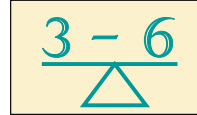


VDB\_NC

DESCRIPTION

Omega 3-6 Balance Score

Cereal Grains and Pasta



VDB_NC	DESCRIPTION	Omega 3-6 Balance Score	Effect
20068	Tapioca, pearl, dry	0	very good effect
20027	Cornstarch	0	good effect
20003	Arrowroot flour	0	OK effect
20134	Rice noodles, cooked	0	not very good effect
20049	Rice, white, long-grain, precooked or instant, enriched,	0	bad effect
20088	Wild rice, raw	0	awful effect
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, with	0	
20445	Rice, white, long-grain, regular, cooked, unenriched, w	0	
20545	Rice, white, long-grain, regular, cooked, unenriched, w	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 5.70)	0	
20123	Spaghetti, protein-fortified, cooked, enriched (N x 5.70)	0	
20302	Macaroni, protein-fortified, cooked, enriched, (n x 6.25)	0	
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	0	
20048	Rice, white, long-grain, precooked or instant, enriched,	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-fortif	-1	
20481	Wheat flour, white, all-purpose, unenriched	-1	
20581	Wheat flour, white, all-purpose, enriched, unbleached	-1	

20082	Wheat flour, white, all-purpose, self-rising, enriched	-1
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, e	-4
20324	Cornmeal, self-rising, bolted, with wheat flour added, e	-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



08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	-1
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	-1
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	-1
08096	Cereals, QUAKER, corn grits, instant, with imitation butter	-1
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	-1
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	-1
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	-1
08458	Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry	-1
08468	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar FRODO	-1
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate	-1
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared	-1
08073	Cereals ready-to-eat, POST, Golden Crisp	-1
08148	Cereals ready-to-eat, POST, Shredded Wheat, spoon-size	-1
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPCORN	-1
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn	-1
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	-1
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	-1
08158	Cereals, corn grits, white, regular and quick, unenriched	-1
08160	Cereals, corn grits, yellow, regular and quick, unenriched	-1
08163	Cereals, corn grits, white, regular, quick, unenriched, c	-1
08162	Cereals, corn grits, white, regular and quick, unenriched	-1
08162	Cereals, corn grits, white, regular and quick, unenriched	-1
08166	Cereals, corn grits, yellow, regular and quick, unenriched	-1
08167	Cereals, corn grits, yellow, regular, quick, unenriched, c	-1
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	-1
08293	Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS	-1
08514	Cereals ready-to-eat, GENERAL MILLS, Frosted CHEX	-1
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	-1
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL	-1
08108	Cereals, CREAM OF WHEAT, mix'n eat, plain, dry	-1
08294	Cereals ready-to-eat, QUAKER, QUAKER COCOA BLAST	-1
08398	Cereals ready-to-eat, GENERAL MILLS, HARMONY	-1
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRISPIX	-2
08086	Cereals ready-to-eat, GENERAL MILLS, French Toast Cr	-2
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	-2
08104	Cereals, farina, enriched, assorted brands including CR	-2
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	-2
08573	Cereals, Cream of Wheat, 2 1/2 minute cook time, dry	-2
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	-2
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	-2
08574	Cereals, Cream of Wheat, 2 1/2 minute cook time, cook	-2
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	-2
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCUL	-2
08176	Cereals, MALTEX, cooked with water, with salt	-2
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	-2
08106	Cereals, CREAM OF WHEAT, instant, dry	-2
08026	Cereals ready-to-eat, GENERAL MILLS, WHEATIES Rais	-2
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, s	-2
08095	Cereals, QUAKER, corn grits, instant, cheddar cheese fl	-2

08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAM	-2
08107	Cereals, CREAM OF WHEAT, instant, prepared with water	-2
08171	Cereals, CREAM OF WHEAT, instant, prepared with water	-2
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking	-2
08115	Cereals, MALTEX, cooked with water, without salt	-2
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked	-2
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	-2
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked	-2
08159	Cereals, corn grits, yellow, regular and quick, enriched,	-2
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACK	-2
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese fl	-2
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BR	-2
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	-2
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CR	-2
08114	Cereals, MALTEX, dry	-2
08491	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOAST	-2
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BR	-2
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT	-2
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	-2
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	-2
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	-2
08297	Cereals ready-to-eat, QUAKER, QUAKER FRUITANGY OH	-2
08164	Cereals, corn grits, yellow, regular and quick, enriched,	-2
08165	Cereals, corn grits, yellow, regular, quick, enriched, coo	-2
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	-2
08105	Cereals, farina, enriched, assorted brands including CR	-2
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LU	-2
08299	Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS	-2
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	-2
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SM	-2
08113	Cereals, farina, enriched, cooked with water, without sa	-2
08173	Cereals, farina, enriched, cooked with water, with salt	-2
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	-2
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	-2
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TO	-2
08190	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP	-2
08090	Cereals, corn grits, white, regular and quick, enriched,	-2
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BR	-2
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	-2
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	-2
08191	Cereals ready-to-eat, POST, Shredded Wheat, bite-size	-2
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLU	-2
08135	Cereals, RALSTON, cooked with water, without salt	-2
08091	Cereals, corn grits, white, regular and quick, enriched,	-2
08161	Cereals, corn grits, white, regular and quick, enriched,	-2
08239	Cereals ready-to-eat, GENERAL MILLS, GENERAL MILLS	-2
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART ST	-2
43218	Cereals, ready-to-eat, ALPEN	-2
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	-2

08345	Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX	-2
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	-2
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	-2
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS	-2
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	-2
08139	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Graham	-2
08254	Cereals ready-to-eat, APPLE CINNAMON SQUARES MINI	-2
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEAT	-2
08144	Cereals, whole wheat hot natural cereal, dry	-3
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (n	-3
08092	Cereals, QUAKER, corn grits, instant, plain, dry	-3
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural C	-3
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	-3
08258	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete C	-3
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	-3
08179	Cereals, MAYPO, cooked with water, with salt	-3
08136	Cereals, ROMAN MEAL, plain, dry	-3
08039	Cereals ready-to-eat, wheat and malt barley flakes	-3
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	-3
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal	-3
08298	Cereals ready-to-eat, QUAKER, QUAKER MARSHMALLOWS	-3
08483	Cereals ready-to-eat, MALT-O-MEAL, Puffed Wheat Cere	-3
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED M	-3
08585	Cereals ready-to-eat, GENERAL MILLS, TOTAL, Cranber	-3
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEAT	-3
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY	-3
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	-3
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPL	-3
08424	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS w	-3
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Whea	-3
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	-3
08145	Cereals, whole wheat hot natural cereal, cooked with w	-3
08183	Cereals, whole wheat hot natural cereal, cooked with w	-3
42100	Cereals ready-to-eat, Marshmallow ALPHA-BITS	-3
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey T	-3
08029	Cereals ready-to-eat, bran flakes, single brand	-3
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yog	-3
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	-3
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON	-3
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS w	-3
08427	Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, p	-3
08118	Cereals, MAYPO, dry	-3
42237	Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL	-3
08388	Cereals ready-to-eat, Puffed KASHI	-3
08227	Cereals, QUAKER, Instant Oatmeal, fruit and cream var	-3
08278	Cereals ready-to-eat, GENERAL MILLS, KABOOM	-3
08575	Cereals, Cream of Wheat, 2 1/2 minute cook time, cook	-3
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIO	-3
42236	Cereals ready-to-eat, frosted oat cereal with marshmal	-3

08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream var	-3
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamo	-3
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW M	-3
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMO	-3
08433	Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR W	-3
08426	Cereals, QUAKER, Instant Oatmeal, Baked Apple, prepa	-3
08429	Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked Ap	-3
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S COMPLETE	-3
08586	Cereals ready-to-eat, GENERAL MILLS, TRIX, reduced s	-3
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEE	-3
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooke	-3
08245	Cereals ready-to-eat, GENERAL MILLS, Oatmeal Crisp,	-3
08393	Cereals ready-to-eat, KASHI GOLEAN	-3
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamo	-3
08418	Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Ap	-3
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	-3
08133	Cereals, oats, instant, fortified, with raisins and spice, p	-3
08437	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, p	-3
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and	-3
08434	Cereals, QUAKER, Instant Oatmeal, EXPRESS, Golden B	-3
08129	Cereals, oats, instant, fortified, with cinnamon and spic	-3
08423	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, pr	-3
08053	Cereals ready-to-eat, POST, 100% Bran Cereal	-3
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Che	-3
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	-3
08432	Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR W	-3
08002	Cereals ready-to-eat, POST, ALPHA-BITS	-3
08002	Cereals ready-to-eat, POST, ALPHA-BITS	-3
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural	-3
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRA	-3
08132	Cereals, oats, instant, fortified, with raisins and spice, d	-3
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, d	-3
08128	Cereals, oats, instant, fortified, with cinnamon and spic	-3
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, d	-3
08414	Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden B	-3
08215	Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OA	-3
08283	Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGH	-3
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooke	-3
08182	Cereals, WHEATENA, cooked with water, with salt	-3
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown s	-3
42184	Cereals ready-to-eat, MUESLI, dried fruit and nuts	-3
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	-3
08142	Cereals, WHEATENA, dry	-3
08425	Cereals, QUAKER, Instant Oatmeal, French Vanilla, prep	-4
08192	Cereals ready-to-eat, POST Blueberry Morning	-4
08461	Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUNCH	-4
08430	Cereals, QUAKER, Instant Oatmeal, EXPRESS Cinnamor	-4
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown s	-4
43510	Cereal ready-to-eat, CRISPY BROWN RICE	-4



08419	Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon	-4
08520	Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon	-4
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Al	-4
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded	-4
43241	Cereals ready-to-eat, FAMILIA	-4
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yog	-4
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola C	-4
08143	Cereals, WHEATENA, cooked with water	-4
08504	Cereals ready-to-eat, Ralston Enriched Bran flakes	-4
08390	Cereals ready-to-eat, KASHI Good Friends	-4
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Gr	-4
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CH	-4
08544	Cereals ready-to-eat, POST Selects Cranberry Almond C	-4
08074	Cereals ready-to-eat, Ralston TASTEEOS	-4
08214	Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SOU	-4
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Gr	-4
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN	-4
08556	Cereal wafer straws, KELLOGG, FROOT LOOPS Cereal s	-4
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	-4
08242	Cereals ready-to-eat, JUST RIGHT with Crunchy Nugget	-5
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN	-5
08546	Rice and Wheat cereal bar	-5
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and v	-5
08554	Cereals ready-to-eat, rolled oats, whole wheat, rice, pr	-5
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	-5
08119	Cereals, MAYPO, cooked with water, without salt	-5
43483	Millet, puffed	-5
08216	Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cere	-5
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANI	-5
08350	Cereals ready-to-eat, MALT-O-MEAL, TOASTY O'S	-5
08120	Cereals, oats, regular and quick and instant, not fortifie	-6
43245	Cereals ready-to-eat, wheat and bran, presweetened w	-6
08402	Cereals, QUAKER, Quick Oats, Dry	-6
08123	Cereals, oats, instant, fortified, plain, prepared with wa	-6
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	-6
08122	Cereals, oats, instant, fortified, plain, dry	-6
08212	Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola	-6
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOA	-6
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	-6
42240	Cereals ready-to-eat, POST, Honey Bunches of Oats, w	-7
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP	-7
08517	Cereals ready-to-eat, GENERAL MILLS Peanut Butter To	-7
08140	Cereals ready-to-eat, POST, OREO O's Cereal	-7
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN	-7
08503	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM SLIM	-7
08481	Cereals ready-to-eat, Malt-O-Meal Honey Graham Squa	-7
08229	Cereals, QUAKER, Instant Oatmeal, low sodium, dry	-7
43584	AMARANTH FLAKES	-7
08121	Cereals, oats, regular and quick and instant, unenriched	-7

08180	Cereals, oats, regular and quick and instant, unenriched	-7
42265	Cereals ready-to-eat, POST, Great Grains, Raisin, Date	-7
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey	-8
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOAST	-8
08305	Cereals ready-to-eat, oat, corn and wheat squares, pre	-8
08530	Cereals ready-to-eat, KELLOGG, SMORZ	-8
42261	Cereals ready-to-eat, whole wheat, rolled oats, preswee	-9
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin T	-9
08428	Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepara	-9
08085	Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Cr	-10
42297	Cereals ready-to-eat, POST Banana Nut Crunch	-10
08253	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN	-10
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Carb	-12
08084	Cereals ready-to-eat, wheat germ, toasted, plain	-13
08037	Cereals ready-to-eat, granola, homemade	-16

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

**Baked Products**

18374	Leavening agents, yeast, baker's, compressed	0
18375	Leavening agents, yeast, baker's, active dry	0
18169	Cookies, coconut macaroons, prepared from recipe	0
18088	Cake, angelfood, dry mix, prepared	0
18087	Cake, angelfood, dry mix	0
18371	Leavening agents, baking powder, low-sodium	-1
18226	Crackers, rye, wafers, plain	-1
18155	Cookies, butter, commercially prepared, enriched	-1
18421	Cookies, butter, commercially prepared, unenriched	-1
18216	Crackers, crispbread, rye	-1
18171	Cookies, fortune	-1
18262	English muffins, raisin-cinnamon (includes apple-cinnar	-1
18086	Cake, angelfood, commercially prepared	-1
18156	Cookies, fudge, cake-type (includes trolley cakes)	-1
18239	Croissants, butter	-1
18218	Crackers, matzo, egg	-1
18451	Cake, pound, commercially prepared, fat-free	-1
18217	Crackers, matzo, plain	-1
18263	English muffins, raisin-cinnamon, toasted (includes app	-1
18452	Cake, snack cakes, cupcakes, chocolate, with frosting,	-1
18457	Crackers, saltines, fat-free, low-sodium	-2
18299	Pancakes, whole-wheat, dry mix, incomplete	-2
18297	Pancakes, special dietary, dry mix	-2
18081	Bread stuffing, bread, dry mix	-2
18236	Cracker meal	-2
18120	Cake, pound, commercially prepared, butter	-2
18312	Pie, chocolate mousse, prepared from mix, no-bake typ	-2
18219	Crackers, matzo, whole-wheat	-2
18456	Cookies, oatmeal, commercially prepared, fat-free	-2
18303	Pie, banana cream, prepared from mix, no-bake type	-2
18007	Bagels, oat bran	-2
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	-2
18453	Cake, yellow, dry mix, light	-2

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

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18258	English muffins, plain, enriched, with ca prop (includes	-2
18041	Bread, pita, white, enriched	-2
18413	Bread, pita, white, unenriched	-2
18148	Cheesecake prepared from mix, no-bake type	-2
18197	Cookies, brownies, dry mix, special dietary, prepared	-2
18291	Pancakes, plain, dry mix, incomplete (includes butterm	-2
18133	Cake, sponge, commercially prepared	-2
18174	Cookies, graham crackers, chocolate-coated	-2
18368	Wonton wrappers (includes egg roll wrappers)	-2
18075	Bread, whole-wheat, commercially prepared	-2
18001	Bagels, plain, enriched, with calcium propionate (includ	-2
18603	GEORGE WESTON BAKERIES, Brownberry Sage and On	-2
18339	Popovers, dry mix, enriched	-2
18447	Popovers, dry mix, unenriched	-2
18346	Rolls, dinner, rye	-2
18260	English muffins, mixed-grain (includes granola)	-2
18261	English muffins, mixed-grain, toasted (includes granola	-2
18006	Bagels, cinnamon-raisin, toasted	-2
18005	Bagels, cinnamon-raisin	-2
18222	Crackers, melba toast, wheat	-2
18047	Bread, raisin, enriched	-2
18414	Bread, raisin, unenriched	-2
18048	Bread, raisin, toasted, enriched	-2
18068	Bread, wheat germ	-2
18385	Bread, wheat germ, toasted	-2
18076	Bread, whole-wheat, commercially prepared, toasted	-2
18240	Croissants, apple	-2
18406	Bagels, plain, enriched, without calcium propionate (inc	-2
18407	Bagels, plain, unenriched, with calcium propionate (incl	-2
18408	Bagels, plain, unenriched, without calcium propionate(i	-2
18030	Bread, french or vienna, toasted (includes sourdough)	-2
18003	Bagels, egg	-2
18013	Biscuits, plain or buttermilk, refrigerated dough, lower f	-2
18066	Bread, wheat bran	-2
18012	Biscuits, plain or buttermilk, refrigerated dough, lower f	-2
18012	Biscuits, plain or buttermilk, refrigerated dough, lower f	-2
18025	Bread, cracked-wheat	-2
18014	Biscuits, plain or buttermilk, refrigerated dough, higher	-2
18015	Biscuits, plain or buttermilk, refrigerated dough, higher	-2
18021	Bread, boston brown, canned	-2
18029	Bread, french or vienna (includes sourdough)	-2
18057	Bread, reduced-calorie, white	-2
18002	Bagels, plain, toasted, enriched, with calcium propionat	-3
18416	Bread, white, commercially prepared, low sodium no sa	-3
18432	Bread, white, commercially prepared, toasted, low sodi	-3
18084	Bread stuffing, cornbread, dry mix	-3
18362	Toaster pastries, fruit (includes apple, blueberry, cherry	-3
18400	Crackers, matzo, egg and onion	-3
18061	Bread, rye, toasted	-3

18060 Bread, rye	-3
18135 Cake, white, dry mix, pudding-type, enriched	-3
18295 Pancakes, buckwheat, dry mix, incomplete	-3
18349 Rolls, french	-3
18142 Cake, yellow, dry mix, pudding-type	-3
18259 English muffins, plain, toasted, enriched, with calcium p	-3
18338 Phyllo dough	-3
18939 Toaster pastries, fruit, toasted ( include apple, blueberr	-3
18242 Croutons, plain	-3
18134 Cake, sponge, prepared from recipe	-3
18962 Crackers, cream, LA MODERNA RIKIS CREAM CRACKER	-3
18938 Toaster Pastries, fruit, frosted (include apples, blueberr	-3
18221 Crackers, melba toast, rye (includes pumpernickel)	-3
18220 Crackers, melba toast, plain	-3
18424 Crackers, melba toast, plain, without salt	-3
18450 Tortillas, ready-to-bake or -fry, flour, without added ca	-3
18172 Cookies, gingersnaps	-3
18017 Biscuits, mixed grain, refrigerated dough	-3
18616 MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8	-3
18942 Pie Crust, Cookie-type, Graham Cracker, Ready Crust	-3
18272 Ice cream cones, sugar, rolled-type	-3
18437 English muffins, plain, enriched, without calcium propio	-3
18438 English muffins, plain, unenriched, with calcium propior	-3
18439 English muffins, plain, unenriched, without calcium prop	-3
18314 Pie, coconut cream, prepared from mix, no-bake type	-3
18955 Bread, pan dulce, sweet yeast bread	-3
18639 GEORGE WESTON BAKERIES, Thomas English Muffins	-3
18053 Bread, reduced-calorie, rye	-3
18344 Rolls, dinner, egg	-3
18265 English muffins, wheat, toasted	-3
18275 Muffins, blueberry, dry mix	-3
18264 English muffins, wheat	-3
18960 Crackers, snack, GOYA CRACKERS	-3
18609 KEEBLER, KEEBLER GOLDEN Vanilla Wafers, Artificially	-3
18352 Rolls, hamburger or hotdog, reduced-calorie	-3
43441 Rolls, pumpernickel	-3
18426 Crackers, saltines, unsalted tops (includes oyster, soda	-3
18028 Bread, egg, toasted	-4
18249 Doughnuts, cake-type, plain, chocolate-coated or froste	-4
18177 Cookies, molasses	-4
18114 Cake, gingerbread, dry mix	-4
18383 Bread, protein, toasted (includes gluten)	-4
18022 Bread, cornbread, dry mix, enriched (includes corn muf	-4
18412 Bread, cornbread, dry mix, unenriched (includes corn m	-4
18347 Rolls, dinner, wheat	-4
18043 Bread, protein (includes gluten)	-4
18042 Bread, pita, whole-wheat	-4
18127 Cake, snack cakes, creme-filled, chocolate with frosting	-4
18147 Cheesecake commercially prepared	-4

18090	Cake, boston cream pie, commercially prepared	-4
18267	English muffins, whole-wheat, toasted	-4
18280	Muffins, corn, dry mix, prepared	-4
18266	English muffins, whole-wheat	-4
18023	Bread, cornbread, dry mix, prepared	-4
18566	Artificial Blueberry Muffin Mix, dry	-4
18150	Cookies, animal crackers (includes arrowroot, tea biscu	-4
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	-4
18431	Danish pastry, fruit, unenriched (includes apple, cinnam	-4
18433	Danish pastry, lemon, unenriched	-4
18435	Danish pastry, raspberry, unenriched	-4
18290	Pancakes, plain, dry mix, complete, prepared	-4
18289	Pancakes, plain, dry mix, complete (includes buttermilk	-4
18351	Rolls, hamburger or hotdog, mixed-grain	-4
18316	Pie, coconut custard, commercially prepared	-4
18191	Cookies, raisin, soft-type	-4
18361	Toaster pastries, brown-sugar-cinnamon	-4
18361	Toaster pastries, brown-sugar-cinnamon	-4
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	-4
18112	Cake, german chocolate, dry mix, pudding-type	-4
18071	Bread, white, prepared from recipe, made with nonfat c	-4
18069	Bread, white, commercially prepared (includes soft brea	-4
18434	Crackers, cheese, low sodium	-4
18176	Cookies, marshmallow, chocolate-coated (includes mar	-4
18936	Pancakes, plain, frozen, ready-to-heat, microwave (incl	-4
18027	Bread, egg	-4
18045	Bread, pumpernickel, toasted	-4
18044	Bread, pumpernickel	-4
18010	Biscuits, plain or buttermilk, dry mix	-4
18940	Muffin, blueberry, commercially prepared, low-fat	-4
18106	Coffeecake, fruit	-4
18128	Cake, snack cakes, creme-filled, sponge	-4
18079	Bread crumbs, dry, grated, plain	-4
18105	Coffeecake, creme-filled with chocolate frosting	-4
18241	Croissants, cheese	-4
18284	Muffins, wheat bran, dry mix	-4
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb	-4
18358	Sweet rolls, cinnamon, refrigerated dough with frosting	-4
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	-4
18164	Cookies, chocolate chip, refrigerated dough, baked	-4
18163	Cookies, chocolate chip, refrigerated dough	-4
18064	Bread, wheat	-4
18055	Bread, reduced-calorie, wheat	-4
18214	Crackers, cheese, regular	-4
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	-4
18033	Bread, italian	-4
18103	Coffeecake, cheese	-4
18422	Cookies, chocolate chip, commercially prepared, regula	-4
18065	Bread, wheat, toasted	-4

18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	-4
18243	Croutons, seasoned	-4
18927	Crackers, cheese, sandwich-type with cheese filling	-5
18213	Cookies, vanilla wafers, higher fat	-5
18032	Bread, irish soda, prepared from recipe	-5
18313	Pie, coconut creme, commercially prepared	-5
18364	Tortillas, ready-to-bake or -fry, flour	-5
18096	Cake, chocolate, commercially prepared with chocolate	-5
18161	Cookies, chocolate chip, dry mix	-5
18230	Crackers, standard snack-type, sandwich, with cheese filling	-5
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	-5
18168	Cookies, chocolate sandwich, with extra creme filling	-5
18151	Cookies, brownies, commercially prepared	-5
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	-5
18159	Cookies, chocolate chip, commercially prepared, regular	-5
18376	Bread crumbs, dry, grated, seasoned	-5
18961	Crackers, cream, GAMESA SABROSAS	-5
18179	Cookies, oatmeal, commercially prepared, soft-type	-5
18932	Waffles, buttermilk, frozen, ready-to-heat	-5
18224	Crackers, rusk toast	-5
18209	Cookies, sugar wafers with creme filling, regular	-5
18403	Waffles, plain, frozen, ready -to-heat, toasted	-5
18253	Doughnuts, french crullers, glazed	-5
18204	Cookies, sugar, commercially prepared, regular (includes chocolate)	-5
18365	Waffles, plain, frozen, ready-to-heat	-5
18160	Cookies, chocolate chip, commercially prepared, soft-type	-5
18355	Sweet rolls, cheese	-5
18178	Cookies, oatmeal, commercially prepared, regular	-5
18175	Cookies, ladyfingers, with lemon juice and rind	-5
18935	Waffle, plain, frozen, ready-to-heat, microwave	-5
18353	Rolls, hard (includes kaiser)	-5
18140	Cake, yellow, commercially prepared, with chocolate frosting	-5
18419	Cake, white, dry mix, pudding-type, unenriched	-5
18225	Crackers, rye, sandwich-type with cheese filling	-5
18102	Cake, white, prepared from recipe with coconut frosting	-5
18428	Crackers, wheat, low salt	-5
18251	Doughnuts, cake-type, chocolate, sugared or glazed	-5
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	-5
18205	Cookies, sugar, refrigerated dough	-5
18121	Cake, pound, commercially prepared, other than all butter	-5
18418	Cake, pound, commercially prepared, other than all butter	-5
18180	Cookies, oatmeal, dry mix	-5
18206	Cookies, sugar, refrigerated dough, baked	-5
18035	Bread, Multi-Grain (includes whole-grain)	-6
18036	Bread, Multi-Grain, toasted (includes whole-grain)	-6
18182	Cookies, oatmeal, refrigerated dough	-6
18350	Rolls, hamburger or hotdog, plain	-6
18039	Bread, oatmeal	-6
18040	Bread, oatmeal, toasted	-6

18070	Bread, white, commercially prepared, toasted	-6
18167	Cookies, chocolate sandwich, with creme filling, regular	-6
18268	French toast, frozen, ready-to-heat	-6
18246	Danish pastry, fruit, enriched (includes apple, cinnamon)	-6
18183	Cookies, oatmeal, refrigerated dough, baked	-6
18423	Cookies, ladyfingers, without lemon juice and rind	-6
18192	Cookies, shortbread, commercially prepared, plain	-6
18345	Rolls, dinner, oat bran	-6
18051	Bread, reduced-calorie, oatmeal	-6
18396	Rolls, dinner, plain, prepared from recipe, made with lo	-6
18255	Doughnuts, yeast-leavened, glazed, enriched (includes	-6
18378	Cookies, chocolate chip, prepared from recipe, made w	-6
18166	Cookies, chocolate sandwich, with creme filling, regular	-6
18363	Tortillas, ready-to-bake or -fry, corn	-6
18245	Danish pastry, cheese	-6
18037	Bread, oat bran	-6
18038	Bread, oat bran, toasted	-6
18059	Bread, rice bran	-6
18384	Bread, rice bran, toasted	-6
18250	Doughnuts, cake-type, plain, sugared or glazed	-6
18326	Pie, pumpkin, commercially prepared	-6
18107	Coffeecake, cinnamon with crumb topping, dry mix	-6
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	-6
18334	Pie crust, standard-type, frozen, ready-to-bake, enriche	-6
18256	Doughnuts, yeast-leavened, with jelly filling	-6
18944	Pie, Dutch Apple, Commercially Prepared	-6
18097	Cake, chocolate, dry mix, pudding-type	-6
18436	Doughnuts, yeast-leavened, glazed, unenriched (includ	-7
18335	Pie crust, standard-type, frozen, ready-to-bake, enriche	-7
18244	Danish pastry, cinnamon, enriched	-7
18430	Danish pastry, cinnamon, unenriched	-7
18949	Crackers, whole-wheat, reduced fat	-7
18342	Rolls, dinner, plain, commercially prepared (includes br	-7
18342	Rolls, dinner, plain, commercially prepared (includes br	-7
18959	Pastry, Pastelitos de Guava (guava pastries)	-7
18101	Cake, chocolate, prepared from recipe without frosting	-7
18308	Pie, cherry, commercially prepared	-7
18193	Cookies, shortbread, commercially prepared, pecan	-7
18332	Pie crust, standard-type, dry mix	-7
18131	Cake, white, dry mix, special dietary (includes lemon-fl	-7
18170	Cookies, fig bars	-7
18333	Pie crust, standard-type, dry mix, prepared, baked	-7
18104	Coffeecake, cinnamon with crumb topping, commercial	-7
18104	Coffeecake, cinnamon with crumb topping, commercial	-7
18417	Coffeecake, cinnamon with crumb topping, commercial	-7
18271	Ice cream cones, cake or wafer-type	-7
18947	Pie crust, deep dish, frozen, baked, made with enriched	-7
18945	Pie crust, deep dish, frozen, unbaked, made with enrich	-7
18948	Pie crust, refrigerated, regular, unbaked	-7

18310	Pie, chocolate creme, commercially prepared	-7
18946	Pie crust, refrigerated, regular, baked	-7
18095	Cake, cherry fudge with chocolate frosting	-7
18348	Rolls, dinner, whole-wheat	-7
18049	Bread, reduced-calorie, oat bran	-7
18050	Bread, reduced-calorie, oat bran, toasted	-7
18190	Cookies, peanut butter sandwich, regular	-7
18228	Crackers, saltines (includes oyster, soda, soup)	-8
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	-8
18073	Bread, white, prepared from recipe, made with low fat	-8
18080	Bread sticks, plain	-8
18092	Cake, carrot, dry mix, pudding-type	-8
18139	Cake, white, prepared from recipe without frosting	-8
18212	Cookies, vanilla wafers, lower fat	-8
18254	Doughnuts, yeast-leavened, with creme filling	-8
18227	Crackers, rye, wafers, seasoned	-8
18324	Pie, pecan, commercially prepared	-8
18327	Pie, pumpkin, prepared from recipe	-8
18173	Cookies, graham crackers, plain or honey (includes cinna)	-8
18117	Cake, marble, dry mix, pudding-type	-8
18337	Puff pastry, frozen, ready-to-bake	-8
18110	Cake, fruitcake, commercially prepared	-8
18301	Pie, apple, commercially prepared, enriched flour	-8
18443	Pie, apple, commercially prepared, unenriched flour	-8
18137	Cake, white, dry mix, regular	-8
18077	Bread, whole-wheat, prepared from recipe	-8
18078	Bread, whole-wheat, prepared from recipe, toasted	-8
18157	Cookies, chocolate wafers	-8
18247	Danish pastry, nut (includes almond, raisin nut, cinnam)	-8
18322	Pie, mince, prepared from recipe	-9
18144	Cake, yellow, dry mix, regular, enriched	-9
18420	Cake, yellow, dry mix, regular, unenriched	-9
18108	Coffeecake, cinnamon with crumb topping, dry mix, pre	-9
18158	Cookies, chocolate chip, commercially prepared, regula	-9
18146	Cake, yellow, prepared from recipe without frosting	-9
18019	Bread, banana, prepared from recipe, made with margar	-9
18126	Cake, shortcake, biscuit-type, prepared from recipe	-9
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	-9
18196	Cookies, brownies, dry mix, special dietary	-9
18119	Cake, pineapple upside-down, prepared from recipe	-9
18186	Cookies, peanut butter, commercially prepared, soft-ty	-9
18951	Waffles, chocolate chip, frozen, ready-to-heat	-9
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	-9
18231	Crackers, standard snack-type, sandwich, with peanut	-9
18279	Muffins, corn, commercially prepared	-9
18203	Cookies, sugar, commercially prepared, special dietary	-9
18024	Bread, cornbread, prepared from recipe, made with low	-10
18198	Cookies, chocolate chip, commercially prepared, specia	-10
18188	Cookies, peanut butter, refrigerated dough, baked	-10



18187	Cookies, peanut butter, refrigerated dough	-10
18099	Cake, chocolate, dry mix, regular	-10
18215	Crackers, cheese, sandwich-type with peanut butter fill	-10
18016	Biscuits, plain or buttermilk, prepared from recipe	-10
18309	Pie, cherry, prepared from recipe	-11
18116	Cake, gingerbread, prepared from recipe	-11
18321	Pie, lemon meringue, prepared from recipe	-11
18184	Cookies, oatmeal, prepared from recipe, with raisins	-11
18292	Pancakes, plain, dry mix, incomplete, prepared	-11
18223	Crackers, milk	-11
18269	French toast, prepared from recipe, made with low fat C	-11
18304	Pie, banana cream, prepared from recipe	-11
18306	Pie, blueberry, prepared from recipe	-11
18152	Cookies, brownies, dry mix, regular	-11
18302	Pie, apple, prepared from recipe	-11
18328	Pie, vanilla cream, prepared from recipe	-11
18185	Cookies, peanut butter, commercially prepared, regular	-11
18011	Biscuits, plain or buttermilk, dry mix, prepared	-11
18377	Cookies, oatmeal, prepared from recipe, without raisins	-12
18283	Muffins, oat bran	-12
18950	Crackers, wheat, reduced fat	-12
18141	Cake, yellow, commercially prepared, with vanilla frosti	-12
18235	Crackers, whole-wheat	-12
18388	Muffins, wheat bran, toaster-type with raisins, toasted	-12
18320	Pie, lemon meringue, commercially prepared	-12
18286	Muffins, wheat bran, toaster-type with raisins	-13
18330	Pie crust, cookie-type, prepared from recipe, graham cr	-13
18399	Pie crust, cookie-type, prepared from recipe, graham cr	-13
18325	Pie, pecan, prepared from recipe	-13
18386	Muffins, blueberry, toaster-type, toasted	-13
18200	Cookies, oatmeal, commercially prepared, special dieta	-13
18305	Pie, blueberry, commercially prepared	-13
18277	Muffins, blueberry, toaster-type	-13
18429	Crackers, whole-wheat, low salt	-13
18319	Pie, fried pies, fruit	-13
18444	Pie, fried pies, cherry	-13
18445	Pie, fried pies, lemon	-13
18082	Bread stuffing, bread, dry mix, prepared	-13
18210	Cookies, vanilla sandwich with creme filling	-13
18085	Bread stuffing, cornbread, dry mix, prepared	-14
18165	Cookies, chocolate chip, prepared from recipe, made w	-14
18398	Pie crust, cookie-type, prepared from recipe, chocolate	-14
18281	Muffins, corn, toaster-type	-14
18208	Cookies, sugar, prepared from recipe, made with marg	-14
18257	Eclairs, custard-filled with chocolate glaze, prepared fro	-14
18323	Pie, peach	-14
18009	Biscuits, plain or buttermilk, commercially baked	-15
18278	Muffins, blueberry, prepared from recipe, made with lo	-15
18294	Pancakes, blueberry, prepared from recipe	-15

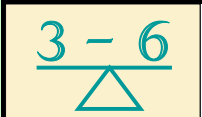
18199	Cookies, chocolate sandwich, with creme filling, special	-15
18199	Cookies, chocolate sandwich, with creme filling, special	-15
18189	Cookies, peanut butter, prepared from recipe	-15
18273	Muffins, plain, prepared from recipe, made with low fat	-15
18360	Taco shells, baked	-15
18232	Crackers, wheat, regular	-15
18336	Pie crust, standard-type, prepared from recipe, baked	-15
18402	Pie crust, standard-type, prepared from recipe, unbake	-15
18282	Muffins, corn, prepared from recipe, made with low fat	-15
18238	Cream puffs, prepared from recipe, shell, with custard f	-15
18293	Pancakes, plain, prepared from recipe	-15
18390	Pancakes, buttermilk, prepared from recipe	-16
18317	Pie, egg custard, commercially prepared	-16
18448	Taco shells, baked, without added salt	-16
18233	Crackers, wheat, sandwich, with cheese filling	-16
18234	Crackers, wheat, sandwich, with peanut butter filling	-16
18427	Crackers, standard snack-type, regular, low salt	-16
18154	Cookies, brownies, prepared from recipe	-16
18202	Cookies, sugar wafers with creme filling, special dietary	-17
18952	Tostada shells, corn	-17
18270	Hush puppies, prepared from recipe	-17
18621	NABISCO, NABISCO RITZ Crackers	-17
18252	Doughnuts, cake-type, wheat, sugared or glazed	-17
18354	Strudel, apple	-17
18356	Sweet rolls, cinnamon, commercially prepared with rais	-18
18954	Bread, pound cake type, pan de torta salvadoran	-18
18367	Waffles, plain, prepared from recipe	-18
18401	Pie crust, cookie-type, prepared from recipe, vanilla wa	-18
18274	Muffins, blueberry, commercially prepared (Includes mi	-18
18237	Cream puffs, prepared from recipe, shell (includes eclai	-19
18201	Cookies, peanut butter sandwich, special dietary	-20
18446	Pie crust, standard-type, frozen, ready-to-bake, unenric	-21
18229	Crackers, standard snack-type, regular	-21
18211	Puff pastry, frozen, ready-to-bake, baked	-31

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

**Vegetables and Vegetable Products**

11669	Seaweed, wakame, raw	25
11446	Seaweed, laver, raw	14
11975	Grape leaves, canned	10
11969	Broccoli, chinese, cooked	8
11974	Grape leaves, raw	8
11676	Radish seeds, sprouted, raw	7
11461	Spinach, canned, regular pack, drained solids	6
11459	Spinach, canned, regular pack, solids and liquids	5
11761	Cauliflower, cooked, boiled, drained, with salt	5
11457	Spinach, raw	5
11096	Broccoli raab, raw	4
11251	Lettuce, cos or romaine, raw	4
11276	New Zealand spinach, raw	4
11250	Lettuce, butterhead (includes boston and bibb types), r	4

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



11277	New Zealand spinach, cooked, boiled, drained, without salt	4
11802	New Zealand spinach, cooked, boiled, drained, with salt	4
11570	Turnip greens, canned, solids and liquids	3
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	3
11854	Spinach, cooked, boiled, drained, with salt	3
11740	Broccoli, flower clusters, raw	3
11741	Broccoli, stalks, raw	3
11504	Swamp cabbage, cooked, boiled, drained, without salt	3
11890	Turnips, frozen, cooked, boiled, drained, with salt	3
11094	Broccoli, frozen, spears, unprepared	3
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	3
11137	Cauliflower, frozen, unprepared	3
11567	Turnips, frozen, cooked, boiled, drained, without salt	3
11092	Broccoli, frozen, chopped, unprepared	3
11566	Turnips, frozen, unprepared	3
11119	Cabbage, chinese (pe-tsai), raw	3
43387	Turnip greens, canned, no salt added	3
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	3
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	3
11965	Cauliflower, green, raw	2
11967	Cauliflower, green, cooked, no salt added	2
11968	Cauliflower, green, cooked, with salt	2
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	2
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	2
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	2
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	2
11253	Lettuce, green leaf, raw	2
11574	Turnip greens, frozen, unprepared	2
11099	Brussels sprouts, cooked, boiled, drained, without salt	2
11745	Brussels sprouts, cooked, boiled, drained, with salt	2
11252	Lettuce, iceberg (includes crisphead types), raw	2
11029	Beans, kidney, mature seeds, sprouted, raw	2
11953	Squash, zucchini, baby, raw	2
11576	Turnip greens and turnips, frozen, unprepared	2
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	2
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	2
11091	Broccoli, cooked, boiled, drained, without salt	2
11742	Broccoli, cooked, boiled, drained, with salt	2
11492	Squash, winter, spaghetti, raw	2
11164	Collards, frozen, chopped, cooked, boiled, drained, with salt	2
11477	Squash, summer, zucchini, includes skin, raw	2
11569	Turnip greens, cooked, boiled, drained, without salt	2
11891	Turnip greens, cooked, boiled, drained, with salt	2
11431	Radishes, oriental, cooked, boiled, drained, without salt	2
11850	Radishes, oriental, cooked, boiled, drained, with salt	2
11858	Squash, summer, crookneck and straightneck, cooked, drained, with salt	2
11863	Squash, winter, all varieties, cooked, baked, with salt	2
11046	Beans, navy, mature seeds, sprouted, raw	2
11642	Squash, summer, all varieties, cooked, boiled, drained, with salt	2

11857	Squash, summer, all varieties, cooked, boiled, drained,	2
11023	Balsam-pear (bitter melon), leafy tips, cooked, boiled, c	2
11568	Turnip greens, raw	2
11058	Beans, snap, canned, all styles, seasoned, solids and liq	2
11100	Brussels sprouts, frozen, unprepared	1
11641	Squash, summer, all varieties, raw	1
11468	Squash, summer, crookneck and straightneck, cooked,	1
11101	Brussels sprouts, frozen, cooked, boiled, drained, witho	1
11746	Brussels sprouts, frozen, cooked, boiled, drained, with s	1
43142	Radishes, hawaiian style, pickled	1
11489	Squash, winter, hubbard, raw	1
11490	Squash, winter, hubbard, cooked, baked, without salt	1
11491	Squash, winter, hubbard, cooked, boiled, mashed, with	1
11868	Squash, winter, hubbard, cooked, baked, with salt	1
11869	Squash, winter, hubbard, cooked, boiled, mashed, with	1
11475	Squash, summer, scallop, raw	1
11493	Squash, winter, spaghetti, cooked, boiled, drained, or b	1
11870	Squash, winter, spaghetti, cooked, boiled, drained, or b	1
11476	Squash, summer, scallop, cooked, boiled, drained, with	1
11860	Squash, summer, scallop, cooked, boiled, drained, with	1
11098	Brussels sprouts, raw	1
11941	Pickles, cucumber, sour	1
11946	Pickles, cucumber, sour, low sodium	1
11565	Turnips, cooked, boiled, drained, without salt	1
11889	Turnips, cooked, boiled, drained, with salt	1
11959	Arugula, raw	1
11959	Arugula, raw	1
11095	Broccoli, frozen, spears, cooked, boiled, drained, witho	1
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with	1
11744	Broccoli, frozen, spears, cooked, boiled, drained, with s	1
11050	Beans, shellie, canned, solids and liquids	1
11564	Turnips, raw	1
11591	Watercress, raw	1
11644	Squash, winter, all varieties, cooked, baked, without sa	1
11116	Cabbage, chinese (pak-choi), raw	1
11053	Beans, snap, green, cooked, boiled, drained, without sa	1
11723	Beans, snap, green, cooked, boiled, drained, with salt	1
11724	Beans, snap, yellow, cooked, boiled, drained, without s	1
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	1
11637	Radishes, white icicle, raw	1
11862	Squash, summer, zucchini, includes skin, frozen, cooke	1
11429	Radishes, raw	1
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, v	1
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, v	1
11479	Squash, summer, zucchini, includes skin, frozen, unpre	1
11052	Beans, snap, green, raw	1
11054	Beans, snap, green variety, canned, regular pack, solid	1
11726	Beans, snap, green, canned, no salt added, solids and l	1
11727	Beans, snap, yellow, canned, regular pack, solids and li	1

11728	Beans, snap, yellow, canned, no salt added, solids and	1
11474	Squash, summer, crookneck and straightneck, frozen, c	1
11859	Squash, summer, crookneck and straightneck, frozen, c	1
11149	Chayote, fruit, raw	1
11480	Squash, summer, zucchini, includes skin, frozen, cooke	1
11730	Beans, snap, yellow, frozen, all styles, unprepared	1
11473	Squash, summer, crookneck and straightneck, frozen, u	1
11236	Kale, frozen, cooked, boiled, drained, without salt	1
11791	Kale, frozen, cooked, boiled, drained, with salt	1
11430	Radishes, oriental, raw	1
11235	Kale, frozen, unprepared	1
11622	Kale, scotch, raw	1
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	1
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, dr	1
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, dr	1
11937	Pickles, cucumber, dill or kosher dill	1
11060	Beans, snap, green, frozen, all styles, unprepared	1
11062	Beans, snap, green, frozen, all styles, microwaved	1
11471	Squash, summer, crookneck and straightneck, canned,	1
11947	Pickles, cucumber, dill, low sodium	1
11056	Beans, snap, green, canned, regular pack, drained solid	1
11623	Kale, scotch, cooked, boiled, drained, without salt	1
11792	Kale, scotch, cooked, boiled, drained, with salt	1
11234	Kale, cooked, boiled, drained, without salt	1
11790	Kale, cooked, boiled, drained, with salt	1
11729	Beans, snap, green, canned, no salt added, drained sol	1
11932	Beans, snap, yellow, canned, regular pack, drained solid	1
11933	Beans, snap, yellow, canned, no salt added, drained so	1
11233	Kale, raw	1
11246	Leeks, (bulb and lower leaf-portion), raw	1
11435	Rutabagas, raw	1
11436	Rutabagas, cooked, boiled, drained, without salt	0
11851	Rutabagas, cooked, boiled, drained, with salt	0
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, c	0
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, c	0
11048	Beans, pinto, immature seeds, frozen, unprepared	0
11731	Beans, snap, green, frozen, cooked, boiled, drained, wi	0
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, w	0
11749	Cabbage, common (danish, domestic, and pointed type	0
11750	Cabbage, common (danish, domestic, and pointed type	0
11061	Beans, snap, green, frozen, cooked, boiled, drained wit	0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, w	0
11722	Beans, snap, yellow, raw	0
11481	Squash, summer, zucchini, italian style, canned	0
11643	Squash, winter, all varieties, raw	0
11161	Collards, raw	0
11162	Collards, cooked, boiled, drained, without salt	0
11768	Collards, cooked, boiled, drained, with salt	0
11432	Radishes, oriental, dried	0

11163	Collards, frozen, chopped, unprepared	0
11483	Squash, winter, acorn, cooked, baked, without salt	0
11864	Squash, winter, acorn, cooked, baked, with salt	0
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0
11114	Cabbage, savoy, raw	0
11486	Squash, winter, butternut, cooked, baked, without salt	0
11866	Squash, winter, butternut, cooked, baked, with salt	0
11482	Squash, winter, acorn, raw	0
43144	Cabbage, mustard, salted	0
11485	Squash, winter, butternut, raw	0
11241	Kohlrabi, raw	0
11110	Cabbage, cooked, boiled, drained, without salt	0
11751	Cabbage, common, cooked, boiled, drained, with salt	0
11467	Squash, summer, crookneck and straightneck, raw	0
11115	Cabbage, savoy, cooked, boiled, drained, without salt	0
11753	Cabbage, savoy, cooked, boiled, drained, with salt	0
11242	Kohlrabi, cooked, boiled, drained, without salt	0
11793	Kohlrabi, cooked, boiled, drained, with salt	0
43143	Cabbage, japanese style, fresh, pickled	0
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	0
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	0
11487	Squash, winter, butternut, frozen, unprepared	0
11113	Cabbage, red, cooked, boiled, drained, without salt	0
11752	Cabbage, red, cooked, boiled, drained, with salt	0
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	0
11112	Cabbage, red, raw	0
11090	Broccoli, raw	0
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0
11418	Pumpkin leaves, raw	0
11563	Tree fern, cooked, without salt	0
11419	Pumpkin leaves, cooked, boiled, drained, without salt	0
11848	Pumpkin leaves, cooked, boiled, drained, with salt	0
11945	Pickle relish, sweet	0
11424	Pumpkin, canned, without salt	0
11846	Pumpkin, canned, with salt	0
11426	Pumpkin pie mix, canned	0
11206	Cucumber, peeled, raw	0
11417	Pumpkin flowers, cooked, boiled, drained, without salt	0
11423	Pumpkin, cooked, boiled, drained, without salt	0
11845	Pumpkin, cooked, boiled, drained, with salt	0
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	0
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0
11659	Sweet potato, cooked, candied, home-prepared	0
11944	Pickle relish, hot dog	0
11958	Pickle relish, hamburger	0
11135	Cauliflower, raw	0

43350	Sauerkraut, canned, low sodium	0
11439	Sauerkraut, canned, solids and liquids	0
11270	Mustard greens, raw	0
11621	Horseradish-tree, pods, cooked, boiled, drained, without salt	0
11384	Potatoes, au gratin, dry mix, unprepared	0
11255	Lotus root, cooked, boiled, drained, without salt	0
11796	Lotus root, cooked, boiled, drained, with salt	0
11134	Cassava, raw	0
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	0
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	0
11254	Lotus root, raw	0
11364	Potatoes, baked, skin, without salt	0
11830	Potatoes, baked, skin, with salt	0
11519	Taro, cooked, without salt	0
11878	Taro, cooked, with salt	0
11271	Mustard greens, cooked, boiled, drained, without salt	0
11799	Mustard greens, cooked, boiled, drained, with salt	0
11274	Mustard spinach, (tendergreen), raw	0
11507	Sweet potato, raw, unprepared	0
11200	Yardlong bean, cooked, boiled, drained, without salt	0
11899	Yardlong bean, cooked, boiled, drained, with salt	0
11272	Mustard greens, frozen, unprepared	0
11369	Potatoes, microwaved, cooked in skin, skin, without salt	0
11836	Potatoes, microwaved, cooked, in skin, skin with salt	0
11357	Potatoes, white, flesh and skin, baked	0
11349	Poi	0
11378	Potatoes, mashed, dehydrated, flakes without milk, dry	0
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	0
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	0
11413	Potato flour	0
11605	Beets, harvard, canned, solids and liquids	0
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	0
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	0
11282	Onions, raw	0
11588	Waterchestnuts, chinese, (matai), raw	0
11671	Potatoes, o'brien, home-prepared	0
11363	Potatoes, baked, flesh, without salt	0
11829	Potatoes, baked, flesh, with salt	0
11358	Potatoes, red, flesh and skin, baked	0
11223	Horseradish-tree, leafy tips, cooked, boiled, drained, without salt	0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0
11831	Potatoes, boiled, cooked in skin, flesh, with salt	0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, without salt	0
11590	Waterchestnuts, chinese, canned, solids and liquids	0
11777	Cowpeas (Blackeyes), immature seeds, cooked, boiled, without salt	0
11191	Cowpeas (blackeyes), immature seeds, raw	0
11353	Potatoes, russet, flesh and skin, raw	0

11366	Potatoes, boiled, cooked in skin, skin, without salt	0
11352	Potato, flesh and skin, raw	0
11356	Potatoes, Russet, flesh and skin, baked	0
11259	Mountain yam, hawaii, cooked, steamed, without salt	0
11927	Mountain yam, hawaii, cooked, steamed, with salt	0
11518	Taro, raw	0
11657	Potatoes, mashed, home-prepared, whole milk added	0
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	0
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	0
11354	Potatoes, white, flesh and skin, raw	0
11674	Potato, baked, flesh and skin, without salt	0
11828	Potatoes, baked, flesh and skin, with salt	0
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk	0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, drained	0
11778	Cowpeas (Blackeyes), immature seeds, frozen, cooked, drained	0
11380	Potatoes, mashed, dehydrated, granules without milk, dry	0
11195	Cowpeas (Blackeyes), immature seeds, frozen, unprepared	0
11517	Sweet potato, frozen, cooked, baked, without salt	0
11602	Yam, cooked, boiled, drained, or baked, without salt	0
11897	Yam, cooked, boiled, drained, or baked, with salt	0
11877	Sweet potato, frozen, cooked, baked, with salt	0
11362	Potatoes, raw, skin	0
11609	Beets, pickled, canned, solids and liquids	0
11382	Potatoes, mashed, dehydrated, granules with milk, dry	0
11603	Yambean (jicama), raw	0
11979	Peppers, jalapeno, raw	0
11268	Mushrooms, shiitake, dried	0
11355	Potatoes, red, flesh and skin, raw	0
11400	Potatoes, frozen, whole, unprepared	0
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	0
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	0
11601	Yam, raw	0
11197	Cowpeas, young pods with seeds, raw	0
11284	Onions, dehydrated flakes	0
11258	Mountain yam, hawaii, raw	0
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained	0
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained	0
11677	Shallots, raw	0
11269	Mushrooms, shiitake, cooked, without salt	-1
11372	Potatoes, scalloped, home-prepared with butter	-1
11798	Mushrooms, shiitake, cooked, with salt	-1
11640	Shallots, freeze-dried	-1
11298	Parsnips, raw	-1
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	-1
11373	Potatoes, au gratin, home-prepared from recipe using butter	-1
11299	Parsnips, cooked, boiled, drained, without salt	-1
11808	Parsnips, cooked, boiled, drained, with salt	-1
11374	Potatoes, canned, solids and liquids	-1
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk	-1



11201	Cowpeas, leafy tips, raw	-1
11199	Yardlong bean, raw	-1
11717	Lima beans, immature seeds, frozen, fordhook, cooked	-1
11516	Sweet potato, frozen, unprepared	-1
11381	Potatoes, mashed, dehydrated, prepared from granules	-1
11037	Lima beans, immature seeds, frozen, fordhook, unprep	-1
11894	Vegetables, mixed, frozen, cooked, boiled, drained, wit	-1
11105	Burdock root, cooked, boiled, drained, without salt	-1
11038	Lima beans, immature seeds, frozen, fordhook, cooked	-1
11514	Sweet potato, canned, mashed	-1
11039	Lima beans, immature seeds, frozen, baby, unprepared	-1
11198	Cowpeas, young pods with seeds, cooked, boiled, drain	-1
11779	Cowpeas, young pods with seeds, cooked, boiled, drain	-1
11219	Gourd, white-flowered (calabash), cooked, boiled, drain	-1
11007	Artichokes, (globe or french), raw	-1
11508	Sweet potato, cooked, baked in skin, without salt	-1
11512	Sweet potato, canned, vacuum pack	-1
11218	Gourd, white-flowered (calabash), raw	-1
11290	Onions, frozen, whole, cooked, boiled, drained, without	-1
11821	Peppers, sweet, red, raw	-1
11645	Sweet potato, canned, syrup pack, solids and liquids	-1
11289	Onions, frozen, whole, unprepared	-1
11044	Mung beans, mature seeds, sprouted, cooked, boiled, d	-1
11109	Cabbage, raw	-1
11033	Beans, lima, immature seeds, canned, regular pack, so	-1
11715	Lima beans, immature seeds, canned, no salt added, so	-1
11784	Gourd, white-flowered (calabash), cooked, boiled, drain	-1
11807	Onions, frozen, whole, cooked, boiled, drained, with sal	-1
43311	Potatoes, canned, drained solids, no salt added	-1
11718	Mung beans, mature seeds, sprouted, cooked, boiled, d	-1
11626	Beans, mung, mature seeds, sprouted, canned, drained	-1
11104	Burdock root, raw	-1
11305	Peas, green, cooked, boiled, drained, without salt	-1
11376	Potatoes, canned, drained solids	-1
11735	Beets, canned, no salt added, solids and liquids	-1
11811	Peas, green, cooked, boiled, drained, with salt	-1
11438	Salsify, cooked, boiled, drained, without salt	-1
11510	Sweet potato, cooked, boiled, without skin	-1
11278	Okra, raw	-1
11292	Onions, young green, tops only	-1
11154	Chicory roots, raw	-1
11697	Arrowroot, raw	-1
11043	Mung beans, mature seeds, sprouted, raw	-1
11082	Beets, canned, regular pack, solids and liquids	-1
11647	Sweet potato, canned, syrup pack, drained solids	-1
11875	Sweet potato, cooked, baked in skin, with salt	-1
11523	Taro shoots, cooked, without salt	-1
11880	Taro, shoots, cooked, with salt	-1
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	-1

11237	Kanpyo, (dried gourd strips)	-1
11313	Peas, green, frozen, cooked, boiled, drained, without salt	-1
11814	Peas, green, frozen, cooked, boiled, drained, with salt	-1
11876	Sweet potato, cooked, boiled, without skin, with salt	-1
11216	Ginger root, raw	-1
11972	Lemon grass (citronella), raw	-1
11148	Chard, swiss, cooked, boiled, drained, without salt	-1
11581	Vegetables, mixed, canned, drained solids	-1
11964	Nopales, cooked, without salt	-1
11080	Beets, raw	-1
11934	Potatoes, mashed, home-prepared, whole milk and butter	-1
43312	Vegetables, mixed (corn, lima beans, peas, green beans)	-1
11081	Beets, cooked, boiled, drained	-1
11734	Beets, cooked, boiled, drained, with salt	-1
11935	Catsup	-1
11949	Catsup, low sodium	-1
11287	Onions, frozen, chopped, unprepared	-1
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	-1
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	-1
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	-1
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	-1
11540	Tomato juice, canned, with salt added	-1
11886	Tomato juice, canned, without salt added	-1
11655	Carrot juice, canned	-1
11031	Lima beans, immature seeds, raw	-1
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	-1
11084	Beets, canned, drained solids	-1
11551	Tomato products, canned, sauce, with mushrooms	-1
11248	Lentils, sprouted, raw	-1
11522	Taro shoots, raw	-1
11359	Potatoes, french fried, crinkle or regular cut, salt added in process	-1
11326	Peas and onions, frozen, unprepared	-1
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	-1
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	-1
11411	Potatoes, french fried, steak fries, salt added in process	-1
11412	Potatoes, french fried, steak fries, salt added in process	-1
11158	Chrysanthemum, garland, cooked, boiled, drained, with salt	-1
11960	Carrots, baby, raw	-1
11215	Garlic, raw	-1
11312	Peas, green, frozen, unprepared	-1
11304	Peas, green, raw	-1
11308	Peas, green (includes baby and lesuer types), canned, drained	-1
11813	Peas, green, canned, no salt added, drained solids	-1
11300	Peas, edible-podded, raw	-1
11667	Seaweed, spirulina, dried	-1
11395	Potatoes, french fried, shoestring, salt added in process	-1
11011	Asparagus, raw	-2
11283	Onions, cooked, boiled, drained, without salt	-2
11841	Potatoes, french fried, all types, salt not added in process	-2

11379	Potatoes, mashed, dehydrated, prepared from flakes w	-2
11842	Potatoes, french fried, all types, salt not added in proce	-2
11205	Cucumber, with peel, raw	-2
11306	Peas, green, canned, regular pack, solids and liquids	-2
11579	Vegetables, mixed, canned, solids and liquids	-2
11805	Onions, cooked, boiled, drained, with salt	-2
11403	Potatoes, french fried, all types, salt added in processin	-2
11310	Peas, green, canned, seasoned, solids and liquids	-2
11445	Seaweed, kelp, raw	-2
11683	Carrot, dehydrated	-2
11394	Potatoes, french fried, shoestring, salt added in process	-2
11360	Potatoes, french fried, crinkle or regular cut, salt added	-2
11316	Peas, mature seeds, sprouted, raw	-2
11812	Peas, green, canned, no salt added, solids and liquids	-2
11553	Tomato products, canned, sauce, with onions	-2
11402	Potatoes, french fried, all types, salt added in processin	-2
11301	Peas, edible-podded, boiled, drained, without salt	-2
11390	Potatoes, hashed brown, frozen, plain, unprepared	-2
11086	Beet greens, raw	-2
11285	Onions, canned, solids and liquids	-2
43217	Tomato sauce, no salt added	-2
11583	Vegetables, mixed, frozen, unprepared	-2
11165	Coriander (cilantro) leaves, raw	-2
11809	Peas, edible-podded, cooked, boiled, drained, with salt	-2
11546	Tomato products, canned, paste, without salt added	-2
11887	Tomato products, canned, paste, with salt added	-2
43365	Tomato and vegetable juice, low sodium	-2
11210	Eggplant, cooked, boiled, drained, without salt	-2
11266	Mushrooms, brown, Italian, or Crimini, raw	-2
11151	Chicory, witloof, raw	-2
11804	Okra, frozen, cooked, boiled, drained, with salt	-2
11578	Vegetable juice cocktail, canned	-2
11783	Eggplant, cooked, boiled, drained, with salt	-2
11398	Potato puffs, frozen, unprepared	-2
11399	Potato puffs, frozen, oven-heated	-2
11279	Okra, cooked, boiled, drained, without salt	-2
11279	Okra, cooked, boiled, drained, without salt	-2
11803	Okra, cooked, boiled, drained, with salt	-2
11547	Tomato products, canned, puree, without salt added	-2
11888	Tomato products, canned, puree, with salt added	-2
11291	Onions, spring or scallions (includes tops and bulb), raw	-2
11209	Eggplant, raw	-2
11126	Carrots, canned, regular pack, solids and liquids	-2
11009	Artichokes, (globe or french), frozen, unprepared	-2
11280	Okra, frozen, unprepared	-2
11012	Asparagus, cooked, boiled, drained	-2
11705	Asparagus, cooked, boiled, drained, with salt	-2
11281	Okra, frozen, cooked, boiled, drained, without salt	-2
11318	Peas and carrots, canned, regular pack, solids and liqui	-2

11816	Peas and carrots, canned, no salt added, solids and liquid	-2
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained	-2
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained	-2
11087	Beet greens, cooked, boiled, drained, without salt	-2
11736	Beet greens, cooked, boiled, drained, with salt	-2
11302	Peas, edible-podded, frozen, unprepared	-2
11758	Carrots, canned, no salt added, solids and liquids	-2
11530	Tomatoes, red, ripe, cooked	-2
11884	Tomatoes, red, ripe, cooked, with salt	-2
11303	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	-2
11324	Peas and onions, canned, solids and liquids	-2
11496	Succotash, (corn and limas), cooked, boiled, drained, with salt	-2
11333	Peppers, sweet, green, raw	-2
11497	Succotash, (corn and limas), canned, with cream style dressing	-2
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	-2
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	-2
11203	Cress, garden, raw	-2
11329	Peppers, hot chili, green, canned, pods, excluding seeds	-2
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	-2
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained	-2
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained	-2
11122	Cardoon, raw	-2
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained	-2
11963	Nopales, raw	-2
11125	Carrots, cooked, boiled, drained, without salt	-2
11670	Peppers, hot chili, green, raw	-2
11232	Jute, potherb, cooked, boiled, drained, without salt	-2
11789	Jute, potherb, cooked, boiled, drained, with salt	-2
11526	Taro, tahitian, cooked, without salt	-3
11881	Taro, tahitian, cooked, with salt	-3
11001	Alfalfa seeds, sprouted, raw	-3
11499	Succotash, (corn and limas), canned, with whole kernels	-3
11174	Corn, sweet, yellow, canned, cream style, regular pack	-3
11772	Corn, sweet, yellow, canned, cream style, no salt added	-3
11906	Corn, sweet, white, canned, cream style, regular pack	-3
11907	Corn, sweet, white, canned, cream style, no salt added	-3
11505	Sweet potato leaves, raw	-3
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	-3
11322	Peas and carrots, frozen, unprepared	-3
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	-3
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	-3
11506	Sweet potato leaves, cooked, steamed, without salt	-3
11874	Sweet potato leaves, cooked, steamed, with salt	-3
11128	Carrots, canned, regular pack, drained solids	-3
11759	Carrots, canned, no salt added, drained solids	-3
11533	Tomatoes, red, ripe, canned, stewed	-3
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	-3
11549	Tomato products, canned, sauce	-3
11521	Taro leaves, cooked, steamed, without salt	-3

11879	Taro, leaves, cooked, steamed, with salt	-3
11124	Carrots, raw	-3
11658	Spinach souffle	-3
11407	Potatoes, frozen, french fried, par fried, cottage-cut, pr	-3
11840	Potatoes, frozen, french fried, par fried, cottage-cut, pr	-3
11176	Corn, sweet, yellow, canned, vacuum pack, regular pac	-3
11773	Corn, sweet, yellow, canned, vacuum pack, no salt add	-3
11908	Corn, sweet, white, canned, vacuum pack, regular pack	-3
11909	Corn, sweet, white, canned, vacuum pack, no salt adde	-3
11531	Tomatoes, red, ripe, canned, packed in tomato juice	-3
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no	-3
11204	Cress, garden, cooked, boiled, drained, without salt	-3
11781	Cress, garden, cooked, boiled, drained, with salt	-3
11386	Potatoes, scalloped, dry mix, unprepared	-3
11406	Potatoes, frozen, french fried, par fried, cottage-cut, un	-3
11596	Winged beans, immature seeds, cooked, boiled, drained	-3
11595	Winged beans, immature seeds, raw	-3
11520	Taro leaves, raw	-3
11993	Mushrooms, maitake, raw	-3
11757	Carrots, cooked, boiled, drained, with salt	-3
11147	Chard, swiss, raw	-3
11297	Parsley, raw	-3
11649	Tomato products, canned, sauce, spanish style	-3
11334	Peppers, sweet, green, cooked, boiled, drained, without	-3
11823	Peppers, sweet, red, cooked, boiled, drained, without s	-3
11501	Succotash, (corn and limas), frozen, unprepared	-3
11502	Succotash, (corn and limas), frozen, cooked, boiled, dra	-3
11872	Succotash, (corn and limas), frozen, cooked, boiled, dra	-3
11973	Beans, fava, in pod, raw	-3
11527	Tomatoes, green, raw	-3
11184	Corn with red and green peppers, canned, solids and lid	-3
11822	Peppers, sweet, green, cooked, boiled, drained, with sa	-3
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	-3
11182	Corn, yellow, whole kernel, frozen, microwaved	-3
11952	Radicchio, raw	-3
11231	Jute, potherb, raw	-3
11170	Corn, sweet, yellow, canned, brine pack, regular pack,	-3
11771	Corn, sweet, yellow, canned, no salt added, solids and	-3
11903	Corn, sweet, white, canned, whole kernel, regular pack	-3
11904	Corn, sweet, white, canned, whole kernel, no salt adde	-3
11026	Bamboo shoots, raw	-3
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, bo	-3
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, bo	-3
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boi	-3
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boi	-3
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	-4
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	-4
11141	Celeriac, raw	-4
11267	Mushrooms, shiitake, stir-fried	-4

11525	Taro, tahitian, raw	-4
11213	Endive, raw	-4
11896	Winged bean, immature seeds, cooked, boiled, drained	-4
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled,	-4
11004	Amaranth leaves, cooked, boiled, drained, without salt	-4
11700	Amaranth leaves, cooked, boiled, drained, with salt	-4
11987	Mushrooms, oyster, raw	-4
11018	Asparagus, frozen, unprepared	-4
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprep	-4
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprep	-4
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepa	-4
11615	Chives, freeze-dried	-4
43146	Eggplant, pickled	-4
11152	Chicory greens, raw	-4
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drain	-4
11408	Potatoes, frozen, french fried, par fried, extruded, unpr	-4
11144	Celery, cooked, boiled, drained, without salt	-4
11764	Celery, cooked, boiled, drained, with salt	-4
11634	Peppers, sweet, green, freeze-dried	-4
11931	Peppers, sweet, red, freeze-dried	-4
11409	Potatoes, frozen, french fried, par fried, extruded, prep	-4
11955	Tomatoes, sun-dried	-4
11529	Tomatoes, red, ripe, raw, year round average	-4
11656	Corn pudding, home prepared	-4
11220	Gourd, dishcloth (towelgourd), raw	-4
11695	Tomatoes, orange, raw	-4
11264	Mushrooms, canned, drained solids	-4
11559	Tomato products, canned, sauce, with tomato tidbits	-5
11337	Peppers, sweet, green, frozen, chopped, unprepared	-5
11917	Peppers, sweet, red, frozen, chopped, unprepared	-5
11707	Asparagus, canned, no salt added, solids and liquids	-5
11207	Dandelion greens, raw	-5
11391	Potatoes, hashed brown, frozen, plain, prepared	-5
11143	Celery, raw	-5
11918	Peppers, sweet, red, frozen, chopped, cooked, boiled, c	-5
11172	Corn, sweet, yellow, canned, whole kernel, drained soli	-5
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled	-5
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled	-5
11919	Peppers, sweet, red, frozen, chopped, cooked, boiled, c	-5
11013	Asparagus, canned, regular pack, solids and liquids	-5
11613	Borage, raw	-5
11265	Mushrooms, portabella, raw	-5
11167	Corn, sweet, yellow, raw	-5
11819	Peppers, hot chili, red, raw	-5
11905	Corn, sweet, white, canned, whole kernel, drained solid	-5
11208	Dandelion greens, cooked, boiled, drained, without salt	-6
11027	Bamboo shoots, cooked, boiled, drained, without salt	-6
11943	Pimento, canned	-6
11901	Corn, sweet, white, cooked, boiled, drained, without sa	-6

11902	Corn, sweet, white, cooked, boiled, drained, with salt	-6
11961	Hearts of palm, canned	-6
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	-6
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	-6
11263	Mushrooms, white, stir-fried	-6
11712	Bamboo shoots, cooked, boiled, drained, with salt	-6
11003	Amaranth leaves, raw	-6
11003	Amaranth leaves, raw	-6
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	-6
11261	Mushrooms, white, cooked, boiled, drained, without salt	-6
11797	Mushrooms, white, cooked, boiled, drained, with salt	-6
11130	Carrots, frozen, unprepared	-6
11028	Bamboo shoots, canned, drained solids	-7
11977	Pepper, serrano, raw	-7
11980	Peppers, chili, green, canned	-7
11131	Carrots, frozen, cooked, boiled, drained, without salt	-7
11843	Potatoes, au gratin, home-prepared from recipe using raw potatoes	-7
11696	Tomatoes, yellow, raw	-7
11593	Waxgourd, (chinese preserving melon), raw	-7
11240	Mushrooms, morel, raw	-7
11844	Potatoes, scalloped, home-prepared with margarine	-7
11260	Mushrooms, white, raw	-7
11335	Peppers, sweet, green, canned, solids and liquids	-7
11916	Peppers, sweet, red, canned, solids and liquids	-7
11557	Tomato products, canned, sauce, with onions, green peppers	-7
11981	Peppers, hungarian, raw	-8
11245	Lambquarters, cooked, boiled, drained, without salt	-8
11794	Lamb quarters, cooked, boiled, drained, with salt	-8
11351	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	-8
11156	Chives, raw	-8
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	-8
11989	Mushrooms, straw, canned, drained solids	-8
11392	Potatoes, hashed brown, frozen, with butter sauce, unprepared	-8
11371	Potatoes, mashed, home-prepared, whole milk and margarine	-8
11760	Carrots, frozen, cooked, boiled, drained, with salt	-9
11976	Pepper, banana, raw	-9
11383	Potatoes, mashed, dehydrated, prepared from granules	-9
11956	Tomatoes, sun-dried, packed in oil, drained	-9
11019	Asparagus, frozen, cooked, boiled, drained, without salt	-9
11709	Asparagus, frozen, cooked, boiled, drained, with salt	-9
11295	Onion rings, breaded, par fried, frozen, unprepared	-9
11962	Peppers, hot chile, sun-dried	-9
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	-9
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	-9
11243	Mushrooms, portabella, grilled	-10
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	-10
11660	Tomatoes, red, ripe, cooked, stewed	-10
11296	Onion rings, breaded, par fried, frozen, prepared, heated	-11
11929	Potatoes, mashed, prepared from granules, without milk	-11

11212 Edamame, frozen, prepared	-12	
11954 Tomatillos, raw	-12	
11930 Potatoes, mashed, prepared from flakes, without milk, ...	-12	
11159 Coleslaw, home-prepared	-13	
11015 Asparagus, canned, drained solids	-13	
11555 Tomato products, canned, sauce, with herbs and cheeses	-14	
11978 Pepper, ancho, dried	-15	
11370 Potatoes, hashed brown, home-prepared	-15	
11451 Soybeans, green, cooked, boiled, drained, without salt	-16	
11853 Soybeans, green, cooked, boiled, drained, with salt	-16	
11450 Soybeans, green, raw	-17	
11632 Peppers, jalapeno, canned, solids and liquids	-17	
11414 Potato salad, home-prepared	-21	very good effect
11672 Potato pancakes	-22	good effect
11452 Soybeans, mature seeds, sprouted, raw	-24	OK effect
11453 Soybeans, mature seeds, sprouted, cooked, steamed	-24	not very good effect
11923 Soybeans, mature seeds, sprouted, cooked, steamed, w...	-24	bad effect
11286 Onions, yellow, sauteed	-31	awful effect

**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	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <math display="block">\frac{3 - 6}{\triangle}</math> </div>
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 liquids	0	
09067 Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0	
09071 Cherries, sweet, canned, water pack, solids and liquids	0	
09072 Cherries, sweet, canned, juice pack, solids and liquids	0	
09073 Cherries, sweet, canned, light syrup pack, solids and liquids	0	
09076 Cherries, sweet, frozen, sweetened	0	
09328 Maraschino cherries, canned, drained	0	
09075 Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	0	
09066 Cherries, sour, red, canned, heavy syrup pack, solids and liquids	0	
09074 Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0	
09065 Cherries, sour, red, canned, light syrup pack, solids and liquids	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, undiluted	0	
09164 Litchis, raw	0	
09275 Pineapple juice, frozen concentrate, unsweetened, diluted	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 gua	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 and l	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	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 skin,	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 grape	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, dr	0
09291	Plums, dried (prunes), uncooked	0
09273	Pineapple juice, canned, unsweetened, without added a	0
09409	Pineapple juice, canned, unsweetened, with added asco	0
09269	Pineapple, canned, light syrup pack, solids and liquids	0
09214	Orange juice, frozen concentrate, unsweetened, undilut	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, diluted	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 liqui	0
09242	Peaches, canned, extra heavy syrup pack, solids and lic	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 and	0
09220	Tangerines, (mandarin oranges), canned, light syrup pa	0
09225	Tangerine juice, frozen concentrate, sweetened, diluted	0
09224	Tangerine juice, frozen concentrate, sweetened, undilut	0
09103	Fruit salad, (peach and pear and apricot and pineapple)	0
09027	Apricots, canned, heavy syrup pack, with skin, solids ar	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 added	0
09135	Grape juice, canned or bottled, unsweetened, without added	0
09035	Apricots, frozen, sweetened	0
09028	Apricots, canned, heavy syrup pack, without skin, solids and	0
09285	Plums, canned, purple, extra heavy syrup pack, solids and	0
09217	Orange-grapefruit juice, canned, unsweetened	0
09134	Grapes, canned, thompson seedless, heavy syrup pack,	0
09040	Bananas, raw	0
09019	Applesauce, canned, unsweetened, without added ascorbic	0
09401	Applesauce, canned, unsweetened, with added ascorbic	0
09310	Rhubarb, frozen, cooked, with sugar	0
09317	Strawberries, canned, heavy syrup pack, solids and liquids	0
09318	Strawberries, frozen, unsweetened	0
09121	Grapefruit, sections, canned, light syrup pack, solids and	0
09200	Oranges, raw, all commercial varieties	0
09106	Fruit salad, (peach and pear and apricot and pineapple)	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	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 grape)	0
09137	Grape juice cocktail, frozen concentrate, diluted with 3	0
09240	Peaches, canned, light syrup pack, solids and liquids	0
09136	Grape juice cocktail, frozen concentrate, undiluted, with	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

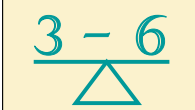
09100	Fruit cocktail, (peach and pineapple and pear and grape)	0
09052	Blueberries, canned, heavy syrup, solids and liquids	0
09009	Apples, dehydrated (low moisture), sulfured, uncooked	0
09084	Currants, red and white, raw	0
09010	Apples, dehydrated (low moisture), sulfured, stewed	0
09209	Orange juice, 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 v	0
09255	Pears, canned, extra light syrup pack, solids and liquids	0
09411	Apple juice, frozen concentrate, unsweetened, diluted v	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 a	-1
09400	Apple juice, canned or bottled, unsweetened, with adde	-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 liquids	-1
09189	Fruit, mixed, (peach and cherry-sweet and -sour and ra	-1
09243	Peaches, spiced, canned, heavy syrup pack, solids and	-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 pineapple)	-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 liquid	-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 liquid	-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

**Dairy and Egg Products**



01022	Cheese, gouda	0	very good effect
01039	Cheese, roquefort	0	good effect
01146	Cheese, parmesan, shredded	0	OK effect
01204	Cheese, parmesan, dry grated, reduced fat	0	not very good effect
01038	Cheese, romano	0	bad effect
01033	Cheese, parmesan, hard	0	awful effect
01108	Milk, indian buffalo, fluid	0	
43340	Cheese, parmesan, low sodium	0	
01093	Milk, dry, nonfat, calcium reduced	0	
01092	Milk, dry, nonfat, instant, with added vitamin A and vita	0	
01155	Milk, dry, nonfat, instant, without added vitamin A and	0	
01068	Cream substitute, liquid, with lauric acid oil and sodium	0	
01091	Milk, dry, nonfat, regular, without added vitamin A and	0	
01154	Milk, dry, nonfat, regular, with added vitamin A and vita	0	
01097	Milk, canned, evaporated, nonfat, with added vitamin A	0	
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D	0	
01151	Milk, nonfat, fluid, without added vitamin A and vitamin	0	
42205	Cheese, pasteurized process, cheddar or american, fat-	0	
01014	Cheese, cottage, nonfat, uncreamed, dry, large or sma	0	
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	0	
43261	Yogurt, fruit variety, nonfat	0	
01113	Whey, acid, dried	0	
01115	Whey, sweet, dried	0	
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0	
01026	Cheese, mozzarella, whole milk	0	
01087	Milk, nonfat, fluid, protein fortified, with added vitamin	0	
01034	Cheese, port de salut	0	
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitam	0	
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	0	
01094	Milk, buttermilk, dried	0	
01060	Milk, filled, fluid, with lauric acid oil	0	
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0	
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, for	0	
43078	Beverage, milkshake mix, dry, not chocolate	0	
01076	Milk substitutes, fluid, with lauric acid oil	0	
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0	
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fort	0	

42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	0
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0
01203	Yogurt, fruit, lowfat, with low calorie sweetener	0
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil	0
01021	Cheese, gjetost	0
01088	Milk, buttermilk, fluid, cultured, lowfat	0
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fruit	0
42189	Milk, buttermilk, fluid, cultured, reduced fat	0
01016	Cheese, cottage, lowfat, 1% milkfat	0
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	0
42135	Whipped topping, frozen, low fat	0
01110	Milk shakes, thick chocolate	0
01114	Whey, sweet, fluid	0
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	0
01148	Cheese, pasteurized process, swiss, without di sodium phosphate	0
01047	Cheese food, pasteurized process, swiss	0
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids	0
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamins	0
01020	Cheese, fontina	0
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamins	0
01111	Milk shakes, thick vanilla	0
01041	Cheese, tilsit	0
01019	Cheese, feta	0
01074	Sour cream, imitation, cultured	0
01073	Dessert topping, semi solid, frozen	0
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	0
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamins	0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0
43275	Cheese, pasteurized process, american, low fat	0
43589	Cheese, swiss, low fat	0
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids	0
01095	Milk, canned, condensed, sweetened	0
43379	Cheese, pasteurized process, swiss, low fat	0
01102	Milk, chocolate, fluid, commercial, whole, with added vitamins	0
01089	Milk, low sodium, fluid	0
42136	Cream substitute, powdered, light	0
01078	Milk, producer, fluid, 3.7% milkfat	0
01018	Cheese, edam	0
01008	Cheese, caraway	0
43278	Cheese, american cheddar, imitation	0
01109	Milk, sheep, fluid	-1
01010	Cheese, cheshire	-1
01168	Cheese, low fat, cheddar or colby	-1
01090	Milk, dry, whole, with added vitamin D	-1
01212	Milk, dry, whole, without added vitamin D	-1
42303	Cheese, muenster, low fat	-1
01013	Cheese, cottage, creamed, with fruit	-1

01009	Cheese, cheddar	-1
01005	Cheese, brick	-1
01166	Cheese, mexican, queso asadero	-1
01167	Cheese, mexican, queso chihuahua	-1
01165	Cheese, mexican, queso anejo	-1
01030	Cheese, muenster	-1
01208	Cheese, provolone, reduced fat	-1
01169	Cheese, low-sodium, cheddar or colby	-1
01024	Cheese, limburguer	-1
01015	Cheese, cottage, lowfat, 2% milkfat	-1
01007	Cheese, camembert	-1
01042	Cheese, pasteurized process, american, with di sodium	-1
01043	Cheese, pasteurized process, pimento	-1
01147	Cheese, pasteurized process, american, without di sodi	-1
01006	Cheese, brie	-1
01163	Cheese fondue	-1
43205	Beverage, instant breakfast powder, chocolate, not recd	-1
01048	Cheese spread, pasteurized process, american, without	-1
01150	Cheese spread, pasteurized process, american, with di	-1
43398	Cheese, pasteurized process, cheddar or american, low	-1
01045	Cheese food, cold pack, american	-1
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A an	-1
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	-1
01035	Cheese, provolone	-1
01149	Cheese food, pasteurized process, american, with di so	-1
01214	Milk, canned, evaporated, without added vitamin A and	-1
01096	Milk, canned, evaporated, with added vitamin D and wi	-1
01153	Milk, canned, evaporated, with added vitamin A	-1
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/	-1
43273	Cheese, cottage, with vegetables	-1
01054	Cream, whipped, cream topping, pressurized	-1
01040	Cheese, swiss	-1
01029	Cheese, mozzarella, part skim milk, low moisture	-1
01055	Cream, sour, reduced fat, cultured	-1
01049	Cream, fluid, half and half	-1
43405	Cheese, swiss, low sodium	-1
01077	Milk, whole, 3.25% milkfat, with added vitamin D	-1
01211	Milk, whole, 3.25% milkfat, without added vitamin A an	-1
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat	-1
43597	Cheese, mozzarella, low sodium	-1
01004	Cheese, blue	-1
01070	Dessert topping, powdered	-1
01028	Cheese, mozzarella, part skim milk	-1
43276	Cheese spread, cream cheese base	-1
01050	Cream, fluid, light (coffee cream or table cream)	-1
01105	Milk, chocolate beverage, hot cocoa, homemade	-1
01053	Cream, fluid, heavy whipping	-1
01037	Cheese, ricotta, part skim milk	-1
01012	Cheese, cottage, creamed, large or small curd	-1



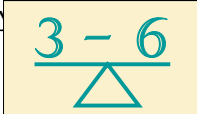
01002	Butter, whipped, with salt	-1
01202	Milk, chocolate, fluid, commercial, reduced fat, with add	-1
01072	Dessert topping, pressurized	-1
01003	Butter oil, anhydrous	-1
01036	Cheese, ricotta, whole milk	-1
01103	Milk, chocolate, fluid, commercial, reduced fat, with add	-1
01106	Milk, goat, fluid, with added vitamin D	-1
01025	Cheese, monterey	-1
01011	Cheese, colby	-1
01057	Eggnog	-1
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin	-1
01027	Cheese, mozzarella, whole milk, low moisture	-1
42155	Cheese, monterey, low fat	-1
01052	Cream, fluid, light whipping	-1
01032	Cheese, parmesan, grated	-2
01159	Cheese, goat, soft type	-2
01156	Cheese, goat, hard type	-2
01157	Cheese, goat, semisoft type	-2
01023	Cheese, gruyere	-2
43260	Beverage, instant breakfast powder, chocolate, sugar-f	-2
01058	Sour dressing, non-butterfat, cultured, filled cream-typ	-3
01046	Cheese food, pasteurized process, american, without di	-3
01145	Butter, without salt	-3
01001	Butter, salted	-3
01031	Cheese, neufchatel	-3
01017	Cheese, cream	-4
01056	Cream, sour, cultured	-4
01223	Protein supplement, milk based, Muscle Milk, powder	-4
01164	Cheese sauce, prepared from recipe	-5
42141	Cream substitute, liquid, light	-5
01161	Cheese substitute, mozzarella	-6
01107	Milk, human, mature, fluid	-7
01133	Egg, whole, dried	-9
43268	Whipped cream substitute, dietetic, made from powder	-10
01059	Milk, filled, fluid, with blend of hydrogenated vegetable	-11
01140	Egg, quail, whole, fresh, raw	-11
01139	Egg, goose, whole, fresh, raw	-11
01141	Egg, turkey, whole, fresh, raw	-12
01127	Egg, yolk, raw, frozen, sugared	-12
01134	Egg, whole, dried, stabilized, glucose reduced	-12
01129	Egg, whole, cooked, hard-boiled	-12
01160	Egg, yolk, raw, frozen, salted	-12
01137	Egg, yolk, dried	-14
01138	Egg, duck, whole, fresh, raw	-15
01126	Egg, yolk, raw, frozen	-16
01123	Egg, whole, raw, fresh	-17
01131	Egg, whole, cooked, poached	-17
01132	Egg, whole, cooked, scrambled	-17
01125	Egg, yolk, raw, fresh	-17

very good effect

01128	Egg, whole, cooked, fried	-18	good effect
01130	Egg, whole, cooked, omelet	-19	OK effect
43528	Ensure plus, liquid nutrition	-22	not very good effect
43543	Milk, imitation, non-soy	-25	bad effect
42117	Imitation cheese, american or cheddar, low cholesterol	-26	awful effect

**Poultry Products**

05220	Turkey, fryer-roasters, breast, meat only	-2	very good effect
05311	Chicken, canned, no broth	-2	good effect
05629	Emu, inside drums, cooked, broiled	-2	OK effect
05627	Emu, full rump, cooked, broiled	-3	not very good effect
05210	Turkey, fryer-roasters, light meat, meat only, cooked, r	-3	bad effect
05065	Chicken, broilers or fryers, breast, meat only, cooked, s	-4	awful effect
43283	Pheasant, cooked, total edible	-4	
05064	Chicken, broilers or fryers, breast, meat only, cooked, r	-4	
05042	Chicken, broilers or fryers, light meat, meat only, cooke	-4	
05624	Emu, fan fillet, cooked, broiled	-4	
05063	Chicken, broilers or fryers, breast, meat only, cooked, f	-5	
05218	Turkey, fryer-roasters, breast, meat and skin, cooked, r	-5	
05041	Chicken, broilers or fryers, light meat, meat only, cooke	-5	
05282	Pate de foie gras, canned (goose liver pate), smoked	-5	
05149	Goose, domesticated, meat only, cooked, roasted	-5	
05650	Ostrich, outside strip, cooked	-5	
05316	Duck, young duckling, domesticated, White Pekin, brea	-5	
05658	Ostrich, top loin, cooked	-5	
05642	Ostrich, ground, cooked, pan-broiled	-6	
05142	Duck, domesticated, meat only, cooked, roasted	-6	
05040	Chicken, broilers or fryers, light meat, meat only, cooke	-6	
05632	Emu, top loin, cooked, broiled	-6	
05286	Turkey and gravy, frozen	-6	
05024	Chicken, gizzard, all classes, cooked, simmered	-6	
05071	Chicken, broilers or fryers, drumstick, meat only, raw	-6	
05318	Duck, young duckling, domesticated, White Pekin, leg,	-6	
05174	Turkey, gizzard, all classes, cooked, simmered	-7	
05202	Turkey, fryer-roasters, meat only, cooked, roasted	-7	
05147	Goose, domesticated, meat and skin, cooked, roasted	-7	
05600	USDA Commodity, turkey ham, dark meat, smoked, fro	-7	
05206	Turkey, fryer-roasters, light meat, meat and skin, cook	-7	
05118	Chicken, roasting, light meat, meat only, cooked, roas	-7	
05664	Ground turkey, fat free, patties, broiled	-7	
05266	Turkey, young tom, light meat, meat only, cooked, roas	-7	
05652	Ostrich, oyster, cooked	-7	
05107	Chicken, broilers or fryers, wing, meat only, cooked, ro	-7	
05663	Ground turkey, fat free, pan-broiled crumbles	-7	
05060	Chicken, broilers or fryers, breast, meat and skin, cook	-8	
05073	Chicken, broilers or fryers, drumstick, meat only, cooke	-8	
05645	Ostrich, inside leg, cooked	-8	
05656	Ostrich, tip trimmed, cooked	-8	
05061	Chicken, broilers or fryers, breast, meat and skin, cook	-8	
05074	Chicken, broilers or fryers, drumstick, meat only, cooke	-8	



05059	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	-8
05014	Chicken, broilers or fryers, meat only, stewed	-8
05013	Chicken, broilers or fryers, meat only, roasted	-8
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	-8
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	-8
05186	Turkey, all classes, light meat, cooked, roasted	-8
05012	Chicken, broilers or fryers, meat only, cooked, fried	-9
05114	Chicken, roasting, meat only, cooked, roasted	-9
05622	Emu, ground, cooked, pan-broiled	-9
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	-9
05140	Duck, domesticated, meat and skin, cooked, roasted	-9
05224	Turkey, fryer-roasters, leg, meat only, cooked, roasted	-9
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	-9
05228	Turkey, fryer-roasters, wing, meat only, cooked, roasted	-9
05315	Duck, young duckling, domesticated, White Pekin, breast, cooked, roasted	-9
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	-9
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	-9
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	-10
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated	-10
05317	Duck, young duckling, domesticated, White Pekin, leg, cooked, roasted	-10
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	-10
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	-10
05647	Ostrich, inside strip, cooked	-10
05198	Turkey, fryer-roasters, meat and skin and giblets and neck, cooked, roasted	-10
05277	Chicken, canned, meat only, with broth	-10
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	-10
05631	Emu, oyster, raw	-10
05353	USDA Commodity, chicken fajita strips, frozen	-10
05136	Chicken, capons, meat and skin, cooked, roasted	-10
05222	Turkey, fryer-roasters, leg, meat and skin, cooked, roasted	-10
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	-10
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	-10
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	-10
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	-11
05332	Chicken, ground, raw	-11
05212	Turkey, fryer-roasters, dark meat, meat only, cooked, roasted	-11
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	-11
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	-11
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	-11
05090	Chicken, broilers or fryers, neck, meat only, cooked, sirloin	-11
05312	Chicken, wing, frozen, glazed, barbecue flavored	-11
05262	Turkey, young tom, light meat, meat and skin, cooked, roasted	-11
05272	Turkey, young tom, breast, meat and skin, cooked, roasted	-11
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	-11
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	-11
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	-11
05258	Turkey, young tom, meat only, cooked, roasted	-11
05333	Chicken, ground, crumbles, cooked, pan-browned	-11
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated	-11

05173	Turkey, gizzard, all classes, raw	-11
05069	Chicken, broilers or fryers, drumstick, meat and skin, c	-11
05310	Chicken, cornish game hens, meat only, cooked, roaste	-11
05010	Chicken, broilers or fryers, meat and skin, cooked, stev	-11
05182	Turkey, all classes, light meat, meat and skin, cooked,	-11
05009	Chicken, broilers or fryers, meat and skin, cooked, roas	-11
05008	Chicken, broilers or fryers, meat and skin, cooked, frie	-12
05130	Chicken, stewing, light meat, meat only, cooked, stewe	-12
05005	Chicken, broilers or fryers, meat and skin and giblets a	-12
05122	Chicken, stewing, meat and skin, and giblets and neck,	-12
05054	Chicken, broilers or fryers, back, meat only, cooked, fri	-12
05208	Turkey, fryer-roasters, dark meat, meat and skin, cook	-12
05138	Chicken, capons, giblets, cooked, simmered	-12
05004	Chicken, broilers or fryers, meat and skin and giblets a	-12
05248	Turkey, young hen, breast, meat and skin, cooked, roa	-12
05030	Chicken, broilers or fryers, light meat, meat and skin, c	-12
05055	Chicken, broilers or fryers, back, meat only, cooked, ro	-12
05078	Chicken, broilers or fryers, leg, meat and skin, cooked,	-12
05093	Chicken, broilers or fryers, thigh, meat and skin, cooke	-12
05284	Turkey, canned, meat only, with broth	-12
05077	Chicken, broilers or fryers, leg, meat and skin, cooked,	-12
05089	Chicken, broilers or fryers, neck, meat only, cooked, fri	-12
43287	Dove, cooked (includes squab)	-12
05068	Chicken, broilers or fryers, drumstick, meat and skin, c	-12
05234	Turkey, young hen, meat only, cooked, roasted	-12
05226	Turkey, fryer-roasters, wing, meat and skin, cooked, ro	-12
05036	Chicken, broilers or fryers, dark meat, meat and skin, c	-12
05079	Chicken, broilers or fryers, leg, meat and skin, cooked,	-12
05003	Chicken, broilers or fryers, meat and skin and giblets a	-12
05112	Chicken, roasting, meat and skin, cooked, roasted	-12
05126	Chicken, stewing, meat only, cooked, stewed	-12
43391	Turkey, light or dark meat, smoked, cooked, skin and b	-13
05037	Chicken, broilers or fryers, dark meat, meat and skin, c	-13
05092	Chicken, broilers or fryers, thigh, meat and skin, cooke	-13
05110	Chicken, roasting, meat and skin and giblets and neck,	-13
05104	Chicken, broilers or fryers, wing, meat and skin, cooked	-13
05076	Chicken, broilers or fryers, leg, meat and skin, cooked,	-13
05168	Turkey, all classes, meat only, cooked, roasted	-13
05238	Turkey, young hen, light meat, meat and skin, cooked,	-13
05285	Turkey, diced, light and dark meat, seasoned	-13
05103	Chicken, broilers or fryers, wing, meat and skin, cooked	-13
05067	Chicken, broilers or fryers, drumstick, meat and skin, c	-13
05256	Turkey, young tom, meat and skin, cooked, roasted	-13
05276	Turkey, young tom, wing, meat and skin, cooked, roast	-13
05094	Chicken, broilers or fryers, thigh, meat and skin, cooke	-13
05007	Chicken, broilers or fryers, meat and skin, cooked, frie	-13
05002	Chicken, broilers or fryers, meat and skin and giblets a	-13
05132	Chicken, stewing, dark meat, meat only, cooked, stewe	-13
05038	Chicken, broilers or fryers, dark meat, meat and skin, c	-13

05216	Turkey, fryer-roasters, back, meat only, cooked, roasted	-13
05050	Chicken, broilers or fryers, back, meat and skin, cooked	-13
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked	-13
05254	Turkey, young tom, meat and skin and giblets and neck	-13
05172	Turkey, all classes, giblets, cooked, simmered, some giblets	-13
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked	-14
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	-14
05164	Turkey, all classes, meat and skin and giblets and neck	-14
05102	Chicken, broilers or fryers, wing, meat and skin, cooked	-14
05166	Turkey, all classes, meat and skin, cooked, roasted	-14
05101	Chicken, broilers or fryers, wing, meat and skin, cooked	-14
05049	Chicken, broilers or fryers, back, meat and skin, cooked	-14
43366	Turkey, wing, smoked, cooked, with skin, bone removed	-14
05052	Chicken, broilers or fryers, back, meat and skin, cooked	-14
05252	Turkey, young hen, wing, meat and skin, cooked, roasted	-14
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	-14
05051	Chicken, broilers or fryers, back, meat and skin, cooked	-14
05124	Chicken, stewing, meat and skin, cooked, stewed	-15
05214	Turkey, fryer-roasters, back, meat and skin, cooked, roasted	-15
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat	-15
05268	Turkey, young tom, dark meat, meat only, cooked, roasted	-15
05230	Turkey, young hen, meat and skin and giblets and neck	-15
05306	Poultry food products, ground turkey, cooked	-15
05116	Chicken, roasting, giblets, cooked, simmered	-15
05232	Turkey, young hen, meat and skin, cooked, roasted	-15
05085	Chicken, broilers or fryers, neck, meat and skin, cooked	-15
05086	Chicken, broilers or fryers, neck, meat and skin, cooked	-15
05022	Chicken, broilers or fryers, giblets, cooked, simmered	-15
05274	Turkey, young tom, leg, meat and skin, cooked, roasted	-15
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	-16
05016	Chicken, broilers or fryers, skin only, cooked, fried, battered	-16
05264	Turkey, young tom, dark meat, meat and skin, cooked, roasted	-16
05188	Turkey, all classes, dark meat, cooked, roasted	-16
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	-16
05300	Turkey sticks, breaded, battered, fried	-16
05244	Turkey, young hen, dark meat, meat only, cooked, roasted	-16
05250	Turkey, young hen, leg, meat and skin, cooked, roasted	-16
05354	USDA Commodity, turkey taco meat, frozen, cooked	-16
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	-16
05184	Turkey, all classes, dark meat, meat and skin, cooked, roasted	-16
05204	Turkey, fryer-roasters, skin only, cooked, roasted	-16
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	-16
05180	Turkey, all classes, neck, meat only, cooked, simmered	-16
05292	Turkey patties, breaded, battered, fried	-17
05190	Turkey, all classes, back, meat and skin, cooked, roasted	-17
05017	Chicken, broilers or fryers, skin only, cooked, fried, floured	-17
05240	Turkey, young hen, dark meat, meat and skin, cooked, roasted	-17
05018	Chicken, broilers or fryers, skin only, cooked, roasted	-17
05246	Turkey, young hen, back, meat and skin, cooked, roasted	-17

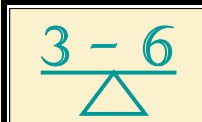
05019	Chicken, broilers or fryers, skin only, cooked, stewed	-17
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbled	-17
05015	Chicken, broilers or fryers, skin only, raw	-18
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbled	-18
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	-18
42130	Turkey bacon, cooked	-18
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	-19
05260	Turkey, young tom, skin only, cooked, roasted	-19
05170	Turkey, all classes, skin only, cooked, roasted	-19
05236	Turkey, young hen, skin only, cooked, roasted	-19
05021	Chicken, broilers or fryers, giblets, cooked, fried	-20
05128	Chicken, stewing, giblets, cooked, simmered	-21
05176	Turkey, heart, all classes, cooked, simmered	-22
05026	Chicken, heart, all classes, cooked, simmered	-32

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

**Pork Products**


10118	Pork, fresh, variety meats and by-products, spleen, cooked	-2
10862	Pork, cured, bacon, cooked, pan-fried	-2
10138	Pork, cured, ham, extra lean (approximately 4% fat), cooked	-3
10134	Pork, cured, ham, boneless, extra lean (approximately 4% fat), cooked	-3
10851	HORMEL, Cure 81 Ham	-3
10131	Pork, cured, canadian-style bacon, grilled	-3
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	-4
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	-4
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	-4
10947	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled	-4
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	-4
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	-4
43326	Pork, cured, ham, low sodium, lean and fat, cooked	-4
10185	Pork, cured, ham, extra lean and regular, canned, roasted	-4
10025	Pork, fresh, loin, whole, separable lean only, cooked, broiled	-4
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic	-4
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	-4
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	-4
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	-4
10027	Pork, fresh, loin, whole, separable lean only, cooked, broiled	-4
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	-4
43325	Pork, cured, ham, boneless, low sodium, extra lean and fat, cooked	-4
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	-4
10229	Pork, fresh, composite of trimmed retail cuts (loin and sirloin), separable lean only, cooked, broiled	-4
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	-4
10857	HORMEL Canadian Style Bacon	-5
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	-5
10927	Pork, cured, ham with natural juices, spiral slice, boneless, cooked	-5
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, broiled	-5
10227	Pork, fresh, composite of trimmed retail cuts (loin and sirloin), separable lean and fat, cooked, broiled	-5
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	-5
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, broiled	-5
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, broiled	-5
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	-5

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



10950	Pork, fresh, enhanced, loin, top loin (chops), boneless,	-5
10865	Pork, cured, ham -- water added, rump, bone-in, separ	-5
10069	Pork, fresh, loin, top loin (roasts), boneless, separable	-5
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lea	-5
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lea	-5
10209	Pork, fresh, loin, country-style ribs, separable lean only	-5
10068	Pork, fresh, loin, top loin (chops), boneless, separable l	-5
10876	Pork, cured, ham with natural juices, spiral slice, meat	-5
10876	Pork, cured, ham with natural juices, spiral slice, meat	-5
10136	Pork, cured, ham, boneless, regular (approximately 11%	-5
10859	Pork, fresh, loin, top loin (chops), boneless, enhanced,	-5
10203	Pork, fresh, loin, center rib (roasts), boneless, separabl	-5
10021	Pork, fresh, loin, whole, separable lean and fat, cooked	-5
10181	Pork, fresh, loin, top loin (chops), boneless, separable l	-5
10196	Pork, fresh, loin, center rib (chops), boneless, separable	-5
10029	Pork, fresh, loin, blade (chops), bone-in, separable lea	-5
10962	Pork, Leg sirloin tip roast, boneless, separable lean and	-5
10178	Pork, fresh, loin, blade (chops), bone-in, separable lea	-5
10011	Pork, fresh, leg (ham), whole, separable lean only, cool	-6
10959	Pork, Shoulder breast, boneless, separable lean and fat	-6
10061	Pork, fresh, loin, tenderloin, separable lean only, cooke	-6
10956	Pork, loin, leg cap steak, boneless, separable lean and f	-6
10022	Pork, fresh, loin, whole, separable lean and fat, cooked	-6
10086	Pork, fresh, shoulder, blade, boston (steaks), separable	-6
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin,	-6
10222	Pork, fresh, loin, tenderloin, separable lean and fat, coc	-6
10023	Pork, fresh, loin, whole, separable lean and fat, cooked	-6
10195	Pork, fresh, loin, center rib (chops), boneless, separable	-6
10153	Pork, cured, ham, whole, separable lean only, roasted	-6
10030	Pork, fresh, loin, blade (chops), bone-in, separable lea	-6
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin,	-6
10019	Pork, fresh, leg (ham), shank half, separable lean only,	-6
10858	Pork, fresh, loin, top loin (chops), boneless, enhanced,	-6
10087	Pork, fresh, shoulder, blade, boston (roasts), separable	-6
10937	Pork, cured, ham, slice, bone-in, separable lean and fat	-6
10078	Pork, fresh, shoulder, arm picnic, separable lean only, c	-6
10171	Pork, cured, shoulder, blade roll, separable lean and fat	-6
10120	Pork, fresh, loin, blade (chops), bone-in, separable lea	-6
10065	Pork, fresh, loin, top loin (roasts), boneless, separable	-6
10882	Pork, cured, ham with natural juices, slice, boneless, se	-6
10943	Pork, fresh, enhanced, loin, tenderloin, separable lean c	-6
10033	Pork, fresh, loin, blade (chops), bone-in, separable lea	-6
10883	Pork, cured, ham with natural juices, whole, boneless, s	-6
10960	Pork, shoulder, petite tender, boneless, separable lean	-6
10928	Pork, cured, ham with natural juices, whole, boneless, s	-6
10926	Pork, cured, ham with natural juices, slice, boneless, se	-6
10180	Pork, fresh, loin, center rib (chops), bone-in, separable	-6
10122	Pork, fresh, variety meats and by-products, tongue, coc	-6
10140	Pork, cured, ham, regular (approximately 13% fat), car	-6

10013	Pork, fresh, leg (ham), rump half, separable lean and fat	-6
10042	Pork, fresh, loin, center loin (chops), bone-in, separable	-7
10037	Pork, fresh, loin, center loin (chops), bone-in, separable	-7
10874	Pork, cured, ham with natural juices, shank, bone-in, se	-7
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean	-7
10179	Pork, fresh, loin, center loin (chops), bone-in, separable	-7
10198	Pork, fresh, loin, center rib (roasts), boneless, separabl	-7
10082	Pork, fresh, shoulder, blade, boston (steaks), separable	-7
10064	Pork, fresh, loin, top loin (chops), boneless, separable l	-7
10952	Pork, fresh, enhanced, loin, tenderloin, separable lean a	-7
10050	Pork, fresh, loin, center rib (chops), bone-in, separable	-7
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lea	-7
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lea	-7
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lea	-7
10049	Pork, fresh, loin, center rib (chops), bone-in, separable	-7
10935	Pork, cured, ham, shank, bone-in, separable lean and f	-7
10877	Pork, cured, ham and water product, rump, bone-in, se	-7
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lea	-7
10043	Pork, fresh, loin, center loin (roasts), bone-in, separabl	-7
10202	Pork, fresh, loin, center rib (chops), boneless, separabl	-7
10879	Pork, cured, ham -- water added, whole, boneless, sepa	-7
10869	Pork, cured, ham and water product, slice, bone-in, sep	-7
10934	Pork, cured, ham, shank, bone-in, separable lean only,	-7
10079	Pork, fresh, shoulder, arm picnic, separable lean only, c	-7
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn	-7
10878	Pork, cured, ham -- water added, slice, boneless, separ	-7
10878	Pork, cured, ham -- water added, slice, boneless, separ	-7
10206	Pork, fresh, loin, country-style ribs, separable lean and	-7
10045	Pork, fresh, loin, center rib (chops), bone-in, separable	-7
10169	Pork, cured, shoulder, arm picnic, separable lean only,	-7
10063	Pork, fresh, loin, top loin (chops), boneless, separable l	-7
10933	Pork, cured, ham, shank, bone-in, separable lean only,	-7
10083	Pork, fresh, shoulder, blade, boston (roasts), separable	-7
10132	Pork, cured, feet, pickled	-7
10107	Pork, fresh, variety meats and by-products, kidneys, co	-7
10220	Pork, fresh, ground, cooked	-7
10009	Pork, fresh, leg (ham), whole, separable lean and fat, c	-7
10176	Pork, fresh, loin, center loin (chops), bo	-7
10041	Pork, fresh, loin, center loin (chops), bo	-7
10938	Pork, cured, ham, slice, bone-in, separa	-7
10875	Pork, cured, ham with natural juices, slice, bone-in, sep	-7
10931	Pork, cured, ham, rump, bone-in, separable lean only, l	-7
10932	Pork, cured, ham, rump, bone-in, separable lean only, c	-7
10917	Pork, cured, ham -- water added, whole, boneless, sepa	-7
10899	Pork, cured, ham, slice, bone-in, separable lean only, h	-7
10945	Pork, fresh, enhanced, shoulder, (Boston butt), blade (s	-7
10870	Pork, cured, ham and water product, slice, boneless, se	-7
10186	Pork, fresh, loin, top loin (chops), boneless, separable l	-7
10916	Pork, cured, ham -- water added, slice, boneless, separ	-7

3 - 6  




10921	Pork, cured, ham and water product, slice, boneless, se	-7
10913	Pork, cured, ham -- water added, rump, bone-in, separ	-7
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lea	-8
10017	Pork, fresh, leg (ham), shank half, separable lean and f	-8
10101	Pork, fresh, variety meats and by-products, ears, froze	-8
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable	-8
10867	Pork, cured, ham -- water added, shank, bone-in, sepa	-8
10197	Pork, fresh, loin, center rib (chops), boneless, separable	-8
10173	Pork, fresh, variety meats and by-products, feet, cooke	-8
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), sep	-8
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lea	-8
10075	Pork, fresh, shoulder, arm picnic, separable lean and fa	-8
10038	Pork, fresh, loin, center loin (chops), bone-in, separable	-8
10208	Pork, fresh, loin, country-style ribs, separable lean only	-8
10151	Pork, cured, ham, whole, separable lean and fat, roaste	-8
10089	Pork, fresh, spareribs, separable lean and fat, cooked, b	-8
10868	Pork, cured, ham -- water added, slice, bone-in, separa	-8
10177	Pork, fresh, loin, center rib (chops), bone-in, separable	-8
10046	Pork, fresh, loin, center rib (chops), bone-in, separable	-8
10076	Pork, fresh, shoulder, arm picnic, separable lean and fa	-8
10873	Pork, cured, ham with natural juices, rump, bone-in, se	-8
10920	Pork, cured, ham and water product, slice, bone-in, sep	-8
10099	Pork, fresh, variety meats and by-products, chitterlings	-8
10871	Pork, cured, ham and water product, whole, boneless, s	-8
10922	Pork, cured, ham and water product, whole, boneless, s	-8
10881	Pork, cured, ham and water product, shank, bone-in, se	-8
10925	Pork, cured, ham with natural juices, slice, bone-in, sep	-9
10924	Pork, cured, ham with natural juices, shank, bone-in, se	-9
10954	Pork, fresh, enhanced, shoulder, (Boston butt), blade (s	-9
10940	Pork, fresh, spareribs, separable lean and fat, cooked, r	-9
10168	Pork, cured, shoulder, arm picnic, separable lean and fa	-9
10205	Pork, fresh, loin, country-style ribs, separable lean and	-9
10129	Pork, cured, breakfast strips, cooked	-9
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), sep	-9
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roaste	-9
10860	Pork, cured, bacon, cooked, baked	-9
10918	Pork, cured, ham and water product, rump, bone-in, se	-9
10929	Pork, cured, ham, rump, bone-in, separable lean and fa	-9
10861	Pork, cured, bacon, cooked, microwaved	-9
10939	Pork, cured, ham, slice, bone-in, separable lean and fat	-9
10039	Pork, fresh, loin, center loin (roasts), bone-in, separabl	-9
43297	Pork, oriental style, dehydrated	-9
10936	Pork, cured, ham, shank, bone-in, separable lean and f	-9
10889	Pork, cured, ham and water product, shank, bone-in, u	-9
10915	Pork, cured, ham -- water added, slice, bone-in, separa	-9
10955	Pork, cured, ham, rump, bone-in, separable lean and fa	-9
10923	Pork, cured, ham with natural juices, rump, bone-in, se	-10
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lea	-10
10158	USDA Commodity, pork, canned	-10

10914	Pork, cured, ham -- water added, shank, bone-in, separable fat	-10	
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable fat	-10	
10147	Pork, cured, ham, patties, grilled	-10	
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	-10	3 - 6 △
10919	Pork, cured, ham and water product, shank, bone-in, separable fat	-11	
10113	Pork, fresh, variety meats and by-products, lungs, cooked	-12	
10175	Pork, fresh, variety meats and by-products, tail, cooked	-12	very good effect
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	-12	good effect
10007	Pork, fresh, separable fat, cooked	-17	OK effect
10104	Pork, fresh, variety meats and by-products, heart, cooked	-20	not very good effect
10116	Pork, fresh, variety meats and by-products, pancreas, cooked	-20	bad effect
10111	Pork, fresh, variety meats and by-products, liver, cooked	-22	awful effect

**Beef Products**

13020	Beef, retail cuts, separable fat, cooked	-1	very good effect
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat	-1	good effect
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat	-1	OK effect
13166	USDA Commodity, beef, canned	-1	not very good effect
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat	-1	bad effect
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 0" fat	-1	awful effect
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat	-1	
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat	-1	3 - 6 △
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat	-1	
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat	-1	
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 0" fat	-1	
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat	-1	
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 0" fat	-1	
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat	-1	
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat	-1	
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat	-1	
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat	-1	
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat	-1	
23634	Beef, brisket, flat half, separable lean only, trimmed to 0" fat	-1	
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat	-1	
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 0" fat	-1	
13969	Beef, round, top round, steak, separable lean and fat, trimmed to 0" fat	-1	
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat	-1	
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked	-1	
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat	-1	
13893	Beef, round, top round steak, separable lean and fat, trimmed to 0" fat	-1	
13417	Beef, round, eye of round, roast, separable lean and fat, trimmed to 0" fat	-2	
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 0" fat	-2	
13420	Beef, round, eye of round, roast, separable lean only, trimmed to 0" fat	-2	
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat	-2	
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 0" fat	-2	
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 0" fat	-2	
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat	-2	
13447	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat	-2	
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat	-2	
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat	-2	

13415	Beef, round, eye of round, roast, separable lean and fat	-2
23595	Beef, brisket, flat half, separable lean only, trimmed to	-2
13880	Beef, round, eye of round, roast, separable lean and fat	-2
13460	Beef, short loin, porterhouse steak, separable lean and	-2
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, t	-2
13949	Beef, flank, steak, separable lean and fat, trimmed to 0	-2
13416	Beef, round, eye of round, roast, separable lean and fat	-2
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, t	-2
13418	Beef, round, eye of round, roast, separable lean only, t	-2
13493	Beef, round, top round, steak, separable lean only, trim	-2
23633	Beef, chuck, arm pot roast, separable lean only, trimme	-2
13347	Beef, cured, corned beef, brisket, cooked	-2
13869	Beef, round, bottom round, steak, separable lean and f	-2
13906	Beef, short loin, porterhouse steak, separable lean and	-2
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, t	-2
13872	Beef, round, bottom round, steak, separable lean and f	-2
13808	Beef, brisket, point half, separable lean and fat, trimme	-2
23588	Beef, top sirloin, steak, separable lean only, trimmed to	-2
13396	Beef, rib, small end (ribs 10-12), separable lean only, t	-2
23006	Beef, short loin, t-bone steak, separable lean and fat, t	-2
13367	Beef, brisket, whole, separable lean and fat, trimmed to	-2
13899	Beef, round, top round, separable lean and fat, trimme	-2
13375	Beef, chuck, arm pot roast, separable lean and fat, trim	-2
13798	Beef, composite of trimmed retail cuts, separable lean a	-2
13820	Beef, chuck, blade roast, separable lean and fat, trimm	-2
13456	Beef, top sirloin, steak, separable lean only, trimmed to	-2
13474	Beef, short loin, t-bone steak, separable lean and fat, t	-2
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trin	-2
13876	Beef, round, bottom round, roast, separable lean and fa	-2
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trin	-2
13892	Beef, round, top round, separable lean and fat, trimme	-2
13363	Beef, composite of trimmed retail cuts, separable lean a	-2
13800	Beef, composite of trimmed retail cuts, separable lean a	-2
13392	Beef, rib, small end (ribs 10-12), separable lean and fa	-2
13959	Beef, round, top round, steak, separable lean and fat, t	-2
13419	Beef, round, eye of round, roast, separable lean only, t	-2
23615	Beef, brisket, flat half, separable lean only, trimmed to	-2
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trin	-2
13432	Beef, round, top round, separable lean and fat, trimme	-2
13948	Beef, flank, steak, separable lean and fat, trimmed to 0	-2
23002	Beef, short loin, porterhouse steak, separable lean and	-2
13796	Beef, composite of trimmed retail cuts, separable lean a	-2
13459	Beef, short loin, porterhouse steak, separable lean and	-2
13361	Beef, composite of trimmed retail cuts, separable lean a	-2
13426	Beef, round, tip round, roast, separable lean only, trim	-2
13373	Beef, chuck, arm pot roast, separable lean and fat, trim	-2
13428	Beef, round, top round, separable lean and fat, trimme	-2
13438	Beef, round, top round, separable lean only, trimmed to	-2
23591	Beef, round, eye of round, roast, separable lean only, t	-2

23655	Beef, flank, steak, separable lean only, trimmed to 0" fat	-2
13450	Beef, short loin, top loin, steak, separable lean only, trimmed to 0" fat	-2
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat	-2
13434	Beef, round, top round, separable lean only, trimmed to 0" fat	-2
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat	-2
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat	-2
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat	-2
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat	-2
13867	Beef, round, full cut, separable lean and fat, trimmed to 0" fat	-2
13228	Beef, shank crosscuts, separable lean only, trimmed to 0" fat	-2
13445	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat	-2
23592	Beef, round, top round, steak, separable lean only, trimmed to 0" fat	-2
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat	-2
13317	Beef, ground, patties, frozen, cooked, broiled	-2
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 0" fat	-2
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat	-2
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat	-2
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 0" fat	-2
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 0" fat	-2
23610	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat	-2
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat	-2
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat	-2
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 0" fat	-2
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat	-2
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat	-2
13804	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat	-2
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat	-2
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat	-2
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat	-2
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat	-2
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat	-2
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat	-2
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat	-2
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat	-2
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat	-2
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat	-2
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat	-2
13491	Beef, round, top round, steak, separable lean only, trimmed to 0" fat	-2
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat	-2
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat	-2
13914	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat	-2
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat	-2
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat	-2
13968	Beef, round, top round, steak, separable lean and fat, trimmed to 0" fat	-2
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat	-2
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat	-2
13922	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat	-2
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 0" fat	-2
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat	-2

13888	Beef, round, tip round, roast, separable lean and fat, tr	-2
23590	Beef, round, bottom round , roast, separable lean only,	-2
13884	Beef, round, tip round, roast, separable lean and fat, tr	-2
13463	Beef, short loin, porterhouse steak, separable lean and	-2
13362	Beef, composite of trimmed retail cuts, separable lean a	-2
13932	Beef, top sirloin, steak, separable lean and fat, trimmed	-2
13414	Beef, round, bottom round roast, separable lean only, t	-2
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, t	-2
13366	Beef, composite of trimmed retail cuts, separable lean o	-2
13345	Beef, cured, breakfast strips, cooked	-2
23629	Beef, top sirloin, steak, separable lean only, trimmed to	-2
13423	Beef, round, tip round, roast, separable lean and fat, tr	-2
13446	Beef, short loin, top loin, steak, separable lean and fat,	-2
13802	Beef, composite of trimmed retail cuts, separable lean a	-2
13895	Beef, round, top round, separable lean and fat, trimme	-2
23608	Beef, round, top round, steak, separable lean only, trim	-2
23552	Beef, chuck, clod roast, separable lean and fat, trimme	-2
13910	Beef, short loin, top loin, steak, separable lean and fat,	-2
13924	Beef, tenderloin, steak, separable lean and fat, trimme	-2
13395	Beef, rib, small end (ribs 10-12), separable lean only, t	-2
13390	Beef, rib, large end (ribs 6-9), separable lean only, trim	-2
13158	Beef, round, full cut, separable lean only, trimmed to 1.	-2
13424	Beef, round, tip round, roast, separable lean only, trim	-2
13455	Beef, top sirloin, steak, separable lean only, trimmed to	-2
13918	Beef, tenderloin, steak, separable lean and fat, trimme	-2
13451	Beef, top sirloin, steak, separable lean and fat, trimme	-2
13070	Beef, flank, steak, separable lean only, trimmed to 0" f	-2
13448	Beef, short loin, top loin, steak, separable lean only, tri	-2
13481	Beef, short loin, t-bone steak, separable lean only, trim	-2
13921	Beef, tenderloin, steak, separable lean and fat, trimme	-2
13857	Beef, rib, small end (ribs 10-12), separable lean and fa	-2
13334	Beef, variety meats and by-products, spleen, cooked, b	-2
13421	Beef, round, tip round, roast, separable lean and fat, tr	-2
23620	Beef, round, eye of round, roast, separable lean only, t	-2
23523	Beef, chuck, top blade, separable lean and fat, trimme	-2
23606	Beef, short loin, top loin, steak, separable lean only, tri	-2
13425	Beef, round, tip round, roast, separable lean only, trim	-2
13398	Beef, round, bottom round, steak, separable lean and f	-2
13430	Beef, round, top round, separable lean and fat, trimme	-2
13430	Beef, round, top round, separable lean and fat, trimme	-2
13912	Beef, short loin, top loin, steak, separable lean and fat,	-2
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fa	-2
23503	USDA Commodity, beef, patties (100%), frozen, cooked	-2
23540	Beef, plate, inside skirt steak, separable lean and fat, tr	-2
13441	Beef, tenderloin, separable lean and fat, trimmed to 0"	-2
13865	Beef, round, full cut, separable lean and fat, trimmed to	-2
13444	Beef, tenderloin, steak, separable lean only, trimmed to	-2
13436	Beef, round, top round, separable lean only, trimmed to	-2
13492	Beef, round, top round, steak, separable lean only, trim	-2

13452	Beef, top sirloin, steak, separable lean and fat, trimmed	-2
23593	Beef, round, bottom round, steak, separable lean only,	-2
13466	Beef, short loin, porterhouse steak, separable lean only	-2
23638	Beef, rib, small end (ribs 10-12), separable lean only, t	-2
13479	Beef, short loin, t-bone steak, separable lean only, trim	-2
23517	Beef, chuck, clod steak, separable lean only, trimmed t	-2
13422	Beef, round, tip round, roast, separable lean and fat, tr	-2
13473	Beef, short loin, t-bone steak, separable lean and fat, t	-2
13965	Beef, chuck, top blade, separable lean only, trimmed to	-2
13399	Beef, round, bottom round, roast, separable lean and fa	-2
23577	Beef, ground, 75% lean meat / 25% fat, raw	-2
13851	Beef, rib, small end (ribs 10-12), separable lean and fa	-2
13886	Beef, round, tip round, roast, separable lean and fat, tr	-2
13916	Beef, short loin, top loin, separable lean and fat, trimm	-2
13368	Beef, brisket, whole, separable lean only, trimmed to 0	-2
23621	Beef, round, top round, steak, separable lean only, trim	-2
23587	Beef, tenderloin, steak, separable lean only, trimmed to	-2
23549	Beef, chuck, top blade, separable lean and fat, trimmed	-2
13407	Beef, round, bottom round, steak, separable lean only,	-2
13977	Beef, plate, inside skirt steak, separable lean only, trim	-2
13925	Beef, tenderloin, separable lean and fat, trimmed to 1/8	-2
13919	Beef, tenderloin, separable lean and fat, trimmed to 1/8	-2
13439	Beef, tenderloin, steak, separable lean and fat, trimmed	-2
13394	Beef, rib, small end (ribs 10-12), separable lean only, t	-2
13364	Beef, composite of trimmed retail cuts, separable lean c	-2
13389	Beef, rib, large end (ribs 6-9), separable lean only, trim	-2
13401	Beef, round, bottom round, steak, separable lean and f	-2
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fa	-2
13854	Beef, rib, small end (ribs 10-12), separable lean and fa	-2
13408	Beef, round, bottom round, roast, separable lean only,	-2
13449	Beef, short loin, top loin, steak, separable lean only, tri	-2
13388	Beef, rib, large end (ribs 6-9), separable lean only, trim	-2
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, b	-2
13927	Beef, tenderloin, steak, separable lean and fat, trimmed	-2
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cool	-2
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, b	-2
13382	Beef, chuck, blade roast, separable lean only, trimmed	-2
23630	Beef, short loin, top loin, steak, separable lean only, tri	-2
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, b	-2
23600	Beef, tenderloin, steak, separable lean only, trimmed to	-2
13365	Beef, composite of trimmed retail cuts, separable lean c	-2
23514	Beef, chuck, clod roast, separable lean only, trimmed to	-2
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cool	-2
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked,	-2
23511	Beef, chuck, top blade, separable lean only, trimmed to	-2
13442	Beef, tenderloin, steak, separable lean only, trimmed to	-2
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked,	-2
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked,	-2
13150	Beef, rib, shortribs, separable lean only, choice, cooked	-2

23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked,	-2
13440	Beef, tenderloin, steak, separable lean and fat, trimmed	-2
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked,	-2
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, coo	-3
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, coo	-3
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, b	-3
23604	Beef, round, bottom round, roast, separable lean only,	-3
13951	Beef, rib eye, small end (ribs 10-12), separable lean an	-3
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked,	-3
23501	USDA Commodity, beef patties with VPP, frozen, cooke	-3
23628	Beef, tenderloin, steak, separable lean only, trimmed to	-3
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fa	-3
23605	Beef, round, bottom round, steak, separable lean only,	-3
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, t	-3
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked,	-3
13156	Beef, round, full cut, separable lean only, trimmed to 1	-3
13928	Beef, tenderloin, separable lean and fat, trimmed to 1/8	-3
23525	Beef, chuck, top blade, separable lean and fat, trimmed	-3
23626	Beef, rib, small end (ribs 10-12), separable lean only, t	-3
13402	Beef, round, bottom round, roast, separable lean and fa	-3
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked,	-3
13410	Beef, round, bottom round, steak, separable lean only,	-3
13946	Beef, shoulder steak, boneless, separable lean only, tri	-3
13098	Beef, rib, eye, small end (ribs 10-12), separable lean o	-3
13443	Beef, tenderloin, steak, separable lean only, trimmed to	-3
13411	Beef, round, bottom round, roast, separable lean only,	-3
23065	Beef, chuck, shoulder clod, shoulder tender, medallion,	-3
23619	Beef, round, bottom round, roast, separable lean only,	-3
23515	Beef, chuck, clod roast, separable lean only, trimmed to	-3
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable le	-3
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, b	-3
13391	Beef, rib, small end (ribs 10-12), separable lean and fa	-3
13952	Beef, rib eye, small end (ribs 10-12), separable lean an	-3
13470	Beef, short loin, porterhouse steak, separable lean only	-3
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked,	-3
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, coo	-3
13967	Beef, chuck, top blade, separable lean only, trimmed to	-3
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked,	-3
23622	Beef, round, bottom round, steak, separable lean only,	-3
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, t	-3
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, ba	-3
13987	Beef, loin, bottom sirloin butt, tri-tip steak, separable le	-3
13480	Beef, short loin, t-bone steak, separable lean only, trim	-3
13096	Beef, rib, eye, small end (ribs 10-12), separable lean a	-3
23075	Beef, chuck eye steak, boneless, separable lean only, tr	-3
23531	Beef, chuck, clod roast, separable lean and fat, trimme	-3
23052	Beef, round, outside round, bottom round, steak, separ	-3
23033	Beef, round, knuckle, tip side, steak, separable lean an	-3
13340	Beef, variety meats and by-products, tongue, cooked, s	-3

23541	Beef, plate, outside skirt steak, separable lean and fat,	-3
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked,	-3
13902	Beef, round, top round, steak, separable lean and fat, t	-3
13477	Beef, short loin, t-bone steak, separable lean and fat, t	-3
23077	Beef, chuck eye steak, boneless, separable lean only, tr	-3
23064	Beef, round, outside round, bottom round, steak, separ	-3
23050	Beef, round, outside round, bottom round, steak, separ	-3
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked,	-3
13979	Beef, plate, outside skirt steak, separable lean only, tri	-3
23069	Beef, chuck eye Country-Style ribs, boneless, separable	-3
13940	Beef, chuck, clod roast, separable lean only, trimmed to	-3
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cook	-3
23071	Beef, chuck eye Country-Style ribs, boneless, separable	-4
23056	Beef, round, knuckle, tip side, steak, separable lean an	-4
23076	Beef, chuck eye steak, boneless, separable lean only, tr	-4
13822	Beef, chuck eye roast, boneless, America's Beef Roast,	-4
23046	Beef, round, knuckle, tip center, steak, separable lean a	-4
23516	Beef, shoulder steak, boneless, separable lean only, tri	-4
23042	Beef, chuck, shoulder clod, top blade, steak, separable	-4
13383	Beef, chuck, under blade pot roast, boneless, separable	-4
23031	Beef, round, knuckle, tip side, steak, separable lean an	-4
23096	Beef, chuck, under blade steak, boneless, separable lea	-4
23040	Beef, chuck, shoulder clod, shoulder top and center ste	-4
13821	Beef, chuck eye roast, boneless, America's Beef Roast,	-4
23062	Beef, round, knuckle, tip center, steak, separable lean a	-4
23060	Beef, chuck, shoulder clod, top blade, steak, separable	-4
23058	Beef, chuck, shoulder clod, shoulder top and center ste	-4
23070	Beef, chuck eye Country-Style ribs, boneless, separable	-4
23098	Beef, chuck, under blade steak, boneless, separable lea	-4
23521	Beef, chuck, mock tender steak, separable lean and fat	-4
23038	Beef, chuck, shoulder clod, shoulder top and center ste	-4
13384	Beef, chuck, under blade pot roast, boneless, separable	-4
23048	Beef, round, knuckle, tip center, steak, separable lean a	-4
13963	Beef, chuck, mock tender steak, separable lean only, tr	-4
13980	Beef, chuck, short ribs, boneless, separable lean only, t	-4
13285	Beef, chuck, under blade pot roast, boneless, separable	-4
23091	Beef, chuck for stew, separable lean and fat, select, coc	-4
23035	Beef, chuck, shoulder clod, shoulder tender, medallion,	-4
23097	Beef, chuck, under blade steak, boneless, separable lea	-4
13982	Beef, chuck, short ribs, boneless, separable lean only, t	-4
13823	Beef, chuck eye roast, boneless, America's Beef Roast,	-4
13981	Beef, chuck, short ribs, boneless, separable lean only, t	-4
23045	Beef, round, knuckle, tip center, steak, separable lean a	-4
23044	Beef, chuck, shoulder clod, top blade, steak, separable	-4
23547	Beef, chuck, mock tender steak, separable lean and fat	-4
23509	Beef, chuck, mock tender steak, separable lean only, tr	-4
23536	Beef, shoulder steak, boneless, separable lean and fat,	-4
13484	Beef, short loin, t-bone steak, separable lean only, trim	-4
23090	Beef, chuck for stew, separable lean and fat, all grades	-4



23054	Beef, chuck, shoulder clod, shoulder tender, medallion,	-4
23081	Beef, shoulder pot roast, boneless, separable lean only,	-4
13961	Beef, chuck, mock tender steak, separable lean only, tri	-4
23519	Beef, chuck, mock tender steak, separable lean and fat	-4
13943	Beef, shoulder steak, boneless, separable lean only, tri	-4
13501	Beef, shoulder top blade steak, boneless, separable lea	-4
23083	Beef, shoulder pot roast, boneless, separable lean only,	-4
23092	Beef, chuck for stew, separable lean and fat, choice, co	-4
13933	Beef, top sirloin, steak, separable lean and fat, trimmed	-4
13499	Beef, chuck, under blade center steak, boneless, Denve	-4
23082	Beef, shoulder pot roast, boneless, separable lean only,	-5
13500	Beef, shoulder top blade steak, boneless, separable lea	-5
23085	Beef, chuck, mock tender steak, boneless, separable le	-5
23086	Beef, chuck, mock tender steak, boneless, separable le	-5
23084	Beef, chuck, mock tender steak, boneless, separable le	-5
13502	Beef, shoulder top blade steak, boneless, separable lea	-5
23043	Beef, chuck, shoulder clod, top blade, steak, separable	-5
23141	Beef, chuck eye steak, boneless, separable lean and fat	-5
23554	Beef, shoulder steak, boneless, separable lean and fat,	-5
13354	Beef, chuck, under blade center steak, boneless, Denve	-5
23117	Beef, chuck, under blade steak, boneless, separable lea	-5
23116	Beef, chuck, under blade steak, boneless, separable lea	-5
23118	Beef, chuck, under blade steak, boneless, separable lea	-6
23140	Beef, chuck eye steak, boneless, separable lean and fat	-6
23114	Beef, chuck eye roast, boneless, America's Beef Roast,	-6
13380	Beef, chuck, under blade pot roast, boneless, separable	-6
13351	Beef, chuck, under blade center steak, boneless, Denve	-6
23135	Beef, chuck eye Country-Style ribs, boneless, separable	-6
13352	Beef, chuck, under blade center steak, boneless, Denve	-6
23113	Beef, chuck eye roast, boneless, America's Beef Roast,	-6
23134	Beef, chuck eye Country-Style ribs, boneless, separable	-6
23099	Beef, chuck, under blade pot roast, boneless, separable	-6
13381	Beef, chuck, under blade pot roast, boneless, separable	-6
23142	Beef, chuck eye steak, boneless, separable lean and fat	-6
23132	Beef, shoulder pot roast, boneless, separable lean and f	-6
23533	Beef, shoulder steak, boneless, separable lean and fat,	-6
23136	Beef, chuck eye Country-Style ribs, boneless, separable	-6
23115	Beef, chuck eye roast, boneless, America's Beef Roast,	-6
23126	Beef, chuck, short ribs, boneless, separable lean and fa	-6
23131	Beef, shoulder pot roast, boneless, separable lean and t	-6
23125	Beef, chuck, short ribs, boneless, separable lean and fa	-6
23127	Beef, chuck, short ribs, boneless, separable lean and fa	-6
23121	Beef, chuck, mock tender steak, boneless, separable le	-6
23119	Beef, chuck, mock tender steak, boneless, separable le	-7
23133	Beef, shoulder pot roast, boneless, separable lean and t	-7
13598	Beef, shoulder top blade steak, boneless, separable lea	-7
23120	Beef, chuck, mock tender steak, boneless, separable le	-7
13862	Beef, shoulder top blade steak, boneless, separable lea	-7
13338	Beef, variety meats and by-products, thymus, cooked,	-8

23107	Beef, chuck, under blade center steak, boneless, Denver	-8	
23106	Beef, chuck, under blade center steak, boneless, Denver	-8	
23105	Beef, chuck, under blade center steak, boneless, Denver	-8	
13897	Beef, round, top round, separable lean and fat, trimmed	-9	very good effect
13322	Beef, variety meats and by-products, heart, cooked, sirloin	-14	good effect
13329	Beef, variety meats and by-products, lungs, cooked, broiled	-14	OK effect
13324	Beef, variety meats and by-products, kidneys, cooked, broiled	-17	not very good effect
13890	Beef, round, top round, separable lean only, trimmed to 1/4" fat	-18	bad effect
13332	Beef, variety meats and by-products, pancreas, cooked, broiled	-26	awful effect

**Lamb, Veal, and Game Products**

17171	Game meat, horse, cooked, roasted	1	very good effect
17192	Lamb, variety meats and by-products, heart, cooked, broiled	0	good effect
17067	Lamb, New Zealand, imported, frozen, composite of trimmings	0	OK effect
17153	Game meat, beefalo, composite of cuts, cooked, roasted	0	not very good effect
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked	-1	bad effect
17077	Lamb, New Zealand, imported, frozen, loin, separable lean only	-1	awful effect
17081	Lamb, New Zealand, imported, frozen, rib, separable lean only	-1	
17069	Lamb, New Zealand, imported, frozen, foreshank, separable lean	-1	
17257	Lamb, new zealand, imported, frozen, foreshank, separable lean	-1	
17063	Lamb, New Zealand, imported, frozen, composite of trimmings	-1	
17261	Lamb, new zealand, imported, frozen, loin, separable lean only	-1	
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked	-1	
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and bone)	-1	
17259	Lamb, new zealand, imported, frozen, leg, whole (shank and bone)	-1	
17223	Veal, variety meats and by-products, tongue, cooked, broiled	-1	
17263	Lamb, new zealand, imported, frozen, rib, separable lean only	-1	
17347	Game meat, deer, tenderloin, separable lean only, 0.5-1" steak, cooked	-1	
17071	Lamb, New Zealand, imported, frozen, foreshank, separable lean	-1	
17255	Lamb, new zealand, imported, frozen, composite of trimmings	-2	
17217	Veal, variety meats and by-products, spleen, cooked, broiled	-2	
17317	Lamb, Australian, imported, fresh, rib, separable lean only	-2	
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	-2	
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked	-2	
17315	Lamb, Australian, imported, fresh, rib, separable lean only	-2	
17346	Game meat, deer, shoulder clod, separable lean only, 3" steak, cooked	-2	
17085	Lamb, New Zealand, imported, frozen, shoulder, whole	-2	
17265	Lamb, new zealand, imported, frozen, shoulder, whole	-2	
17333	Game meat, bison, chuck, shoulder clod, separable lean only	-2	
17333	Game meat, bison, chuck, shoulder clod, separable lean only	-2	
17340	Game meat, elk, loin, separable lean only, cooked, broiled	-2	
17313	Lamb, Australian, imported, fresh, loin, separable lean only	-2	
17221	Lamb, variety meats and by-products, tongue, cooked, broiled	-2	
17285	Lamb, Australian, imported, fresh, separable fat, cooked, broiled	-2	
17311	Lamb, Australian, imported, fresh, loin, separable lean only	-2	
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only	-2	
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean	-2	
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and bone)	-2	
17065	Lamb, New Zealand, imported, frozen, composite of trimmings	-2	
17291	Lamb, Australian, imported, fresh, leg, whole (shank and bone)	-2	

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17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/2" fat, boneless	-2
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/2" fat, boneless	-2
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/2" fat, boneless	-2
17329	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/2" fat, boneless	-2
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/2" fat, boneless	-2
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/2" fat, boneless	-2
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and shank), separable lean only, trimmed to 1/2" fat, boneless	-2
17287	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/2" fat, boneless	-2
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless	-2
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless	-2
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and shank), separable lean only, trimmed to 1/2" fat, boneless	-2
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/2" fat, boneless	-2
17335	Game meat, bison, ribeye, separable lean only, 1" steaks	-2
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless	-2
17307	Lamb, Australian, imported, fresh, leg, center slice, boneless	-2
17332	Game meat, bison, top sirloin, separable lean only, 1" steaks	-2
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/2" fat, boneless	-2
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless	-2
17196	Lamb, variety meats and by-products, kidneys, cooked	-2
17309	Lamb, Australian, imported, fresh, leg, center slice, boneless	-2
17181	Game meat, rabbit, wild, cooked, stewed	-2
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/2" fat, boneless	-2
17083	Lamb, New Zealand, imported, frozen, rib, separable lean only, trimmed to 1/2" fat, boneless	-3
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and shank), separable lean only, trimmed to 1/2" fat, boneless	-3
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/2" fat, boneless	-3
17148	Bison, ground, grass-fed, cooked	-3
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	-3
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/2" fat, boneless	-3
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/2" fat, boneless	-4
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/2" fat, boneless	-4
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/2" fat, boneless	-4
17151	Game meat, beaver, cooked, roasted	-4
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/2" fat, boneless	-4
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/2" fat, boneless	-4
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/2" fat, boneless	-4
17339	Game meat, elk, ground, cooked, pan-broiled	-4
17344	Game meat, deer, ground, cooked, pan-broiled	-4
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	-4
17103	Veal, leg (top round), separable lean only, cooked, roasted	-4
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/2" fat, boneless	-4
17100	Veal, leg (top round), separable lean only, cooked, braised	-4
17095	Veal, leg (top round), separable lean and fat, cooked, braised	-4
17157	Game meat, bison, separable lean only, cooked, roasted	-4
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/2" fat, boneless	-4
17338	Game meat, elk, ground, raw	-4
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/2" fat, boneless	-4
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/2" fat, boneless	-4
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/2" fat, boneless	-4
17331	Game meat, bison, ground, cooked, pan-broiled	-4

17097	Veal, leg (top round), separable lean and fat, cooked, pan	-4
17123	Veal, shoulder, arm, separable lean and fat, cooked, brai	-4
17024	Lamb, domestic, loin, separable lean and fat, trimmed to	-4
17237	Lamb, domestic, loin, separable lean and fat, trimmed to	-4
17020	Lamb, domestic, leg, sirloin half, separable lean and fat	-4
17235	Lamb, domestic, leg, sirloin half, separable lean and fat	-5
17002	Lamb, domestic, composite of trimmed retail cuts, sepa	-5
17227	Lamb, domestic, composite of trimmed retail cuts, sepa	-5
17225	Lamb, ground, cooked, broiled	-5
17124	Veal, shoulder, arm, separable lean and fat, cooked, ro	-5
17048	Lamb, domestic, shoulder, arm, separable lean only, tri	-5
17179	Game meat, rabbit, domesticated, composite of cuts, co	-5
17060	Lamb, domestic, cubed for stew or kabob (leg and shou	-5
17178	Game meat, rabbit, domesticated, composite of cuts, co	-5
17044	Lamb, domestic, shoulder, arm, separable lean and fat,	-5
17169	Game meat, goat, cooked, roasted	-5
17247	Lamb, domestic, shoulder, arm, separable lean and fat,	-5
17127	Veal, shoulder, arm, separable lean only, cooked, roast	-5
17046	Lamb, domestic, shoulder, arm, separable lean and fat,	-5
17102	Veal, leg (top round), separable lean only, cooked, pan	-5
17249	Lamb, domestic, shoulder, arm, separable lean and fat,	-5
17270	Veal, breast, separable fat, cooked	-5
17049	Lamb, domestic, shoulder, arm, separable lean only, tri	-5
17061	Lamb, domestic, cubed for stew or kabob (leg and shou	-5
17057	Lamb, domestic, shoulder, blade, separable lean only, t	-5
17006	Lamb, domestic, composite of trimmed retail cuts, sepa	-5
17045	Lamb, domestic, shoulder, arm, separable lean and fat,	-5
17126	Veal, shoulder, arm, separable lean only, cooked, brais	-5
17025	Lamb, domestic, loin, separable lean and fat, trimmed to	-5
17248	Lamb, domestic, shoulder, arm, separable lean and fat,	-5
17238	Lamb, domestic, loin, separable lean and fat, trimmed to	-5
17238	Lamb, domestic, loin, separable lean and fat, trimmed to	-5
17050	Lamb, domestic, shoulder, arm, separable lean only, tri	-5
17244	Lamb, domestic, shoulder, whole (arm and blade), sepa	-5
17053	Lamb, domestic, shoulder, blade, separable lean and fa	-5
17252	Lamb, domestic, shoulder, blade, separable lean and fa	-5
17136	Veal, sirloin, separable lean and fat, cooked, roasted	-5
17031	Lamb, domestic, rib, separable lean and fat, trimmed to	-5
17211	Lamb, variety meats and by-products, pancreas, cooke	-5
17241	Lamb, domestic, rib, separable lean and fat, trimmed to	-5
17135	Veal, sirloin, separable lean and fat, cooked, braised	-5
17028	Lamb, domestic, loin, separable lean only, trimmed to	-5
17277	Veal, shank (fore and hind), separable lean and fat, coc	-5
17037	Lamb, domestic, shoulder, whole (arm and blade), sepa	-5
17036	Lamb, domestic, shoulder, whole (arm and blade), sepa	-5
17117	Veal, shoulder, whole (arm and blade), separable lean a	-5
17243	Lamb, domestic, shoulder, whole (arm and blade), sepa	-5
17038	Lamb, domestic, shoulder, whole (arm and blade), sepa	-5
17273	Veal, breast, plate half, boneless, separable lean and fa	-5

17129	Veal, shoulder, blade, separable lean and fat, cooked, b	-5
17245	Lamb, domestic, shoulder, whole (arm and blade), sepa	-5
17245	Lamb, domestic, shoulder, whole (arm and blade), sepa	-5
17034	Lamb, domestic, rib, separable lean only, trimmed to 1	-5
17042	Lamb, domestic, shoulder, whole (arm and blade), sepa	-5
17163	Game meat, caribou, cooked, roasted	-5
17089	Veal, composite of trimmed retail cuts, separable lean a	-5
17040	Lamb, domestic, shoulder, whole (arm and blade), sepa	-5
17120	Veal, shoulder, whole (arm and blade), separable lean o	-5
17272	Veal, breast, whole, boneless, separable lean and fat, c	-6
17030	Lamb, domestic, rib, separable lean and fat, trimmed to	-6
17279	Veal, shank (fore and hind), separable lean only, cooke	-6
17251	Lamb, domestic, shoulder, blade, separable lean and fa	-6
17052	Lamb, domestic, shoulder, blade, separable lean and fa	-6
17041	Lamb, domestic, shoulder, whole (arm and blade), sepa	-6
17274	Veal, breast, point half, boneless, separable lean and fa	-6
17139	Veal, sirloin, separable lean only, cooked, roasted	-6
17054	Lamb, domestic, shoulder, blade, separable lean and fa	-6
17106	Veal, loin, separable lean and fat, cooked, roasted	-6
17141	Veal, cubed for stew (leg and shoulder), separable lean	-6
17253	Lamb, domestic, shoulder, blade, separable lean and fa	-6
17143	Veal, ground, cooked, broiled	-6
17240	Lamb, domestic, rib, separable lean and fat, trimmed to	-6
17138	Veal, sirloin, separable lean only, cooked, braised	-6
17275	Veal, breast, whole, boneless, separable lean only, cook	-6
17058	Lamb, domestic, shoulder, blade, separable lean only, t	-6
17173	Game meat, moose, cooked, roasted	-6
17132	Veal, shoulder, blade, separable lean only, cooked, brai	-6
17105	Veal, loin, separable lean and fat, cooked, braised	-6
17118	Veal, shoulder, whole (arm and blade), separable lean a	-6
17056	Lamb, domestic, shoulder, blade, separable lean only, t	-6
17121	Veal, shoulder, whole (arm and blade), separable lean o	-6
17112	Veal, rib, separable lean and fat, cooked, roasted	-6
17167	Game meat, elk, cooked, roasted	-6
17130	Veal, shoulder, blade, separable lean and fat, cooked, r	-6
17096	Veal, leg (top round), separable lean and fat, cooked, p	-7
17161	Game meat, buffalo, water, cooked, roasted	-7
17109	Veal, loin, separable lean only, cooked, roasted	-7
17033	Lamb, domestic, rib, separable lean only, trimmed to 1	-7
17133	Veal, shoulder, blade, separable lean only, cooked, roas	-7
17111	Veal, rib, separable lean and fat, cooked, braised	-7
17101	Veal, leg (top round), separable lean only, cooked, pan	-7
17108	Veal, loin, separable lean only, cooked, braised	-7
17115	Veal, rib, separable lean only, cooked, roasted	-7
17219	Veal, variety meats and by-products, thymus, cooked,	-8
17165	Game meat, deer, cooked, roasted	-8
17159	Game meat, boar, wild, cooked, roasted	-8
17114	Veal, rib, separable lean only, cooked, braised	-8
17198	Veal, variety meats and by-products, kidneys, cooked,	-9

17145	Game meat, antelope, cooked, roasted	-9	
17182	Game meat, raccoon, cooked, roasted	-10	
17184	Game meat, squirrel, cooked, roasted	-10	
17147	Game meat, bear, cooked, simmered	-13	
17176	Game meat, opossum, cooked, roasted	-13	very good effect
17203	Veal, variety meats and by-products, liver, cooked, bra	-15	good effect
17204	Veal, variety meats and by-products, liver, cooked, par	-16	OK effect
17194	Veal, variety meats and by-products, heart, cooked, bra	-17	not very good effect
17200	Lamb, variety meats and by-products, liver, cooked, br	-22	bad effect
17201	Lamb, variety meats and by-products, liver, cooked, pa	-29	awful effect

**Sausages and Luncheon Meats**

07213	OSCAR MAYER, Ham (water added, baked cooked 96%	8	very good effect
07243	OSCAR MAYER, Wieners (beef franks, fat free)	0	good effect
07210	OSCAR MAYER, Chicken Breast (oven roasted, fat free)	-1	OK effect
07210	OSCAR MAYER, Chicken Breast (oven roasted, fat free)	-1	not very good effect
07932	Chicken breast, fat-free, mesquite flavor, sliced	-1	bad effect
07043	Luncheon meat, beef, thin sliced	-1	awful effect
13350	Beef, cured, dried	-1	3 - 6 △
13353	Beef, cured, luncheon meat, jellied	-1	
07249	LOUIS RICH, Chicken Breast Classic Baked /Grill (carvir	-1	
13348	Beef, cured, corned beef, canned	-1	
13360	Beef, cured, thin-sliced beef	-1	
07933	Chicken breast, oven-roasted, fat-free, sliced	-1	
07020	Corned beef loaf, jellied	-1	
07068	Salami, cooked, beef	-1	
07239	OSCAR MAYER, Turkey Breast (smoked, fat free)	-1	
13358	Beef, cured, smoked, chopped beef	-1	
07203	OSCAR MAYER, Bologna (fat free)	-1	
07246	OSCAR MAYER, Wieners (fat free hot dogs)	-1	
07258	LOUIS RICH, Turkey (honey roasted, fat free)	-1	
07260	LOUIS RICH, Turkey Breast (oven roasted, portion fat f	-1	
42161	Bologna, beef, low fat	-1	
07042	Luncheon meat, beef, loaved	-1	
07259	LOUIS RICH, Turkey Breast (oven roasted, fat free)	-1	
07088	Honey roll sausage, beef	-1	
13355	Beef, cured, pastrami	-2	
07262	LOUIS RICH, Turkey Breast (smoked, portion fat free)	-2	
07217	OSCAR MAYER, Ham (40% ham/water product, smoked	-2	
07209	OSCAR MAYER, Chicken Breast (honey glazed)	-2	
07233	OSCAR MAYER, Smokies (beef)	-2	
07046	Turkey breast, low salt, prepackaged or deli, luncheon	-2	
07261	LOUIS RICH, Turkey Breast (Smoked, Carving Board)	-2	
43384	Beef, bologna, reduced sodium	-2	
07039	Lebanon bologna, beef	-2	
07242	OSCAR MAYER, Wieners (beef franks, bun length)	-2	
07201	OSCAR MAYER, Bologna (beef)	-2	
07226	OSCAR MAYER, Salami Beef Cotto	-2	
07279	HORMEL WRANGLER Beef Franks	-2	
07202	OSCAR MAYER, Bologna (beef light)	-2	

07078	Thuringer, cervelat, summer sausage, beef, pork	-2
07241	OSCAR MAYER, Wieners (beef franks)	-2
07028	Ham, sliced, extra lean	-2
07945	Frankfurter, beef, heated	-2
07912	Roast beef spread	-2
42280	Frankfurter, meat and poultry, low fat	-2
07237	OSCAR MAYER, Summer Sausage Beef Thuringer Cerve	-2
07035	Honey loaf, pork, beef	-2
07056	Peppered loaf, pork, beef	-2
07938	Ham, honey, smoked, cooked	-2
07022	Frankfurter, beef	-3
07007	Bologna, beef	-3
07081	Turkey roll, light meat	-3
42179	Frankfurter, beef, low fat	-3
07928	Sausage, chicken, beef, pork, skinless, smoked	-3
07215	OSCAR MAYER, Ham (water added, honey)	-3
43507	Frankfurter, low sodium	-3
07214	OSCAR MAYER, Ham (water added, boiled)	-3
13357	Beef, cured, sausage, cooked, smoked	-3
07250	LOUIS RICH, Chicken Breast (oven roasted deluxe)	-3
07060	Luxury loaf, pork	-3
07914	Sausage, Italian, sweet, links	-3
07216	OSCAR MAYER, Ham (water added, smoked, cooked)	-3
07083	Sausage, Vienna, canned, chicken, beef, pork	-3
07913	Salami, pork, beef, less sodium	-3
07079	Turkey breast meat	-3
07924	Bratwurst, pork, beef and turkey, lite, smoked	-3
07017	Chicken roll, light meat	-3
07091	New england brand sausage, pork, beef	-3
07944	Turkey, white, rotisserie, deli cut	-4
07001	Barbecue loaf, pork, beef	-4
07256	LOUIS RICH, Turkey Breast and White Turkey (oven roa	-4
07900	Turkey, pork, and beef sausage, low fat, smoked	-4
07244	OSCAR MAYER, Wieners (beef franks, light)	-4
07910	Bratwurst, veal, cooked	-4
07922	Bratwurst, beef and pork, smoked	-4
42190	Pork sausage rice links, brown and serve, cooked	-4
07008	Bologna, beef and pork	-4
07257	LOUIS RICH, Turkey Breast and White Turkey (smoked	-4
07206	OSCAR MAYER. Bologna (Wisconsin made ring)	-4
42188	Frankfurter, beef and pork, low fat	-4
07033	Ham and cheese spread	-4
42129	Bologna, beef and pork, low fat	-5
07921	Bacon and beef sticks	-5
07054	Pate, goose liver, smoked, canned	-5
07027	Ham, chopped, not canned	-5
07918	Sausage, summer, pork and beef, sticks, with cheddar	-5
07004	Sausage, Berliner, pork, beef	-5
07238	OSCAR MAYER, Summer Sausage Thuringer Cervelat	-5

07218	OSCAR MAYER, Head Cheese	-5
07029	Ham, sliced, regular (approximately 11% fat)	-6
07034	Headcheese, pork	-6
07076	Smoked link sausage, pork and beef, flour and nonfat c	-6
07264	LOUIS RICH, Turkey Ham (10% water added)	-6
07090	Luncheon sausage, pork and beef	-6
07072	Salami, dry or hard, pork, beef	-6
07211	OSCAR MAYER, Ham and Cheese Loaf	-6
07229	OSCAR MAYER, Salami (Genoa)	-6
07909	Luncheon meat, pork and chicken, minced, canned, inc	-6
07010	Bologna, pork	-6
07032	Ham and cheese loaf or roll	-6
07227	OSCAR MAYER, Salami Cotto (beef, pork, chicken)	-6
07230	OSCAR MAYER, Salami (hard)	-6
07062	Picnic loaf, pork, beef	-6
07212	OSCAR MAYER, Ham (chopped with natural juice)	-6
07003	Beerwurst, beer salami, pork	-6
07023	Frankfurter, beef and pork	-6
07937	Bologna, pork, turkey and beef	-6
07277	HORMEL SPAM, Lite Luncheon Meat, Pork and chicken,	-6
07940	Macaroni and cheese loaf, chicken, pork and beef	-7
07228	OSCAR MAYER, Salami (for beer)	-7
07038	Knackwurst, knockwurst, pork, beef	-7
07234	OSCAR MAYER, Smokies (cheese)	-7
07248	OSCAR MAYER, Wieners Little (pork, turkey)	-7
07016	Cheesefurter, cheese smokie, pork, beef	-7
07057	Pepperoni, pork, beef	-7
07917	Sausage, pork and beef, with cheddar cheese, smoked	-7
07251	LOUIS RICH, Chicken (white, oven roasted)	-7
07908	Luncheon meat, pork with ham, minced, canned, includ	-7
07026	Ham, chopped, canned	-7
07951	Scrapple, pork	-7
07015	Brotwurst, pork, beef, link	-7
07019	Chorizo, pork and beef	-7
07205	OSCAR MAYER, Bologna Light (pork, chicken, beef)	-7
07030	Ham, minced	-7
07041	Liver sausage, liverwurst, pork	-7
07911	Liverwurst spread	-7
07077	Smoked link sausage, pork and beef, nonfat dry milk ac	-7
07021	Dutch brand loaf, chicken, pork and beef	-7
07916	Sausage, Polish, pork and beef, smoked	-7
07920	Swisswurst, pork and beef, with swiss cheese, smoked	-7
07051	Olive loaf, pork	-7
07061	Mother's loaf, pork	-7
07047	Luncheon meat, pork, beef	-7
07235	OSCAR MAYER, Smokies Sausage Little (pork, turkey)	-7
07089	Sausage, Italian, pork, cooked	-7
07225	OSCAR MAYER, Pork Sausage Links (cooked)	-8
07906	Luncheon meat, pork, ham, and chicken, minced, canne	-8



07069	Salami, cooked, beef and pork	-8
07059	Polish sausage, pork	-8
07059	Polish sausage, pork	-8
07014	Braunschweiger (a liver sausage), pork	-8
07232	OSCAR MAYER, Smokie Links Sausage	-8
07073	Sandwich spread, pork, beef	-8
07006	Bockwurst, pork, veal, raw	-8
07002	Beerwurst, beer salami, pork and beef	-8
07931	Beerwurst, pork and beef	-8
07005	Blood sausage	-8
07942	Pate, truffle flavor	-8
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, t	-8
07045	Luncheon meat, pork, canned	-8
07939	Frankfurter, pork	-8
07055	Pate, liver, not specified, canned	-8
07276	HORMEL SPAM, Luncheon Meat, pork with ham, minced	-8
07231	OSCAR MAYER, Sandwich Spread (pork, chicken, beef)	-8
07080	Turkey ham, cured turkey thigh meat	-8
07050	Mortadella, beef, pork	-9
07044	USDA Commodity, luncheon meat, canned	-9
07223	OSCAR MAYER, Olive Loaf (chicken, pork, turkey)	-9
42173	Turkey and pork sausage, fresh, bulk, patty or link, coc	-9
07040	Liver cheese, pork	-9
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	-9
07208	OSCAR MAYER, Braunschweiger Liver Sausage (saren t	-9
07247	OSCAR MAYER, Wieners (light pork, turkey, beef)	-9
07036	Sausage, Italian, pork, raw	-9
42241	Turkey, pork, and beef sausage, reduced fat, smoked	-9
07013	Bratwurst, pork, cooked	-9
07031	Ham salad spread	-9
07224	OSCAR MAYER, Pickle Pimiento Loaf (with chicken)	-9
07935	Oven-roasted chicken breast roll	-10
07065	Pork and beef sausage, fresh, cooked	-10
07071	Salami, dry or hard, pork	-10
07221	OSCAR MAYER, Luncheon Loaf (spiced)	-10
07200	OSCAR MAYER, Bologna (chicken, pork, beef)	-10
07222	OSCAR MAYER, Old Fashioned Loaf	-10
07927	Sausage, Italian, turkey, smoked	-11
07929	Sausage, turkey, hot, smoked	-11
07245	OSCAR MAYER, Wieners (cheese hot dogs with turkey)	-11
07058	Pickle and pimiento loaf, pork	-11
07074	Smoked link sausage, pork	-12
07240	OSCAR MAYER, Wieners (pork, turkey)	-12
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	-12
42128	Turkey ham, sliced, extra lean, prepackaged or deli-slic	-12
07075	Sausage, smoked link sausage, pork and beef	-12
07037	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	-12
07066	Turkey sausage, reduced fat, brown and serve, cooked	-13
07959	Bologna, chicken, pork, beef	-13

07960	Bologna, chicken, pork	-13	
07936	Bologna, pork and turkey, lite	-13	
07252	LOUIS RICH, Franks (turkey and chicken cheese)	-13	
07018	Chicken spread	-13	
07268	LOUIS RICH, Turkey Smoked Sausage	-13	
42262	Sausage, chicken and beef, smoked	-13	
07082	Turkey roll, light and dark meat	-14	
07053	Pate, chicken liver, canned	-14	
07220	OSCAR MAYER, Liver Cheese, pork fat wrapped	-14	
07267	LOUIS RICH, Turkey Salami Cotto	-14	
07052	Pastrami, turkey	-14	
07024	Frankfurter, chicken	-15	
07070	Salami, cooked, turkey	-15	
07265	LOUIS RICH, Turkey Nuggets/Sticks (breaded)	-15	
07266	LOUIS RICH, Turkey Salami	-15	
07253	LOUIS RICH, Franks (turkey and chicken)	-15	
07949	Frankfurter, meat, heated	-16	
07952	Bologna, chicken, turkey, pork	-16	
07950	Frankfurter, meat	-16	
07025	Frankfurter, turkey	-17	very good effect
07255	LOUIS RICH, Turkey Bologna	-17	good effect
07254	LOUIS RICH, Turkey Bacon	-17	OK effect
07011	Bologna, turkey	-18	not very good effect
07919	Sausage, turkey, breakfast links, mild	-23	bad effect
07067	Poultry salad sandwich spread	-30	awful effect

**Legumes and Legume Products**

16084	Mungo beans, mature seeds, cooked, boiled, without salt	3	very good effect
43112	Beans, chili, barbecue, ranch style, cooked	1	good effect
16023	Beans, french, mature seeds, cooked, boiled, without salt	1	OK effect
16323	Beans, french, mature seeds, cooked, boiled, with salt	1	not very good effect
16044	Beans, pinto, mature seeds, canned	1	bad effect
16028	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	0	awful effect
16033	Beans, kidney, red, mature seeds, cooked, boiled, with salt	0	3 - 6 △
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	0	
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	0	
16333	Beans, kidney, red, mature seeds, cooked, boiled, without salt	0	
16399	Peanut butter with omega-3, creamy	0	
16038	Beans, navy, mature seeds, cooked, boiled, without salt	0	
16338	Beans, navy, mature seeds, cooked, boiled, with salt	0	
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	0	
16172	Refried beans, canned, fat-free	0	
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	0	
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, with salt	0	
16336	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	0	
16031	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	0	
16331	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	0	
16003	Beans, adzuki, mature seeds, canned, sweetened	0	
16006	Beans, baked, canned, plain or vegetarian	0	
16082	Noodles, chinese, cellophane or long rice (mung beans)	0	

16017	Beans, black turtle soup, mature seeds, cooked, boiled,	0
16317	Beans, black turtle soup, mature seeds, cooked, boiled,	0
16004	Beans, adzuki, yokan, mature seeds	0
16050	Beans, white, mature seeds, cooked, boiled, without sa	0
43114	Vermicelli, made from soy	0
16051	Beans, white, mature seeds, canned	0
16341	Beans, pink, mature seeds, cooked, boiled, with salt	0
16018	Beans, black turtle soup, mature seeds, canned	0
16020	Beans, cranberry (roman), mature seeds, cooked, boile	0
16320	Beans, cranberry (roman), mature seeds, cooked, boile	0
16021	Beans, cranberry (roman), mature seeds, canned	0
16039	Beans, navy, mature seeds, canned	0
43449	Baked beans, canned, no salt added	0
16034	Beans, kidney, red, mature seeds, canned	0
16134	Yardlong beans, mature seeds, cooked, boiled, without	0
16434	Yardlong beans, mature seeds, cooked, boiled, with sal	0
16133	Yardlong beans, mature seeds, raw	0
16026	Beans, great northern, mature seeds, canned	0
16015	Beans, black, mature seeds, cooked, boiled, without sa	0
16315	Beans, black, mature seeds, cooked, boiled, with salt	0
16025	Beans, great northern, mature seeds, cooked, boiled, w	0
16325	Beans, great northern, mature seeds, cooked, boiled, w	0
16002	Beans, adzuki, mature seeds, cooked, boiled, without s	0
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	0
16046	Beans, small white, mature seeds, cooked, boiled, with	0
16346	Beans, small white, mature seeds, cooked, boiled, with	0
16123	Soy sauce made from soy and wheat (shoyu)	0
16048	Beans, yellow, mature seeds, cooked, boiled, without s	0
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	0
16047	Beans, yellow, mature seeds, raw	0
16001	Beans, adzuki, mature seeds, raw	0
16073	Lima beans, large, mature seeds, canned	0
16029	Beans, kidney, all types, mature seeds, canned	0
16125	Soy sauce made from hydrolyzed vegetable protein	0
16121	Soy protein concentrate, produced by alcohol extraction	0
16420	Soy protein concentrate, produced by acid wash	0
16421	Soy protein concentrate, crude protein basis (N x 6.25)	0
16059	Chili with beans, canned	0
16075	Lima beans, thin seeded (baby), mature seeds, cooked	-1
16375	Lima beans, thin seeded (baby), mature seeds, cooked	-1
16063	Cowpeas, common (blackeyes, crowder, southern), ma	-1
16363	Cowpeas, common (blackeyes, crowder, southern), ma	-1
16424	Soy sauce made from soy and wheat (shoyu), low sodiu	-1
16124	Soy sauce made from soy (tamari)	-1
16072	Lima beans, large, mature seeds, cooked, boiled, witho	-1
16372	Lima beans, large, mature seeds, cooked, boiled, with s	-1
16423	Soy protein isolate, potassium type, crude protein basis	-1
16231	Soy milk, chocolate, nonfat, with added calcium, vitamir	-1
16079	Mothbeans, mature seeds, cooked, boiled, without salt	-1

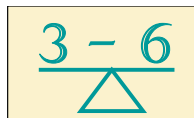
16379	Mothbeans, mature seeds, cooked, boiled, with salt	-1
16061	Cowpeas, catjang, mature seeds, cooked, boiled, witho	-1
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with s	-1
16422	Soy protein isolate, potassium type	-1
16007	Beans, baked, canned, with beef	-1
16011	Beans, baked, canned, with pork and tomato sauce	-1
16064	Cowpeas, common (blackeyes, crowder, southern), ma	-1
16103	Refried beans, canned, traditional style (includes USDA	-1
16070	Lentils, mature seeds, cooked, boiled, without salt	-1
16370	Lentils, mature seeds, cooked, boiled, with salt	-1
16086	Peas, split, mature seeds, cooked, boiled, without salt	-1
16055	Carob flour	-1
16386	Peas, split, mature seeds, cooked, boiled, with salt	-1
16230	Soymilk (all flavors), nonfat, with added calcium, vitam	-1
16081	Mung beans, mature seeds, cooked, boiled, without sal	-1
16381	Mung beans, mature seeds, cooked, boiled, with salt	-1
16054	Broadbeans (fava beans), mature seeds, canned	-1
16138	Falafel, home-prepared	-1
16117	Soy flour, defatted	-1
16053	Broadbeans (fava beans), mature seeds, cooked, boiled	-1
16353	Broadbeans (fava beans), mature seeds, cooked, boiled	-1
16009	Beans, baked, canned, with pork	-1
16171	Refried beans, canned, vegetarian	-1
16102	Pigeon peas (red gram), mature seeds, cooked, boiled,	-2
16402	Pigeon peas (red gram), mature seeds, cooked, boiled,	-2
16010	Beans, baked, canned, with pork and sweet sauce	-2
22125	GREEN GIANT, HARVEST BURGER, Original Flavor, All V	-2
16065	Cowpeas, common (blackeyes, crowder, southern), ma	-2
16068	Hyacinth beans, mature seeds, cooked, boiled, without	-2
16368	Hyacinth beans, mature seeds, cooked, boiled, with sal	-2
16119	Soy meal, defatted, raw	-2
16419	Soy meal, defatted, raw, crude protein basis (N x 6.25)	-2
16005	Beans, baked, home prepared	-3
16008	Beans, baked, canned, with franks	-3
16122	Soy protein isolate	-4
16077	Lupins, mature seeds, cooked, boiled, without salt	-4
16058	Chickpeas (garbanzo beans, bengal gram), mature seed	-4
16377	Lupins, mature seeds, cooked, boiled, with salt	-4
16106	Meat extender	-4
16057	Chickpeas (garbanzo beans, bengal gram), mature seed	-7
16357	Chickpeas (garbanzo beans, bengal gram), mature seed	-7
16227	Soymilk, chocolate and other flavors, light, with added	-7
43125	Beans, liquid from stewed kidney beans	-7
16157	Chickpea flour (besan)	-7
16130	Tofu, okara	-7
16418	Soy flour, low-fat, crude protein basis (N x 6.25)	-8
16166	Soymilk, chocolate, unfortified	-8
16168	Soymilk, chocolate, with added calcium, vitamins A and	-8
16118	Soy flour, low-fat	-8

16417 Soy flour, defatted, crude protein basis (N x 6.25)	-8
43476 Tofu yogurt	-8
16136 Winged beans, mature seeds, cooked, boiled, without salt	-9
16436 Winged beans, mature seeds, cooked, boiled, with salt	-9
16135 Winged beans, mature seeds, raw	-9
16120 Soymilk, original and vanilla, unfortified	-9
43136 Vegetarian stew	-10
16147 Veggie burgers or soyburgers, unprepared	-11
16225 Soymilk, original and vanilla, light, with added calcium, vitamin D	-11
16137 Hummus, home prepared	-11
16112 Miso	-12
16139 Soymilk, original and vanilla, with added calcium, vitamin D	-12
43410 Chicken, meatless, breaded, fried	-15
43130 Frankfurter, meatless	-17
43128 Chicken, meatless	-17
16114 Tempeh	-17
43131 Luncheon slices, meatless	-18
43132 Meatballs, meatless	-18
43137 Vegetarian meatloaf or patties	-18
16167 USDA Commodity, Peanut Butter, smooth	-19
16108 Soybeans, mature seeds, raw	-19
16415 Soy flour, full-fat, raw, crude protein basis (N x 6.25)	-21
16126 Tofu, firm, prepared with calcium sulfate and magnesium chloride	-21
16111 Soybeans, mature seeds, dry roasted	-21
16116 Soy flour, full-fat, roasted	-21
16416 Soy flour, full-fat, roasted, crude protein basis (N x 6.25)	-21
16088 Peanuts, all types, cooked, boiled, with salt	-22
43212 Bacon bits, meatless	-22
16109 Soybeans, mature cooked, boiled, without salt	-22
16409 Soybeans, mature seeds, cooked, boiled, with salt	-22
16113 Natto	-22
43299 Soybean, curd cheese	-23
16155 Peanut butter, smooth, vitamin and mineral fortified	-23
16173 Frijoles rojos volteados (Refried beans, red, canned)	-23
16110 Soybeans, mature seeds, roasted, salted	-23
16410 Soybeans, mature seeds, roasted, no salt added	-23
16398 Peanut butter, smooth style, without salt	-23
16098 Peanut butter, smooth style, with salt	-24
43135 Sandwich spread, meatless	-24
16156 Peanut butter, chunky, vitamin and mineral fortified	-24
16149 Peanut spread, reduced sugar	-25
16097 Peanut butter, chunk style, with salt	-25
16397 Peanut butter, chunk style, without salt	-25
43129 Fish sticks, meatless	-25
43134 Vegetarian fillets	-25
16096 Peanuts, virginia, oil-roasted, with salt	-25
16396 Peanuts, virginia, oil-roasted, without salt	-25
16396 Peanuts, virginia, oil-roasted, without salt	-25
16089 Peanuts, all types, oil-roasted, with salt	-26

16426	Tofu, raw, firm, prepared with calcium sulfate	-26	
42291	Peanut butter, reduced sodium	-26	
16127	Tofu, soft, prepared with calcium sulfate and magnesium	-26	
16095	Peanuts, virginia, raw	-26	
16095	Peanuts, virginia, raw	-26	
16389	Peanuts, all types, oil-roasted, without salt	-27	
16090	Peanuts, all types, dry-roasted, with salt	-27	
16390	Peanuts, all types, dry-roasted, without salt	-27	
16427	Tofu, raw, regular, prepared with calcium sulfate	-27	
16128	Tofu, dried-frozen (koyadofu)	-27	
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	-28	
16107	Sausage, meatless	-28	
16092	Peanuts, spanish, oil-roasted, with salt	-29	
16392	Peanuts, spanish, oil-roasted, without salt	-29	
16160	Tofu, hard, prepared with nigari	-29	
16132	Tofu, salted and fermented (fuyu)	-30	
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	-30	very good effect
16094	Peanuts, valencia, oil-roasted, with salt	-30	good effect
16394	Peanuts, valencia, oil-roasted, without salt	-30	OK effect
16129	Tofu, fried	-32	not very good effect
16429	Tofu, fried, prepared with calcium sulfate	-32	bad effect
16104	Bacon, meatless	-39	awful effect

### **Finfish and Shellfish Products**

15012	Fish, caviar, black and red, granular	166	very good effect
15072	Fish, roe, mixed species, raw	110	good effect
83110	Fish, mackerel, salted	109	OK effect
15207	Fish, roe, mixed species, cooked, dry heat	99	not very good effect
15084	Fish, salmon, pink, canned, solids with bone and liquid	83	bad effect
15181	Fish, salmon, pink, canned, without salt, solids with bone	83	awful effect
15001	Fish, anchovy, european, raw	78	
15236	Fish, salmon, Atlantic, farmed, raw	73	
15076	Fish, salmon, Atlantic, wild, raw	73	
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	73	
15040	Fish, herring, Atlantic, cooked, dry heat	70	
15042	Fish, herring, Atlantic, kippered	70	
15002	Fish, anchovy, european, canned in oil, drained solids	68	
15201	Fish, mackerel, Pacific and jack, mixed species, cooked	67	
15087	Fish, salmon, sockeye, canned, drained solids with bone	66	
15197	Fish, herring, Pacific, cooked, dry heat	63	
15223	Fish, whitefish, mixed species, cooked, dry heat	62	
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	61	
15117	Fish, tuna, fresh, bluefin, raw	61	
15080	Fish, salmon, chum, drained solids with bone	60	
15171	Mollusks, oyster, Pacific, raw	59	
15231	Mollusks, oyster, Pacific, cooked, moist heat	59	
15082	Fish, salmon, coho, wild, cooked, moist heat	58	
15081	Fish, salmon, coho, wild, raw	57	
15048	Fish, mackerel, jack, canned, drained solids	57	
15210	Fish, salmon, chinook, cooked, dry heat	56	



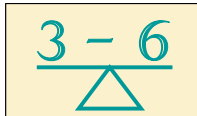
15014	Fish, cisco, smoked	55
15188	Fish, bass, striped, cooked, dry heat	55
15247	Fish, salmon, coho, wild, cooked, dry heat	53
15208	Fish, sablefish, cooked, dry heat	53
15075	Fish, sablefish, smoked	53
15052	Fish, mackerel, spanish, cooked, dry heat	52
15092	Fish, sea bass, mixed species, cooked, dry heat	49
15189	Fish, bluefish, cooked, dry heat	48
15100	Fish, smelt, rainbow, cooked, dry heat	48
15238	Fish, salmon, coho, farmed, raw	48
15126	Fish, tuna, white, canned in water, drained solids	46
15186	Fish, tuna, white, canned in water, without salt, drained	46
15239	Fish, salmon, coho, farmed, cooked, dry heat	46
43497	Jellyfish, dried, salted	45
15170	Mollusks, oyster, eastern, canned	45
15089	Fish, sardine, Pacific, canned in tomato sauce, drained	44
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	43
15167	Mollusks, oyster, eastern, wild, raw	43
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	43
15224	Fish, wolffish, Atlantic, cooked, dry heat	43
15113	Fish, tilefish, cooked, dry heat	42
15116	Fish, trout, rainbow, wild, cooked, dry heat	41
15182	Fish, salmon, sockeye, canned, without salt, drained so	40
15111	Fish, swordfish, cooked, dry heat	40
15152	Crustaceans, shrimp, mixed species, canned	39
15041	Fish, herring, Atlantic, pickled	38
15216	Fish, spot, cooked, dry heat	37
15175	Mollusks, squid, mixed species, raw	37
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	37
15241	Fish, trout, rainbow, farmed, cooked, dry heat	36
15240	Fish, trout, rainbow, farmed, raw	36
15196	Fish, halibut, greenland, cooked, dry heat	36
15086	Fish, salmon, sockeye, cooked, dry heat	35
15085	Fish, salmon, sockeye, raw	35
15114	Fish, trout, mixed species, raw	35
15219	Fish, trout, mixed species, cooked, dry heat	35
15217	Fish, sucker, white, cooked, dry heat	34
15047	Fish, mackerel, Atlantic, cooked, dry heat	33
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	33
15164	Mollusks, mussel, blue, raw	32
15205	Fish, pollock, Atlantic, cooked, dry heat	32
15067	Fish, pollock, walleye, cooked, dry heat	32
15212	Fish, salmon, pink, cooked, dry heat	30
15137	Crustaceans, crab, alaska king, cooked, moist heat	29
15165	Mollusks, mussel, blue, cooked, moist heat	28
15109	Fish, surimi	28
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	28
15077	Fish, salmon, chinook, smoked	27
15179	Fish, salmon, chinook, smoked, (lox), regular	27

15227	Crustaceans, crab, queen, cooked, moist heat	27
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	26
15024	Fish, drum, freshwater, raw	25
15195	Fish, drum, freshwater, cooked, dry heat	25
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	23
15200	Fish, mackerel, king, cooked, dry heat	23
15049	Fish, mackerel, king, raw	22
15204	Fish, pike, walleye, cooked, dry heat	22
15069	Fish, pompano, florida, cooked, dry heat	22
15105	Fish, sturgeon, mixed species, cooked, dry heat	20
15088	Fish, sardine, Atlantic, canned in oil, drained solids with	19
15061	Fish, perch, mixed species, cooked, dry heat	18
15031	Fish, grouper, mixed species, raw	17
15214	Fish, seatrout, mixed species, cooked, dry heat	17
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	16
15123	Fish, tuna, fresh, skipjack, raw	16
15102	Fish, snapper, mixed species, cooked, dry heat	16
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	16
15121	Fish, tuna, light, canned in water, drained solids	15
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	15
15184	Fish, tuna, light, canned in water, without salt, drained	15
15159	Mollusks, clam, mixed species, cooked, moist heat	15
15035	Fish, haddock, smoked	15
15056	Fish, mullet, striped, cooked, dry heat	14
15009	Fish, carp, cooked, dry heat	14
15176	Mollusks, squid, mixed species, cooked, fried	14
15148	Crustaceans, lobster, northern, cooked, moist heat	14
15199	Fish, lingcod, cooked, dry heat	14
15131	Fish, whitefish, mixed species, smoked	13
15192	Fish, cod, Pacific, cooked, dry heat	13
15032	Fish, grouper, mixed species, cooked, dry heat	12
15034	Fish, haddock, cooked, dry heat	12
15140	Crustaceans, crab, blue, cooked, moist heat	12
15141	Crustaceans, crab, blue, canned	12
15030	Fish, gefiltefish, commercial, sweet recipe	11
15230	Mollusks, octopus, common, cooked, moist heat	11
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	11
15233	Fish, catfish, channel, wild, cooked, dry heat	10
15016	Fish, cod, Atlantic, cooked, dry heat	9
15017	Fish, cod, Atlantic, canned, solids and liquid	9
15018	Fish, cod, Atlantic, dried and salted	9
15194	Fish, dolphinfish, cooked, dry heat	9
15142	Crustaceans, crab, blue, crab cakes	9
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	9
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	9
15160	Mollusks, clam, mixed species, canned, drained solids	8
15157	Mollusks, clam, mixed species, raw	8
15190	Fish, burbot, cooked, dry heat	7
15063	Fish, pike, northern, cooked, dry heat	7



15243	Crustaceans, crayfish, mixed species, farmed, cooked,	7	
15106	Fish, sturgeon, mixed species, smoked	6	
15098	Fish, sheepshead, cooked, dry heat	6	
15026	Fish, eel, mixed species, cooked, dry heat	6	
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	6	
15127	Fish, tuna, fresh, yellowfin, raw	6	
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	5	
15151	Crustaceans, shrimp, mixed species, cooked, moist heat	4	
15168	Mollusks, oyster, eastern, cooked, breaded and fried	3	
15138	Crustaceans, crab, alaska king, imitation, made from su	1	
15232	Fish, roughy, orange, cooked, dry heat	0	
15250	Mollusks, conch, baked or broiled	0	
15177	Mollusks, whelk, unspecified, raw	0	
15178	Mollusks, whelk, unspecified, cooked, moist heat	0	
15206	Fish, pout, ocean, cooked, dry heat	0	
15011	Fish, catfish, channel, cooked, breaded and fried	-1	
15124	Fish, tuna, white, canned in oil, drained solids	-3	
15235	Fish, catfish, channel, farmed, cooked, dry heat	-3	
15156	Mollusks, abalone, mixed species, cooked, fried	-4	
15021	Fish, croaker, Atlantic, cooked, breaded and fried	-4	
15173	Mollusks, scallop, mixed species, cooked, breaded and f	-5	
15158	Mollusks, clam, mixed species, cooked, breaded and fri	-6	very good effect
15027	Fish, fish portions and sticks, frozen, preheated	-7	good effect
15119	Fish, tuna, light, canned in oil, drained solids	-9	OK effect
15183	Fish, tuna, light, canned in oil, without salt, drained sol	-9	not very good effect
15150	Crustaceans, shrimp, mixed species, cooked, breaded a	-11	bad effect
15128	Fish, tuna salad	-16	awful effect

**Nut and Seed Products**



12220	Seeds, flaxseed	32	very good effect
12006	Seeds, chia seeds, dried	24	good effect
12193	Seeds, sisymbrium sp. seeds, whole, dried	3	OK effect
12119	Nuts, coconut water (liquid from coconuts)	0	not very good effect
12116	Nuts, coconut cream, canned, sweetened	0	bad effect
12109	Nuts, coconut meat, dried (desiccated), sweetened, flak	0	awful effect
12175	Nuts, chestnuts, japanese, dried	-1	
12175	Nuts, chestnuts, japanese, dried	-1	
12202	Nuts, chestnuts, japanese, raw	-1	
12203	Nuts, chestnuts, japanese, boiled and steamed	-1	
12179	Nuts, coconut meat, dried (desiccated), sweetened, shr	-1	
12110	Nuts, coconut meat, dried (desiccated), sweetened, flak	-1	
12204	Nuts, chestnuts, japanese, roasted	-1	
12114	Nuts, coconut meat, dried (desiccated), toasted	-1	
12096	Nuts, chestnuts, chinese, roasted	-1	
12093	Nuts, chestnuts, chinese, raw	-1	
12094	Nuts, chestnuts, chinese, dried	-1	
12095	Nuts, chestnuts, chinese, boiled and steamed	-1	
12104	Nuts, coconut meat, raw	-1	
12108	Nuts, coconut meat, dried (desiccated), not sweetened	-1	
12177	Nuts, coconut meat, dried (desiccated), creamed	-1	

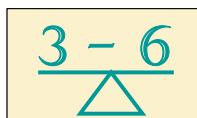
12176	Nuts, coconut milk, frozen (liquid expressed from grate	-1
12117	Nuts, coconut milk, raw (liquid expressed from grated r	-1
12115	Nuts, coconut cream, raw (liquid expressed from grated	-1
12118	Nuts, coconut milk, canned (liquid expressed from grate	-1
12004	Seeds, breadnut tree seeds, raw	-1
12005	Seeds, breadnut tree seeds, dried	-1
12131	Nuts, macadamia nuts, raw	-2
12132	Nuts, macadamia nuts, dry roasted, without salt added	-2
12632	Nuts, macadamia nuts, dry roasted, with salt added	-2
12008	Seeds, cottonseed flour, low fat (glandless)	-2
12033	Seeds, sesame flour, low-fat	-2
12128	Nuts, ginkgo nuts, dried	-2
12098	Nuts, chestnuts, european, raw, peeled	-2
12041	Seeds, sunflower seed flour, partially defatted	-3
12167	Nuts, chestnuts, european, roasted	-3
12013	Seeds, lotus seeds, dried	-3
12205	Seeds, lotus seeds, raw	-3
12127	Nuts, ginkgo nuts, raw	-3
12101	Nuts, chestnuts, european, boiled and steamed	-3
12100	Nuts, chestnuts, european, dried, peeled	-3
12097	Nuts, chestnuts, european, raw, unpeeled	-3
12099	Nuts, chestnuts, european, dried, unpeeled	-4
12158	Seeds, breadfruit seeds, roasted	-4
12003	Seeds, breadfruit seeds, boiled	-4
12022	Seeds, safflower seed meal, partially defatted	-5
12129	Nuts, ginkgo nuts, canned	-5
12011	Seeds, cottonseed meal, partially defatted (glandless)	-6
12007	Seeds, cottonseed flour, partially defatted (glandless)	-8
12001	Seeds, breadfruit seeds, raw	-8
12121	Nuts, hazelnuts or filberts, blanched	-9
12145	Nuts, pilinuts, dried	-11
12145	Nuts, pilinuts, dried	-11
12060	Nuts, acorn flour, full fat	-12
12071	Nuts, almond paste	-12
12058	Nuts, acorns, raw	-12
12059	Nuts, acorns, dried	-12
12120	Nuts, hazelnuts or filberts	-12
12032	Seeds, sesame flour, partially defatted	-13
12122	Nuts, hazelnuts or filberts, dry roasted, without salt ad	-13
12085	Nuts, cashew nuts, dry roasted, without salt added	-13
12585	Nuts, cashew nuts, dry roasted, with salt added	-13
12088	Nuts, cashew butter, plain, without salt added	-14
12588	Nuts, cashew butter, plain, with salt added	-14
12087	Nuts, cashew nuts, raw	-14
12586	Nuts, cashew nuts, oil roasted, with salt added	-14
12086	Nuts, cashew nuts, oil roasted, without salt added	-15
12086	Nuts, cashew nuts, oil roasted, without salt added	-15
12040	Seeds, sunflower seed butter, without salt	-16
12540	Seeds, sunflower seed butter, with salt added	-16

12206	Nuts, almonds, honey roasted, unblanched	-16
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	-17
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	-17
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	-18
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	-18
12638	Nuts, mixed nuts, without peanuts, oil roasted, with salt added	-18
12163	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	-19
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	-19
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	-21
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	-21
12062	Nuts, almonds, blanched	-21
12061	Nuts, almonds	-21
12063	Nuts, almonds, dry roasted, without salt added	-22
12563	Nuts, almonds, dry roasted, with salt added	-22
12195	Nuts, almond butter, plain, without salt added	-22
12695	Nuts, almond butter, plain, with salt added	-22
12065	Nuts, almonds, oil roasted, without salt added	-22
12565	Nuts, almonds, oil roasted, with salt added	-22
12152	Nuts, pistachio nuts, dry roasted, without salt added	-23
12652	Nuts, pistachio nuts, dry roasted, with salt added	-23
12151	Nuts, pistachio nuts, raw	-24
12143	Nuts, pecans, dry roasted, without salt added	-26
12643	Nuts, pecans, dry roasted, with salt added	-26
12142	Nuts, pecans	-28
12077	Nuts, beechnuts, dried	-29
12130	Nuts, hickorynuts, dried	-30
12170	Seeds, sesame flour, high-fat	-30
12144	Nuts, pecans, oil roasted, without salt added	-30
12144	Nuts, pecans, oil roasted, without salt added	-30
12644	Nuts, pecans, oil roasted, with salt added	-30
12199	Nuts, formulated, wheat-based, flavored, macadamia flavor	-30
12140	Nuts, formulated, wheat-based, unflavored, with salt added	-31
12078	Nuts, brazilnuts, dried, unblanched	-31
12200	Nuts, formulated, wheat-based, all flavors except macadamia	-32
12160	Seeds, cottonseed kernels, roasted (glandless)	-35
12016	Seeds, pumpkin and squash seed kernels, roasted, with salt added	-35
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	-35
12198	Seeds, sesame butter, tahini, from raw and stone ground	-36
12029	Seeds, sesame seed kernels, toasted, without salt added	-36
12034	Seeds, sesame meal, partially defatted	-36
12529	Seeds, sesame seed kernels, toasted, with salt added (oil)	-36
12024	Seeds, sesame seeds, whole, roasted and toasted	-36
12023	Seeds, sesame seeds, whole, dried	-37
12169	Seeds, sesame butter, paste	-37
12698	Seeds, sesame butter, tahini, type of kernels unspecified	-38
12166	Seeds, sesame butter, tahini, from roasted and toasted	-38
12149	Nuts, pine nuts, pinyon, dried	-38
12014	Seeds, pumpkin and squash seed kernels, dried	-38
12036	Seeds, sunflower seed kernels, dried	-39

12171	Seeds, sesame butter, tahini, from unroasted kernels (	-39	
12201	Seeds, sesame seed kernels, dried (decorticated)	-40	
12084	Nuts, butternuts, dried	-41	
12155	Nuts, walnuts, english	-44	
12147	Nuts, pine nuts, dried	-49	
12154	Nuts, walnuts, black, dried	-50	
12174	Seeds, watermelon seed kernels, dried	-50	
12021	Seeds, safflower seed kernels, dried	-54	
12037	Seeds, sunflower seed kernels, dry roasted, without salt	-56	very good effect
12537	Seeds, sunflower seed kernels, dry roasted, with salt ad	-56	good effect
12038	Seeds, sunflower seed kernels, oil roasted, without salt	-58	OK effect
12538	Seeds, sunflower seed kernels, oil roasted, with salt ad	-58	not very good effect
12039	Seeds, sunflower seed kernels, toasted, without salt	-60	bad effect
12539	Seeds, sunflower seed kernels, toasted, with salt added	-60	awful effect

**Fats and Oils**

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	
04658	Oil, industrial, palm kernel (hydrogenated), confection f	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-f	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, c	-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-hy	-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	



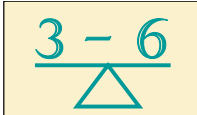
04686	Salad dressing, honey mustard dressing, reduced calorie	-6
04664	Oil, industrial, soy (partially hydrogenated ), palm, print	-7
04631	Margarine-like, vegetable oil spread, fat-free, tub	-8
42153	Salad dressing, blue or roquefort cheese dressing, redu	-8
04556	Shortening frying (heavy duty), palm (hydrogenated)	-8
04550	Shortening frying (heavy duty), beef tallow and cottons	-9
04020	Salad dressing, french dressing, reduced fat	-9
04652	Oil, industrial, soy ( partially hydrogenated), all purpos	-9
04544	Shortening, household, lard and vegetable oil	-10
04655	Margarine-like shortening, industrial, soy (partially hyd	-10
04055	Oil, palm	-10
04053	Oil, olive, salad or cooking	-10
04002	Lard	-10
04609	Animal fat, bacon grease	-10
42157	Creamy dressing, made with sour cream and/or butterr	-10
04576	Fat, goose	-10
04583	Oil, mustard	-11
04654	Oil, industrial, soy (partially hydrogenated) and cotton	-11
04582	Oil, canola	-11
04532	Oil, hazelnut	-11
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (pa	-11
04142	Salad dressing, french dressing, reduced fat, without sa	-12
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Sprea	-12
04022	Salad dressing, russian dressing, low calorie	-12
04134	Salad dressing, home recipe, cooked	-12
04554	Shortening industrial, soybean (hydrogenated) and cott	-12
04698	Oil, industrial, canola, high oleic	-12
04574	Fat, duck	-12
04144	Salad dressing, italian dressing, reduced fat, without sa	-13
04677	Margarine-like spread, SMART BALANCE Omega Plus Sp	-13
04021	Salad dressing, italian dressing, reduced fat	-13
04645	Oil, industrial, canola (partially hydrogenated) oil for de	-13
04643	Oil, industrial, canola with antifoaming agent, principal	-13
04581	Oil, avocado	-13
04548	Shortening cake mix, soybean (hydrogenated) and cott	-14
04644	Oil, industrial, canola for salads, woks and light frying	-14
04678	Oil, vegetable, Natreon canola, high stability, non trans	-14
04511	Oil, safflower, salad or cooking, high oleic (primary saff	-14
04595	Shortening, multipurpose, soybean (hydrogenated) and	-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, O	-16
42158	Creamy dressing, made with sour cream and/or butterr	-18
04626	Margarine-like spread with yogurt, 70% fat, stick, with	-18
04673	Margarine-like spread, SMART BALANCE Regular Butter	-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 Buttery S	-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 ca	-22
42307	Margarine-like, butter-margarine blend, 80% fat, stick,	-22
04612	Margarine-like, vegetable oil spread, 60% fat, stick, wit	-23
04693	Margarine-like, vegetable oil spread, 60% fat, stick, wit	-23
04618	Margarine, regular, 80% fat, composite, tub, without sa	-23
04611	Margarine, regular, 80% fat, composite, tub, with salt	-23
04692	Margarine, regular, 80% fat, composite, tub, with salt,	-23
04668	Margarine, industrial, soy and partially hydrogenated so	-24
04629	Margarine, margarine-type vegetable oil spread, 70% f	-24
04516	Oil, teaseed	-24
04575	Fat, turkey	-24
04073	Margarine, regular, hard, soybean (hydrogenated)	-25
04128	Margarine-like, vegetable oil spread, unspecified oils, a	-26
04690	Margarine-like, vegetable oil spread, approximately 37%	-26
04031	Shortening, household, soybean (partially hydrogenated)	-26
04585	Margarine-like, margarine-butter blend, soybean oil and	-26
04559	Shortening household soybean (hydrogenated) and palm	-27
04628	Margarine, 80% fat, stick, includes regular and hydroge	-27
04691	Margarine, regular, 80% fat, composite, stick, with salt	-27
04615	Shortening, vegetable, household, composite	-28
04617	Margarine, regular, 80% fat, composite, stick, without s	-28
04696	Margarine, regular, 80% fat, composite, stick, without s	-28
04610	Margarine, regular, 80% fat, composite, stick, with salt	-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, low	-31
04600	Margarine-like, vegetable oil-butter spread, tub, with sa	-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, sweet	-34
04141	Salad dressing, french dressing, commercial, regular, w	-34
04120	Salad dressing, french dressing, commercial, regular	-34
04143	Salad dressing, italian dressing, commercial, regular, w	-35
04114	Salad dressing, italian dressing, commercial, regular	-35
04587	Shortening, special purpose for baking, soybean (hydro	-35
04648	Oil, industrial, soy (partially hydrogenated), principal us	-35
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60	-35
04018	Salad dressing, mayonnaise type, regular, with salt	-36
43016	Salad dressing, coleslaw	-36
43599	Salad dressing, Mayonnaise dressing, diet, no cholester	-36

04037	Oil, rice bran	-36
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub	-36
04042	Oil, peanut, salad or cooking	-36
04666	Shortening, industrial, soy (partially hydrogenated ) an	-36
44005	Oil, corn, peanut, and olive	-36
04017	Salad dressing, thousand island, commercial, regular	-37
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	-37
04649	Shortening, industrial, soy (partially hydrogenated), po	-37
04546	Shortening bread, soybean (hydrogenated) and cottons	-37
04651	Oil, industrial, soy (partially hydrogenated), multiuse fo	-37
04630	Margarine Spread, approximately 48% fat, tub	-37
04586	Shortening, special purpose for cakes and frostings, soy	-38
42116	Creamy dressing, made with sour cream and/or butterr	-38
04029	Salad dressing, mayonnaise, imitation, soybean without	-38
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub	-39
42178	Mayonnaise, made with tofu	-39
04545	Oil, sunflower, linoleic, (partially hydrogenated)	-39
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with	-39
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with	-39
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub	-39
04627	Margarine-like spread with yogurt, approximately 40%	-40
04624	Margarine-like, vegetable oil spread, fat free, liquid, wit	-40
43017	Salad dressing, green goddess, regular	-41
04030	Sandwich spread, with chopped pickle, regular, unspeci	-42
04588	Oil, oat	-42
04641	Salad dressing, mayonnaise, light	-44
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	-44
04634	Margarine-like, vegetable oil spread, 20% fat, without s	-44
42140	Salad dressing, italian dressing, reduced calorie	-44
04539	Salad dressing, blue or roquefort cheese dressing, com	-44
04060	Oil, sunflower, linoleic (less than 60%)	-45
42137	Salad dressing, peppercorn dressing, commercial, regul	-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 salt	-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 hydrogenated)	-48
04669	USDA Commodity Food, oil, vegetable, soybean, refined	-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 fat	-59	
04502	Oil, cottonseed, salad or cooking	-59	
04518	Oil, corn, industrial and retail, all purpose salad or cooking	-59	very good effect
04026	Salad dressing, mayonnaise, soybean and safflower oil,	-68	good effect
04514	Oil, poppyseed	-71	OK effect
04506	Oil, sunflower, linoleic, (approx. 65%)	-74	not very good effect
04517	Oil, grapeseed	-79	bad effect
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	-84	awful effect

**Soups, Sauces, and Gravies**



06963	Fish broth	85	very good effect
06174	Soup, stock, fish, home-prepared	37	good effect
06180	Soup, shark fin, restaurant-prepared	34	OK effect
06027	Soup, clam chowder, manhattan style, canned, chunky	0	not very good effect
06123	Gravy, onion, dry, mix	0	bad effect
06120	Gravy, chicken, dry	0	awful effect
06122	Gravy, mushroom, dry, powder	0	
06170	Soup, stock, beef, home-prepared	0	
06411	Soup, cheese, canned, prepared with equal volume water	0	
06011	Soup, cheese, canned, condensed	0	
06211	Soup, cheese, canned, prepared with equal volume milk	0	
06094	Soup, onion, dry, mix	0	
06070	Soup, chunky beef, canned, ready-to-serve	0	
06494	Soup, onion, dry, mix, prepared with water	-1	
06962	Sauce, chili, peppers, hot, immature green, canned	-1	
06056	Soup, cream of shrimp, canned, condensed	-1	
06456	Soup, cream of shrimp, canned, prepared with equal volume water	-1	
06115	Gravy, au jus, dry	-1	
06076	Soup, beef broth, cubed, dry	-1	
06114	Gravy, au jus, canned	-1	
06426	Soup, chili beef, canned, prepared with equal volume water	-1	
06026	Soup, chili beef, canned, condensed	-1	
06256	Soup, cream of shrimp, canned, prepared with equal volume water	-1	
06498	Soup, tomato, dry, mix, prepared with water	-1	
06500	Soup, vegetable beef, dry, mix, prepared with water	-1	
06176	Sauce, oyster, ready-to-serve	-1	
06118	Gravy, brown, dry	-1	
06075	Soup, beef broth or bouillon, powder, dry	-1	
06147	Soup, beef mushroom, canned, condensed	-1	
06036	Soup, gazpacho, canned, ready-to-serve	-1	
06474	Soup, bean with bacon, dry, mix, prepared with water	-1	
06475	Soup, beef broth or bouillon, powder, prepared with water	-1	
06476	Soup, beef broth, cubed, prepared with water	-1	
06547	Soup, beef mushroom, canned, prepared with equal volume water	-1	
06985	Gravy, HEINZ Home Style Savory Beef Gravy	-1	



06150	Sauce, barbecue	-1
06975	Sauce, barbecue, low sodium	-1
06978	Soup, beef and mushroom, low sodium, chunk style	-1
06124	Gravy, pork, dry, powder	-1
06248	Soup, oyster stew, canned, prepared with equal volume	-1
06977	Gravy, meat or poultry, low sodium, prepared	-1
06071	Soup, vegetable beef, canned, condensed	-1
06471	Soup, vegetable beef, canned, prepared with equal volume	-1
06116	Gravy, beef, canned, ready-to-serve	-1
06973	Sauce, tomato chili sauce, bottled, no salt, low sodium	-1
06499	Soup, tomato vegetable, dry, mix, prepared with water	-1
06972	Sauce, tomato chili sauce, bottled, with salt	-1
06152	Sauce, pizza, canned, ready-to-serve	-1
06495	Soup, oxtail, dry, mix, prepared with water	-1
06039	Soup, minestrone, canned, chunky, ready-to-serve	-1
06249	Soup, pea, green, canned, prepared with equal volume	-1
06008	Soup, beef broth or bouillon canned, ready-to-serve	-1
06099	Soup, tomato vegetable, dry, mix	-2
06359	Soup, tomato, canned, prepared with equal volume low	-2
06448	Soup, oyster stew, canned, prepared with equal volume	-2
06048	Soup, oyster stew, canned, condensed	-2
06192	Split pea soup, canned, reduced sodium, prepared with	-2
06965	Soup, pea, low sodium, prepared with equal volume wa	-2
06956	Soup, tomato, canned, condensed, reduced sodium	-2
06449	Soup, pea, green, canned, prepared with equal volume	-2
06049	Soup, pea, green, canned, condensed	-2
06559	Soup, tomato, canned, prepared with equal volume wa	-2
06964	Soup, tomato, low sodium, with water	-2
06980	Soup, beef stroganoff, canned, chunky style, ready-to-s	-2
06037	Soup, lentil with ham, canned, ready-to-serve	-2
06159	Soup, tomato, canned, condensed	-2
27002	Soup, wonton, Chinese restaurant	-2
06402	Soup, black bean, canned, prepared with equal volume	-2
06002	Soup, black bean, canned, condensed	-2
06151	Sauce, plum, ready-to-serve	-2
06253	Soup, cream of potato, canned, prepared with equal vo	-3
06050	Soup, pea, split with ham, canned, chunky, ready-to-se	-3
06452	Soup, pepperpot, canned, prepared with equal volume	-3
06052	Soup, pepperpot, canned, condensed	-3
06969	Potato soup, instant, dry mix	-3
06018	Soup, chunky chicken noodle, canned, ready-to-serve	-3
06051	Soup, pea, split with ham, canned, condensed	-3
06451	Soup, pea, split with ham, canned, prepared with equal	-3
06983	Soup, ramen noodle, chicken flavor, dry	-3
06583	Soup, ramen noodle, any flavor, dry	-3
06961	Sauce, peppers, hot, chili, mature red, canned	-3
06982	Soup, ramen noodle, beef flavor, dry	-3
06007	Soup, bean with ham, canned, chunky, ready-to-serve	-3
06077	Soup, beef noodle, dry, mix	-3

06061	Soup, tomato beef with noodle, canned, condensed	-3
06461	Soup, tomato beef with noodle, canned, prepared with	-3
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced	-4
06128	Soup, chicken noodle, dry, mix	-4
06164	Sauce, salsa, ready-to-serve	-4
06483	Soup, cream of chicken, dry, mix, prepared with water	-4
06409	Soup, beef noodle, canned, prepared with equal volume	-4
06127	Gravy, unspecified type, dry	-4
06009	Soup, beef noodle, canned, condensed	-4
06358	Soup, tomato bisque, canned, prepared with equal volume	-4
06034	Soup, crab, canned, ready-to-serve	-5
06055	Soup, scotch broth, canned, condensed	-5
06455	Soup, scotch broth, canned, prepared with equal volume	-5
06053	Soup, cream of potato, canned, condensed	-5
06022	Soup, chicken rice, canned, chunky, ready-to-serve	-5
06126	Gravy, turkey, dry	-5
06006	Soup, bean with frankfurters, canned, condensed	-5
06406	Soup, bean with frankfurters, canned, prepared with equal	-5
06453	Soup, cream of potato, canned, prepared with equal volume	-5
06979	Adobo fresco	-5
06017	Soup, chicken gumbo, canned, condensed	-5
06974	Soup, vegetable chicken, canned, prepared with water,	-5
06004	Soup, bean with pork, canned, condensed	-5
06404	Soup, bean with pork, canned, prepared with equal volume	-5
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	-5
06967	Soup, vegetable soup, condensed, low sodium, prepared	-5
06172	Soup, stock, chicken, home-prepared	-5
27000	Soup, egg drop, Chinese restaurant	-5
06413	Soup, chicken broth, canned, prepared with equal volume	-6
06417	Soup, chicken gumbo, canned, prepared with equal volume	-6
06013	Soup, chicken broth, canned, condensed	-6
06528	Soup, chicken noodle, dry, mix, prepared with water	-6
06175	Sauce, hoisin, ready-to-serve	-6
06230	Soup, clam chowder, new england, canned, prepared with	-6
06485	Soup, chicken rice, dry, mix, prepared with water	-6
06023	Soup, chicken with rice, canned, condensed	-6
06065	Soup, turkey noodle, canned, condensed	-6
06103	Sauce, cheese, dry, powder	-6
06465	Soup, turkey noodle, canned, prepared with equal volume	-6
06423	Soup, chicken with rice, canned, prepared with equal volume	-6
06970	Soup, chicken broth, low sodium, canned	-7
06558	Soup, tomato bisque, canned, prepared with equal volume	-7
06158	Soup, tomato bisque, canned, condensed	-7
06044	Soup, mushroom with beef stock, canned, condensed	-7
06246	Soup, cream of onion, canned, prepared with equal volume	-7
06444	Soup, mushroom with beef stock, canned, prepared with	-7
06015	Soup, chicken, canned, chunky, ready-to-serve	-7
06072	Soup, vegetable with beef broth, canned, condensed	-7
06472	Soup, vegetable with beef broth, canned, prepared with	-7

06025	Soup, chicken vegetable, canned, condensed	-7
06425	Soup, chicken vegetable, canned, prepared with equal v	-7
06216	Soup, cream of chicken, canned, prepared with equal v	-7
06463	Soup, tomato rice, canned, prepared with equal volume	-7
06064	Soup, turkey, chunky, canned, ready-to-serve	-7
06063	Soup, tomato rice, canned, condensed	-7
27001	Soup, hot and sour, Chinese restaurant	-8
06081	Soup, chicken broth cubes, dry	-8
06066	Soup, turkey vegetable, canned, condensed	-8
06466	Soup, turkey vegetable, canned, prepared with equal v	-8
06481	Soup, chicken broth cubes, dry, prepared with water	-8
06042	Soup, mushroom barley, canned, condensed	-8
06068	Soup, vegetarian vegetable, canned, condensed	-9
06442	Soup, mushroom barley, canned, prepared with equal v	-9
06468	Soup, vegetarian vegetable, canned, prepared with equ	-9
06182	Soup, cream of mushroom, canned, condensed, reduce	-10
06125	Gravy, turkey, canned, ready-to-serve	-10
06981	Soup, bouillon cubes and granules, low sodium, dry	-10
06445	Soup, onion, canned, prepared with equal volume wat	-10
06067	Soup, chunky vegetable, canned, ready-to-serve	-10
06019	Soup, chicken noodle, canned, condensed	-10
06030	Soup, clam chowder, new england, canned, condensed	-10
06040	Soup, minestrone, canned, condensed	-10
06045	Soup, onion, canned, condensed	-10
06419	Soup, chicken noodle, canned, prepared with equal volu	-10
06430	Soup, clam chowder, new england, canned, prepared w	-10
06440	Soup, minestrone, canned, prepared with equal volume	-10
06966	Soup, chicken noodle, low sodium, canned, prepared w	-10
06966	Soup, chicken noodle, low sodium, canned, prepared w	-10
06243	Soup, cream of mushroom, canned, prepared with equa	-10
06046	Soup, cream of onion, canned, condensed	-11
06416	Soup, cream of chicken, canned, prepared with equal v	-11
06016	Soup, cream of chicken, canned, condensed	-12
06446	Soup, cream of onion, canned, prepared with equal volu	-12
06035	Soup, escarole, canned, ready-to-serve	-12
06012	Soup, chicken with dumplings, canned, condensed	-12
06930	Sauce, cheese, ready-to-serve	-12
06101	Soup, cream of vegetable, dry, powder	-12
06412	Soup, chicken with dumplings, canned, prepared with e	-13
06201	Soup, cream of asparagus, canned, prepared with equa	-13
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	-13
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low s	-13
06165	Sauce, homemade, white, thin	-13
06428	Soup, clam chowder, manhattan, canned, prepared with	-14
06028	Soup, clam chowder, manhattan, canned, condensed	-15
06210	Soup, cream of celery, canned, prepared with equal vol	-15
06060	Soup, stockpot, canned, condensed	-15
06460	Soup, stockpot, canned, prepared with equal volume w	-15
06149	Soup, chicken mushroom, canned, condensed	-15

06584	Soup, broccoli cheese, canned, condensed, commercial	-16	
06549	Soup, chicken mushroom, canned, prepared with equal	-16	
06080	Soup, chicken broth or bouillon, dry	-16	
06443	Soup, cream of mushroom, canned, prepared with equal	-16	
06043	Soup, cream of mushroom, canned, condensed	-16	
06119	Gravy, chicken, canned, ready-to-serve	-17	
06493	Soup, mushroom, dry, mix, prepared with water	-17	
06166	Sauce, homemade, white, medium	-17	
06480	Soup, chicken broth or bouillon, dry, prepared with water	-18	
06121	Gravy, mushroom, canned	-18	
06168	Sauce, ready-to-serve, pepper or hot	-18	
06167	Sauce, homemade, white, thick	-19	
06001	Soup, cream of asparagus, canned, condensed	-20	very good effect
06401	Soup, cream of asparagus, canned, prepared with equal	-20	good effect
06010	Soup, cream of celery, canned, condensed	-26	OK effect
06410	Soup, cream of celery, canned, prepared with equal vol	-26	not very good effect
06968	Soup, cream of mushroom, low sodium, ready-to-serve	-32	bad effect
06169	Sauce, ready-to-serve, pepper, TABASCO	-33	awful effect

**Snacks**

19269	BETTY CROCKER Fruit Roll Ups, berry flavored, with vit	0	very good effect
19437	Snacks, potato chips, fat free, salted	0	good effect
19445	Snacks, potato chips, made from dried potatoes, fat-free	-1	OK effect
19423	Snacks, potato chips, fat-free, made with olestra	-1	not very good effect
19435	Snacks, granola bar, fruit-filled, nonfat	-1	bad effect
19400	Snacks, banana chips	-1	awful effect
19436	Popcorn, sugar syrup/caramel, fat-free	-1	3 - 6 △
19414	Snacks, rice cakes, brown rice, multigrain	-1	
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	-1	
25017	Formulated bar, POWER BAR, chocolate	-1	
19005	Snacks, corn-based, extruded, cones, plain	-2	
19006	Snacks, corn-based, extruded, cones, nacho-flavor	-2	
19002	Snacks, beef jerky, chopped and formed	-2	
19050	Snacks, pretzels, hard, whole-wheat	-2	
43595	Breakfast bar, corn flake crust with fruit	-2	
19419	Snacks, corn cakes	-2	
19800	Snacks, corn cakes, very low sodium	-2	
19047	Snacks, pretzels, hard, plain, salted	-2	
25024	Pretzels, soft, unsalted	-2	
43109	Pretzels, soft	-2	
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk cho	-2	
19051	Snacks, rice cakes, brown rice, plain	-2	
19816	Snacks, rice cakes, brown rice, plain, unsalted	-2	
19052	Snacks, rice cakes, brown rice, buckwheat	-3	
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	-3	
19017	Snacks, granola bars, hard, chocolate chip	-3	
19413	Snacks, rice cakes, brown rice, corn	-3	
19053	Snacks, rice cakes, brown rice, sesame seed	-3	
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	-3	
19812	Snacks, pretzels, hard, plain, made with unenriched flo	-3	

19813	Snacks, pretzels, hard, plain, made with unenriched flo	-3
19814	Snacks, pretzels, hard, plain, made with enriched flour,	-3
19036	Snacks, popcorn, cakes	-3
43100	Breakfast bars, oats, sugar, raisins, coconut (include gr	-3
42139	Granola bar, soft, milk chocolate coated, peanut butter	-3
19024	Snacks, granola bars, soft, coated, milk chocolate coati	-3
19404	Snacks, granola bars, soft, uncoated, chocolate chip	-3
19444	Snacks, tortilla chips, low fat, made with olestra, nacho	-4
19026	Snacks, granola bars, soft, coated, milk chocolate coati	-4
19416	Snacks, rice cakes, brown rice, rye	-4
42204	Rice cake, cracker (include hain mini rice cakes)	-4
19048	Snacks, pretzels, hard, confectioner's coating, chocola	-4
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	-4
25036	Snacks, granola bites, mixed flavors	-5
19806	Snacks, popcorn, air-popped, white popcorn	-5
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS Mar	-5
25000	Snacks, popcorn, microwave, 94% fat free	-5
19405	Snacks, granola bars, soft, uncoated, chocolate chip, gr	-5
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocola	-6
19007	Snacks, corn-based, extruded, onion-flavor	-6
42272	Snacks, granola bar, with coconut, chocolate coated	-6
19833	Snacks, tortilla chips, low fat, unsalted	-6
19433	Tortilla chips, low fat, baked without fat	-6
25002	Snacks, popcorn, unpopped kernels	-6
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	-6
19041	Snacks, pork skins, plain	-6
19034	Snacks, popcorn, air-popped	-6
19022	Snacks, granola bars, soft, uncoated, raisin	-6
19063	Snacks, tortilla chips, taco-flavor	-6
19063	Snacks, tortilla chips, taco-flavor	-6
19857	Snacks, tortilla chips, nacho-flavor, made with enriched	-7
19009	Snacks, KRAFT, CORNNUTS, plain	-7
19407	Snacks, beef sticks, smoked	-7
19408	Snacks, pork skins, barbecue-flavor	-7
19402	Snacks, cornnuts, nacho-flavor	-7
43572	Popcorn, microwave, low fat and sodium	-7
19401	Snacks, cornnuts, barbecue-flavor	-7
19016	Snacks, granola bars, hard, almond	-7
25001	Snacks, popcorn, microwave, low fat	-7
19038	Snacks, popcorn, caramel-coated, with peanuts	-8
25038	Snacks, granola bars, soft, almond, confectioners coati	-8
19010	Snacks, crisped rice bar, chocolate chip	-8
42283	Snacks, potato chips, white, restructured, baked	-8
25025	Snacks, soy chips or crisps, salted	-8
19039	Snacks, popcorn, caramel-coated, without peanuts	-9
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS	-9
19021	Snacks, granola bars, soft, uncoated, peanut butter	-10
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Cr	-10
43566	Snacks, tortilla chips, light (baked with less oil)	-11

19020	Snacks, granola bars, soft, uncoated, plain	-11
19027	Snacks, granola bars, soft, uncoated, peanut butter and	-11
19023	Snacks, granola bars, oats, fruits and nut	-11
19406	Snacks, granola bars, soft, uncoated, nut and raisin	-11
19434	Cheese puffs and twists, corn based, baked, low fat	-12
19061	Snacks, trail mix, tropical	-12
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, origin	-13
43364	Snacks, tortilla chips, unsalted, white corn	-15
19809	Snacks, potato chips, plain, made with partially hydrog	-16
19810	Snacks, potato chips, plain, made with partially hydrog	-16
19421	Snacks, potato chips, cheese-flavor	-19
19031	Snacks, oriental mix, rice-based	-20
25012	Snacks, sweet potato chips	-20
19059	Snacks, trail mix, regular	-21
19821	Snacks, trail mix, regular, unsalted	-21
25027	Snacks, plantain chips, salted	-21
19823	Potato chips, without salt, reduced fat	-22
19811	Snacks, potato chips, plain, unsalted	-22
19422	Snacks, potato chips, reduced fat	-22
19062	Snacks, trail mix, regular, with chocolate chips, salted r	-23
19822	Snacks, trail mix, regular, with chocolate chips, unsalte	-23
19057	Snacks, tortilla chips, nacho cheese	-23
19410	Snack, potato chips, made from dried potatoes, plain	-24
19045	Snacks, potato chips, made from dried potatoes, reduce	-24
19807	Snacks, popcorn, oil-popped, white popcorn	-24
19019	Snacks, granola bars, hard, peanut	-25
19420	Snacks, granola bars, hard, peanut butter	-25
19015	Snacks, granola bars, hard, plain	-25
19524	Snacks, taro chips	-26
19058	Snacks, tortilla chips, ranch-flavor	-26
19040	Snacks, popcorn, cheese-flavor	-26
19003	Snacks, corn-based, extruded, chips, plain	-26
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	-26
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, r	-26
43447	Snacks, corn-based, extruded, chips, unsalted	-29
19418	Snacks, sesame sticks, wheat-based, salted	-29
19820	Snacks, sesame sticks, wheat-based, unsalted	-29
19411	Snacks, potato chips, plain, salted	-29
19008	Snacks, corn-based, extruded, puffs or twists, cheese-f	-32
19802	Snacks, corn-based, extruded, puffs or twists, cheese-f	-32
19043	Snacks, potato chips, sour-cream-and-onion-flavor	-33
19412	Snacks, potato chips, made from dried potatoes, chees	-33
19042	Snacks, potato chips, barbecue-flavor	-33
19042	Snacks, potato chips, barbecue-flavor	-33
19046	Snacks, potato chips, made from dried potatoes, sour-d	-33
19415	Snacks, potato sticks	-34
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	-37

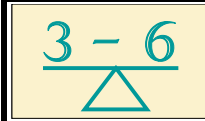
very good effect
good effect
OK effect
not very good effect
bad effect
awful effect

**Fast Foods**

21252	BURGER KING, WHOPPER, no cheese	1	very good effect
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21366	McDONALD'S, Apple Dippers with Low Fat Caramel Sauce	0
21042	Fast foods, chili con carne	0
21343	McDONALD'S, Low Fat Caramel Sauce	0
21058	Fast foods, scallops, breaded and fried	-1
21248	WENDY'S, Frosty Dairy Dessert	-1
21091	Fast foods, cheeseburger; single, regular patty, with coleslaw	-1
21463	Yogurt parfait, lowfat, with fruit and granola	-1
21336	McDONALD'S, Hot Fudge Sundae	-1
21334	McDONALD'S, Strawberry Sundae	-1
21094	Fast foods, cheeseburger, regular, double patty and bun	-1
21335	McDONALD'S, Hot Caramel Sundae	-1
21059	Fast foods, shrimp, breaded and fried	-1
21331	McDONALD'S, Chocolate TRIPLE THICK Shake	-1
21129	Fast foods, hush puppies	-1
21066	Fast foods, burrito, with beef	-1
21332	McDONALD'S, Strawberry TRIPLE THICK Shake	-1
21330	McDONALD'S, Vanilla TRIPLE THICK Shake	-1
21086	Fast foods, tostada, with beans, beef, and cheese	-1
21412	Light Ice Cream, soft serve, blended with milk chocolate	-1
21073	Fast foods, chimichanga, with beef, cheese, and red chili	-2
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	-2
21060	Fast foods, burrito, with beans	-2
21130	Fast foods, onion rings, breaded and fried	-2
21141	BURGER KING, Vanilla Shake	-2
21071	Fast foods, chimichanga, with beef and cheese	-2
21062	Fast foods, burrito, with beans and chili peppers	-2
21028	Fast foods, vanilla, light, soft-serve ice cream, with cones	-2
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	-2
21065	Fast foods, burrito, with beans, cheese, and chili peppers	-2
21067	Fast foods, burrito, with beef and chili peppers	-2
21077	Fast foods, frijoles with cheese	-2
21074	Fast foods, enchilada, with cheese	-2
21063	Fast foods, burrito, with beans and meat	-2
21413	Light Ice Cream, soft serve, blended with cookie pieces	-2
21310	McDONALD'S, Barbeque Sauce	-2
21082	Fast foods, taco	-2
21339	McDONALD'S, McFLURRY with OREO cookies	-2
21072	Fast foods, chimichanga, with beef and red chili pepper	-2
21070	Fast foods, chimichanga, with beef	-2
21315	McDONALD'S, Sweet 'N Sour Sauce	-2
21325	McDONALD'S, McDONALDLAND Chocolate Chip Cookies	-2
21414	POPEYES, Batter Fries, analyzed prior to December 2008	-2
21064	Fast foods, burrito, with beans, cheese, and beef	-2
21087	Fast foods, tostada, with beef and cheese	-3
21008	Fast foods, biscuit, with ham	-3
21033	Fast foods, sundae, hot fudge	-3
21085	Fast foods, tostada, with beans and cheese	-3
21419	KENTUCKY FRIED CHICKEN, Biscuit, analyzed prior to July 2008	-3
21264	TACO BELL, Bean Burrito	-3

0	good effect
0	OK effect
0	not very good effect
-1	bad effect
-1	awful effect



21119	Fast foods, hotdog, with chili	-3
21029	Fast foods, cookies, animal crackers	-3
21324	McDONALD'S, Baked Apple Pie	-3
21265	TACO BELL, BURRITO SUPREME with beef	-3
21270	TACO BELL, Taco Salad	-3
21128	Fast foods, corn on the cob with butter	-3
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, froz	-3
21032	Fast foods, sundae, caramel	-3
21417	POPEYES, Mild Chicken Strips, analyzed 2006	-3
21116	Fast foods, ham and cheese sandwich	-3
21118	Fast foods, hotdog, plain	-4
21108	Fast foods, hamburger; single, regular patty; with cond	-4
21267	TACO BELL, BURRITO SUPREME with steak	-4
21021	Fast foods, english muffin, with egg, cheese, and canac	-4
21030	Fast foods, cookies, chocolate chip	-4
21061	Fast foods, burrito, with beans and cheese	-4
21250	BURGER KING, Hamburger	-4
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin a	-4
21398	Fast foods, cheeseburger; single, large patty; with cond	-4
21202	Fast foods, hamburger, large, single patty, with condim	-4
21075	Fast foods, enchilada, with cheese and beef	-4
21113	Fast foods, hamburger; single, large patty; with condim	-4
21241	WENDY'S, Jr. Hamburger, without cheese	-4
21225	Pizza, cheese topping, rising crust, frozen, cooked	-4
21266	TACO BELL, BURRITO SUPREME with chicken	-4
21242	WENDY'S, Jr. Hamburger, with cheese	-4
21025	Fast foods, pancakes with butter and syrup	-4
21121	Fast foods, roast beef sandwich, plain	-4
21423	KENTUCKY FRIED CHICKEN, Potato Wedges, analyzed p	-4
21391	Fast foods, hamburger; single, large patty; with condim	-4
21034	Fast foods, sundae, strawberry	-4
21397	Fast foods, cheeseburger; single, large patty; with cond	-4
21261	TACO BELL, Soft Taco with beef	-4
21243	WENDY'S, CLASSIC DOUBLE, with cheese	-4
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, b	-4
21090	Fast foods, cheeseburger; single, regular patty, with co	-4
21120	Fast foods, hotdog, with corn flour coating (corndog)	-4
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crus	-4
21007	Fast foods, biscuit, with egg, cheese, and bacon	-4
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	-5
21409	Fast foods, bagel, with ham, egg, and cheese	-5
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	-5
21326	McDONALD'S, McDONALDLAND Cookies	-5
21069	Fast foods, burrito, with fruit (apple or cherry)	-5
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Reg	-5
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust,	-5
21017	Fast foods, danish pastry, fruit	-5
21016	Fast foods, danish pastry, cinnamon	-5
21269	TACO BELL, Nachos Supreme	-5



21084	Fast foods, taco salad with chili con carne	-5
21251	BURGER KING, Cheeseburger	-5
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	-5
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	-5
21411	Fast foods, bagel, with breakfast steak, egg, cheese, ar	-5
21307	Fast foods, griddle cake sandwich, egg, cheese, and ba	-5
21299	Fast Food, Pizza Chain, 14" Pizza, cheese topping, regu	-5
21318	McDONALD'S, Deluxe Warm Cinnamon Roll	-5
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, R	-5
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Cr	-5
21293	PIZZA HUT 14" Cheese Pizza, Regular Crust	-5
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	-5
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, f	-5
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen	-5
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic H	-5
21078	Fast foods, nachos, with cheese	-5
21388	Fast foods, miniature cinnamon rolls	-5
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed cru	-5
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Cr	-5
21079	Fast foods, nachos, with cheese and jalapeno peppers	-5
21262	TACO BELL, Soft Taco with chicken	-6
21317	McDONALD'S, Biscuit, regular size	-6
21460	McDONALD'S, Biscuit, large size	-6
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish	-6
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, re	-6
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	-6
21083	Fast foods, taco salad	-6
21271	PIZZA HUT 12" Cheese Pizza, Regular Crust	-6
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, fr	-6
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	-6
21399	Fast Foods, cheeseburger; double, large patty; with cor	-6
21019	Fast foods, english muffin, with butter	-6
21022	Fast foods, english muffin, with egg, cheese, and sausa	-6
21224	Pizza, cheese topping, regular crust, frozen, cooked	-6
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	-6
21296	PIZZA HUT 14" Pepperoni Pizza, Regular Crust	-6
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen,	-6
21227	Pizza, meat and vegetable topping, rising crust, frozen,	-6
21301	Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin	-6
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin w	-6
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	-6
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Cru	-6
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable t	-6
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin an	-6
21289	LITTLE CAESARS 14" Original Round Meat and Vegetab	-6
21276	PIZZA HUT 12" Super Supreme Pizza, Regular Crust	-6
21274	PIZZA HUT 12" Pepperoni Pizza, Regular Crust	-6
21298	PIZZA HUT 14" Super Supreme Pizza, Regular Crust	-6
21300	Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick	-6

21386	BURGER KING, French Toast Sticks	-7
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	-7
21268	TACO BELL, Nachos	-7
21024	Fast foods, french toast sticks	-7
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	-7
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, sk	-7
21015	Fast foods, danish pastry, cheese	-7
21461	Fast foods, grilled chicken, bacon and tomato club sand	-7
21081	Fast foods, nachos, with cinnamon and sugar	-7
21020	Fast foods, english muffin, with cheese and sausage	-7
21303	Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, th	-7
21322	McDONALD'S, Warm Cinnamon Roll	-7
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with	-7
21410	Fast foods, bagel, with egg, sausage patty, cheese, and	-7
21009	Fast foods, biscuit, with sausage	-7
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and ski	-7
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and	-7
21088	Tostada with guacamole	-8
21005	Fast Foods, biscuit, with egg and sausage	-8
21294	PIZZA HUT 14" Cheese Pizza, Thick Crust	-8
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin wit	-8
21305	Fast foods, griddle cake sandwich, egg, cheese, and sa	-8
21272	PIZZA HUT 12" Cheese Pizza, Thick Crust	-8
21226	Pizza, meat and vegetable topping, regular crust, froze	-8
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	-8
21384	BURGER KING, CROISSAN'WICH with Sausage and Che	-8
21260	TACO BELL, Original Taco with beef	-8
21425	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL F	-8
21425	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL F	-8
21255	BURGER KING, DOUBLE WHOPPER, with cheese	-8
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin an	-8
21306	Fast foods, griddle cake sandwich, sausage	-8
21361	McDONALD'S, Sausage Biscuit	-8
21245	WENDY'S, Ultimate Chicken Grill Sandwich	-9
21095	Fast foods, cheeseburger; double, regular, patty and bu	-9
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	-9
21297	PIZZA HUT 14" Pepperoni Pizza, Thick Crust	-9
21340	McDONALD'S, Sausage Burrito	-9
21080	Fast foods, nachos, with cheese, beans, ground beef, a	-9
21275	PIZZA HUT 12" Pepperoni Pizza, Thick Crust	-10
21362	McDONALD'S, Sausage Biscuit with Egg	-10
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	-10
21415	POPEYES, Biscuit	-10
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwic	-10
21254	BURGER KING, DOUBLE WHOPPER, no cheese	-10
21389	Fast foods, hamburger; double, large patty; with condit	-10
21026	Fast foods, potatoes, hashed brown	-10
21321	McDONALD'S, Hotcakes (plain)	-10
21430	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRIS	-10

21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and bone	-11
21341	McDONALD'S, BIG BREAKFAST	-11
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich	-11
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and bone	-11
21400	Fast foods, cheeseburger; double, regular patty; double de	-11
21253	BURGER KING, WHOPPER, with cheese	-11
21316	McDONALD'S, Tangy Honey Mustard Sauce	-11
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and	-12
21390	Fast foods, hamburger; single, large patty; with condim	-12
21323	McDONALD'S, Sausage Patty	-12
21426	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL R	-12
21320	McDONALD'S, Scrambled Eggs	-12
21393	Fast foods, hamburger; single, regular patty; double de	-12
21427	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL R	-12
21238	McDONALD'S, French Fries	-12
21138	Fast foods, potato, french fried in vegetable oil	-13
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and bone	-13
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	-13
21263	TACO BELL, Soft Taco with steak	-13
21431	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRIS	-13
21432	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRIS	-13
21036	Fast foods, chicken, breaded and fried, light meat (brea	-13
21313	McDONALD'S, Hot Mustard Sauce	-13
21035	Fast foods, chicken, breaded and fried, dark meat (drum	-14
21018	Fast foods, egg, scrambled	-14
21102	Fast foods, chicken fillet sandwich, plain	-14
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	-14
21469	Fast Foods, Fried Chicken, Breast, meat and skin with b	-15
21106	Fast foods, fish sandwich, with tartar sauce and cheese	-15
21003	Fast foods, biscuit, with egg and bacon	-15
21428	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL R	-15
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin wi	-16
21319	McDONALD'S, Hash Browns	-16
21002	Fast foods, biscuit, with egg	-16
21105	Fast foods, fish sandwich, with tartar sauce	-16
21004	Fast foods, biscuit, with egg and ham	-16
21434	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL R	-16
21433	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRIS	-16
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and br	-17
21472	Fast Foods, Fried Chicken, Wing, meat and skin and bre	-17
21229	Fast foods, chicken, breaded and fried, boneless pieces	-17
21257	BURGER KING, Chicken WHOPPER Sandwich	-17
21435	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL R	-17
21230	Fast Foods, crispy chicken filet sandwich, with lettuce, t	-18
21436	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL R	-19
21309	McDONALD'S, Chicken McNUGGETS	-19
21437	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL R	-19
21308	McDONALD'S, Chicken SELECTS Premium Breast Strips	-20
21140	Side dishes, potato salad	-21

21401	Fast foods, chicken tenders	-21	
21438	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRIS	-22	
21439	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRIS	-22	
21337	McDONALD'S, Peanuts (for Sundaes)	-22	
21047	Entrees, fish fillet, battered or breaded, and fried	-23	
21421	KENTUCKY FRIED CHICKEN, Crispy Chicken Strips	-23	
21440	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRIS	-23	
21441	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRIS	-23	
21422	KENTUCKY FRIED CHICKEN, Popcorn Chicken	-25	
21420	KENTUCKY FRIED CHICKEN, Coleslaw	-26	very good effect
21127	Fast foods, coleslaw	-31	good effect
21416	POPEYES, Coleslaw	-35	OK effect
21416	POPEYES, Coleslaw	-35	not very good effect
21314	McDONALD'S, Spicy Buffalo Sauce	-46	bad effect
21311	McDONALD'S, Creamy Ranch Sauce	-46	awful effect

**Meals, Entrees, and Sidedishes**

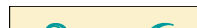
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, a	-1	very good effect
22905	Beef stew, canned entree	-2	good effect
22916	Lasagna with meat & sauce, frozen entree	-2	OK effect
22915	Lasagna with meat & sauce, low-fat, frozen entree	-2	not very good effect
22959	Macaroni and cheese dinner with dry sauce mix, boxed,	-2	bad effect
22904	Chili con carne with beans, canned entree	-2	awful effect
22907	Pasta with meatballs in tomato sauce, canned entree	-3	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <math display="block">\frac{3 - 6}{\triangle}</math> </div>
22912	Spaghetti, with meatballs, canned	-3	
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	-3	
22914	Pasta with tomato sauce, no meat, canned	-3	
22401	Spaghetti with meat sauce, frozen entree	-3	
22958	Rice bowl with chicken, frozen entree, prepared (includ	-4	
22247	Macaroni and Cheese, canned entree	-4	
22917	Burrito, beef and bean, frozen	-4	
22928	Burrito, beef and bean, microwaved	-5	
22962	LEAN POCKETS, Ham N Cheddar	-5	
22918	Burrito, bean and cheese, frozen	-5	
22927	Burrito, bean and cheese, microwaved	-6	
22910	Lasagna, Cheese, frozen, prepared	-6	
22529	Beef Pot Pie, frozen entree, prepared	-6	
22956	Lasagna, Vegetable, frozen, baked	-6	
22906	Chicken pot pie, frozen entree, prepared	-6	
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	-7	very good effect
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted ve	-8	good effect
22954	Egg rolls, chicken, refrigerated, heated	-8	OK effect
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich	-8	not very good effect
22953	Egg rolls, pork, refrigerated, heated	-9	bad effect
22955	Egg rolls, vegetable, refrigerated, heated	-9	awful effect

**Restaurant Foods**

35183	Corn, dried, yellow (Northern Plains Indians)	-10	
36404	arroz con leche (rice pudding)	-2	very good effect
36011	T.G.I. FRIDAY'S, classic sirloin steak	-3	good effect
36000	APPLEBEE'S, 9 oz house sirloin steak	-3	OK effect

36414 Restaurant, Latino, tripe soup	-3	not very good effect
36415 Restaurant, Latino, arepa (unleavened cornmeal bread)	-4	bad effect
36013 Restaurant, family style, sirloin steak	-4	awful effect
36608 CRACKER BARREL, grilled sirloin steak	-4	$\frac{3 - 6}{\triangle}$
36413 Restaurant, Latino, black bean soup	-4	
36615 DENNY'S, top sirloin steak	-4	
36003 APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's me	-4	
36409 Restaurant, Latino, pupusas con queso (pupusas, chees	-5	
36602 Restaurant, Chinese, fried rice	-5	
36613 DENNY'S, macaroni & cheese, from kid's menu	-5	
36017 Restaurant, family style, macaroni & cheese, from kids'	-6	
36411 Restaurant, Latino, tamale, corn	-7	
36405 Restaurant, Latino, Arroz con frijoles negros (rice and b	-7	
36009 T.G.I. FRIDAY'S, Mac & Cheese, from kid's menu	-8	
36609 CRACKER BARREL, macaroni n' cheese plate, from kid's	-8	
36406 Restaurant, Latino, Arroz con habichuelas colorados (Ri	-8	
36401 Restaurant, Latino, chicken and rice, entree, prepared	-8	
36410 Restaurant, Latino, pupusas del cerdo (pupusas, pork)	-9	
36408 Restaurant, Latino, pupusas con frijoles (pupusas, bear	-10	
36407 Restaurant, Latino, Arroz con grandules (rice and pigeo	-10	
36403 Restaurant, Latino, empanadas, beef, prepared	-10	
36412 Restaurant, Latino, tamale, pork	-11	
36004 APPLEBEE'S, mozzarella sticks	-11	
36416 Restaurant, Latino, bunuelos (fried yeast bread)	-12	
36012 Restaurant, family style, fried mozzarella sticks	-12	
36008 T.G.I. FRIDAY'S, fried mozzarella	-12	
36611 DENNY'S, mozzarella cheese sticks	-12	
36603 Restaurant, Chinese, beef and vegetables	-15	
36002 APPLEBEE'S, French fries	-16	
36607 CRACKER BARREL, steak fries	-17	
36601 Restaurant, Chinese, egg rolls, assorted	-17	
36014 Restaurant, family style, French fries	-18	
36007 T.G.I. FRIDAY'S, French fries	-19	
36610 DENNY'S, French fries	-19	
36619 Restaurant, Chinese, kung pao chicken	-20	
36618 Restaurant, Chinese, general tso's chicken	-20	
36617 Restaurant, Chinese, lemon chicken	-20	
36005 APPLEBEE'S, chicken fingers, from kids' menu	-20	
36015 Restaurant, family style, chicken fingers, from kid's me	-21	
36006 T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	-21	
36606 CRACKER BARREL, farm raised catfish platter	-21	
36010 T.G.I. FRIDAY'S, chicken fingers, from kids' menu	-21	
36604 CRACKER BARREL, chicken tenderloin platter, fried, fro	-21	very good effect
36612 DENNY'S, golden fried shrimp	-22	good effect
36001 APPLEBEE'S, Double Crunch Shrimp	-22	OK effect
36016 Restaurant, family style, shrimp, breaded and fried	-22	not very good effect
36614 DENNY'S, MOONS & STARS chicken nuggets, from kid's	-22	bad effect
36605 CRACKER BARREL, country fried shrimp platter	-23	awful effect

**Sweets**



	3 - 6		
19314 Pie fillings, canned, cherry		0	very good effect
19300 Jellies		0	good effect
19202 Puddings, vanilla, dry mix, instant		0	OK effect
19234 Puddings, tapioca, ready-to-eat, fat free		0	not very good effect
44110 Jellies, reduced sugar, home preserved		0	bad effect
19137 Toppings, strawberry		0	awful effect
19361 Syrups, table blends, cane and 15% maple		0	
19353 Syrups, maple		0	
19113 Syrups, table blends, pancake, with butter		0	
42185 Frozen yogurts, chocolate, nonfat milk, sweetened with		0	
19225 Desserts, rennin, tablets, unsweetened		0	
19375 Frostings, glaze, prepared-from-recipe		0	
19365 Toppings, marshmallow cream		0	
19096 Ice creams, vanilla, light, soft-serve		0	
19116 Candies, marshmallows		0	
19263 Frozen novelties, fruit and juice bars		0	
42131 Milk dessert, frozen, milk-fat free, chocolate		0	
19304 Molasses		0	
19310 Pectin, unsweetened, dry mix		0	
19360 Syrups, table blends, pancake, with 2% maple		0	
43028 Jams and preserves, dietetic (with sodium saccharin), a		0	
19283 Frozen novelties, ice type, pop		0	
19219 Puddings, coconut cream, dry mix, regular, prepared w		0	
19366 Toppings, pineapple		0	
19188 Puddings, chocolate, dry mix, regular		0	
19382 Candies, taffy, prepared-from-recipe		0	
19220 Desserts, rennin, chocolate, dry mix		0	
19070 Candies, butterscotch		0	
19325 Puddings, coconut cream, dry mix, regular, prepared w		0	
42187 Frozen yogurts, flavors other than chocolate		0	
19088 Ice creams, vanilla, light		0	
19340 Sugars, maple		0	
19294 Fruit butters, apple		0	
19293 Frozen yogurts, vanilla, soft-serve		0	
42186 Frozen yogurts, chocolate		0	
19097 Sherbet, orange		0	
44258 Puddings, chocolate flavor, low calorie, regular, dry mix		0	
19163 Chewing gum		0	
19142 Candies, MOUNDS Candy Bar		0	
44061 Puddings, chocolate flavor, low calorie, instant, dry mix		0	
19095 Ice creams, vanilla		0	
43057 Candies, gum drops, dietetic or low calorie (sorbitol)		0	
19206 Puddings, vanilla, dry mix, regular		0	
19320 Puddings, banana, dry mix, regular		0	
19898 Ice creams, regular, low carbohydrate, vanilla		0	
19899 Ice creams, regular, low carbohydrate, chocolate		0	
19071 Candies, carob, unsweetened		0	
19152 Candies, ROLO Caramels in Milk Chocolate		0	
19331 Puddings, lemon, dry mix, instant, prepared with whole		0	

19203	Puddings, vanilla, dry mix, instant, prepared with whole	0
19189	Puddings, chocolate, dry mix, regular, prepared with wh	0
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	0
19090	Ice creams, french vanilla, soft-serve	0
19193	Puddings, rice, ready-to-eat	0
19270	Ice creams, chocolate	0
19114	Ice creams, chocolate, light	-1
19871	Frozen novelties, No Sugar Added, FUDGESICLE pops	-1
19218	Puddings, tapioca, ready-to-eat	-1
19330	Puddings, lemon, dry mix, instant	-1
19207	Puddings, vanilla, dry mix, regular, prepared with whole	-1
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	-1
43541	Ice creams, chocolate, rich	-1
19076	Candies, caramels, chocolate-flavor roll	-1
19100	Candies, fudge, chocolate, prepared-from-recipe	-1
43060	Chewing gum, sugarless	-1
19201	Puddings, vanilla, ready-to-eat	-1
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	-1
19183	Puddings, chocolate, ready-to-eat	-1
19185	Puddings, chocolate, dry mix, instant, prepared with wh	-1
19083	Candies, sweet chocolate coated fondant	-1
19318	Puddings, banana, dry mix, instant	-1
19184	Puddings, chocolate, dry mix, instant	-1
19348	Syrups, chocolate, fudge-type	-1
19079	Candies, confectioner's coating, yogurt	-1
19014	Snacks, fruit leather, rolls	-1
19013	Snacks, fruit leather, pieces	-1
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	-1
19085	Candies, confectioner's coating, butterscotch	-1
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter C	-1
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight B	-1
44260	Puddings, all flavors except chocolate, low calorie, insta	-1
19089	Ice creams, vanilla, rich	-1
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie	-1
19260	Ice creams, vanilla, light, no sugar added	-1
19379	Candies, fudge, chocolate marshmallow, prepared-from	-1
19323	Puddings, coconut cream, dry mix, instant, prepared wi	-1
19134	Candies, milk chocolate, with rice cereal	-1
19191	Puddings, coconut cream, dry mix, instant, prepared wi	-1
19710	Puddings, vanilla, dry mix, regular, with added oil	-1
19127	Candies, milk chocolate coated raisins	-1
19138	Candies, truffles, prepared-from-recipe	-1
19109	Candies, KIT KAT Wafer Bar	-1
19162	Candies, WHATCHAMACALLIT Candy Bar	-1
19701	Candies, semisweet chocolate, made with butter	-1
19087	Candies, white chocolate	-1
19383	Candies, toffee, prepared-from-recipe	-2
19859	Cocoa, dry powder, hi-fat or breakfast, plain	-2
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate	-2

19080	Candies, semisweet chocolate	-2
19708	Puddings, lemon, dry mix, regular, with added oil, pota	-2
19081	Candies, sweet chocolate	-2
19166	Cocoa, dry powder, unsweetened, processed with alkali	-2
19165	Cocoa, dry powder, unsweetened	-2
19265	Ice creams, chocolate, light, no sugar added	-2
19120	Candies, milk chocolate	-2
19144	Candies, NESTLE, 100 GRAND Bar	-2
19078	Baking chocolate, unsweetened, squares	-3
19094	Desserts, flan, caramel custard, prepared-from-recipe	-3
19169	Egg custards, dry mix	-3
19182	Desserts, mousse, chocolate, prepared-from-recipe	-3
19151	Candies, REESE'S PIECES Candy	-3
19168	Desserts, egg custard, baked, prepared-from-recipe	-3
19086	Candies, confectioner's coating, peanut butter	-4
43506	Frozen novelties, ice cream type, chocolate or caramel	-4
19102	Candies, fudge, peanut butter, prepared-from-recipe	-4
19124	Baking chocolate, mexican, squares	-4
19705	Puddings, banana, dry mix, instant, with added oil	-5
19226	Frostings, chocolate, creamy, ready-to-eat	-5
19132	Candies, milk chocolate, with almonds	-5
19706	Puddings, banana, dry mix, regular, with added oil	-6
19111	Candies, NESTLE, BABY RUTH Bar	-6
19118	Candies, NESTLE, OH HENRY! Bar	-6
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	-6
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter C	-6
19186	Desserts, apple crisp, prepared-from-recipe	-6
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocola	-7
19098	Candies, 5TH AVENUE Candy Bar	-7
19227	Frostings, coconut-nut, ready-to-eat	-7
19069	Candies, NESTLE, BUTTERFINGER Bar	-7
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocol	-7
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	-7
19126	Candies, milk chocolate coated peanuts	-8
19143	Candies, MR. GOODBAR Chocolate Bar	-8
19143	Candies, MR. GOODBAR Chocolate Bar	-8
19858	Candies, sugar-coated almonds	-8
19896	Candies, REESE's Fast Break, milk chocolate, peanut bu	-9
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut	-9
19074	Candies, caramels	-9
19150	Candies, REESE'S Peanut Butter Cups	-11
43031	Candies, chocolate covered, caramel with nuts	-12
19228	Frostings, cream cheese-flavor, ready-to-eat	-13
19216	Candies, praline, prepared-from-recipe	-15
19230	Frostings, vanilla, creamy, ready-to-eat	-15
19367	Toppings, nuts in syrup	-20
19077	Baking chocolate, unsweetened, liquid	-20
19147	Candies, peanut bar	-20
19154	Candies, sesame crunch	-27

-15	very good effect
-15	good effect
-20	OK effect
-20	not very good effect
-20	bad effect
-27	awful effect

3 - 6  
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**Beverages**



14355	Tea, brewed, prepared with tap water	2	very good effect
14544	Tea, brewed, prepared with distilled water	2	good effect
14034	Alcoholic beverage, creme de menthe, 72 proof	0	OK effect
14548	Tea, instant, sweetened with sugar, lemon-flavored, wi	0	not very good effect
14269	Fruit punch drink, frozen concentrate, prepared with wa	0	bad effect
44203	Cocktail mix, non-alcoholic, concentrated, frozen	0	awful effect
14025	Alcoholic beverage, whiskey sour, prepared with water,	0	
14268	Fruit punch drink, frozen concentrate	0	
14323	Orange drink, canned, with added vitamin C	0	
14267	Fruit punch drink, with added nutrients, canned	0	
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	0	
14541	Fruit punch-flavor drink, powder, without added sodium	0	
14540	Fruit punch-flavor drink, powder, without added sodium	0	
14029	Alcoholic beverage, whiskey sour, prepared from item 1	0	
14531	Alcoholic beverage, whiskey sour, prepared from item 1	0	
14024	Whiskey sour mix, powder	0	
14262	Citrus fruit juice drink, frozen concentrate	0	
14263	Citrus fruit juice drink, frozen concentrate, prepared wi	0	
43345	Fruit-flavored drink, powder, with high vitamin C with o	0	
14181	Chocolate syrup	0	
14028	Whiskey sour mix, bottled	0	
14530	Whiskey sour mix, bottled, with added potassium and s	0	
14543	Lemonade, frozen concentrate, pink, prepared with wat	0	
14293	Lemonade, frozen concentrate, white, prepared with wa	0	
14017	Alcoholic beverage, pina colada, prepared-from-recipe	0	
14292	Lemonade, frozen concentrate, white	0	
14334	Pineapple and grapefruit juice drink, canned	0	
14542	Lemonade, frozen concentrate, pink	0	
14368	Tea, instant, unsweetened, lemon-flavored, powder	0	
14636	Beverages, fruit juice drink, reduced sugar, with vitam	0	
43369	Chocolate-flavored drink, whey and milk based	0	
14222	Coffee, instant, with chicory, powder	0	
14168	Carob-flavor beverage mix, powder	0	
14423	Dairy drink mix, chocolate, reduced calorie, with aspart	0	
14175	Chocolate-flavor beverage mix for milk, powder, withou	0	
14422	Dairy drink mix, chocolate, reduced calorie, with low-ca	0	
14538	Cocoa mix, with aspartame, low calorie, powder, with a	0	
14019	Alcoholic beverage, tequila sunrise, canned	0	
14196	Cocoa mix, no sugar added, powder	0	
14390	Cocoa mix, with aspartame, powder, prepared with wat	0	
14370	Tea, instant, sweetened with sugar, lemon-flavored, wi	0	
14242	Cranberry juice cocktail, bottled	0	
14357	Tea, instant, sweetened with sugar, lemon-flavored, wi	0	
14371	Tea, instant, sweetened with sugar, lemon-flavored, wi	0	
14346	Shake, fast food, chocolate	0	
14192	Cocoa mix, powder	0	
14238	Cranberry-apple juice drink, bottled	0	
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0	

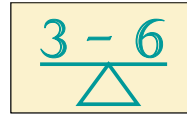
14194	Cocoa mix, powder, prepared with water	0	
14351	Strawberry-flavor beverage mix, powder, prepared with	0	
14534	Alcoholic beverage, liqueur, coffee, 63 proof	0	
14309	Malted drink mix, natural, with added nutrients, powder	0	
14223	Coffee, instant, with chicory, prepared with water	0	
14290	Lemonade, low calorie, with aspartame, powder, prepared	0	
14327	Orange and apricot juice drink, canned	0	
14461	Sports drink, COCA-COLA, POWERADE, lemon-lime flav	0	
14218	Coffee, instant, decaffeinated, powder	0	
14241	Cranberry-grape juice drink, bottled	0	
14241	Cranberry-grape juice drink, bottled	0	
14405	Fruit punch juice drink, frozen concentrate	0	
14203	Coffee, instant, regular, powder, half the caffeine	0	
14406	Fruit punch juice drink, frozen concentrate, prepared w	0	
14182	Chocolate syrup, prepared with whole milk	0	
14219	Coffee, instant, decaffeinated, powder, prepared with w	-1	
14315	Malted drink mix, chocolate, with added nutrients, powe	-1	
14114	Beef broth and tomato juice, canned	-1	
14428	Shake, fast food, strawberry	-1	
14228	Coffee, instant, with sugar, cappuccino-flavor powder	-1	
14177	Chocolate-flavor beverage mix, powder, prepared with	-1	
14015	Alcoholic beverage, pina colada, canned	-1	
14245	Eggnog-flavor mix, powder, prepared with whole milk	-1	
14169	Carob-flavor beverage mix, powder, prepared with who	-1	
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proo	-1	
14421	Coffee substitute, cereal grain beverage, powder, prepa	-1	
14316	Malted drink mix, chocolate, with added nutrients, powe	-1	
14634	Ready-to-drink reduced fat milk beverage, flavored and	-1	
14214	Coffee, instant, regular, powder	-1	
14318	Malted drink mix, chocolate, powder, prepared with wh	-1	
14310	Malted drink mix, natural, with added nutrients, powder	-1	
14425	Orange-flavor drink, breakfast type, with pulp, frozen c	-1	
14424	Orange-flavor drink, breakfast type, with pulp, frozen c	-1	
14209	Coffee, brewed from grounds, prepared with tap water	-1	
14215	Coffee, instant, regular, prepared with water	-1	
43401	Coffee, dry, powder, with whitener, reduced calorie	-1	
14305	Malt beverage	-1	
14312	Malted drink mix, natural, powder, prepared with whole	-1	
14317	Malted drink mix, chocolate, powder	-1	
14204	Coffee and cocoa (mocha) powder, with whitener and l	-1	
43343	Coffee and cocoa (mocha) powder, with whitener and l	-1	
14632	Meal supplement drink, NESTLE, SUPLIGEN, canned, pe	-2	
14347	Shake, fast food, vanilla	-2	
14224	Coffee, instant, with sugar, mocha-flavor, powder	-2	
14311	Malted drink mix, natural, powder	-3	
14236	Coffee substitute, cereal grain beverage, powder	-3	very good effect
14237	Coffee substitute, cereal grain beverage, prepared with	-3	good effect
14229	Coffee, instant, with sugar, french-flavor, powder	-4	OK effect
14631	Beverage, Horchata, dry mix, unprepared, variety of br	-5	not very good effect

14639 Rice drink, unsweetened, with added calcium, vitamins  
 14210 Coffee, brewed, espresso, restaurant-prepared

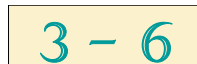
-6	bad effect
-46	awful effect

**Spices and Herbs**

02029 Spices, parsley, dried  
 02044 Basil, fresh  
 02066 Spearmint, dried  
 02023 Spices, marjoram, dried  
 02041 Spices, tarragon, dried  
 02065 Spearmint, fresh  
 02064 Peppermint, fresh  
 02011 Spices, cloves, ground  
 02049 Thyme, fresh  
 02054 Capers, canned  
 02038 Spices, sage, ground  
 02037 Spices, saffron  
 02042 Spices, thyme, dried  
 02003 Spices, basil, dried  
 02046 Mustard, prepared, yellow  
 02010 Spices, cinnamon, ground  
 02034 Spices, poultry seasoning  
 02063 Rosemary, fresh  
 02036 Spices, rosemary, dried  
 02020 Spices, garlic powder  
 02027 Spices, oregano, dried  
 02004 Spices, bay leaf  
 02006 Spices, cardamom  
 02025 Spices, nutmeg, ground  
 02012 Spices, coriander leaf, dried  
 02021 Spices, ginger, ground  
 02026 Spices, onion powder  
 02045 Dill weed, fresh  
 02035 Spices, pumpkin pie spice  
 02030 Spices, pepper, black  
 02016 Spices, dill seed  
 02043 Spices, turmeric, ground  
 02024 Spices, mustard seed, ground  
 02055 Horseradish, prepared  
 02018 Spices, fennel seed  
 02015 Spices, curry powder  
 02013 Spices, coriander seed  
 02008 Spices, chervil, dried  
 02014 Spices, cumin seed  
 02001 Spices, allspice, ground  
 02007 Spices, celery seed  
 02022 Spices, mace, ground  
 02005 Spices, caraway seed  
 02002 Spices, anise seed  
 02031 Spices, pepper, red or cayenne  
 02028 Spices, paprika



57	very good effect
11	good effect
8	OK effect
8	not very good effect
8	bad effect
6	awful effect
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-9	very good effect
-9	good effect
-22	OK effect
-24	not very good effect



02009 Spices, chili powder  
 02033 Spices, poppy seed



-25	bad effect
-53	awful effect

**Baby Foods**

03956 Babyfood, yogurt, whole milk, with fruit, multigrain cereals	5	very good effect
03093 Babyfood, green beans, dices, toddler	1	good effect
03010 Babyfood, meat, lamb, strained	1	OK effect
03092 Babyfood, vegetables, green beans, junior	1	not very good effect
03127 Babyfood, vegetables, spinach, creamed, strained	0	bad effect
03140 Babyfood, fruit dessert, mango with tapioca	0	awful effect
03091 Babyfood, vegetables, green beans, strained	0	
03130 Babyfood, fruit, peaches, strained	0	
03131 Babyfood, fruit, peaches, junior	0	
03222 Babyfood, cherry cobbler, junior	0	
43536 Babyfood, dessert, peach yogurt	0	
03220 Babyfood, dessert, dutch apple, strained	0	
03156 Babyfood, fruit, bananas and pineapple with tapioca, junior	0	
43537 Babyfood, dessert, blueberry yogurt, strained	0	
03129 Babyfood, fruit, bananas with tapioca, strained	0	
42119 Babyfood, banana juice with low fat yogurt	0	
42120 Babyfood, mixed fruit juice with low fat yogurt	0	
43523 Babyfood, mixed fruit yogurt, strained	0	
43539 Babyfood, dessert, banana yogurt, strained	0	
03280 Babyfood, fruit, bananas with tapioca, junior	0	
42150 Babyfood, apple yogurt dessert, strained	0	
03226 Babyfood, dessert, fruit pudding, orange, strained	0	
43546 Babyfood, banana no tapioca, strained	0	
03169 Babyfood, apple-cranberry juice	0	
03177 Babyfood, juice, orange and pineapple	0	
03150 Babyfood, fruit, applesauce and pineapple, strained	0	
03112 Babyfood, potatoes, toddler	0	
03151 Babyfood, fruit, applesauce and pineapple, junior	0	
03175 Babyfood, juice, orange and apricot	0	
03137 Babyfood, fruit, prunes with tapioca, without ascorbic acid	0	
03158 Babyfood, fruit, pears and pineapple, strained	0	
03136 Babyfood, fruit, prunes with tapioca, without ascorbic acid	0	
03171 Babyfood, juice, apple and prune	0	
43550 Babyfood, banana apple dessert, strained	0	
03225 Babyfood, dessert, cherry vanilla pudding, junior	0	
42267 Babyfood, juice, orange-carrot	0	
03267 Babyfood, juice, fruit punch, with calcium	0	
03221 Babyfood, dessert, dutch apple, junior	0	
03174 Babyfood, juice, orange and apple and banana	0	
03115 Babyfood, apples, dices, toddler	0	
03210 Babyfood, cereal, rice, with mixed fruit, junior	0	
03167 Babyfood, apple-banana juice	0	
03165 Babyfood, fruit, apple and blueberry, junior	0	
43585 Babyfood, fruit supreme dessert	0	
03147 Babyfood, fruit, applesauce with banana, junior	0	
03139 Babyfood, prunes, without vitamin c, strained	0	

03164	Babyfood, fruit, apple and blueberry, strained	0
03269	Babyfood, juice, apple, with calcium	0
03166	Babyfood, juice, apple	0
03163	Babyfood, fruit, bananas with apples and pears, strained	0
03109	Babyfood, vegetables, sweet potatoes, junior	-1
03133	Babyfood, fruit, pears, junior	-1
03108	Babyfood, vegetables, sweet potatoes strained	-1
03168	Babyfood, juice, apple and peach	-1
03283	Babyfood, vegetables, garden vegetable, strained	-1
03224	Babyfood, dessert, cherry vanilla pudding, strained	-1
03159	Babyfood, fruit, pears and pineapple, junior	-1
03233	Babyfood, dessert, fruit pudding, pineapple, strained	-1
03172	Babyfood, juice, orange	-1
03152	Babyfood, fruit, apple and raspberry, strained	-1
03153	Babyfood, fruit, apple and raspberry, junior	-1
03089	Babyfood, dinner, macaroni and cheese, strained	-1
03179	Babyfood, juice, mixed fruit	-1
03104	Babyfood, vegetables, squash, strained	-1
03143	Babyfood, fruit, applesauce and apricots, junior	-1
03195	Babyfood, cereal, rice, with applesauce and bananas, s	-1
42266	Babyfood, juice, apple-sweet potato	-1
03142	Babyfood, fruit, applesauce and apricots, strained	-1
03141	Babyfood, pears, dices, toddler	-1
03265	Babyfood, juice, apple and grape	-1
03154	Babyfood, fruit and vegetable, apple and sweet potato	-1
03105	Babyfood, vegetables, squash, junior	-1
43006	Babyfood, fruit, tutti frutti, strained	-1
03293	Babyfood, plums, bananas and rice, strained	-1
03116	Babyfood, fruit, applesauce, strained	-1
03098	Babyfood, vegetables, beets, strained	-1
03268	Babyfood, juice, apple and cherry	-1
43417	Babyfood, meat, beef with vegetables, toddler	-1
43007	Babyfood, fruit, tutti frutti, junior	-1
03132	Babyfood, fruit, pears, strained	-1
03287	Babyfood, dinner, beef noodle, junior	-1
03053	Babyfood, dinner, vegetables and beef, strained	-1
03054	Babyfood, dinner, vegetables and beef, junior	-1
03214	Babyfood, cookies, arrowroot	-1
03002	Babyfood, meat, beef, strained	-1
03003	Babyfood, meat, beef, junior	-1
03161	Babyfood, peaches, dices, toddler	-1
03077	Babyfood, dinner, pasta with vegetables	-1
03304	Babyfood, dinner, potatoes with cheese and ham, toddl	-1
03090	Babyfood, dinner, macaroni and cheese, junior	-1
03099	Babyfood, vegetables, carrots, strained	-1
03011	Babyfood, meat, lamb, junior	-1
03712	Babyfood, cereal, rice, with bananas, prepared with wh	-1
03045	Babyfood, dinner, macaroni and tomato and beef, junio	-1
03934	Babyfood, corn and sweet potatoes, strained	-2

03188	Babyfood, cereal, mixed, with applesauce and bananas	-2
43529	Babyfood, rice and apples, dry	-2
03681	Babyfood, cereal, barley, prepared with whole milk	-2
43432	Babyfood, dinner, macaroni, beef and tomato sauce, to	-2
03215	Babyfood, pretzels	-2
03694	Babyfood, cereal, rice, prepared with whole milk	-2
03209	Babyfood, crackers, vegetable	-2
43004	Babyfood, dessert, banana pudding, strained	-2
03246	Babyfood, dessert, custard pudding, vanilla, junior	-2
03290	Babyfood, carrots and beef, strained	-2
03047	Babyfood, dinner, beef noodle, strained	-2
03289	Babyfood, apples with ham, strained	-2
03686	Babyfood, cereal, mixed, with bananas, prepared with v	-2
03690	Babyfood, cereal, oatmeal, with bananas, prepared with	-2
03187	Babyfood, cereal, mixed, with applesauce and bananas	-2
03100	Babyfood, vegetables, carrots, junior	-2
03685	Babyfood, cereal, mixed, prepared with whole milk	-2
03050	Babyfood, dinner, spaghetti and tomato and meat, juni	-2
03005	Babyfood, meat, veal, strained	-2
03216	Babyfood, teething biscuits	-2
42285	Babyfood, cereal, brown rice, dry, instant	-2
42279	Babyfood, peas and brown rice	-3
03067	Babyfood, dinner, vegetables and lamb, junior	-3
03120	Babyfood, vegetables, corn, creamed, junior	-3
03212	Babyfood, cereal, rice, with bananas, dry	-3
03066	Babyfood, dinner, vegetables and lamb, strained	-3
03121	Babyfood, vegetables, peas, strained	-3
03119	Babyfood, vegetables, corn, creamed, strained	-3
03052	Babyfood, dinner, beef stew, toddler	-3
03044	Babyfood, dinner, macaroni and tomato and beef, strair	-3
03245	Babyfood, dessert, custard pudding, vanilla, strained	-3
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, p	-3
03192	Babyfood, cereal, oatmeal, with applesauce and banana	-3
03191	Babyfood, cereal, oatmeal, with applesauce and banana	-3
43008	Babyfood, dinner, chicken and rice	-3
03282	Babyfood, vegetables, mix vegetables junior	-3
03184	Babyfood, cereal, whole wheat, with apples, dry	-3
03298	Babyfood, dinner, broccoli and chicken, junior	-4
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, p	-4
03122	Babyfood, peas, dices, toddler	-4
03061	Babyfood, dinner, vegetables and ham, strained	-4
03083	Babyfood, dinner, turkey and rice, junior	-4
03046	Babyfood, ravioli, cheese filled, with tomato sauce	-4
03181	Babyfood, cereal, barley, dry	-4
03194	Babyfood, cereal, rice, dry	-4
03186	Babyfood, cereal, mixed, with bananas, dry	-4
03185	Babyfood, cereal, mixed, dry	-4
03069	Babyfood, dinner, chicken noodle, junior	-4
42278	Babyfood, vegetable and brown rice, strained	-4

42316	Babyfood, carrots, toddler	-4
03959	Babyfood, mashed cheddar potatoes and broccoli, toddl	-4
03217	Zwieback	-5
03084	Babyfood, dinner, vegetables and turkey, strained	-5
03190	Babyfood, cereal, oatmeal, with bananas, dry	-5
03059	Babyfood, dinner, vegetables and bacon, strained	-5
03286	Babyfood, vegetables, mix vegetables strained	-5
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	-5
03114	Babyfood, vegetable, butternut squash and corn	-5
03297	Babyfood, dinner, apples and chicken, strained	-5
03274	Babyfood, dinner, vegetables and chicken, junior	-5
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddle	-5
03007	Babyfood, meat, pork, strained	-5
43373	Babyfood, dinner, chicken and noodle with vegetables,	-5
03082	Babyfood, dinner, turkey and rice, strained	-6
03073	Babyfood, dinner, vegetables chicken, strained	-6
03189	Babyfood, cereal, oatmeal, dry	-6
03068	Babyfood, dinner, chicken noodle, strained	-6
03008	Babyfood, meat, ham, strained	-6
03213	Babyfood, cookies	-7
03055	Babyfood, dinner, beef with vegetables	-7
03062	Babyfood, dinner, vegetables and ham, junior	-7
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE	-7
03303	Babyfood, dinner, sweet potatoes and chicken, strained	-7
03085	Babyfood, dinner, vegetables and turkey, junior	-7
03211	Babyfood, cereal, high protein, with apple and orange, (	-7
03199	Babyfood, cereal, with eggs, strained	-7
03883	Infant formula, PBM PRODUCTS, ULTRA BRIGHT BEGIN	-7
03938	Infant formula, PBM PRODUCTS, store brand, powder (f	-7
03893	Infant formula, PBM PRODUCTS, ULTRA BRIGHT BEGIN	-7
03881	Infant formula, PBM PRODUCTS, ULTRA BRIGHT BEGIN	-7
03937	Infant formula, PBM PRODUCTS, store brand, liquid con	-7
03880	Infant formula, PBM PRODUCTS, ULTRA BRIGHT BEGIN	-7
03890	Infant formula, PBM PRODUCTS, ULTRA BRIGHT BEGIN	-7
03941	Infant formula, PBM PRODUCTS, store brand, soy, powc	-7
03891	Infant formula, PBM PRODUCTS, ULTRA BRIGHT BEGIN	-7
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-	-8
03939	Infant formula, PBM PRODUCTS, store brand, soy, read	-8
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, v	-8
03940	Infant formula, PBM PRODUCTS, store brand, soy, liqui	-8
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGE	-8
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SO	-8
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, v	-8
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBE	-8
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, v	-8
42284	Babyfood, baked product, finger snacks cereal	-8
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBE	-8
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGE	-8
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, po	-8

03871	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE	-8
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, p	-8
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGE	-8
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE	-8
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE,	-8
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SO	-8
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SO	-8
03201	Babyfood, cereal, egg yolks and bacon, junior	-8
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE	-9
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron,	-9
03206	Babyfood, cookie, baby, fruit	-9
03807	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, liq	-9
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL	-9
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron,	-9
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, re	-9
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, re	-9
03198	Babyfood, cereal, with egg yolks, junior	-9
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, re	-9
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-	-9
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-	-9
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, p	-9
03197	Babyfood, cereal, with egg yolks, strained	-9
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready	-9
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGE	-9
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with	-9
03804	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, li	-9
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE	-9
03817	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low ir	-9
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGE	-9
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with ir	-9
03839	Infant formula, ABBOTT NUTRITION, SIMILAC NATURAL	-9
03015	Babyfood, meat, turkey, strained	-9
03016	Babyfood, meat, turkey, junior	-9
03801	Infant formula, NESTLE, GOOD START SUPREME, with i	-9
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with i	-9
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low ir	-9
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with	-9
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE,	-9
03800	Infant formula, NESTLE, GOOD START SUPREME, with i	-9
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGE	-10
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE	-10
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE	-10
03802	Infant formula, NESTLE, GOOD START SUPREME, with i	-10
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with	-10
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low ir	-10
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE	-10
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE	-10
03960	Infant formula, NESTLE, GOOD START SUPREME, with i	-10
03961	Infant formula, NESTLE, GOOD START SUPREME, with i	-10



03021	Babyfood, meat, meat sticks, junior	-10	
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE	-10	
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron	-10	
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron	-10	
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron	-10	
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron	-10	
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron	-10	
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron	-10	
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE	-10	
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE	-10	
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE	-10	
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMILAC	-10	
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMILAC	-10	
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMILAC	-10	
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron	-10	
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSUR	-10	
03072	Babyfood, dinner, chicken stew, toddler	-11	
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCED	-11	
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSUR	-11	
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCED	-11	
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCED	-11	
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMILAC	-11	
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMILAC	-11	
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMILAC	-11	
03009	Babyfood, meat, ham, junior	-12	
03070	Babyfood, dinner, chicken soup, strained	-14	
03014	Babyfood, meat, chicken sticks, junior	-14	
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM	-15	
03012	Babyfood, meat, chicken, strained	-16	very good effect
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM	-16	good effect
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCED	-16	OK effect
03013	Babyfood, meat, chicken, junior	-17	not very good effect
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40	-19	bad effect
03017	Babyfood, meat, turkey sticks, junior	-22	awful effect