

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, f	0	awful effect
12175	Nuts, chestnuts, japanese, dried	-1	3 - 6 △
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, s	-1	
12110	Nuts, coconut meat, dried (desiccated), sweetened, f	-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 sweetene	-1	
12177	Nuts, coconut meat, dried (desiccated), creamed	-1	
12176	Nuts, coconut milk, frozen (liquid expressed from gra	-1	
12117	Nuts, coconut milk, raw (liquid expressed from grate	-1	
12115	Nuts, coconut cream, raw (liquid expressed from gra	-1	
12118	Nuts, coconut milk, canned (liquid expressed from gr	-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 add	-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 added	-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, without salt added	-19
12663	Seeds, pumpkin and squash seeds, whole, roasted, without 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	-30
12140	Nuts, formulated, wheat-based, unflavored, with salt	-31
12078	Nuts, brazilnuts, dried, unblanched	-31
12200	Nuts, formulated, wheat-based, all flavors except ma	-32
12160	Seeds, cottonseed kernels, roasted (glandless)	-35
12016	Seeds, pumpkin and squash seed kernels, roasted, w	-35
12516	Seeds, pumpkin and squash seed kernels, roasted, w	-35
12198	Seeds, sesame butter, tahini, from raw and stone gro	-36
12029	Seeds, sesame seed kernels, toasted, without salt ad	-36
12034	Seeds, sesame meal, partially defatted	-36
12529	Seeds, sesame seed kernels, toasted, with salt added	-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 unspec	-38
12166	Seeds, sesame butter, tahini, from roasted and toast	-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 s	-56
12537	Seeds, sunflower seed kernels, dry roasted, with salt	-56
12038	Seeds, sunflower seed kernels, oil roasted, without s	-58
12538	Seeds, sunflower seed kernels, oil roasted, with salt	-58
12039	Seeds, sunflower seed kernels, toasted, without salt	-60
12539	Seeds, sunflower seed kernels, toasted, with salt ad	-60

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