

Tabulated Heat Capacities for Selected Biological Materials
from Transport Processes and Unit Operations 3rd Ed. by Geankoplis

Material	C _p (kJ/kg-K)	Material	C _p (kJ/kg-K)
Oak	2.39	Flour	1.80-1.88
Pine, yellow	2.81	Ice Cream (liquid)	3.27
Wool	1.36	Ice Cream (frozen)	1.88
Starch	1.218	Milk, whole	3.85
Glycerol	1.382	Olive Oil	2.01
Lactose	1.202	Green Beans (fresh)	3.81
Apples	3.73-4.02	Green Beans (frozen)	1.97
Bacon	3.43	Potatoes	3.52
Beef	3.43	Poultry (fresh)	3.31
Bread, white	2.72-2.85	Poultry (frozen)	1.55
Butter	2.30		
Eggs	3.18		
Corn (fresh)	3.32		
Corn (frozen)	1.77		