

	Pork curry
	Fish Paste
	Chicken curry
	Pork chop fried lean only eaten
	Pork chop broiled baked or grilled lean only eaten
	Fish curry
	Beef curry
	Pork roast loin cooked lean and fat eaten
	Goat fried
	Steak beef raw filet boneless
	Steak beef grilled or broiled lean only eaten
	Steak beef fried lean only eaten
	Beef shortribs cooked lean only eaten
	Beef shortribs barbecued with sauce lean only eaten
	Beef roast lean and fat eaten prime rib rib roast
	Tuna canned water packed
	Beef roast lean only eaten prime rib rib roast
	Beef raw roast eye of round fat trimmed
	Beef pot roast braised or boiled lean and fat eaten
	Beef raw roast chuck boneless fat not trimmed
	Beef pot roast braised or boiled lean only eaten
	Beef brisket cooked lean only eaten
	Ground beef less than 80 lean cooked
	Fried chicken breast fried in oil skin breading not eaten
	Dried Fish Soup
	Haddock pollock scrod monkfish baked or broiled without fat
	Chicken breast roasted skin not eaten
	Meatballs beef
	Haddock pollock scrod monkfish floured or breaded fried in oil
	Sardines canned in oil
	Rice Soup w Pork
	Chicken breast stewed skin not eaten