

EFNEP Chinese Foods Substitution Guide

- Assists educators with entering Chinese foods into Web-NEERs
- Use with the *Food Tracker....What I ate yesterday* form



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Information for Educators (This guide contains only Chinese foods)

The *Chinese Foods Substitution Guide* will be used when entering *Food Tracker* recall data into WebNEERS. Many of our participants come from diverse cultural backgrounds. When collecting dietary recalls, many of the cultural foods listed on participants' *Food Trackers* are not found in the WebNEERS database. The *Chinese Foods Substitution Guide* matches Chinese foods that are not found in WebNEERS to foods with similar nutritional value that are found in WebNEERS. This guide will make entering participants' *Food Tracker* data into WebNEERS easier for you, the EFNEP nutrition educator.

How Was the Guide Developed?

A list of common, traditional Cultural foods not found in WebNEERS was developed based on educator interviews. Nutritional analysis was performed for one portion of each item using a nutrition database called ESHA Food Processor. Traditional Cultural foods were matched to nutritionally comparable foods that are found in WebNEERS.



For example, let's say your participant wrote in their *Food Tracker* that they had 16 fl oz of *Agua Fresca*.

When you look up **Agua Fresca** in the *Guide* it is matched to **Strawberry Flavored Drink**, a WebNEERS food substitution with a similar nutrient profile. In this case, Strawberry Flavored Drink has approximately double the nutrients of *Agua Fresca*. So that they have similar nutrient profiles, the *Guide* provides the number of WebNEERS portions that adjusts serving sizes from the original food to the food substitute.

Food Not in NEERS	NEERS Food Substitution	Select this... NEERS Portion Size	Find this... Qty on Food Tracker	Enter this... NEERS # of Portions
Agua Fresca	Strawberry Flavored Drink Code: 92511510	1 fl. Oz	4 fl. Oz	2
			8 fl. Oz	4
			10 fl. Oz	5
			12 fl. Oz	6
			14 fl. Oz	7
			16 fl. Oz	8
			21 fl. Oz	10.5
			24 fl. Oz	12
			32 fl. Oz	16

For example, if your participant consumes a 16 oz serving of *Agua Fresca*, the *Guide* shows 8 oz of Strawberry Flavored Drink is nutritionally comparable. Since *Agua Fresca* is not found in WebNEERS, the Strawberry Flavored Drink is entered into WebNEERS along with 8 ounces into the "NEERS # Of Portions".



NOTE: The NEERS Portion size is only relevant to you as an educator when entering *Food Tracker* data into WebNEERS. This portion does not affect the portion sizes used to gather *Food Tracker* data from participants.

Guide Organization

This guide contains a list of common, traditional Chinese foods that are frequently listed on EFNEP participant's *Food Trackers in California* and on 24 hour recall forms from other states. The food items listed in this guide are not found in the WebNEERS database. The food items in this guide are listed by category and color coded along the bottom edge of the page. The food categories are as follows:

- Drinks
- Fruit, Vegetables, Beans & Nuts
- Grains
- Meats, Poultry & Seafood
- Mixed Dishes
- Desserts & Snacks

A food item index is included with this guide. The index contains food items found in this guide and are organized alphabetically with food category listed. Use this index to look up food items that are not found in WebNEERS. It will direct you to the page number where the food and its substitution can be found.

When To Use This Guide

This guide should be used with foods that do not show up in WebNEERS. Before using this guide, try these tips to find the food:

- Double-check spelling
- Translate the food or dish title
- Try alternate words or word order when entering the data

If these tips do not help and the food still does not show up in WebNEERS, ***use this guide.***

For Foods Not Found in *The Guide*

If the food item you are looking for is not in this guide, see if your advisor or other educators are familiar with the food. You can also contact the participant to see if they can provide more information about the food. If you speak with the participant, ask the following questions about the food item:

- Does the food item have another name?
- What are the ingredients?
- How much of each ingredient?
- How was it prepared?

Other Recommended Supplies

This guide will be used along with the *How to Use the Cultural Foods Substitution Guide*. This document provides directions on using the *Cultural Foods Substitution Guide* to locate substitutions for cultural foods that can be entered into the participant's dietary recall in WebNEERs.

Food Item Index (Chinese foods only at this time)

Food Not Found in NEERS	Category	Page #
Azuki Beans	Fruits, Vegetables, Beans & Nuts	2
Banana Flower	Fruits, Vegetables, Beans & Nuts	2
Baozi	Mixed Dishes	24
BBQ Beef	Meats, Poultry & Seafood	15
BBQ Pork	Meats, Poultry & Seafood	15
Beans w/ Turkey and Tomato Sauce	Mixed Dishes	24
Beef Noodle Soup	Mixed Dishes	25
Beef w/Mushrooms	Mixed Dishes	25
Bon Bon Chicken (no skin)	Meats, Poultry & Seafood	16
Bon Bon Chicken (w/ skin)	Meats, Poultry & Seafood	16
Catfish w/Black Bean Sauce	Meats, Poultry & Seafood	17
Cha Chian Mien	Mixed Dishes	26
Ch'a Hsao Jou	Meats, Poultry & Seafood	17
Char Siu Bao	Mixed Dishes	26
Chi Pao Yu	Meats, Poultry & Seafood	18
Chicken w/ Potatoes and Carrots (no skin)	Mixed Dishes	28
Chicken w/ Potatoes and Carrots (w/ skin)	Mixed Dishes	27
Chicken w/Broccoli	Mixed Dishes	27
Chicken w/Soy sauce	Meats, Poultry & Seafood	18
Chinese Spinach	Fruits, Vegetables, Beans & Nuts	3
Ch'ing Tow Hsia Jen	Mixed Dishes	28
Choy Bao	Mixed Dishes	29
Dan Dan Noodles	Grains	13
Dou Mill	Fruits, Vegetables, Beans & Nuts	3

Food Not Found in NEERS	Category	Page #
Durian	Fruits, Vegetables, Beans & Nuts	4
Eight-Treasure Rice Pudding	Desserts & Snacks	49
Fish Soup	Mixed Dishes	29
Gai Lan	Fruits, Vegetables, Beans & Nuts	4
Gey Bao	Mixed Dishes	30
Gobo Root	Fruits, Vegetables, Beans & Nuts	5
Green Leaf	Fruits, Vegetables, Beans & Nuts	5
Ho Pao Tan	Mixed Dishes	30
Hotpot	Mixed Dishes	31
Jee Bow Kai	Mixed Dishes	31
Jook or Congee	Mixed Dishes	32
Jook or Congee Healthy Alternative (without skin)	Mixed Dishes	32
Lamb w/Ginger	Mixed Dishes	33
Lou Han Chai	Mixed Dishes	33
Mapo Dofu	Mixed Dishes	34
Meat Chao Mei Fun	Mixed Dishes	34
Meat Wonton- Filled w/ Pork and Shrimp	Mixed Dishes	35
Mixed Vegetables	Fruits, Vegetables, Beans & Nuts	6
Mo Qua	Fruits, Vegetables, Beans & Nuts	6
Napa Cabbage (cooked)	Fruits, Vegetables, Beans & Nuts	7
Napa Cabbage (raw)	Fruits, Vegetables, Beans & Nuts	7
New Year Cake	Desserts & Snacks	49
Oatmeal w/ Egg	Mixed Dishes	35
Ong Choy	Fruits, Vegetables, Beans & Nuts	8
Opo	Fruits, Vegetables, Beans & Nuts	8
Papaya Soup	Mixed Dishes	36
Pa-Ssu-Ping-Kuo	Desserts & Snacks	49
Pennywort (Rau ma)	Drinks	1


Food Not Found in NEERS	Category	Page #
Pork Bone Soup	Mixed Dishes	36
Pork Slices	Meats, Poultry & Seafood	19
Pork w/ Bok Choy	Mixed Dishes	37
Pork w/ Broccoli	Mixed Dishes	37
Pork w/ Choy Sum	Mixed Dishes	38
Pork w/ Salted Egg	Meats, Poultry & Seafood	19
Red Bean Soup (w/ coconut cream)	Mixed Dishes	38
Red Bean Soup (w/ coconut milk)	Mixed Dishes	39
Red Pepper w/ Shrimp	Mixed Dishes	39
Rice Noodles w/ Pork	Mixed Dishes	40
Rice Soup w/ Chicken and Lettuce	Mixed Dishes	40
Rice soup w/ Pork and Bok Choy	Mixed Dishes	41
Salted Fish	Meats, Poultry & Seafood	20
Sea Foods Chaomeifun	Mixed Dishes	41
Sea Foods Chaomen	Mixed Dishes	42
Shallots	Fruits, Vegetables, Beans & Nuts	9
Shih Chng Huo Kuo	Mixed Dishes	42
Shrimps Wonton	Mixed Dishes	43
Shuizhu	Mixed Dishes	43
Sichuan Hotpot	Mixed Dishes	44
Siew Op (no skin)	Meats, Poultry & Seafood	21
Siew Op (w/ skin)	Meats, Poultry & Seafood	20
Spiced Chicken	Meats, Poultry & Seafood	21
Spicy Deep Fried Chicken	Meats, Poultry & Seafood	22
Steamed Bread	Grains	13
Steamed Chicken (no skin)	Meats, Poultry & Seafood	23
Steamed Chicken (w/ skin)	Meats, Poultry & Seafood	22
Steamed Corn Bread	Grains	13

Food Not Found in NEERS	Category	Page #
Steamed Egg Cake	Grains	14
Steamed Wheat Bread (Man Tou)	Grains	14
Stir-fried Chinese Cabbage and Dried Shrimp	Mixed Dishes	44
Stir-fry Beef w/ Vegetables	Mixed Dishes	45
Sweet Bun	Mixed Dishes	45
Tofu w/ Fish	Mixed Dishes	46
Tofu w/ Green Peas	Mixed Dishes	46
Tomatoes and Eggs	Mixed Dishes	47
Tong ho choy (cooked)	Fruits, Vegetables, Beans & Nuts	9
Tong ho choy (raw)	Fruits, Vegetables, Beans & Nuts	10
Vegetable Soup	Mixed Dishes	47
Vegetarian Dumpling	Mixed Dishes	48
Wai shang (Nagaimo)	Fruits, Vegetables, Beans & Nuts	10
Yam Leaf	Fruits, Vegetables, Beans & Nuts	11
Ying Dan	Mixed Dishes	48
Yu Choy	Fruits, Vegetables, Beans & Nuts	11
Zin Choy	Fruits, Vegetables, Beans & Nuts	12
Zong zi	Mixed Dishes	48

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pennywort (Rau Ma)	Celery Juice Code: 75132100	1 cup	4 fl. Oz	1
			8 fl. Oz	2
			10 fl. Oz	2.4
			12 fl. Oz	2.9
			14 fl. Oz	3.4
			16 fl. Oz	3.9
			21 fl. Oz	5.1
			24 fl. Oz	5.9
			32 fl. Oz	7.8

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Azuki Beans	Kidney beans, cooked, no fat added Code: 41106020	1 cup	1/4 cup	0.3
			1/2 cup	0.7
			3/4 cup	1
			1 cup (8 oz-wt.)	1.4
			3 oz-wt.	0.5
			10 oz-wt.	1.7
			12 oz-wt.	2
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Banana Flower	Cabbage, fresh, pickled, Japanese Code: 75502500	1 cup	1/4 cup	0.2
			1/2 cup	0.3
			3/4 cup	0.5
			1 cup (8 oz-wt.)	0.6
			3 oz-wt.	0.2
			10 oz-wt.	0.8
			12 oz-wt.	0.9

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Chinese Spinach	Spinach, cooked, no fat added Code: 72125210	1 cup	1/4 cup	0.2
			1/2 cup	0.3
			3/4 cup	0.5
			1 cup (8 oz-wt.)	0.6
			3 oz-wt.	0.2
			10 oz-wt.	0.8
			12 oz-wt.	0.9
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Dou Mill	Cabbage, green, cooked, fat added Code: 75211030	1 cup	1/4 cup	0.5
			1/2 cup	1
			3/4 cup	1.5
			1 cup (8 oz-wt.)	2
			3 oz-wt.	0.7
			10 oz-wt.	2.5
			12 oz-wt.	2.9

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Durian	Ice cream bar/stick w/fruit Code: 13120400	1 Berry Swirl	2 tbsp.	0.7
			1/4 cup	1.4
			1/2 cup	2.8
			3/4 cup	4.1
			1 cup (8 oz-wt.)	5.5
			3 oz-wt.	2.1
			10 oz-wt.	6.9
			12 oz-wt.	8.3
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Gai Lan	Broccoli, cooked from fresh, fat not added Code: 72201211	1 cup, fresh, cut stalks	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.3
			1 cup (8 oz-wt.)	0.4
			3 oz-wt.	0.1
			10 oz-wt.	0.5
			12 oz-wt.	0.5

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Sample



For Chinese Foods *NOT* Found in NEERS

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Gobo Root	Lotus root, cooked, fat not added Code: 75218500	1 cup	1/2 each	0.9
			1 each	1.9
			2 each	3.7
			3 each	5.8
			4 each	7.4
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Green Leaf	Lettuce, raw Code: 75113000	1 large leaf	1/4 cup	0.9
			1/2 cup	1.8
			3/4 cup	2.6
			1 cup (8 oz-wt.)	3.5
			3 oz-wt.	1.3
			10 oz-wt.	4.4
			12 oz-wt.	5.3

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Mixed Vegetables	Vegetables, Oriental style, cooked, fat added Code: 75340020	1 cup	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.3
			1 cup (8 oz-wt.)	0.5
			3 oz-wt.	0.2
			10 oz-wt.	0.6
			12 oz-wt.	0.7
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Mo Qua	Winter Melon, cooked Code: 75235750	1 cup	1/4 cup	0.3
			1/2 cup	0.5
			3/4 cup	0.7
			1 cup (8 oz-wt.)	1
			3 oz-wt.	0.4
			10 oz-wt.	1.3
			12 oz-wt.	1.5

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Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Napa Cabbage (cooked)	Cabbage, Chinese, cooked, fat not added Code: 75210010	1 cup	1/4 cup	0.2
			1/2 cup	0.3
			3/4 cup	0.5
			1 cup (8 oz-wt.)	0.6
			3 oz-wt.	0.2
			10 oz-wt.	0.8
			12 oz-wt.	0.9
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Napa Cabbage (raw)	Cabbage, Chinese, raw Code: 75104000	1 cup pa-tsai	1/4 cup	0.4
			1/2 cup	0.8
			3/4 cup	1.2
			1 cup (8 oz-wt.)	1.5
			3 oz-wt.	0.6
			10 oz-wt.	1.9
			12 oz-wt.	2.3

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Ong Choy	Spinach, raw Code: 72125100	1 cup	1/4 cup	2.4
			1/2 cup	4.8
			3/4 cup	7.2
			1 cup (8 oz-wt.)	9.6
			3 oz-wt.	3.6
			10 oz-wt.	12
			12 oz-wt.	14.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Opo	Squash, summer, yellow, raw Code: 75128000	1 cup, sliced	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.6
			1 cup (8 oz-wt.)	0.8
			3 oz-wt.	0.3
			10 oz-wt.	1.1
			12 oz-wt.	1.3

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Sample



For Chinese Foods *NOT* Found in NEERS

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Shallots	Garlic, cooked Code: 75217400	1 clove	1 tsp.	1.1
			1 tbsp.	3.4
			2 tbsp.	6.7
			1/4 cup	13.4
			1/2 cup	26.8
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Tong Ho Choy (cooked)	Greens, cooked from fresh, fat not added Code: 72118211	1 cup	1/4 cup	0.1
			1/2 cup	0.3
			3/4 cup	0.4
			1 cup (8 oz-wt.)	0.6
			3 oz-wt.	0.2
			10 oz-wt.	0.7
			12 oz-wt.	0.9

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Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Tong Ho Choy (raw)	Mixed Salad Greens, raw Code: 75114000	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.5
			1 cup (8 oz-wt.)	0.7
			3 oz-wt.	0.3
			10 oz-wt.	0.9
			12 oz-wt.	1.1
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Wai shang (Nagaimo)	Bean sprouts, cooked, fat not added Code: 75207010	1 cup	1/8 each	0.1
			1/4 each	0.3
			1/2 each	0.6
			3/4 each	0.8
			1 each	1.1

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Yam Leaf	Sweet potato, squash, pumpkin, bean, chrysanthemum or swamp cabbage leaves, cooked, fat not added Code: 72133200	1 cup	1/4 cup	0.4
			1/2 cup	0.7
			3/4 cup	1.1
			1 cup (8 oz-wt.)	1.4
			3 oz-wt.	0.5
			10 oz-wt.	1.8
			12 oz-wt.	2.1
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Yu Choy	Mustard greens, cooked, fat not added Code: 72122210	1 cup	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.3
			1 cup (8 oz-wt.)	0.45
			3 oz-wt.	0.2
			10 oz-wt.	0.6
			12 oz-wt.	0.7

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For Chinese Foods *NOT* Found in NEERS

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
		NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Zin Choy	Lettuce, Boston, raw Code: 75113060	1 cup, shredded or chopped	1/4 cup	1
			1/2 cup	1.9
			3/4 cup	2.9
			1 cup (8 oz-wt.)	3.9
			3 oz-wt.	1.4
			10 oz-wt.	4.8
			12 oz-wt.	5.8

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Dan Dan Noodles	Macaroni, creamed, w/ vegetables Code: 58147350	1 cup	1/4 cup	0.5
			1/2 cup	1
			3/4 cup	1.4
			1 cup (8 oz-wt.)	1.9
			3 oz-wt.	0.7
			10 oz-wt.	2.4
			12 oz-wt.	2.9
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Steamed Bread	Wheat flours, bread, unenriched Code: 20129	1 cup, unsifted, dipped	1/2 roll	0.1
			1 roll	0.2
			2 rolls	0.5
			3 rolls	0.7
			4 rolls	1
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Steamed Corn Bread	Bread, cornmeal and molasses Code: 51115010	1 slice	1/2 slice	1.2
			1 slice	2.4
			2 slices	4.7
			3 slices	7.1
			4 slices	9.5

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Steamed Egg Cake	Pastry, Oriental, made w/ bean paste and egg yolk filling Code: 53452130	1 large round moon cake	1/2 piece	0.3
			1 piece	0.5
			2 pieces	1
			3 pieces	1.5
			4 pieces	2
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Steamed Wheat Bread (Man Tou)	Bread, sprouted wheat Code: 51207010	1 slice	1/2 roll	1
			1 roll	2
			2 rolls	3.9
			3 rolls	5.9
			4 rolls	7.8

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
BBQ Beef	Beef Wellington Code: 27214300	1 slice	1 oz-wt.	0.1
			2 oz-wt.	0.3
			3 oz-wt.	0.4
			4 oz-wt.	0.6
			5 oz-wt.	0.7
			6 oz-wt.	0.9
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
BBQ Pork	Pork w/ chili & tomato (Puerco con chile) Code: 27121000	1 cup	1 oz-wt.	0.3
			2 oz-wt.	0.6
			3 oz-wt.	0.9
			4 oz-wt.	1.2
			5 oz-wt.	1.5
			6 oz-wt.	1.8

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Bon Bon Chicken (w/ skin)	Chicken Patty Parmigiana, breaded, w/ vegetable, frozen meal Code: 28141050	1 meal (8 oz)	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.6
			1 cup (8 oz-wt.)	0.9
			3 oz-wt.	0.3
			10 oz-wt.	1.1
			12 oz-wt.	1.3
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Bon Bon Chicken (no skin)	Chicken or turkey w/ carrots or dark green vegetables, soy sauce Code: 27445110	1 cup	1/4 cup	0.4
			1/2 cup	0.7
			3/4 cup	1.1
			1 cup (8 oz-wt.)	1.5
			3 oz-wt.	0.6
			10 oz-wt.	1.9
			12 oz-wt.	2.2

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Catfish w/ black bean sauce	Fish stick, battered and fried Code: 26100250	1 oz., cooked	1 oz-wt.	1.1
			2 oz-wt.	2.2
			3 oz-wt.	3.3
			4 oz-wt.	4.4
			5 oz-wt.	5.5
			6 oz-wt.	6.6
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Ch'a Hsao Jou	Pork, spareribs, BBQ, w/ sauce, lean only Code: 22701050	1 oz, w/ bone, cooked	1 oz-wt.	2.1
			2 oz-wt.	4.2
			3 oz-wt.	6.3
			4 oz-wt.	8.4
			5 oz-wt.	10.5
			6 oz-wt.	12.6

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Chi Pao Yu	Fish Timbale or mousse Code: 27150050	1 cup	1 oz-wt.	0.2
			2 oz-wt.	0.4
			3 oz-wt.	0.7
			4 oz-wt.	0.9
			5 oz-wt.	1.1
			6 oz-wt.	1.3
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Chicken w/ soy sauce	Chicken Teriyaki Code: 27145000	1 cup	1 oz-wt.	0.1
			2 oz-wt.	0.2
			3 oz-wt.	0.3
			4 oz-wt.	0.5
			5 oz-wt.	0.6
			6 oz-wt.	0.7

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pork w/ salted egg	Egg omelet or scrambled egg w/ ham or bacon Code: 32105030	1 cup	1 oz-wt.	0.1
			2 oz-wt.	0.3
			3 oz-wt.	0.4
			4 oz-wt.	0.5
			5 oz-wt.	0.7
			6 oz-wt.	0.8
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pork Slices	Pork or ham w/ soy sauce Code: 27120150	1 cup	1 oz-wt.	0.2
			2 oz-wt.	0.3
			3 oz-wt.	0.5
			4 oz-wt.	0.6
			5 oz-wt.	0.8
			6 oz-wt.	0.9

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Salted Fish	Cod, Dried, Salted Code: 26109170	1 oz-wt.	1 oz-wt.	1
			2 oz-wt.	1.9
			3 oz-wt.	2.9
			4 oz-wt.	3.8
			5 oz-wt.	4.8
			6 oz-wt.	5.7
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Siew Op (w/ skin)	Chicken Patty, Fillet or Tenders, breaded, cooked Code: 24198700	1 cup	1 oz-wt.	0.2
			2 oz-wt.	0.5
			3 oz-wt.	0.7
			4 oz-wt.	0.9
			5 oz-wt.	1.1
			6 oz-wt.	1.4

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Siew op (no skin)	Chicken or turkey rice soup, home recipe Code: 58404030	1 cup	1 oz-wt.	0.2
			2 oz-wt.	0.4
			3 oz-wt.	0.6
			4 oz-wt.	0.9
			5 oz-wt.	1.1
			6 oz-wt.	1.3
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Spiced Chicken	Chicken or turkey w/ carrots and dark green vegetables, soy sauce Code: 27445110	1 cup	1 oz-wt.	0.3
			2 oz-wt.	0.7
			3 oz-wt.	1
			4 oz-wt.	1.3
			5 oz-wt.	1.7
			6 oz-wt.	2

The Cultural Foods Substitution Guide

Sample


For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Spicy Deep-Fried Chicken	Chicken Skin Code: 24198440	1/2 chicken, skin only	1 oz-wt.	0.4
			2 oz-wt.	0.8
			3 oz-wt.	1.2
			4 oz-wt.	1.6
			5 oz-wt.	2
			6 oz-wt.	2.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Steamed Chicken (w/ skin)	Chicken Breast, roasted, broiled, or baked, skin eaten Code: 24122110	1 oz., boneless, cooked	1 oz-wt.	1.1
			2 oz-wt.	2.2
			3 oz-wt.	3.2
			4 oz-wt.	4.3
			5 oz-wt.	5.4
			6 oz-wt.	6.5

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Steamed Chicken (no skin)	Chicken Breast, roasted, broiled, or baked, skin eaten Code: 24122110	1 oz., boneless, cooked	1 oz.-wt.	0.9
			2 oz.-wt.	1.8
			3 oz.-wt.	2.6
			4 oz.-wt.	3.5
			5 oz.-wt.	4.4
			6 oz.-wt.	5.3

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Baozi	Pork BBQ or sloppy joe, on bun Code: 27520510	1 barbeque sandwich	1/2 each	0.5
			1 each	0.9
			2 each	1.8
			3 each	2.7
			4 each	3.6
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Beans w/ Turkey and tomato sauce	Chile con carne w/beans, make w/ pork Code: 27121410	1 cup	1/4 cup	0.2
			1/2 cup	0.3
			3/4 cup	0.5
			1 cup (8 oz-wt.)	0.7
			3 oz-wt.	0.3
			10 oz-wt.	0.8
			12 oz-wt.	1

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Beef Noodle Soup	Beef, noodles and vegetables (no carrots or dark green leafy), soup Code: 27313320	1 cup	1/4 cup	0.6
			1/2 cup	1.1
			3/4 cup	1.7
			1 cup (8 oz-wt.)	2.2
			3 oz-wt.	0.8
			10 oz-wt.	2.8
			12 oz-wt.	3.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Beef w/ Mushrooms	Beef Burgundy Code: 27111200	1 cup	1/4 cup	0.3
			1/2 cup	0.6
			3/4 cup	0.8
			1 cup (8 oz-wt.)	1.1
			3 oz-wt.	0.4
			10 oz-wt.	1.4
			12 oz-wt.	1.7

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Cha Chian Mein	Lo Mein Code: 58136110	1 cup	1/4 cup	0.5
			1/2 cup	1
			3/4 cup	1.4
			1 cup (8 oz-wt.)	1.9
			3 oz-wt.	0.7
			10 oz-wt.	2.4
			12 oz-wt.	2.9
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Char Siu Bao	Roll w/ meat or shrimp, vegetables and rice paper, not fried Code: 58110200	1 roll	1/2 each	1.1
			1 each	2.1
			2 each	4.2
			3 each	6.4
			4 each	8.5

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Chicken w/ Broccoli	Chicken or turkey w/ carrots or dark green vegetables, no sauce Code: 27440110	1 cup	1/4 cup	0.5
			1/2 cup	1
			3/4 cup	1.6
			1 cup (8 oz-wt.)	2.1
			3 oz-wt.	0.8
			10 oz-wt.	2.6
			12 oz-wt.	3.1
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Chicken w/ Potatoes and Carrots (w/ skin)	Chimichanga w/ chicken and cheese Code: 58104530	1 chimichanga, NFS	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.4
			1 cup (8 oz-wt.)	0.5
			3 oz-wt.	0.2
			10 oz-wt.	0.6
			12 oz-wt.	0.7

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Chicken w/ Potatoes and Carrots (no skin)	Chicken or turkey, rice, carrots or dark green vegetables w/gravy Code: 27345210	1 cup	1/4 cup	0.2
			1/2 cup	0.3
			3/4 cup	0.5
			1 cup (8 oz-wt.)	0.6
			3 oz-wt.	0.2
			10 oz-wt.	0.8
			12 oz-wt.	1
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Ch'ing Tow Hsia Jen	Lobster Salad Code: 27450020	1 cup	1/4 cup	0.9
			1/2 cup	1.8
			3/4 cup	2.7
			1 cup (8 oz-wt.)	3.6
			3 oz-wt.	1.3
			10 oz-wt.	4.5
			12 oz-wt.	5.3

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Choy Bao	Lo Mein, meatless Code: 58136120	1 cup	1/2 bun	1
			1 bun	1.9
			2 buns	3.9
			3 buns	5.8
			4 buns	7.8
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Fish Soup	Fish w/ vegetables, no carrots or dark green, soy sauce Code: 27450020	1 cup	1/4 cup	0.1
			1/2 cup	0.3
			3/4 cup	0.4
			1 cup (8 oz-wt.)	0.5
			3 oz-wt.	0.2
			10 oz-wt.	0.6
			12 oz-wt.	0.8

The Cultural Foods Substitution Guide

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Gey Bao	Chicken w/ soy sauce, rice & vegetables (frozen meal) Code: 28143200	1 meal (9 oz)	1/2 bun	0.6
			1 bun	1.2
			2 buns	2.4
			3 buns	3.7
			4 buns	4.9
			5 buns	6.1
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Ho Pao tan	Croissant sandwich w/ sausage & egg Code: 58127270	1 sandwich	1 egg	0.4
			2 eggs	0.9
			3 eggs	1.3
			4 eggs	1.7
			5 eggs	2.2

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Hotpot	Chicken soup w/ vegetables, Oriental style Code: 28340580	1 cup	1/4 cup	0.4
			1/2 cup	0.8
			3/4 cup	1.2
			1 cup (8 oz-wt.)	1.6
			3 oz-wt.	0.6
			10 oz-wt.	2
			12 oz-wt.	2.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Jee Bow Kai	Chicken Teriyaki Code: 27145000	1/2 chicken breast, w/ sauce	1/4 cup	0.4
			1/2 cup	0.7
			3/4 cup	1.1
			1 cup (8 oz-wt.)	1.4
			3 oz-wt.	0.5
			10 oz-wt.	1.8
			12 oz-wt.	2.2

The Cultural Foods Substitution Guide

Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Jook or Congee	Chicken Rice Soup Code: 58404010	1 cup	1/4 cup	0.9
			1/2 cup	1.9
			3/4 cup	2.8
			1 cup (8 oz-wt.)	3.7
			3 oz-wt.	1.4
			10 oz-wt.	4.7
			12 oz-wt.	5.6
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Jook or Congee Healthy Alternative (without skin)	Chicken and Vegetable Entrée w/ Noodles (frozen meal) Code: 28143130	1 (10 oz) meal	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.3
			1 cup (8 oz-wt.)	0.4
			3 oz-wt.	0.2
			10 oz-wt.	0.5
			12 oz-wt.	0.6

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Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Lamb w/ ginger	Lamb or mutton w/ gravy Code: 27130010	1 cup	1/4 cup	0.4
			1/2 cup	0.8
			3/4 cup	1.2
			1 cup (8 oz-wt.)	1.6
			3 oz-wt.	0.6
			10 oz-wt.	2.1
			12 oz-wt.	2.5
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Lou Han Chai	Dumpling, fried, pork Code: 58113110	1 dumpling	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.3
			1 cup (8 oz-wt.)	0.4
			3 oz-wt.	0.2
			10 oz-wt.	0.5
			12 oz-wt.	0.6

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Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Mapo Dofu	Pork, tofu & carrots or dark green vegetables, soy sauce Code: 27420100	1 cup	1/4 cup	0.1
			1/2 cup	0.3
			3/4 cup	0.4
			1 cup (8 oz-wt.)	0.5
			3 oz-wt.	0.2
			10 oz-wt.	0.7
			12 oz-wt.	0.8
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Meat Chao Mei Fun	Lo Mein w/ shrimp Code: 58136130	1 cup	1/4 cup	0.5
			1/2 cup	1.1
			3/4 cup	1.6
			1 cup (8 oz-wt.)	2.2
			3 oz-wt.	0.8
			10 oz-wt.	2.7
			12 oz-wt.	3.2

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Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Meat Wonton - filled w/ Pork and Shrimp	Wonton, fried, meat-filled Code: 58111110	1 wonton	1 wonton	0.8
			2 wontons	1.7
			3 wontons	2.5
			4 wontons	3.4
			5 wontons	4.2
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Oatmeal w/ egg	Oatmeal; Egg omelet or scrambled egg 56202960; 32104900	1 cup oatmeal ; 1 large egg	1/2 cup oatmeal; 1/2 egg	0.6; 0.5
			1 cup oatmeal; 1 egg	1.17; 1
			1 1/2 cups oatmeal; 1 1/2 eggs	1.8; 1.5
			2 cups oatmeal; 2 eggs	2.3; 2
			2 1/2 cups oatmeal; 2 1/2 eggs	2.9; 2.5

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Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Papaya soup	Chicken vegetable soup w/ rice (sopa de pollo) Code: 28340670	1 cup	1/4 cup	0.1
			1/2 cup	0.3
			3/4 cup	0.4
			1 cup (8 oz-wt.)	0.6
			3 oz-wt.	0.2
			10 oz-wt.	0.7
			12 oz-wt.	0.9
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pork Bone Soup	Chicken soup w/ vegetables, Oriental style Code: 28340580	1 cup	1/4 cup	0.6
			1/2 cup	1.1
			3/4 cup	1.7
			1 cup (8 oz-wt.)	2.3
			3 oz-wt.	0.8
			10 oz-wt.	2.8
			12 oz-wt.	3.4

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pork w/ Broccoli	Pork w/ carrots & dark green vegetables, no sauce Code: 27420060	1 cup	1/4 cup	0.4
			1/2 cup	0.7
			3/4 cup	1.1
			1 cup (8 oz-wt.)	1.5
			3 oz-wt.	0.5
			10 oz-wt.	1.8
			12 oz-wt.	2.2
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pork w/ Bok Choy	Ham or pork salad Code: 27420020	1 cup	1/4 cup	0.2
			1/2 cup	0.3
			3/4 cup	0.5
			1 cup (8 oz-wt.)	0.7
			3 oz-wt.	0.2
			10 oz-wt.	0.8
			12 oz-wt.	1

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pork w/ Choy Sum	Pork, vegetable soup w/ potatoes, stew type Code: 28320150	1 cup	1/4 cup	0.6
			1/2 cup	1.2
			3/4 cup	1.9
			1 cup (8 oz-wt.)	2.5
			3 oz-wt.	0.9
			10 oz-wt.	3.1
			12 oz-wt.	3.7
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Red Bean Soup (made w/ coconut cream)	White Bean Soup, Puerto Rican style Code: 41610100	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.5
			1 cup (8 oz-wt.)	0.7
			3 oz-wt.	0.3
			10 oz-wt.	0.9
			12 oz-wt.	1.1

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Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Red Bean Soup Healthy Alternative: Coconut Milk	Coconut Custard, Puerto Rican (Flan de Coco) Code: 13252100	1 piece (4" x 2" x 1/2")	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.2
			1 cup (8 oz-wt.)	0.3
			3 oz-wt.	0.1
			10 oz-wt.	0.4
			12 oz-wt.	0.5
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Red Pepper w/ Shrimp	Shrimp w/ lobster sauce Code: 27150160	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.6
			1 cup (8 oz-wt.)	0.9
			3 oz-wt.	0.3
			10 oz-wt.	1.1
			12 oz-wt.	1.3

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Rice Noodles w/ Pork	Lo Mein Code: 58136110	1 cup	1/4 cup	0.3
			1/2 cup	0.6
			3/4 cup	1
			1 cup (8 oz-wt.)	1.3
			3 oz-wt.	0.5
			10 oz-wt.	1.6
			12 oz-wt.	1.9
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Rice Soup w/ Chicken and Lettuce	Chicken vegetable soup w/ rice, stew type, chunky style Code: 28340630	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.6
			1 cup (8 oz-wt.)	0.8
			3 oz-wt.	0.3
			10 oz-wt.	1
			12 oz-wt.	1.2

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Rice Soup w/ Pork and Bok Choy	Beef vegetable soup w/ rice, stew type, chunky style Code: 28315130	1 cup	1/4 cup	0.4
			1/2 cup	0.7
			3/4 cup	1.1
			1 cup (8 oz-wt.)	1.4
			3 oz-wt.	0.5
			10 oz-wt.	1.8
			12 oz-wt.	2.1
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Sea foods Chaomeifun	Lo Mein w/ shrimp Code: 58136130	1 cup	1/4 cup	0.6
			1/2 cup	1.1
			3/4 cup	1.7
			1 cup (8 oz-wt.)	2.3
			3 oz-wt.	0.8
			10 oz-wt.	2.8
			12 oz-wt.	3.4

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Sample



For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Sea foods Chaomen	Lo Mein w/ shrimp Code: 58136130	1 cup	1/4 cup	0.4
			1/2 cup	0.9
			3/4 cup	1.3
			1 cup (8 oz-wt.)	1.7
			3 oz-wt.	0.7
			10 oz-wt.	2.2
			12 oz-wt.	2.6
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Shih Chng Huo Kuo	Chicken Vegetable soup w/ rice, stew type, chunky style Code: 28340630	1 cup	1/4 cup	0.5
			1/2 cup	1
			3/4 cup	1.5
			1 cup (8 oz-wt.)	2
			3 oz-wt.	0.8
			10 oz-wt.	2.6
			12 oz-wt.	3.1

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Shrimp Wontons	Dumpling, steamed, filled w/ meat or seafood Code: 58112510	1 dumpling	1 wonton	1.1
			2 wontons	2.1
			3 wontons	3.2
			4 wontons	4.2
			5 wontons	5.3
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Shuizhu	Moo Shu Pork, w/o pancake Code: 27420160	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.6
			1 cup (8 oz-wt.)	0.8
			3 oz-wt.	0.3
			10 oz-wt.	1.1
			12 oz-wt.	1.3

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Sichuan Hotpot	Beef Sausage Code: 25220100	1 cup, diced	1/4 cup	0.1
			1/2 cup	0.2
			3/4 cup	0.4
			1 cup (8 oz-wt.)	0.5
			3 oz-wt.	0.2
			10 oz-wt.	0.6
			12 oz-wt.	0.7
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Stir-Fried Chinese Cabbage and Dried Shrimp	Vegetables, Oriental style, cooked, fat added Code: 75340020	1 cup	1/4 cup	0.6
			1/2 cup	1.3
			3/4 cup	1.9
			1 cup (8 oz-wt.)	2.6
			3 oz-wt.	1
			10 oz-wt.	3.2
			12 oz-wt.	3.9

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Stir Fried Beef w/ Vegetables	Beef and carrots or dark green vegetables, soy sauce Code: 27415100	1 cup	1/4 cup	0.4
			1/2 cup	0.9
			3/4 cup	1.3
			1 cup (8 oz-wt.)	1.7
			3 oz-wt.	0.6
			10 oz-wt.	2.2
			12 oz-wt.	2.6
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Sweet Bun	Bread, cornmeal and molasses Code: 51115010	1 slice	1/2 bun	0.8
			1 bun	1.7
			2 buns	3.3
			3 buns	5
			4 buns	6.7

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Tofu w/Fish	Pork, tofu and carrots or dark green vegetables, soy sauce Code: 27420100	1 cup	1/4 cup	0.2
			1/2 cup	0.5
			3/4 cup	0.7
			1 cup (8 oz-wt.)	1
			3 oz-wt.	0.4
			10 oz-wt.	1.2
			12 oz-wt.	1.4
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Tofu w/ Green Peas	Pork, tofu and carrots or dark green vegetables, soy sauce Code: 27420100	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.7
			1 cup (8 oz-wt.)	0.9
			3 oz-wt.	0.3
			10 oz-wt.	1.1
			12 oz-wt.	1.3

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Tomatoes and Eggs	Egg omelet or scrambled egg w/ chili, cheese, tomatoes and beans Code: 32105150	1 cup	1/4 cup	0.3
			1/2 cup	0.6
			3/4 cup	0.9
			1 cup (8 oz-wt.)	1.2
			3 oz-wt.	0.5
			10 oz-wt.	1.5
			12 oz-wt.	1.8
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Vegetable soup	Noodle soup w/ vegetables, Oriental style Code: 58408500	1 cup	1/4 cup	0.2
			1/2 cup	0.4
			3/4 cup	0.6
			1 cup (8 oz-wt.)	0.8
			3 oz-wt.	0.3
			10 oz-wt.	1
			12 oz-wt.	1.1

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For Chinese Foods *NOT* Found in NEERS

		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Vegetarian Dumpling	Dumpling, plain Code: 55610300	1 large	1 dumpling	0.7
			2 dumplings	1.3
			3 dumplings	2
			4 dumplings	2.6
			5 dumplings	3.3
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Ying Dan	Egg omelet or scrambled egg, w/ vegetables other than dark green Code: 32105050	1 cup	1 egg	0.3
			2 eggs	0.6
			3 eggs	0.9
			4 eggs	1.2
			5 eggs	1.5
		Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Zong Zi	Rice w/ raisins Code: 58164110	1 cup	1 dumpling	0.8
			2 dumplings	1.5
			3 dumplings	2.3
			4 dumplings	3.1
			5 dumplings	3.9

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For Chinese Foods *NOT* Found in NEERS

Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Eight Treasure Rice Pudding	Pudding w/ fruit and vanilla wafers Code: 13241000	1 cup	1/4 cup	0.3
			1/2 cup	0.6
			3/4 cup	0.8
			1 cup (8 oz-wt.)	1.1
			3 oz-wt.	0.4
			10 oz-wt.	1.4
			12 oz-wt.	1.7
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
New Year Cake	Cake, chocolate, Devil's Food or fudge, standard mix, NS if icing Code: 53105000	1 piece (1/10 of 1 layer, 8" or 9" dia)	1/2 piece	0.9
			1 piece	1.7
			2 pieces	3.5
			3 pieces	5.2
			4 pieces	6.9
Food Not in NEERS	NEERS Food Substitution	Select this... 	Find this...	Enter this...
Food Not in NEERS	NEERS Food Substitution	NEERS Portion Size	Qty on Food Tracker	NEERS # of Portions
Pa-Ssu-Ping-Kuo	Pie, apple, fried pie Code: 53301080	1 pie	1/2 slice	0.2
			1 slice	0.4
			2 slices	0.8
			3 slices	1.2
			4 slices	1.6