

Equivalent Food Terminology

Food	Alternate Name
Capellini	vermicelli
Farfalle (bow tie pasta)	macaroni noodles
Huckleberries	blueberries
King cake	coffee cake, quick bread or crumb type, with frosting or glaze, plain
Spanish peanuts	peanuts, oil roasted
Tagliatelle	fettuccini noodles

Unknown Amounts

Food	Data-entry Rule
<u>Additions to Beverages</u>	
Artificial sweetener	1 PKT per 1 CP
Cream or liquid cream substitute	1 CNT per 1 CP
Espresso shot	1 FO per 1 shot
Powdered cream substitute	1 PKT per 1 CP
Sugar	1 PKT per 1 CP
Syrup, flavoring for coffee	1 FO per 1 shot
<u>Additions to Bread or Sandwiches</u>	
Catsup, mayo or mayo-type dressing, and/or pickle relish on sandwich	1 TB catsup, mayo, and/or pickle relish per 1 sandwich
Cheese on garlic bread	2 TB fresh grated cheese per 1 medium slice garlic bread
Lettuce on sandwich	1 medium leaf per 1 sandwich
Mustard on sandwich	2 TS mustard per 1 sandwich
Pickle relish on sandwich	1 TB relish per 1 sandwich
Pickle slices on sandwich	2 slices pickle per 1 sandwich
Spread on bread, English muffin, or bagel	1 TS butter or margarine, or 1 TB cream cheese, peanut butter, jam or jelly per 1 slice bread, ½ English muffin, or ½ bagel
Syrup on pancakes, waffles, or French toast	2 TB syrup per 1 piece
Tomato slices on sandwich	2 medium slices tomato per 1 sandwich
<u>Additions to Main Dishes or Tex-Mex food</u>	
Cheese on mixed dishes or Tex-Mex food	2TB fresh grated cheese per 1 CP mixed dish or Tex-Mex item
Guacamole on Tex-Mex food or chili	2 TB guacamole per 1 Tex-Mex item or 1 CP chili
Oil based pasta sauce (flavored oil)	1 TB oil per 1 CP pasta

Unknown Amounts

Food	Data-entry Rule
Olives on Tex-Mex food or chili	½ TB chopped olives per 1 Tex-Mex item or 1 CP chili
Pesto on pasta	2 TB pesto per 1 CP pasta
Salsa or picante sauce on Tex-Mex item	1 TB salsa or picante sauce per 1 Tex-Mex item
Sour cream on Tex-Mex food or chili	2 TB sour cream per 1 Tex-Mex item or 1 CP chili
<u>Additions to Vegetables</u>	
Butter flavored replacement powder on vegetables	1 TS powder per 1 CP vegetables
Butter or margarine on mashed potatoes	2 TS butter or margarine per 1 CP mashed potatoes
Cheese topping on vegetables	2 TB fresh grated cheese per 1 CP vegetables
Gravy or sauce on mashed potatoes or vegetables	4 TB gravy or sauce per 1 CP mashed potatoes or vegetables
Sugar glaze on vegetables	enter 2 TS sugar per 1 CP vegetables
<u>Cheese on Foods</u>	
Cheese on garlic bread, mixed dishes or Tex-Mex food	2 TB fresh grated cheese per 1 medium slice garlic bread, 1 CP mixed dish, 1 CP vegetable, or 1 Tex-Mex item
<u>Condiments, Toppings, or Spreads on Foods</u>	
Catsup on French fries or sandwich	1 TB catsup per 1 small serving French fries or 1 sandwich
Guacamole on Tex-Mex food or chili	2 TB guacamole per 1 Tex-Mex item or 1 CP chili
Jelly on toast or bread	1 TB jelly per 1 slice of bread
Lettuce on sandwich	1 medium leaf per 1 sandwich
Mayo or mayo-type dressing on sandwich	1 TB mayo per 1 sandwich
Mustard on sandwich	2 TS mustard per 1 sandwich
Olives on Tex-Mex food or chili	½ TB chopped olives per 1 Tex-Mex item or 1 CP chili
Pickle relish on sandwich	1 TB relish per 1 sandwich
Pickle slices on sandwich	2 slices pickle per 1 sandwich
Salsa or picante sauce on a Tex-Mex item	1 TB salsa or picante sauce per 1 Tex-Mex item
Sour cream on Tex-Mex food or chili	2 TB sour cream per 1 Tex-Mex item or 1 CP chili
Syrup on pancakes, waffles or French toast	2 TB syrup per 1 piece
Tomato slices on sandwich	2 medium slices tomato per 1 sandwich
<u>Spreads on Foods</u>	
Butter or margarine on bread	1 TS butter or margarine per 1 slice bread
Butter or margarine on English muffin	1 TS butter or margarine per ½ English muffin
Butter or margarine used for grilling sandwiches	1 TS butter or margarine per 1 slice bread
Butter or margarine on mashed potatoes	2 TS butter or margarine per 1 CP mashed potatoes

Unknown Amounts

Food	Data-entry Rule
Cream cheese on bagel	1 TB cream cheese per ½ bagel
Peanut butter on bread	1 TB peanut butter per 1 slice bread
<u>Other Additions to Food</u>	
Filling, frosting or whipped topping on cake	0.2 TB filling or frosting or topping per cubic inch of cake, if not an option
Glaze on meat, fish or poultry	disregard glaze
Ice cream on dessert (a la mode)	½ CP ice cream per 1 piece dessert
Milk on cereal	½ CP milk per 1 CP cereal
Nuts in cake from a home recipe	0.06 TB nuts per cubic inch of cake or 0.26 TB nuts per cupcake, if not an option
Nuts on sundae	1 TB nuts per ½ CP ice cream
Sauce on meat, fish or poultry	½ TB sauce per 1 OZ meat, fish, or poultry, if not an option
Sugar on cereal	1 TS sugar per 1 CP cereal
Sugar on fresh fruit	1 TS sugar per 1 CP or 1 piece of fruit; or choose frozen, sweetened
Whipped topping on pie	2 TB topping per 1/8 of 9" diameter pie
Whipped topping on pudding or gelatin dessert	2 TB topping per ½ CP pudding or gelatin dessert
Whipped topping or ice cream topping on sundae	2 TB topping per ½ CP ice cream
<u>Miscellaneous Amounts (No FSU available)</u>	
Butter, foil wrapped chip (continental)	1 foil wrapped chip = 2 TS
Heaping teaspoon or tablespoon	1 heaping teaspoon = 2 TS 1 heaping tablespoon = 2 TB
Ice cubes	tap water, and FSU of ICE – ice cube
Ice cream, 1 scoop	½ CP ice cream per 1 scoop
Tortilla for wrap sandwich	12" diameter circle

Study Specific Data-entry Rules

[illegible]