to 79	Seeds and skin	27	21 to 32
	TROUT:						
	Brook:		DRESSING AND BONING DATA				
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
			COOKING DATA				
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
	TSUKEMONO. See CABBAGE, SPOON, salt pickled.						

* 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 (Gains indicated by a plus (+) sign; losses without a sign)		
		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)
	TURKEY--Continued						
	Fryer-roaster-- Continued Parts:	POSTCOOKING DATA -- Continued					
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 %
(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)
	TURKEY--Continued						
		POSTCOOKING DATA -- Continued					
2649	Fryer-roaster-- Continued Parts--Continued Wing, pressure cooked.	Meat and skin, cooked ..	62	58 to 67	Net losses	38	33 to 42
		Meat	44	41 to 47	Bone	37	32 to 40
		Skin	18	14 to 21	Handling loss	1	0 to 3
2650	Wing, roasted	Meat and skin, cooked ..	58	53 to 62	Net losses	42	38 to 47
		Meat	39	36 to 42	Bone	38	34 to 41
		Skin	19	16 to 21	Handling loss	4	0 to 8
		ANATOMICAL PARTS DATA					
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.	9	8 to 9
					Neck without skin	4	4 to 4
					Giblets	5	4 to 5
					Gizzard	2	2 to 2
					Heart	1	1 to 1
					Liver	2	1 to 2
		ANATOMICAL PARTS - PROPORTION OF TOTAL CARCASS, RAW					
2652	Ready to cook without neck and giblets, raw.	Breast	37	36 to 38
		Legs	30	29 to 31
		Drumsticks	14	13 to 16
		Thighs	16	16 to 17
		Back, full	20	19 to 20
		Rib	9	8 to 10
		Tail	11	11 to 12
		Wings	13	12 to 14
		BONING DATA					
2653	Ready to cook, whole or half carcass, raw.	Meat and skin, raw	75	70 to 78	Net losses	25	22 to 30
		Meat	63	57 to 68	Bone	23	20 to 30
		Dark	26	24 to 28	Handling loss	2	2 to 2
		Light	37	36 to 38
		Skin	12	7 to 18
2654	Parts, raw: Breast	Meat and skin, raw	88	86 to 90	Net losses	12	10 to 14
		Meat	73	65 to 79	Bone	11	10 to 13
		Skin	15	10 to 23	Handling loss	1	0 to 2
2655	Breast quarter	Meat and skin, raw	79	78 to 80	Net losses	21	20 to 22
		Meat	66	63 to 68	Bone	19	18 to 20
		Skin	13	12 to 15	Handling loss	2	1 to 2
2656	Leg quarter	Meat and skin, raw	74	73 to 76	Net losses	26	24 to 27
		Meat	64	60 to 67	Bone	24	22 to 26
		Skin	10	9 to 13	Handling loss	2	1 to 3
2657	Leg	Meat and skin, raw	82	81 to 82	Net losses	18	18 to 19
		Meat	76	74 to 76	Bone	16	16 to 18
		Skin	6	5 to 7	Handling loss	2	1 to 2
2658	Drumstick	Meat and skin, raw	75	74 to 76	Net losses	25	24 to 26
		Meat	70	70 to 72	Bone	23	21 to 24
		Skin	5	4 to 5	Handling loss	2	1 to 3
2659	Thigh	Meat and skin, raw	87	85 to 89	Net losses	13	11 to 15
		Meat	79	77 to 81	Bone	12	10 to 13
		Skin	8	6 to 8	Handling loss	1	1 to 2
2660	Back, full:	Meat and skin, raw	55	51 to 61	Net losses	45	39 to 49
		Meat	38	31 to 47	Bone	42	36 to 45
		Skin	17	14 to 23	Handling loss	3	2 to 4
2661	Rib	Meat and skin, raw	59	57 to 61	Net losses	41	39 to 43
		Meat	46	39 to 53	Bone	38	36 to 42
		Skin	13	9 to 17	Handling loss	3	1 to 4
2662	Tail	Meat and skin, raw	52	45 to 61	Net losses	48	39 to 55
		Meat	32	26 to 43	Bone	45	36 to 51
		Skin	20	15 to 26	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. %	RANGE %	DESCRIPTION	AVG. %	RANGE %
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	TURKEY--Continued						
	Young hen--Continued						
	Parts, raw--Continued						
2663	Wing	BONING DATA --Continued					
		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
		COOKING DATA					
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
		POSTCOOKING DATA					
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)
	TURKEY--Continued						
		POSTCOOKING DATA -- Continued					
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
		ANATOMICAL PARTS DATA					
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
		ANATOMICAL PARTS -- PROPORTION OF TOTAL CARCASS, RAW					
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
		BONING DATA					
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)
	TURKEY NECKS--Continued						
	Cooked:	POSTCOOKING DATA					
2790	Pressure cooked with skin.	Meat and skin	72	69 to 78	Net losses	28	22 to 31
		Meat	55	51 to 63	Bone	25	19 to 29
		Skin	17	14 to 20	Handling loss	3	1 to 4
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
	TURKEY PATTIES:	COOKING DATA					
2793	Dark meat, raw	Baked at 204°C (400°F) for 20 min.	69	67 to 70	Net losses	31	30 to 33
					Drippings	9	5 to 13
					Volatiles	22	---
2794	Light and dark meat, raw.	do	71	68 to 78	Net losses	29	22 to 32
					Drippings	9	3 to 16
					Volatiles	20	---
	TURKEY ROLL, frozen:						
2795	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	---
					Drippings	18	---
					Volatiles	10	---
2796	Do	Roasted to internal temp. of 77° to 85°C (170° to 185°F).	69	65 to 80	Net losses	31	20 to 35
					Drippings	9	4 to 22
					Volatiles	22	7 to 25
2797	Dark meat	Roasted to internal temp. of 85° to 90°C (185° to 194° F).	63	58 to 77	Net losses	37	33 to 42
					Drippings	14	9 to 19
					Volatiles	23	19 to 30
2798	Light meat	Braised to 80°C (176°F) internal temp.	73	73 to 75	Net losses	27	25 to 27
					Drippings	12	9 to 13
					Volatiles	15	12 to 18
2799	Do	Roasted to internal temp. of 80° to 85°C (176° to 185°F).	72	67 to 77	Net losses	28	23 to 33
					Drippings	12	8 to 15
					Volatiles	16	11 to 25
	TURKEY STEAKS, frozen:						
	Floured, raw:						
2800	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	---
	TURNIP GREENS:						
	Raw:						
2805	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)
	TURNIPS:						
	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	---
	TURNOVERS:						
	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	TURTLE, in shell	Muscle, raw	*24	---	Shell	76	---
	UDON. See NOODLES, JAPANESE.						
	UMEBOSHI. See PLUMS, pickled.						
	UTONG. See COWPEAS, immature pods with seeds.						
	VEAL:						
		SLAUGHTER AND BONING DATA					
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)
	VEAL--Continued						
			THAWING DATA				
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
			COOKING DATA				
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	Rolled	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 ^{1/}

LINE	DESCRIPTION OF FOOD BEFORE PREPARATION	YIELD AT SPECIFIED STEP IN PREPARATION			
		RAW, UNPARSED, WHOLE —(1)— PERCENT	RAW, PARSED —(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>

^{1/} 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 ^{1/}

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>

^{1/} 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.