Cereal Grains and Pasta

<u>Cereal Gr</u>	<u>ains and Pasta</u>	
20068	Tapioca, pearl, dry	0
20027	Cornstarch	0
20003	Arrowroot flour	0
20134	Rice noodles, cooked	0
20049	Rice, white, long-grain, precooked or instant, enriche	0
20088	Wild rice, raw	0
20089	Wild rice, cooked	0
20053	Rice, white, short-grain, cooked	0
20453	Rice, white, short-grain, cooked, unenriched	0
20452	Rice, white, short-grain, raw, unenriched	0
20106	Macaroni, vegetable, cooked, enriched	0
20133	Rice noodles, dry	0
20115	Noodles, japanese, soba, cooked	0
20051	Rice, white, medium-grain, cooked	0
20451	Rice, white, medium-grain, cooked, unenriched	0
20050	Rice, white, medium-grain, raw, enriched	0
20450	Rice, white, medium-grain, raw, unenriched	0
20044	Rice, white, long-grain, regular, raw, enriched	0
20444	Rice, white, long-grain, regular, raw, unenriched	0
20045	Rice, white, long-grain, regular, cooked	0
20345	Rice, white, long-grain, regular, cooked, enriched, wi	0
20445	Rice, white, long-grain, regular, cooked, unenriched,	0
20545	Rice, white, long-grain, regular, cooked, unenriched,	0
20117	Noodles, japanese, somen, cooked	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	0
20447	Rice, white, long-grain, parboiled, unenriched, cooked	0
20102	Macaroni, protein-fortified, cooked, enriched, (n x 5.7	0
20123	Spaghetti, protein-fortified, cooked, enriched (N x 5.7	0
20302	Macaroni, protein-fortified, cooked, enriched, (n x 6.2	0
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.2	0
20048	Rice, white, long-grain, precooked or instant, enriche	0
20029	Couscous, cooked	-1
20114	Noodles, japanese, soba, dry	-1
20028	Couscous, dry	-1
20055	Rice, white, glutinous, cooked	-1
20061	Rice flour, white	-1
20116	Noodles, japanese, somen, dry	-1
20046	Rice, white, long-grain, parboiled, enriched, dry	-1
20446	Rice, white, long-grain, parboiled, unenriched, dry	-1
20105	Macaroni, vegetable, dry, enriched	-1
20084	Wheat flour, white, cake, enriched	-1
20066	Semolina, enriched	-1
20466	Semolina, unenriched	-1
20081	Wheat flour, white, all-purpose, enriched, bleached	-1
20381	Wheat flour, white, all-purpose, enriched, calcium-for	
20481	Wheat flour, white, all-purpose, unenriched	-1
20581	Wheat flour, white, all-purpose, enriched, unbleached	
20082	Wheat flour, white, all-purpose, self-rising, enriched	-1

very good effect good effect OK effect not very good effect bad effect awful effect



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20013	Bulgur, cooked	-1 -1			
20096	Pasta, fresh-refrigerated, spinach, cooked				
20065	Rye flour, light				
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			
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20301 20622 20071 20142 20075 20063 20056 20069 20011	Macaroni, protein-fortified, dry, enriched, (n x 6.25) Spaghetti, protein-fortified, dry, enriched (n x 6.25) Wheat, hard red spring Teff, uncooked Wheat, soft white Rye flour, dark Rice, white, with pasta, dry Triticale Buckwheat flour, whole-groat	-2 -2 -2 -2 -2 -2 -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 -4
20310	Noodles, egg, cooked, enriched, with added salt	-4 -4
20410 20510	Noodles, egg, cooked, unenriched, with added salt	-4 -4
20067	Noodles, egg, cooked, unenriched, with added salt	-4 -4
20007	Sorghum Pasta, homemade, made with egg, cooked	-4 -4
20037	Millet, cooked	-4
20032	Noodles, egg, dry, enriched	-4 -4
20109	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	-6	
20038	Oats	-6	
20035	Quinoa, uncooked	-7	
20057	Rice, white, with pasta, cooked	-7	
20647	Millet flour	-7	3 - 6
20001	Amaranth, uncooked	-7	
20034	Oat bran, cooked	-8	
20077	Wheat bran, crude	-9	very good effect
20033	Oat bran, raw	-10	good effect
20078	Wheat germ, crude	-13	OK effect
20060	Rice bran, crude	-22	not very good effect
20118	Noodles, flat, crunchy, Chinese restaurant	-25	bad effect
20113	Noodles, chinese, chow mein	-25	awful effect