

Fats and Oils

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| 04593 | Fish oil, salmon | 263 | very good effect |
| 04591 | Fish oil, menhaden | 200 | good effect |
| 04594 | Fish oil, sardine | 166 | OK effect |
| 04589 | Fish oil, cod liver | 140 | not very good effect |
| 04590 | Fish oil, herring | 86 | bad effect |
| 42231 | Oil, flaxseed | 46 | awful effect |
| 04638 | Salad dressing, ranch dressing, fat-free | 1 | 3 - 6 △ |
| 04658 | Oil, industrial, palm kernel (hydrogenated), confection | 0 | |
| 43214 | Butter replacement, without fat, powder | 0 | |
| 04701 | Oil, industrial, soy, fully hydrogenated | 0 | |
| 04367 | Salad dressing, french dressing, fat-free | 0 | |
| 04560 | Shortening frying (heavy duty), soybean (hydrogenated) | 0 | |
| 42193 | Salad Dressing, mayonnaise-like, fat-free | 0 | |
| 42192 | Salad dressing, blue or roquefort cheese dressing, fat-free | 0 | |
| 04570 | Shortening, confectionery, fractionated palm | -1 | |
| 04656 | Oil, industrial, palm kernel, confection fat, uses similar | -1 | |
| 04028 | Salad dressing, mayonnaise, imitation, milk cream | -1 | |
| 04551 | Shortening confectionery, coconut (hydrogenated) and | -1 | |
| 04659 | Oil, industrial, coconut, confection fat, typical basis for | -2 | |
| 04534 | Oil, babassu | -2 | |
| 04513 | Vegetable oil, palm kernel | -2 | |
| 04646 | Oil, industrial, coconut, principal uses candy coatings | -2 | |
| 04047 | Oil, coconut | -2 | |
| 04001 | Fat, beef tallow | -3 | |
| 04636 | Salad dressing, italian dressing, fat-free | -3 | |
| 04501 | Oil, cocoa butter | -3 | |
| 04573 | Oil, ucuhuba butter | -3 | |
| 04635 | Salad dressing, thousand island dressing, fat-free | -3 | |
| 04520 | Fat, mutton tallow | -4 | |
| 04662 | Oil, industrial, palm and palm kernel, filling fat (non- | -4 | |
| 04584 | Oil, sunflower, high oleic (70% and over) | -4 | |
| 04541 | Oil, cupu assu | -4 | |
| 04536 | Oil, sheanut | -5 | |
| 04023 | Salad dressing, thousand island dressing, reduced fat | -6 | |
| 04686 | Salad dressing, honey mustard dressing, reduced cal | -6 | |
| 04664 | Oil, industrial, soy (partially hydrogenated), palm, p | -7 | |
| 04631 | Margarine-like, vegetable oil spread, fat-free, tub | -8 | |
| 42153 | Salad dressing, blue or roquefort cheese dressing, re | -8 | |
| 04556 | Shortening frying (heavy duty), palm (hydrogenated) | -8 | |
| 04550 | Shortening frying (heavy duty), beef tallow and cotto | -9 | |
| 04020 | Salad dressing, french dressing, reduced fat | -9 | |
| 04652 | Oil, industrial, soy (partially hydrogenated), all purp | -9 | |
| 04544 | Shortening, household, lard and vegetable oil | -10 | |
| 04655 | Margarine-like shortening, industrial, soy (partially h | -10 | |
| 04055 | Oil, palm | -10 | |
| 04053 | Oil, olive, salad or cooking | -10 | |
| 04002 | Lard | -10 | |
| 04609 | Animal fat, bacon grease | -10 | |

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| 42157 | Creamy dressing, made with sour cream and/or butte | -10 |
| 04576 | Fat, goose | -10 |
| 04583 | Oil, mustard | -11 |
| 04654 | Oil, industrial, soy (partially hydrogenated) and cotto | -11 |
| 04582 | Oil, canola | -11 |
| 04532 | Oil, hazelnut | -11 |
| 04665 | Margarine, industrial, non-dairy, cottonseed, soy oil (| -11 |
| 04142 | Salad dressing, french dressing, reduced fat, without | -12 |
| 04684 | Margarine, 80% fat, tub, CANOLA HARVEST Soft Spr | -12 |
| 04022 | Salad dressing, russian dressing, low calorie | -12 |
| 04134 | Salad dressing, home recipe, cooked | -12 |
| 04554 | Shortening industrial, soybean (hydrogenated) and c | -12 |
| 04698 | Oil, industrial, canola, high oleic | -12 |
| 04574 | Fat, duck | -12 |
| 04144 | Salad dressing, italian dressing, reduced fat, without | -13 |
| 04677 | Margarine-like spread, SMART BALANCE Omega Plus | -13 |
| 04021 | Salad dressing, italian dressing, reduced fat | -13 |
| 04645 | Oil, industrial, canola (partially hydrogenated) oil for | -13 |
| 04643 | Oil, industrial, canola with antifoaming agent, princip | -13 |
| 04581 | Oil, avocado | -13 |
| 04548 | Shortening cake mix, soybean (hydrogenated) and co | -14 |
| 04644 | Oil, industrial, canola for salads, woks and light frying | -14 |
| 04678 | Oil, vegetable, Natreon canola, high stability, non tra | -14 |
| 04511 | Oil, safflower, salad or cooking, high oleic (primary s | -14 |
| 04595 | Shortening, multipurpose, soybean (hydrogenated) a | -15 |
| 43021 | Salad dressing, caesar, low calorie | -15 |
| 43215 | Salad dressing, buttermilk, lite | -16 |
| 04640 | Salad dressing, ranch dressing, reduced fat | -16 |
| 04689 | Salad Dressing, mayonnaise, light, SMART BALANCE, | -16 |
| 42158 | Creamy dressing, made with sour cream and/or butte | -18 |
| 04626 | Margarine-like spread with yogurt, 70% fat, stick, wi | -18 |
| 04673 | Margarine-like spread, SMART BALANCE Regular Butt | -18 |
| 43020 | Salad dressing, blue or roquefort cheese, low calorie | -18 |
| 04549 | Shortening industrial, lard and vegetable oil | -19 |
| 42230 | Salad Dressing, coleslaw dressing, reduced fat | -20 |
| 04529 | Oil, almond | -20 |
| 42289 | Oil, corn and canola | -20 |
| 04542 | Fat, chicken | -21 |
| 04674 | Margarine-like spread, SMART BALANCE Light Butter | -21 |
| 04687 | Margarine-like spread, BENECOL Light Spread | -22 |
| 42151 | Vegetable oil-butter spread, reduced calorie | -22 |
| 42309 | Margarine-like, vegetable oil-butter spread, reduced | -22 |
| 42307 | Margarine-like, butter-margarine blend, 80% fat, stic | -22 |
| 04612 | Margarine-like, vegetable oil spread, 60% fat, stick, v | -23 |
| 04693 | Margarine-like, vegetable oil spread, 60% fat, stick, v | -23 |
| 04618 | Margarine, regular, 80% fat, composite, tub, without | -23 |
| 04611 | Margarine, regular, 80% fat, composite, tub, with sa | -23 |
| 04692 | Margarine, regular, 80% fat, composite, tub, with sa | -23 |
| 04668 | Margarine, industrial, soy and partially hydrogenated | -24 |

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| 04629 | Margarine, margarine-type vegetable oil spread, 70% | -24 |
| 04516 | Oil, teaseed | -24 |
| 04575 | Fat, turkey | -24 |
| 04073 | Margarine, regular, hard, soybean (hydrogenated) | -25 |
| 04128 | Margarine-like, vegetable oil spread, unspecified oils, | -26 |
| 04690 | Margarine-like, vegetable oil spread, approximately 3 | -26 |
| 04031 | Shortening, household, soybean (partially hydrogena | -26 |
| 04585 | Margarine-like, margarine-butter blend, soybean oil a | -26 |
| 04559 | Shortening household soybean (hydrogenated) and p | -27 |
| 04628 | Margarine, 80% fat, stick, includes regular and hydro | -27 |
| 04691 | Margarine, regular, 80% fat, composite, stick, with s | -27 |
| 04615 | Shortening, vegetable, household, composite | -28 |
| 04617 | Margarine, regular, 80% fat, composite, stick, without | -28 |
| 04696 | Margarine, regular, 80% fat, composite, stick, without | -28 |
| 04610 | Margarine, regular, 80% fat, composite, stick, with s | -28 |
| 42171 | Salad dressing, french dressing, reduced calorie | -29 |
| 04683 | Margarine, margarine-like vegetable oil spread, 67-70 | -29 |
| 43329 | Salad dressing, mayonnaise and mayonnaise-type, lo | -31 |
| 04600 | Margarine-like, vegetable oil-butter spread, tub, with | -32 |
| 04027 | Salad dressing, mayonnaise, imitation, soybean | -32 |
| 04015 | Salad dressing, russian dressing | -32 |
| 43355 | Mayonnaise, low sodium, low calorie or diet | -32 |
| 04642 | Oil, industrial, mid-oleic, sunflower | -33 |
| 04530 | Oil, apricot kernel | -33 |
| 42256 | Margarine-like, vegetable oil spread, stick or tub, swe | -34 |
| 04141 | Salad dressing, french dressing, commercial, regular, | -34 |
| 04120 | Salad dressing, french dressing, commercial, regular, | -34 |
| 04143 | Salad dressing, italian dressing, commercial, regular, | -35 |
| 04114 | Salad dressing, italian dressing, commercial, regular, | -35 |
| 04587 | Shortening, special purpose for baking, soybean (hyc | -35 |
| 04648 | Oil, industrial, soy (partially hydrogenated), principal | -35 |
| 04695 | Margarine-like vegetable-oil spread, stick/tub/bottle, | -35 |
| 04018 | Salad dressing, mayonnaise type, regular, with salt | -36 |
| 43016 | Salad dressing, coleslaw | -36 |
| 43599 | Salad dressing, Mayonnaise dressing, diet, no choles | -36 |
| 04037 | Oil, rice bran | -36 |
| 04614 | Margarine-like, vegetable oil spread, 60% fat, stick/t | -36 |
| 04042 | Oil, peanut, salad or cooking | -36 |
| 04666 | Shortening, industrial, soy (partially hydrogenated) | -36 |
| 44005 | Oil, corn, peanut, and olive | -36 |
| 04017 | Salad dressing, thousand island, commercial, regular | -37 |
| 04034 | Oil, soybean, salad or cooking, (partially hydrogenate | -37 |
| 04649 | Shortening, industrial, soy (partially hydrogenated), | -37 |
| 04546 | Shortening bread, soybean (hydrogenated) and cotto | -37 |
| 04651 | Oil, industrial, soy (partially hydrogenated), multiuse | -37 |
| 04630 | Margarine Spread, approximately 48% fat, tub | -37 |
| 04586 | Shortening, special purpose for cakes and frostings, s | -38 |
| 42116 | Creamy dressing, made with sour cream and/or butte | -38 |
| 04029 | Salad dressing, mayonnaise, imitation, soybean with | -38 |

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| 04697 | Margarine-like, vegetable oil spread, 60% fat, stick/t | -39 |
| 42178 | Mayonnaise, made with tofu | -39 |
| 04545 | Oil, sunflower, linoleic, (partially hydrogenated) | -39 |
| 04613 | Margarine-like, vegetable oil spread, 60% fat, tub, w | -39 |
| 04694 | Margarine-like, vegetable oil spread, 60% fat, tub, w | -39 |
| 04620 | Margarine-like, vegetable oil spread, 60% fat, stick/t | -39 |
| 04627 | Margarine-like spread with yogurt, approximately 40% | -40 |
| 04624 | Margarine-like, vegetable oil spread, fat free, liquid, v | -40 |
| 43017 | Salad dressing, green goddess, regular | -41 |
| 04030 | Sandwich spread, with chopped pickle, regular, unsp | -42 |
| 04588 | Oil, oat | -42 |
| 04641 | Salad dressing, mayonnaise, light | -44 |
| 04633 | Margarine-like, vegetable oil spread, 20% fat, with sa | -44 |
| 04634 | Margarine-like, vegetable oil spread, 20% fat, without | -44 |
| 42140 | Salad dressing, italian dressing, reduced calorie | -44 |
| 04539 | Salad dressing, blue or roquefort cheese dressing, co | -44 |
| 04060 | Oil, sunflower, linoleic (less than 60%) | -45 |
| 42137 | Salad dressing, peppercorn dressing, commercial, reg | -45 |
| 04685 | Oil, cooking and salad, ENOVA, 80% diglycerides | -45 |
| 42138 | Mayonnaise, reduced-calorie or diet, cholesterol-free | -46 |
| 43331 | Salad dressing, bacon and tomato | -46 |
| 04639 | Salad dressing, ranch dressing, commercial, regular | -46 |
| 04145 | Salad dressing, mayonnaise, soybean oil, without sal | -46 |
| 04025 | Salad dressing, mayonnaise, soybean oil, with salt | -46 |
| 04531 | Oil, soybean lecithin | -46 |
| 43015 | Salad dressing, caesar dressing, regular | -46 |
| 04058 | Oil, sesame, salad or cooking | -46 |
| 04133 | Salad dressing, french, home recipe | -47 |
| 04135 | Salad dressing, home recipe, vinegar and oil | -47 |
| 04016 | Salad dressing, sesame seed dressing, regular | -48 |
| 04528 | Oil, walnut | -48 |
| 04543 | Oil, soybean, salad or cooking, (partially hydrogenate | -48 |
| 04669 | USDA Commodity Food, oil, vegetable, soybean, refin | -50 |
| 04044 | Oil, soybean, salad or cooking | -50 |
| 04650 | Oil, industrial, soy, refined, for woks and light frying | -50 |
| 43598 | Mayonnaise dressing, no cholesterol | -52 |
| 04038 | Oil, wheat germ | -54 |
| 04515 | Oil, tomatoseed | -55 |
| 04700 | Oil, industrial, soy, ultra low linolenic | -56 |
| 04146 | Salad dressing, french, cottonseed, oil, home recipe | -57 |
| 04670 | USDA Commodity Food, oil, vegetable, low saturated | -59 |
| 04502 | Oil, cottonseed, salad or cooking | -59 |
| 04518 | Oil, corn, industrial and retail, all purpose salad or co | -59 |
| 04026 | Salad dressing, mayonnaise, soybean and safflower o | -68 |
| 04514 | Oil, poppyseed | -71 |
| 04506 | Oil, sunflower, linoleic, (approx. 65%) | -74 |
| 04517 | Oil, grapeseed | -79 |
| 04510 | Oil, safflower, salad or cooking, linoleic, (over 70%) | -84 |

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