

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 (includes raisins)	-2
18407	Bagels, plain, unenriched, with calcium propionate (includes raisins)	-2
18408	Bagels, plain, unenriched, without calcium propionate (includes raisins)	-2
18030	Bread, french or vienna, toasted (includes sourdough)	-2
18003	Bagels, egg	-2
18013	Biscuits, plain or buttermilk, refrigerated dough, low sodium	-2
18066	Bread, wheat bran	-2
18012	Biscuits, plain or buttermilk, refrigerated dough, low sodium	-2
18012	Biscuits, plain or buttermilk, refrigerated dough, low sodium	-2
18025	Bread, cracked-wheat	-2
18014	Biscuits, plain or buttermilk, refrigerated dough, high sodium	-2
18015	Biscuits, plain or buttermilk, refrigerated dough, high sodium	-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 propionate	-3
18416	Bread, white, commercially prepared, low sodium	-3
18432	Bread, white, commercially prepared, toasted, low sodium	-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 propionate	-3
18338	Phyllo dough	-3
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry)	-3
18242	Croutons, plain	-3
18134	Cake, sponge, prepared from recipe	-3
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	-3
18938	Toaster Pastries, fruit, frosted (include apples, blueberries, cherries)	-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	-3
18172	Cookies, gingersnaps	-3
18017	Biscuits, mixed grain, refrigerated dough	-3
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco,	-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 prop	-3
18438	English muffins, plain, unenriched, with calcium prop	-3
18439	English muffins, plain, unenriched, without calcium p	-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 Muffin	-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, Artificial	-3
18352	Rolls, hamburger or hotdog, reduced-calorie	-3
43441	Rolls, pumpernickel	-3
18426	Crackers, saltines, unsalted tops (includes oyster, so	-3
18028	Bread, egg, toasted	-4
18249	Doughnuts, cake-type, plain, chocolate-coated or fro	-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 m	-4
18412	Bread, cornbread, dry mix, unenriched (includes corn	-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 frosti	-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 bis	-4
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	-4
18431	Danish pastry, fruit, unenriched (includes apple, cinn	-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 butterm	-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 nonfa	-4
18069	Bread, white, commercially prepared (includes soft b	-4
18434	Crackers, cheese, low sodium	-4
18176	Cookies, marshmallow, chocolate-coated (includes m	-4
18936	Pancakes, plain, frozen, ready-to-heat, microwave (in	-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 Crum	-4
18358	Sweet rolls, cinnamon, refrigerated dough with frosti	-4
18357	Sweet rolls, cinnamon, refrigerated dough with frosti	-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, regu	-4
18065	Bread, wheat, toasted	-4
18288	Pancakes plain, frozen, ready-to-heat (includes butte	-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 chocola	-5
18161	Cookies, chocolate chip, dry mix	-5
18230	Crackers, standard snack-type, sandwich, with chees	-5
18449	Tortillas, ready-to-bake or -fry, corn, without added s	-5
18168	Cookies, chocolate sandwich, with extra creme filling	-5
18151	Cookies, brownies, commercially prepared	-5
18934	Waffle, buttermilk, frozen, ready-to-heat, microwave	-5
18159	Cookies, chocolate chip, commercially prepared, regu	-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 (inclu	-5
18365	Waffles, plain, frozen, ready-to-heat	-5
18160	Cookies, chocolate chip, commercially prepared, soft-	-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	-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 frost	-5
18428	Crackers, wheat, low salt	-5
18251	Doughnuts, cake-type, chocolate, sugared or glazed	-5
18248	Doughnuts, cake-type, plain (includes unsugared, old	-5
18205	Cookies, sugar, refrigerated dough	-5
18121	Cake, pound, commercially prepared, other than all b	-5
18418	Cake, pound, commercially prepared, other than all b	-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, regu	-6
18268	French toast, frozen, ready-to-heat	-6
18246	Danish pastry, fruit, enriched (includes apple, cinnam	-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	-6
18255	Doughnuts, yeast-leavened, glazed, enriched (include	-6
18378	Cookies, chocolate chip, prepared from recipe, made	-6
18166	Cookies, chocolate sandwich, with creme filling, regu	-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 Roll	-6
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	-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 (includes frosting)	-7
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched	-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 frosting)	-7
18342	Rolls, dinner, plain, commercially prepared (includes frosting)	-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 filling)	-7
18170	Cookies, fig bars	-7
18333	Pie crust, standard-type, dry mix, prepared, baked	-7
18104	Coffeecake, cinnamon with crumb topping, commercially prepared	-7
18104	Coffeecake, cinnamon with crumb topping, commercially prepared	-7
18417	Coffeecake, cinnamon with crumb topping, commercially prepared	-7
18271	Ice cream cones, cake or wafer-type	-7
18947	Pie crust, deep dish, frozen, baked, made with enriched dough	-7
18945	Pie crust, deep dish, frozen, unbaked, made with enriched dough	-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 margarine	-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 c	-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, cinna	-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, p	-9
18158	Cookies, chocolate chip, commercially prepared, regu	-9
18146	Cake, yellow, prepared from recipe without frosting	-9
18019	Bread, banana, prepared from recipe, made with ma	-9
18126	Cake, shortcake, biscuit-type, prepared from recipe	-9
18953	Bread, salvadoran sweet cheese (quesadilla salvador	-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-	-9
18951	Waffles, chocolate chip, frozen, ready-to-heat	-9
18300	Pancakes, whole-wheat, dry mix, incomplete, prepar	-9
18231	Crackers, standard snack-type, sandwich, with peanu	-9
18279	Muffins, corn, commercially prepared	-9
18203	Cookies, sugar, commercially prepared, special dietar	-9
18024	Bread, cornbread, prepared from recipe, made with l	-10
18198	Cookies, chocolate chip, commercially prepared, spec	-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	-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 fa	-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, regul	-11
18011	Biscuits, plain or buttermilk, dry mix, prepared	-11
18377	Cookies, oatmeal, prepared from recipe, without rais	-12
18283	Muffins, oat bran	-12
18950	Crackers, wheat, reduced fat	-12
18141	Cake, yellow, commercially prepared, with vanilla fro	-12
18235	Crackers, whole-wheat	-12
18388	Muffins, wheat bran, toaster-type with raisins, toast	-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	-13
18399	Pie crust, cookie-type, prepared from recipe, graham	-13
18325	Pie, pecan, prepared from recipe	-13
18386	Muffins, blueberry, toaster-type, toasted	-13
18200	Cookies, oatmeal, commercially prepared, special die	-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	-14
18398	Pie crust, cookie-type, prepared from recipe, chocola	-14
18281	Muffins, corn, toaster-type	-14
18208	Cookies, sugar, prepared from recipe, made with ma	-14
18257	Eclairs, custard-filled with chocolate glaze, prepared	-14
18323	Pie, peach	-14
18009	Biscuits, plain or buttermilk, commercially baked	-15
18278	Muffins, blueberry, prepared from recipe, made with	-15
18294	Pancakes, blueberry, prepared from recipe	-15
18199	Cookies, chocolate sandwich, with creme filling, spec	-15
18199	Cookies, chocolate sandwich, with creme filling, spec	-15
18189	Cookies, peanut butter, prepared from recipe	-15
18273	Muffins, plain, prepared from recipe, made with low f	-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, unbak	-15
18282	Muffins, corn, prepared from recipe, made with low fa	-15
18238	Cream puffs, prepared from recipe, shell, with custar	-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 raisins	-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 wafers	-18	
18274	Muffins, blueberry, commercially prepared (Includes egg)	-18	very good effect
18237	Cream puffs, prepared from recipe, shell (includes egg)	-19	good effect
18201	Cookies, peanut butter sandwich, special dietary	-20	OK effect
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	-21	not very good effect
18229	Crackers, standard snack-type, regular	-21	bad effect
18211	Puff pastry, frozen, ready-to-bake, baked	-31	awful effect