

Fruits and Fruit Juices

09062	Cherimoya, raw	2	very good effect
09445	Kiwifruit, gold, raw	1	good effect
09226	Papayas, raw	1	OK effect
09144	Jackfruit, raw	1	not very good effect
09176	Mangos, raw	1	bad effect
09185	Melon balls, frozen	0	awful effect
09229	Papaya nectar, canned	0	3 - 6 △
09314	Sapote, mamey, raw	0	
09181	Melons, cantaloupe, raw	0	
09184	Melons, honeydew, raw	0	
09183	Melons, casaba, raw	0	
09436	Mango nectar, canned	0	
09064	Cherries, sour, red, canned, water pack, solids and li	0	
09067	Cherries, sour, red, canned, extra heavy syrup pack,	0	
09071	Cherries, sweet, canned, water pack, solids and liquid	0	
09072	Cherries, sweet, canned, juice pack, solids and liquid	0	
09073	Cherries, sweet, canned, light syrup pack, solids and	0	
09076	Cherries, sweet, frozen, sweetened	0	
09328	Maraschino cherries, canned, drained	0	
09075	Cherries, sweet, canned, extra heavy syrup pack, sol	0	
09066	Cherries, sour, red, canned, heavy syrup pack, solids	0	
09074	Cherries, sweet, canned, pitted, heavy syrup pack, so	0	
09065	Cherries, sour, red, canned, light syrup pack, solids a	0	
09070	Cherries, sweet, raw	0	
09165	Litchis, dried	0	
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	0	
09274	Pineapple juice, frozen concentrate, unsweetened, un	0	
09164	Litchis, raw	0	
09275	Pineapple juice, frozen concentrate, unsweetened, di	0	
09063	Cherries, sour, red, raw	0	
09068	Cherries, sour, red, frozen, unsweetened	0	
09087	Dates, deglet noor	0	
09325	Fruit salad, (pineapple and papaya and banana and g	0	
09281	Plums, canned, purple, water pack, solids and liquids	0	
09262	Pear nectar, canned, without added ascorbic acid	0	
09408	Pear nectar, canned, with added ascorbic acid	0	
09272	Pineapple, frozen, chunks, sweetened	0	
09001	Acerola, (west indian cherry), raw	0	
09298	Raisins, seedless	0	
09271	Pineapple, canned, extra heavy syrup pack, solids an	0	
09270	Pineapple, canned, heavy syrup pack, solids and liqu	0	
09278	Plantains, cooked	0	
09278	Plantains, cooked	0	
09219	Tangerines, (mandarin oranges), canned, juice pack	0	
09029	Apricots, canned, extra heavy syrup pack, without sk	0	
09268	Pineapple, canned, juice pack, solids and liquids	0	
09282	Plums, canned, purple, juice pack, solids and liquids	0	
09097	Fruit cocktail, (peach and pineapple and pear and gra	0	

09002	Acerola juice, raw	0
09081	Cranberry sauce, canned, sweetened	0
09294	Prune juice, canned	0
09354	Pineapple, canned, juice pack, drained	0
09320	Strawberries, frozen, sweetened, sliced	0
09383	Tangerines, (mandarin oranges), canned, juice pack,	0
09291	Plums, dried (prunes), uncooked	0
09273	Pineapple juice, canned, unsweetened, without added	0
09409	Pineapple juice, canned, unsweetened, with added as	0
09269	Pineapple, canned, light syrup pack, solids and liquid	0
09214	Orange juice, frozen concentrate, unsweetened, undi	0
09266	Pineapple, raw, all varieties	0
09256	Pears, canned, light syrup pack, solids and liquids	0
09313	Sapodilla, raw	0
09215	Orange juice, frozen concentrate, unsweetened, dilut	0
09055	Blueberries, frozen, sweetened	0
09152	Lemon juice, raw	0
09319	Strawberries, frozen, sweetened, whole	0
09024	Apricots, canned, juice pack, with skin, solids and liq	0
09242	Peaches, canned, extra heavy syrup pack, solids and	0
09277	Plantains, raw	0
09267	Pineapple, canned, water pack, solids and liquids	0
09013	Apples, dried, sulfured, stewed, with added sugar	0
09026	Apricots, canned, light syrup pack, with skin, solids a	0
09220	Tangerines, (mandarin oranges), canned, light syrup	0
09225	Tangerine juice, frozen concentrate, sweetened, dilut	0
09224	Tangerine juice, frozen concentrate, sweetened, undi	0
09103	Fruit salad, (peach and pear and apricot and pineapp	0
09027	Apricots, canned, heavy syrup pack, with skin, solids	0
09251	Peach nectar, canned, without added ascorbic acid	0
09407	Peach nectar, canned, with added ascorbic acid	0
09216	Orange peel, raw	0
09130	Grape juice, canned or bottled, unsweetened, with ad	0
09135	Grape juice, canned or bottled, unsweetened, without	0
09035	Apricots, frozen, sweetened	0
09028	Apricots, canned, heavy syrup pack, without skin, so	0
09285	Plums, canned, purple, extra heavy syrup pack, solid	0
09217	Orange-grapefruit juice, canned, unsweetened	0
09134	Grapes, canned, thompson seedless, heavy syrup pa	0
09040	Bananas, raw	0
09019	Applesauce, canned, unsweetened, without added as	0
09401	Applesauce, canned, unsweetened, with added ascor	0
09310	Rhubarb, frozen, cooked, with sugar	0
09317	Strawberries, canned, heavy syrup pack, solids and l	0
09318	Strawberries, frozen, unsweetened	0
09121	Grapefruit, sections, canned, light syrup pack, solids	0
09200	Oranges, raw, all commercial varieties	0
09106	Fruit salad, (peach and pear and apricot and pineapp	0
09078	Cranberries, raw	0

09253	Pears, canned, water pack, solids and liquids	0
09297	Raisins, golden seedless	0
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	0
09292	Plums, dried (prunes), stewed, without added sugar	0
09012	Apples, dried, sulfured, stewed, without added sugar	0
09041	Bananas, dehydrated, or banana powder	0
09322	Tamarinds, raw	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0
09056	Boysenberries, canned, heavy syrup	0
09011	Apples, dried, sulfured, uncooked	0
09357	Apricots, canned, heavy syrup, drained	0
09034	Apricots, dried, sulfured, stewed, with added sugar	0
09101	Fruit cocktail, (peach and pineapple and pear and grapefruit)	0
09137	Grape juice cocktail, frozen concentrate, diluted with water	0
09240	Peaches, canned, light syrup pack, solids and liquids	0
09136	Grape juice cocktail, frozen concentrate, undiluted, with water	0
09160	Lime juice, raw	0
09306	Raspberries, frozen, red, sweetened	0
09046	Blackberries, canned, heavy syrup, solids and liquids	0
09124	Grapefruit juice, white, canned, sweetened	0
09202	Oranges, raw, navels	0
09299	Raisins, seeded	0
09059	Breadfruit, raw	0
09258	Pears, canned, extra heavy syrup pack, solids and liquids	0
09223	Tangerine juice, canned, sweetened	0
09254	Pears, canned, juice pack, solids and liquids	0
09036	Apricot nectar, canned, without added ascorbic acid	0
09403	Apricot nectar, canned, with added ascorbic acid	0
43382	Cranberry juice, unsweetened	0
09033	Apricots, dried, sulfured, stewed, without added sugar	0
09032	Apricots, dried, sulfured, uncooked	0
09100	Fruit cocktail, (peach and pineapple and pear and grapefruit)	0
09052	Blueberries, canned, heavy syrup, solids and liquids	0
09009	Apples, dehydrated (low moisture), sulfured, uncooked	0
09084	Currants, red and white, raw	0
09010	Apples, dehydrated (low moisture), sulfured, stewed	0
09209	Orange juice, chilled, includes from concentrate	0
09105	Fruit salad, (peach and pear and apricot and pineapple)	0
09379	Plums, canned, heavy syrup, drained	0
09228	Papaya, canned, heavy syrup, drained	0
09210	Orange juice, chilled, includes from concentrate, fortified	0
09211	Orange juice, chilled, includes from concentrate, fortified	0
09123	Grapefruit juice, white, canned, unsweetened	0
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0
09128	Grapefruit juice, white, raw	0
09404	Grapefruit juice, pink, raw	0
42149	Orange-strawberry-banana juice	0
09104	Fruit salad, (peach and pear and apricot and pineapple)	0
09238	Peaches, canned, juice pack, solids and liquids	0

09238	Peaches, canned, juice pack, solids and liquids	0
09283	Plums, canned, purple, light syrup pack, solids and liquids	0
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	0
09132	Grapes, red or green (European type, such as Thompson)	0
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	0
09113	Grapefruit, raw, pink and red, California and Arizona	0
09117	Grapefruit, raw, white, California	0
09293	Plums, dried (prunes), stewed, with added sugar	0
09119	Grapefruit, sections, canned, water pack, solids and liquids	0
09206	Orange juice, raw	0
09099	Fruit cocktail, (peach and pineapple and pear and grape)	0
09257	Pears, canned, heavy syrup pack, solids and liquids	0
09025	Apricots, canned, extra light syrup pack, with skin, solids	0
09288	Prunes, canned, heavy syrup pack, solids and liquids	0
09221	Tangerine juice, raw	0
09017	Apple juice, frozen concentrate, unsweetened, undiluted	0
09410	Apple juice, frozen concentrate, unsweetened, undiluted	0
09116	Grapefruit, raw, white, all areas	0
09133	Grapes, canned, thompson seedless, water pack, solids	0
09207	Orange juice, canned, unsweetened	0
09321	Sugar-apples, (sweetsop), raw	0
09203	Oranges, raw, Florida	0
09188	Fruit, mixed, (prune and apricot and pear), dried	0
09111	Grapefruit, raw, pink and red and white, all areas	0
09118	Grapefruit, raw, white, Florida	0
09126	Grapefruit juice, white, frozen concentrate, unsweetened	0
09093	Figs, canned, extra heavy syrup pack, solids and liquids	0
09352	Blueberries, canned, light syrup, drained	0
09187	Fruit, mixed, (peach and pear and pineapple), canned	0
09205	Oranges, raw, with peel	0
09125	Grapefruit juice, white, frozen concentrate, unsweetened	0
09351	Fruit cocktail, canned, heavy syrup, drained	0
09114	Grapefruit, raw, pink and red, Florida	0
09096	Fruit cocktail, (peach and pineapple and pear and grape)	0
09289	Prunes, dehydrated (low-moisture), uncooked	0
09290	Prunes, dehydrated (low-moisture), stewed	0
09261	Pears, dried, sulfured, stewed, with added sugar	0
09402	Applesauce, canned, sweetened, with salt	0
09018	Apple juice, frozen concentrate, unsweetened, diluted	0
09255	Pears, canned, extra light syrup pack, solids and liquids	0
09411	Apple juice, frozen concentrate, unsweetened, diluted	0
09004	Apples, raw, without skin	-1
09112	Grapefruit, raw, pink and red, all areas	-1
09252	Pears, raw	-1
09263	Persimmons, japanese, raw	-1
09444	Juice, apple, grape and pear blend, with added ascorbic	-1
09050	Blueberries, raw	-1
09020	Applesauce, canned, sweetened, without salt (includes	-1
09098	Fruit cocktail, (peach and pineapple and pear and grape)	-1

09092	Figs, canned, heavy syrup pack, solids and liquids	-1
09259	Pears, dried, sulfured, uncooked	-1
09260	Pears, dried, sulfured, stewed, without added sugar	-1
09374	Pears, canned, heavy syrup, drained	-1
09083	Currants, european black, raw	-1
09016	Apple juice, canned or bottled, unsweetened, without	-1
09400	Apple juice, canned or bottled, unsweetened, with ad	-1
09218	Tangerines, (mandarin oranges), raw	-1
09159	Limes, raw	-1
09232	Passion-fruit juice, purple, raw	-1
09201	Oranges, raw, California, valencias	-1
09241	Peaches, canned, heavy syrup pack, solids and liquid	-1
09189	Fruit, mixed, (peach and cherry-sweet and -sour and	-1
09243	Peaches, spiced, canned, heavy syrup pack, solids ar	-1
09085	Currants, zante, dried	-1
09250	Peaches, frozen, sliced, sweetened	-1
09003	Apples, raw, with skin	-1
09434	Guanabana nectar, canned	-1
09143	Guava sauce, cooked	-1
09091	Figs, canned, light syrup pack, solids and liquids	-1
09102	Fruit salad, (peach and pear and apricot and pineapp	-1
09077	Crabapples, raw	-1
09316	Strawberries, raw	-1
09156	Lemon peel, raw	-1
09131	Grapes, american type (slip skin), raw	-1
09296	Quinces, raw	-1
09090	Figs, canned, water pack, solids and liquids	-1
09370	Peaches, canned, heavy syrup, drained	-1
09442	Pomegranate juice, bottled	-1
09286	Pomegranates, raw	-1
09161	Lime juice, canned or bottled, unsweetened	-1
09279	Plums, raw	-1
09057	Boysenberries, frozen, unsweetened	-1
09315	Soursop, raw	-1
09167	Loganberries, frozen	-1
09088	Elderberries, raw	-1
09248	Peaches, dried, sulfured, stewed, with added sugar	-1
09109	Gooseberries, canned, light syrup pack, solids and lid	-1
09054	Blueberries, frozen, unsweetened	-1
09237	Peaches, canned, water pack, solids and liquids	-1
09149	Kumquats, raw	-1
09239	Peaches, canned, extra light syrup, solids and liquids	-1
09022	Apricots, canned, water pack, with skin, solids and lid	-1
09008	Apples, canned, sweetened, sliced, drained, heated	-1
09340	Pears, asian, raw	-1
09048	Blackberries, frozen, unsweetened	-1
09014	Apples, frozen, unsweetened, unheated	-1
09150	Lemons, raw, without peel	-1
09005	Apples, raw, without skin, cooked, boiled	-1

09015	Apples, frozen, unsweetened, heated	-1	
09174	Loquats, raw	-1	
09094	Figs, dried, uncooked	-1	
09095	Figs, dried, stewed	-1	
09007	Apples, canned, sweetened, sliced, drained, unheated	-1	
09006	Apples, raw, without skin, cooked, microwave	-1	
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	-2	
09246	Peaches, dried, sulfured, uncooked	-2	
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	-2	
09247	Peaches, dried, sulfured, stewed, without added sugar	-2	
09175	Mammy-apple, (mamey), raw	-2	
09021	Apricots, raw	-2	
09140	Guavas, strawberry, raw	-2	
09153	Lemon juice, canned or bottled	-2	
09326	Watermelon, raw	-2	
09233	Passion-fruit juice, yellow, raw	-2	
09154	Lemon juice, frozen, unsweetened, single strength	-2	
09079	Cranberries, dried, sweetened	-2	
09089	Figs, raw	-2	
09334	Feijoa, raw	-2	
09236	Peaches, raw	-2	
09042	Blackberries, raw	-2	
09302	Raspberries, raw	-2	
09191	Nectarines, raw	-2	
09309	Rhubarb, frozen, uncooked	-3	
09139	Guavas, common, raw	-3	
09043	Blackberry juice, canned	-3	
09148	Kiwifruit, green, raw	-3	
09287	Prickly pears, raw	-4	
09060	Carambola, (starfruit), raw	-4	
09231	Passion-fruit, (granadilla), purple, raw	-4	
09307	Rhubarb, raw	-5	
09190	Mulberries, raw	-5	
09107	Gooseberries, raw	-5	
09194	Olives, ripe, canned (jumbo-super colossal)	-6	
09193	Olives, ripe, canned (small-extra large)	-7	
09446	Plantains, green, fried	-7	very good effect
09447	Plantains, yellow, fried, Latino restaurant	-7	good effect
09195	Olives, pickled, canned or bottled, green	-8	OK effect
09038	Avocados, raw, California	-9	not very good effect
09037	Avocados, raw, all commercial varieties	-10	bad effect
09039	Avocados, raw, Florida	-12	awful effect