

Appendix A: Common Moisture and Fat Change Values (%) for Purchased Prepared Foods that are Fried

Food Item	Moisture Change %	Fat Change %
Burrito	-11%	+9.5%
Chicken, Nuggets, or Patties, breaded or battered, pre-fried, frozen	-10%	+4%
Corn Dogs, pre-fried, frozen	-8%	+2.5%
Fish Nuggets, Portions, Sticks, breaded or battered, oil-blanching, frozen	-10%	+4%
Funnel cake, from mix	-31%	+10%
Hush Puppies, pre-fried, frozen	-8%	+2.5%
Potatoes, French-fried, oil-blanching, frozen	-27.5%	+3.5%
Potatoes, Chopped, and Formed, Rounds, and Nuggets, oil-blanching, frozen	-5%	+3.5%
Steak, Chicken Fried, pre-fried, frozen	-10%	+2.5%
Taco Shell, Flour, for Taco Salad	-22%	+19%
Vegetables, battered or breaded (eggplant, okra, squash, etc.)	-20%	+8%

