



20013	Bulgur, cooked	-1
20096	Pasta, fresh-refrigerated, spinach, cooked	-1
20065	Rye flour, light	-1
20095	Pasta, fresh-refrigerated, spinach, as purchased	-1
20005	Barley, pearled, raw	-1
20126	Spaghetti, spinach, dry	-1
20099	Macaroni, dry, enriched	-1
20120	Spaghetti, dry, enriched	-1
20420	Spaghetti, dry, unenriched	-1
20499	Macaroni, dry, unenriched	-1
20499	Macaroni, dry, unenriched	-1
20006	Barley, pearled, cooked	-1
20064	Rye flour, medium	-1
20107	Macaroni, whole-wheat, dry	-1
20124	Spaghetti, whole-wheat, dry	-1
20012	Bulgur, dry	-1
20127	Spaghetti, spinach, cooked	-2
20138	Kamut, uncooked	-2
20108	Macaroni, whole-wheat, cooked	-2
20125	Spaghetti, whole-wheat, cooked	-2
20062	Rye	-2
20022	Cornmeal, degermed, enriched, yellow	-2
20322	Cornmeal, degermed, enriched, white	-2
20422	Cornmeal, degermed, unenriched, yellow	-2
20522	Cornmeal, degermed, unenriched, white	-2
20100	Macaroni, cooked, enriched	-2
20121	Spaghetti, cooked, enriched, without added salt	-2
20400	Macaroni, cooked, unenriched	-2
20421	Spaghetti, cooked, unenriched, without added salt	-2
20321	Spaghetti, cooked, enriched, with added salt	-2
20521	Spaghetti, cooked, unenriched, with added salt	-2
20018	Corn flour, degermed, unenriched, yellow	-2
20010	Buckwheat groats, roasted, cooked	-2
20072	Wheat, hard red winter	-2
20015	Corn bran, crude	-2
20083	Wheat flour, white, bread, enriched	-2
20129	Wheat flours, bread, unenriched	-2
20130	Barley flour or meal	-2
20073	Wheat, soft red winter	-2
20112	Noodles, egg, spinach, cooked, enriched	-2
20111	Noodles, egg, spinach, dry, enriched	-2
20025	Cornmeal, self-rising, degermed, enriched, yellow	-2
20325	Cornmeal, self-rising, degermed, enriched, white	-2
20074	Wheat, hard white	-2
20009	Buckwheat groats, roasted, dry	-2
20070	Triticale flour, whole-grain	-2
20131	Barley malt flour	-2
20101	Macaroni, protein-fortified, dry, enriched, (n x 5.70)	-2
20122	Spaghetti, protein-fortified, dry, enriched (n x 5.70)	-2

20301	Macaroni, protein-fortified, dry, enriched, (n x 6.25)	-2
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	-2
20071	Wheat, hard red spring	-2
20142	Teff, uncooked	-2
20075	Wheat, soft white	-2
20063	Rye flour, dark	-2
20056	Rice, white, with pasta, dry	-2
20069	Triticale	-2
20011	Buckwheat flour, whole-groat	-2
20041	Rice, brown, medium-grain, cooked	-2
20092	Pasta, corn, cooked	-2
20091	Pasta, corn, dry	-2
20004	Barley, hulled	-3
20090	Rice flour, brown	-3
20087	Wheat, sprouted	-3
20008	Buckwheat	-3
20076	Wheat, durum	-3
20037	Rice, brown, long-grain, cooked	-3
20093	Pasta, fresh-refrigerated, plain, as purchased	-3
20094	Pasta, fresh-refrigerated, plain, cooked	-3
20080	Wheat flour, whole-grain	-3
20086	Wheat flour, white, tortilla mix, enriched	-3
20098	Pasta, homemade, made without egg, cooked	-3
20140	Spelt, uncooked	-3
20648	Sorghum flour	-3
20024	Cornmeal, self-rising, bolted, with wheat flour added,	-4
20324	Cornmeal, self-rising, bolted, with wheat flour added,	-4
20110	Noodles, egg, cooked, enriched	-4
20310	Noodles, egg, cooked, enriched, with added salt	-4
20410	Noodles, egg, cooked, unenriched, without added salt	-4
20510	Noodles, egg, cooked, unenriched, with added salt	-4
20067	Sorghum	-4
20097	Pasta, homemade, made with egg, cooked	-4
20032	Millet, cooked	-4
20109	Noodles, egg, dry, enriched	-4
20409	Noodles, egg, dry, unenriched	-4
20020	Cornmeal, whole-grain, yellow	-4
20320	Cornmeal, whole-grain, white	-4
20023	Cornmeal, self-rising, bolted, plain, enriched, yellow	-4
20323	Cornmeal, self-rising, bolted, plain, enriched, white	-4
20017	Corn flour, masa, enriched, white	-4
20019	Corn flour, masa, unenriched, white	-4
20317	Corn flour, masa, enriched, yellow	-4
20016	Corn flour, whole-grain, yellow	-5
20316	Corn flour, whole-grain, white	-5
20031	Millet, raw	-5
20030	Hominy, canned, white	-5
20330	Hominy, canned, yellow	-5
20014	Corn, yellow	-6

20314 Corn, white  
 20038 Oats  
 20035 Quinoa, uncooked  
 20057 Rice, white, with pasta, cooked  
 20647 Millet flour  
 20001 Amaranth, uncooked  
 20034 Oat bran, cooked  
 20077 Wheat bran, crude  
 20033 Oat bran, raw  
 20078 Wheat germ, crude  
 20060 Rice bran, crude  
 20118 Noodles, flat, crunchy, Chinese restaurant  
 20113 Noodles, chinese, chow mein

-6	
-6	
-7	
-7	
-7	
-7	
-8	
-9	very good effect
-10	good effect
-13	OK effect
-22	not very good effect
-25	bad effect
-25	awful effect

$$\frac{3 - 6}{\Delta}$$