

Legumes and Legume Products

16084	Mungo beans, mature seeds, cooked, boiled, without	3	very good effect
43112	Beans, chili, barbecue, ranch style, cooked	1	good effect
16023	Beans, french, mature seeds, cooked, boiled, without	1	OK effect
16323	Beans, french, mature seeds, cooked, boiled, with sa	1	not very good effect
16044	Beans, pinto, mature seeds, canned	1	bad effect
16028	Beans, kidney, all types, mature seeds, cooked, boile	0	awful effect
16033	Beans, kidney, red, mature seeds, cooked, boiled, wi	0	<div style="border: 1px solid black; padding: 5px; text-align: center;"> $\frac{3 - 6}{\triangle}$ </div>
16033	Beans, kidney, red, mature seeds, cooked, boiled, wi	0	
16328	Beans, kidney, all types, mature seeds, cooked, boile	0	
16333	Beans, kidney, red, mature seeds, cooked, boiled, wi	0	
16399	Peanut butter with omega-3, creamy	0	
16038	Beans, navy, mature seeds, cooked, boiled, without s	0	
16338	Beans, navy, mature seeds, cooked, boiled, with salt	0	
16043	Beans, pinto, mature seeds, cooked, boiled, without s	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, boile	0	
16336	Beans, kidney, royal red, mature seeds, cooked, boile	0	
16031	Beans, kidney, california red, mature seeds, cooked,	0	
16331	Beans, kidney, california red, mature seeds, cooked,	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 bear	0	
16017	Beans, black turtle soup, mature seeds, cooked, boile	0	
16317	Beans, black turtle soup, mature seeds, cooked, boile	0	
16004	Beans, adzuki, yokan, mature seeds	0	
16050	Beans, white, mature seeds, cooked, boiled, without	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, bo	0	
16320	Beans, cranberry (roman), mature seeds, cooked, bo	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, witho	0	
16434	Yardlong beans, mature seeds, cooked, boiled, with s	0	
16133	Yardlong beans, mature seeds, raw	0	
16026	Beans, great northern, mature seeds, canned	0	
16015	Beans, black, mature seeds, cooked, boiled, without	0	
16315	Beans, black, mature seeds, cooked, boiled, with salt	0	
16025	Beans, great northern, mature seeds, cooked, boiled	0	
16325	Beans, great northern, mature seeds, cooked, boiled	0	
16002	Beans, adzuki, mature seeds, cooked, boiled, without	0	
16302	Beans, adzuki, mature seed, cooked, boiled, with sal	0	
16046	Beans, small white, mature seeds, cooked, boiled, wi	0	

16346	Beans, small white, mature seeds, cooked, boiled, with salt	0
16123	Soy sauce made from soy and wheat (shoyu)	0
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	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 extract	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, boiled, with salt	-1
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	-1
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	-1
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	-1
16424	Soy sauce made from soy and wheat (shoyu), low sodium	-1
16124	Soy sauce made from soy (tamari)	-1
16072	Lima beans, large, mature seeds, cooked, boiled, with salt	-1
16372	Lima beans, large, mature seeds, cooked, boiled, without salt	-1
16423	Soy protein isolate, potassium type, crude protein basis	-1
16231	Soy milk, chocolate, nonfat, with added calcium, vitamin D	-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, with salt	-1
16361	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	-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), mature seeds, cooked, boiled, with salt	-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	Soy milk (all flavors), nonfat, with added calcium, vitamin D	-1
16081	Mung beans, mature seeds, cooked, boiled, without salt	-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, with salt	-1
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	-1
16009	Beans, baked, canned, with pork	-1
16171	Refried beans, canned, vegetarian	-1
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	-2
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	-2

16010	Beans, baked, canned, with pork and sweet sauce	-2
22125	GREEN GIANT, HARVEST BURGER, Original Flavor, All	-2
16065	Cowpeas, common (blackeyes, crowder, southern), n	-2
16068	Hyacinth beans, mature seeds, cooked, boiled, witho	-2
16368	Hyacinth beans, mature seeds, cooked, boiled, with s	-2
16119	Soy meal, defatted, raw	-2
16419	Soy meal, defatted, raw, crude protein basis (N x 6.2	-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 se	-4
16377	Lupins, mature seeds, cooked, boiled, with salt	-4
16106	Meat extender	-4
16057	Chickpeas (garbanzo beans, bengal gram), mature se	-7
16357	Chickpeas (garbanzo beans, bengal gram), mature se	-7
16227	Soymilk, chocolate and other flavors, light, with adde	-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 a	-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, withou	-9
16436	Winged beans, mature seeds, cooked, boiled, with sa	-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 calciu	-11
16137	Hummus, home prepared	-11
16112	Miso	-12
16139	Soymilk, original and vanilla, with added calcium, vita	-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 magnes	-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	-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 magnes	-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	-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 cal	-30
16094	Peanuts, valencia, oil-roasted, with salt	-30
16394	Peanuts, valencia, oil-roasted, without salt	-30
16129	Tofu, fried	-32
16429	Tofu, fried, prepared with calcium sulfate	-32
16104	Bacon, meatless	-39

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