

Vegetables and Vegetable Products

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| 11669 | Seaweed, wakame, raw | 25 | very good effect |
| 11446 | Seaweed, laver, raw | 14 | good effect |
| 11975 | Grape leaves, canned | 10 | OK effect |
| 11969 | Broccoli, chinese, cooked | 8 | not very good effect |
| 11974 | Grape leaves, raw | 8 | bad effect |
| 11676 | Radish seeds, sprouted, raw | 7 | awful effect |
| 11461 | Spinach, canned, regular pack, drained solids | 6 | 3 - 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) | 4 | |
| 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, without salt | 3 | |
| 11755 | Cabbage, chinese (pe-tsai), cooked, boiled, drained, with 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, without salt | 2 | |
| 11861 | Squash, summer, zucchini, includes skin, cooked, boiled, drained, with 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 | |

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| 11893 | Turnip greens and turnips, frozen, cooked, boiled, drained, without salt | 2 |
| 11577 | Turnip greens and turnips, frozen, cooked, boiled, drained, with 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, without 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, baked, without 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, without salt | 2 |
| 11857 | Squash, summer, all varieties, cooked, boiled, drained, with salt | 2 |
| 11023 | Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, without salt | 2 |
| 11568 | Turnip greens, raw | 2 |
| 11058 | Beans, snap, canned, all styles, seasoned, solids and liquids | 2 |
| 11100 | Brussels sprouts, frozen, unprepared | 1 |
| 11641 | Squash, summer, all varieties, raw | 1 |
| 11468 | Squash, summer, crookneck and straightneck, cooked, baked, without salt | 1 |
| 11101 | Brussels sprouts, frozen, cooked, boiled, drained, without salt | 1 |
| 11746 | Brussels sprouts, frozen, cooked, boiled, drained, with salt | 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, without salt | 1 |
| 11868 | Squash, winter, hubbard, cooked, baked, with salt | 1 |
| 11869 | Squash, winter, hubbard, cooked, boiled, mashed, without salt | 1 |
| 11475 | Squash, summer, scallop, raw | 1 |
| 11493 | Squash, winter, spaghetti, cooked, boiled, drained, without salt | 1 |
| 11870 | Squash, winter, spaghetti, cooked, boiled, drained, with salt | 1 |
| 11476 | Squash, summer, scallop, cooked, boiled, drained, without salt | 1 |
| 11860 | Squash, summer, scallop, cooked, boiled, drained, with salt | 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, without salt | 1 |
| 11743 | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 1 |
| 11744 | Broccoli, frozen, spears, cooked, boiled, drained, with salt | 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 salt | 1 |

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| 11116 | Cabbage, chinese (pak-choi), raw | 1 |
| 11053 | Beans, snap, green, cooked, boiled, drained, without salt | 1 |
| 11723 | Beans, snap, green, cooked, boiled, drained, with salt | 1 |
| 11724 | Beans, snap, yellow, cooked, boiled, drained, without salt | 1 |
| 11725 | Beans, snap, yellow, cooked, boiled, drained, with salt | 1 |
| 11637 | Radishes, white icicle, raw | 1 |
| 11862 | Squash, summer, zucchini, includes skin, frozen, cooked | 1 |
| 11429 | Radishes, raw | 1 |
| 11117 | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 1 |
| 11754 | Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt | 1 |
| 11479 | Squash, summer, zucchini, includes skin, frozen, unprepared | 1 |
| 11052 | Beans, snap, green, raw | 1 |
| 11054 | Beans, snap, green variety, canned, regular pack, solids and liquid | 1 |
| 11726 | Beans, snap, green, canned, no salt added, solids and liquid | 1 |
| 11727 | Beans, snap, yellow, canned, regular pack, solids and liquid | 1 |
| 11728 | Beans, snap, yellow, canned, no salt added, solids and liquid | 1 |
| 11474 | Squash, summer, crookneck and straightneck, frozen, unprepared | 1 |
| 11859 | Squash, summer, crookneck and straightneck, frozen, prepared | 1 |
| 11149 | Chayote, fruit, raw | 1 |
| 11480 | Squash, summer, zucchini, includes skin, frozen, cooked | 1 |
| 11730 | Beans, snap, yellow, frozen, all styles, unprepared | 1 |
| 11473 | Squash, summer, crookneck and straightneck, frozen, prepared | 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, drained, without salt | 1 |
| 11795 | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt | 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 solids | 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 solids | 1 |
| 11932 | Beans, snap, yellow, canned, regular pack, drained solids | 1 |
| 11933 | Beans, snap, yellow, canned, no salt added, drained solids | 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, drained, without salt | 0 |

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| 11720 | Beans, pinto, immature seeds, frozen, cooked, boiled | 0 |
| 11048 | Beans, pinto, immature seeds, frozen, unprepared | 0 |
| 11731 | Beans, snap, green, frozen, cooked, boiled, drained, | 0 |
| 11733 | Beans, snap, yellow, frozen, cooked, boiled, drained, | 0 |
| 11749 | Cabbage, common (danish, domestic, and pointed ty | 0 |
| 11750 | Cabbage, common (danish, domestic, and pointed ty | 0 |
| 11061 | Beans, snap, green, frozen, cooked, boiled, drained v | 0 |
| 11732 | Beans, snap, yellow, frozen, cooked, boiled, drained, | 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, witho | 0 |
| 11865 | Squash, winter, acorn, cooked, boiled, mashed, with | 0 |
| 11114 | Cabbage, savoy, raw | 0 |
| 11486 | Squash, winter, butternut, cooked, baked, without sa | 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 sal | 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, wi | 0 |
| 11867 | Squash, winter, butternut, frozen, cooked, boiled, wi | 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 | 0 |
| 11225 | Hyacinth-beans, immature seeds, cooked, boiled, dra | 0 |
| 11788 | Hyacinth-beans, immature seeds, cooked, boiled, dra | 0 |
| 11112 | Cabbage, red, raw | 0 |
| 11090 | Broccoli, raw | 0 |
| 11948 | Pickles, cucumber, sweet, low sodium (includes bread | 0 |
| 11418 | Pumpkin leaves, raw | 0 |
| 11563 | Tree fern, cooked, without salt | 0 |
| 11419 | Pumpkin leaves, cooked, boiled, drained, without salt | 0 |

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| 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, with 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, with salt | 0 |
| 11800 | Mustard greens, frozen, cooked, boiled, drained, without 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, dehydrated | 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 |

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| 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, | 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 | 0 |
| 11833 | Potatoes, boiled, cooked without skin, flesh, with salt | 0 |
| 11192 | Cowpeas (Blackeyes), immature seeds, cooked, boile | 0 |
| 11590 | Waterchestnuts, chinese, canned, solids and liquids | 0 |
| 11777 | Cowpeas (Blackeyes), immature seeds, cooked, boile | 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 | 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, w | 0 |
| 11196 | Cowpeas (blackeyes), immature seeds, frozen, cooke | 0 |
| 11778 | Cowpeas (Blackeyes), immature seeds, frozen, cooke | 0 |
| 11380 | Potatoes, mashed, dehydrated, granules without milk | 0 |
| 11195 | Cowpeas (Blackeyes), immature seeds, frozen, unpre | 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, d | 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 | 0 |
| 11714 | Lima beans, immature seeds, cooked, boiled, drained | 0 |
| 11601 | Yam, raw | 0 |
| 11197 | Cowpeas, young pods with seeds, raw | 0 |
| 11284 | Onions, dehydrated flakes | 0 |

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| 11258 | Mountain yam, hawaii, raw | 0 |
| 11040 | Lima beans, immature seeds, frozen, baby, cooked, b | 0 |
| 11716 | Lima beans, immature seeds, frozen, baby, cooked, b | 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, v | -1 |
| 11373 | Potatoes, au gratin, home-prepared from recipe using | -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, w | -1 |
| 11201 | Cowpeas, leafy tips, raw | -1 |
| 11199 | Yardlong bean, raw | -1 |
| 11717 | Lima beans, immature seeds, frozen, fordhook, cook | -1 |
| 11516 | Sweet potato, frozen, unprepared | -1 |
| 11381 | Potatoes, mashed, dehydrated, prepared from granu | -1 |
| 11037 | Lima beans, immature seeds, frozen, fordhook, unpre | -1 |
| 11894 | Vegetables, mixed, frozen, cooked, boiled, drained, v | -1 |
| 11105 | Burdock root, cooked, boiled, drained, without salt | -1 |
| 11038 | Lima beans, immature seeds, frozen, fordhook, cook | -1 |
| 11514 | Sweet potato, canned, mashed | -1 |
| 11039 | Lima beans, immature seeds, frozen, baby, unprepar | -1 |
| 11198 | Cowpeas, young pods with seeds, cooked, boiled, dra | -1 |
| 11779 | Cowpeas, young pods with seeds, cooked, boiled, dra | -1 |
| 11219 | Gourd, white-flowered (calabash), cooked, boiled, dra | -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, witho | -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 | -1 |
| 11109 | Cabbage, raw | -1 |
| 11033 | Beans, lima, immature seeds, canned, regular pack, | -1 |
| 11715 | Lima beans, immature seeds, canned, no salt added, | -1 |
| 11784 | Gourd, white-flowered (calabash), cooked, boiled, dra | -1 |
| 11807 | Onions, frozen, whole, cooked, boiled, drained, with s | -1 |
| 43311 | Potatoes, canned, drained solids, no salt added | -1 |
| 11718 | Mung beans, mature seeds, sprouted, cooked, boiled | -1 |
| 11626 | Beans, mung, mature seeds, sprouted, canned, drain | -1 |
| 11104 | Burdock root, raw | -1 |
| 11305 | Peas, green, cooked, boiled, drained, without salt | -1 |
| 11376 | Potatoes, canned, drained solids | -1 |

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| 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, with 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, salt | -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 | -1 |
| 11326 | Peas and onions, frozen, unprepared | -1 |
| 11327 | Peas and onions, frozen, cooked, boiled, drained, with salt | -1 |
| 11818 | Peas and onions, frozen, cooked, boiled, drained, with salt | -1 |

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| 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 | -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 | -2 |
| 11842 | Potatoes, french fried, all types, salt not added in process | -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 process | -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 process | -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 |

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| 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), r | -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 liq | -2 |
| 11816 | Peas and carrots, canned, no salt added, solids and li | -2 |
| 11010 | Artichokes, (globe or french), frozen, cooked, boiled, | -2 |
| 11703 | Artichokes, (globe or french), frozen, cooked, boiled, | -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, | -2 |
| 11324 | Peas and onions, canned, solids and liquids | -2 |
| 11496 | Succotash, (corn and limas), cooked, boiled, drained | -2 |
| 11333 | Peppers, sweet, green, raw | -2 |
| 11497 | Succotash, (corn and limas), canned, with cream sty | -2 |
| 11810 | Peas, edible-podded, frozen, cooked, boiled, drained, | -2 |
| 11871 | Succotash, (corn and limas), cooked, boiled, drained | -2 |
| 11203 | Cress, garden, raw | -2 |
| 11329 | Peppers, hot chili, green, canned, pods, excluding see | -2 |
| 11820 | Peppers, hot chili, red, canned, excluding seeds, solid | -2 |
| 11911 | Corn, sweet, white, frozen, kernels cut off cob, boiled | -2 |
| 11912 | Corn, sweet, white, frozen, kernels cut off cob, boiled | -2 |
| 11122 | Cardoon, raw | -2 |
| 11774 | Corn, sweet, yellow, frozen, kernels, cut off cob, boile | -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 kern | -3 |
| 11174 | Corn, sweet, yellow, canned, cream style, regular pac | -3 |
| 11772 | Corn, sweet, yellow, canned, cream style, no salt add | -3 |

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| 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 | -3 |
| 11322 | Peas and carrots, frozen, unprepared | -3 |
| 11323 | Peas and carrots, frozen, cooked, boiled, drained, with salt | -3 |
| 11817 | Peas and carrots, frozen, cooked, boiled, drained, without 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 | -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, with salt | -3 |
| 11840 | Potatoes, frozen, french fried, par fried, cottage-cut, without salt | -3 |
| 11176 | Corn, sweet, yellow, canned, vacuum pack, regular pack | -3 |
| 11773 | Corn, sweet, yellow, canned, vacuum pack, no salt added | -3 |
| 11908 | Corn, sweet, white, canned, vacuum pack, regular pack | -3 |
| 11909 | Corn, sweet, white, canned, vacuum pack, no salt added | -3 |
| 11531 | Tomatoes, red, ripe, canned, packed in tomato juice | -3 |
| 11885 | Tomatoes, red, ripe, canned, packed in tomato juice, with salt | -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, with salt | -3 |
| 11596 | Winged beans, immature seeds, cooked, boiled, drained, with salt | -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 salt | -3 |
| 11823 | Peppers, sweet, red, cooked, boiled, drained, without salt | -3 |
| 11501 | Succotash, (corn and limas), frozen, unprepared | -3 |
| 11502 | Succotash, (corn and limas), frozen, cooked, boiled, with salt | -3 |
| 11872 | Succotash, (corn and limas), frozen, cooked, boiled, without salt | -3 |
| 11973 | Beans, fava, in pod, raw | -3 |
| 11527 | Tomatoes, green, raw | -3 |
| 11184 | Corn with red and green peppers, canned, solids and liquid | -3 |
| 11822 | Peppers, sweet, green, cooked, boiled, drained, with salt | -3 |
| 11824 | Peppers, sweet, red, cooked, boiled, drained, with salt | -3 |
| 11182 | Corn, yellow, whole kernel, frozen, microwaved | -3 |

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| 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 liquids | -3 |
| 11903 | Corn, sweet, white, canned, whole kernel, regular pack | -3 |
| 11904 | Corn, sweet, white, canned, whole kernel, no salt added | -3 |
| 11026 | Bamboo shoots, raw | -3 |
| 11181 | Corn, sweet, yellow, frozen, kernels on cob, cooked, drained | -3 |
| 11775 | Corn, sweet, yellow, frozen, kernels on cob, cooked, drained | -3 |
| 11914 | Corn, sweet, white, frozen, kernels on cob, cooked, drained | -3 |
| 11915 | Corn, sweet, white, frozen, kernels on cob, cooked, drained | -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, unprepared | -4 |
| 11178 | Corn, sweet, yellow, frozen, kernels cut off cob, unprepared | -4 |
| 11910 | Corn, sweet, white, frozen, kernels cut off cob, unprepared | -4 |
| 11615 | Chives, freeze-dried | -4 |
| 43146 | Eggplant, pickled | -4 |
| 11152 | Chicory greens, raw | -4 |
| 11025 | Balsam-pear (bitter melon), pods, cooked, boiled, drained | -4 |
| 11408 | Potatoes, frozen, french fried, par fried, extruded, unprepared | -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, prepared | -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 |

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| 11918 | Peppers, sweet, red, frozen, chopped, cooked, boiled | -5 |
| 11172 | Corn, sweet, yellow, canned, whole kernel, drained s | -5 |
| 11825 | Peppers, sweet, green, frozen, chopped, cooked, boil | -5 |
| 11825 | Peppers, sweet, green, frozen, chopped, cooked, boil | -5 |
| 11919 | Peppers, sweet, red, frozen, chopped, cooked, boiled | -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 so | -5 |
| 11208 | Dandelion greens, cooked, boiled, drained, without sa | -6 |
| 11027 | Bamboo shoots, cooked, boiled, drained, without salt | -6 |
| 11943 | Pimento, canned | -6 |
| 11901 | Corn, sweet, white, cooked, boiled, drained, without | -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 | -6 |
| 11770 | Corn, sweet, yellow, cooked, boiled, drained, with sa | -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, boile | -6 |
| 11261 | Mushrooms, white, cooked, boiled, drained, without s | -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 | -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 | -7 |
| 11981 | Peppers, hungarian, raw | -8 |
| 11245 | Lambsquarters, cooked, boiled, drained, without salt | -8 |
| 11794 | Lambs quarters, cooked, boiled, drained, with salt | -8 |
| 11351 | Pokeberry shoots, (poke), cooked, boiled, drained, w | -8 |
| 11156 | Chives, raw | -8 |
| 11895 | Waxgourd, (chinese preserving melon), cooked, boile | -8 |
| 11989 | Mushrooms, straw, canned, drained solids | -8 |
| 11392 | Potatoes, hashed brown, frozen, with butter sauce, u | -8 |
| 11371 | Potatoes, mashed, home-prepared, whole milk and m | -8 |

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| 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, without salt | -9 | |
| 11826 | Pigeonpeas, immature seeds, cooked, boiled, drained, with salt | -9 | |
| 11243 | Mushrooms, portabella, grilled | -10 | |
| 11939 | Mushrooms, portabella, exposed to ultraviolet light, ground | -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 salt | -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 cheese | -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 | -24 | bad effect |
| 11286 | Onions, yellow, sauteed | -31 | awful effect |