



Food	Specific Heat above Freezing		Specific Heat below Freezing	
	(KJ/kg°C)	(Kcal/kg°C)	(KJ/kg°C)	(Kcal/kg°C)
Apples	3.64	0.87	1.76	0.42
Apricots, fresh	3.68	0.88	1.8	0.43
Artichokes	3.64	0.87	1.76	0.42
Asparagus	3.94	0.94	1.88	0.45
Asparagus beans	3.68	0.88	1.8	0.43
Avocados	3.01	0.72	1.55	0.37
Bananas	3.35	0.8	1.67	0.4
Barracuda	3.35	0.8	1.67	0.4
Bass	3.43	0.82	1.72	0.41
Beef, carcass	2.85	0.68	2.01	0.48
Beef, flank	2.34	0.56	1.34	0.32
Beef, loin	2.76	0.66	1.47	0.35
Beef, rib	2.81	0.67	1.51	0.36
Beef, round	3.1	0.74	1.59	0.38
Beef, rump	2.6	0.62	1.42	0.34
Beef, shanks	3.18	0.76	1.63	0.39
Beef, corned	2.64	0.63	1.42	0.34
Beets	3.77	0.9	1.8	0.43
Blackberries	3.64	0.87	1.76	0.42
Blueberries	3.64	0.87	1.76	0.42
Brains	3.52	0.84	1.72	0.41
Broccoli	3.85	0.92	1.84	0.44
Brussels sprouts	3.68	0.88	1.8	0.43
Butter	1.26	0.3	1	0.24
Butterfish	3.22	0.77	1.63	0.39
Cabbage	3.94	0.94	1.88	0.45
Candy	3.89	0.93	3.89	0.93
Carp	3.43	0.82	1.72	0.41
Carrots	3.81	0.91	1.84	0.44
Cauliflower	3.89	0.93	1.84	0.44
Celery	3.94	0.94	1.88	0.45
Chard	3.89	0.93	1.8	0.43
Cherries, sour	3.68	0.88	1.72	0.41
Cherries, sweet	3.52	0.84	1.67	0.4
Chicken, squab	3.35	0.8	1.63	0.39
Chicken, broilers	3.22	0.77	1.59	0.38
Chicken, fryers	3.1	0.74	1.47	0.35
Chicken, hens	2.72	0.65	1.84	0.44
Chicken, capons	3.68	0.88	1.72	0.41
Clams, meat only	3.52	0.84	1.51	0.36
Coconut, meat and milk	2.85	0.68	1.88	0.45
Coconut, milk only	3.98	0.95	1.76	0.42
Codfish	03:06	0.86	1.63	0.39
Cod Roe	03:18	0.76	1.63	0.39
Cowpeas, fresh	03:06	0.73	0.92	0.22
Cowpeas, dry	01:17	0.28	1.72	0.41
Crabs	03:52	0.84	1.72	0.41
Crab apples	03:56	0.85	1.8	0.43
Cranberries	3.77	0.9	1.59	0.38
Cream	3.77	0.9	1.88	0.45
Cucumber	4.1	0.98	1.88	0.45
Currants	4.06	0.97	1.88	0.45
Dandelion greens	3.68	0.88	1.8	0.43
Dates	0.84	0.2	0.03	0.01
Eels	3.22	0.77	1.63	0.39
Eggs	3.18	0.76	1.67	0.4
Eggplant	3.94	0.94	1.88	0.45
Endive	3.98	0.95	1.88	0.45
Figs, fresh	3.43	0.82	1.72	0.41
Figs, dried	1.63	0.39	1.09	0.26
Figs, candied	1.55	0.37	1.09	0.26
Flounders	3.6	0.86	1.76	0.42
Flour	1.59	0.38	1.17	0.28
Frogs, legs	3.68	0.88	1.84	0.44
Garlic	3.31	0.79	1.67	0.4
Gizzards	3.27	0.78	1.63	0.39
Goose	2.55	0.61	1.42	0.34
Gooseberry	3.6	0.86	1.76	0.42
Granadilla	3.52	0.84	1.72	0.41
Grapefruit	3.81	0.91	1.84	0.44
Grapes	3.6	0.86	1.76	0.42
Grape juice	3.43	0.82	1.72	0.41
Guavas	3.6	0.86	1.76	0.42



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Guinea hen	3.14	0.75	1.59	0.38
Haddock	3.56	0.85	1.76	0.42
Halibut	3.35	0.8	1.67	0.4
Herring, smoked	2.97	0.71	1.55	0.37
Horseradish, fresh	3.31	0.79	1.67	0.4
Horseradish, prepared	3.68	0.88	1.8	0.43
Ice cream	3.1	0.74	1.67	0.4
Kale	3.73	0.89	1.8	0.43
Kidneys	3.39	0.81	1.67	0.4
Kidney beans, dried	1.17	0.28	0.96	0.23
Kohlrabi	3.85	0.92	1.84	0.44
Kumquats	3.56	0.85	1.72	0.41
Lamb, carcass	3.06	0.73	1.59	0.38
Lamb, leg	2.97	0.71	1.55	0.37
Lamb, rib cut	2.55	0.61	1.42	0.34
Lamb, shoulder	2.81	0.67	1.47	0.35
Lard	2.26	0.54	1.3	0.31
Leeks	3.81	0.91	1.84	0.44
Lemons	3.81	0.91	1.84	0.44
Lemon juice	3.85	0.92	1.84	0.44
Lettuce	4.02	0.96	1.88	0.45
Lima beans	3.06	0.73	1.59	0.38
Limes	3.73	0.89	1.8	0.43
Lime juice	3.89	0.93	1.84	0.44
Litchi fruits, dried	1.63	0.39	1.09	0.26
Lobsters	3.43	0.82	1.72	0.41
Loganberries	3.6	0.86	1.76	0.42
Loganberry juice	3.81	0.91	1.84	0.44
Milk cow	3.77	0.9	1.97	0.47
Mushrooms, fresh	3.89	0.93	1.84	0.44
Mushrooms, dried	1.26	0.3	0.96	0.23
Muskmelons	3.94	0.94	1.88	0.45
Nectarines	3.6	0.86	1.76	0.42
Nuts	1.17	0.28	1	0.24
Olives, green	3.35	0.8	1.67	0.4
Onions	3.77	0.9	1.8	0.43
Onion, Welsh	3.81	0.91	1.84	0.44
Oranges, fresh	3.77	0.9	1.8	0.43
Orange juice	3.73	0.89	1.8	0.43
Oysters	3.52	0.84	1.72	0.41
Peaches, Georgina	3.64	0.87	1.76	0.42
Peaches, North Carolina	3.73	0.89	1.8	0.43
Peaches, Maryland	3.77	0.9	1.8	0.43
Peaches, New Jersey	3.81	0.91	1.84	0.44
Peach juice fresh	3.73	0.89	1.8	0.43
Pears, Bartlet	3.73	0.89	1.8	0.43
Pears, Beurre Bosc	3.56	0.85	1.72	0.41
Pears, dried	1.63	0.39	1.09	0.26
Peas, young	3.56	0.85	1.72	0.41
Peas, medium	3.39	0.81	1.67	0.4
Peas, old	3.68	0.88	1.8	0.43
Peas, split	1.17	0.28	0.96	0.23
Peppers, ripe	3.81	0.91	1.84	0.44
Perch	3.43	0.82	1.72	0.41
Persimmons	3.01	0.72	1.55	0.37
Pheasant	3.14	0.75	1.51	0.36
Pickerel	3.52	0.84	1.72	0.41
Pickles, sweet	3.43	0.82	1.72	0.41
Pickles, sour and dill	4.02	0.96	1.88	0.45
Pickles, sweet mixed	3.27	0.78	1.21	0.29
Pickles, sour mixed	3.98	0.95	1.88	0.45
Pig's feet, pickled	2.09	0.5	1.3	0.31
Pike	3.52	0.84	1.72	0.41
Pineapple, fresh	3.68	0.88	1.8	0.43
Pineapple, sliced or crushed	3.43	0.82	1.72	0.41
Pineapple, juice	3.77	0.9	1.8	0.43
Plums	3.73	0.89	1.8	0.43
Pomegranate	3.56	0.85	1.72	0.41
Pompano	3.22	0.77	1.63	0.39
Porgy	3.39	0.81	1.67	0.4
Pork, bacon	1.51	0.36	1.05	0.25
Pork, ham	2.6	0.62	1.42	0.34
Pork, loin	2.76	0.66	1.47	0.35



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	(KJ/kg°C)	(Kcal/kg°C)	(KJ/kg°C)	(Kcal/kg°C)
Pork, shoulder	2.47	0.59	1.38	0.33
Pork, spareribs	2.6	0.62	1.42	0.34
Pork, smoked ham	2.72	0.65	1.47	0.35
Pork, salted	1.3	0.31	1	0.24
Potatoes	3.43	0.82	1.72	0.41
Prickly pears	3.81	0.91	1.81	0.43
Prunes	3.39	0.81	1.67	0.4
Pumpkin	3.85	0.92	1.84	0.44
Quinces	3.68	0.88	1.8	0.43
Rabbit	3.18	0.76	1.63	0.39
Radishes	3.98	0.95	1.88	0.45
Raisins	1.63	0.39	1.09	0.26
Raspberries, black	3.56	0.85	1.72	0.41
Raspberries, red	3.73	0.89	1.8	0.43
Raspberry juice, black	3.81	0.91	1.84	0.44
Raspberry juice,	3.89	0.93	1.84	0.44
Reindeer	3.06	0.73	1.55	0.37
Rhubarb	4.03	0.96	1.88	0.45
Rose Apple	3.73	0.89	1.8	0.43
Rutabagas	3.81	0.91	1.84	0.44
Salmon	2.97	0.71	1.55	0.37
Sand dab	3.6	0.86	1.76	0.42
Sapodilla	3.81	0.91	1.84	0.44
Sapote	3.06	0.73	1.55	0.37
Sauerkraut	3.89	0.93	1.84	0.44
Sausage, beef and pork	2.34	0.56	1.34	0.32
Sausage, bockwurst	2.97	0.71	1.55	0.37
Sausage, bologna	2.97	0.71	1.55	0.37
Sausage, franfurter	2.89	0.69	1.51	0.36
Sausage, salami	1.88	0.45	1.17	0.28
Sardines	3.22	0.77	1.63	0.39
Shad	3.18	0.76	1.63	0.39
Shrimp	3.48	0.83	1.72	0.41
Spanish mackerel	3.06	0.73	1.63	0.39
Strawberries	3.98	0.95	1.88	0.45
Strawberry juice	3.31	0.79	1.63	0.39
String beans	3.81	0.91	1.84	0.44
Sturgeon, raw	3.48	0.83	1.72	0.41
Sturgeon, smoked	2.97	0.71	1.55	0.37
Sugar apple, fresh	3.31	0.79	1.63	0.39
Sweet potatoes	3.14	0.75	1.59	0.38
Swordfish	3.35	0.8	1.67	0.4
Terrapin	3.35	0.8	1.67	0.4
Tomatoes, red	3.98	0.95	1.88	0.45
Tomatoes, green	4.02	0.96	1.88	0.45
Tomato, juice	3.98	0.95	1.88	0.45
Tongue, beef	3.1	0.74	1.59	0.38
Tongue, calf	3.31	0.79	1.67	0.4
Tongue, lamb	3.18	0.76	1.59	0.38
Tongue, pork	3.1	0.74	1.63	0.39
Tongue, sheep	2.89	0.69	1.51	0.36
Tripe, beef	3.48	0.83	1.72	0.41
Tripe, pickled	3.73	0.89	1.8	0.43
Trout	3.43	0.82	1.72	0.41
Tuna	3.18	0.76	1.63	0.39
Turkey	2.81	0.67	1.47	0.35
Turnips	3.89	0.93	1.84	0.44
Turtle	3.52	0.84	1.72	0.41
Veal, carcass	3.1	0.74	1.59	0.38
Veal, flank	2.72	0.65	1.47	0.35
Veal, loin	3.14	0.75	1.59	0.38
Veal, rib	3.06	0.73	1.54	0.37
Veal, shank	3.22	0.77	1.63	0.39
Veal, quarter	3.1	0.74	1.59	0.38
Venison	3.27	0.78	1.63	0.39
Watercress	3.98	0.95	1.88	0.45
Watermelon	3.94	0.94	1.88	0.45
Whitefish	3.18	0.76	1.63	0.39
Yams	3.27	0.78	1.63	0.39