Dairy and Egg Products

Code	Description		Effect
01022	Cheese, gouda		O
01039	Cheese, roquefort		O
01146	Cheese, parmesan, shredded		O
01204	Cheese, parmesan, dry grated, reduced fat		O
01038	Cheese, romano		O
01033	Cheese, parmesan, hard		O
01108	Milk, indian buffalo, fluid		O
43340	Cheese, parmesan, low sodium		O
01093	Milk, dry, nonfat, calcium reduced		O
01092	Milk, dry, nonfat, instant, with added vitamin A and v		O
01155	Milk, dry, nonfat, instant, without added vitamin A an		O
01068	Cream substitute, liquid, with lauric acid oil and sodiu		O
01091	Milk, dry, nonfat, regular, without added vitamin A an		O
01154	Milk, dry, nonfat, regular, with added vitamin A and v		O
01097	Milk, canned, evaporated, nonfat, with added vitamin		O
01085	Milk, nonfat, fluid, with added vitamin A and vitamin		O
01151	Milk, nonfat, fluid, without added vitamin A and vitan		O
42205	Cheese, pasteurized process, cheddar or american, fa		O
01014	Cheese, cottage, nonfat, uncreamed, dry, large or sn		O
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D		O
43261	Yogurt, fruit variety, nonfat		O
01113	Whey, acid, dried		O
01115	Whey, sweet, dried		O
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounc		O
01026	Cheese, mozzarella, whole milk		O
01087	Milk, nonfat, fluid, protein fortified, with added vitam		O
01034	Cheese, port de salut		O
01086	Milk, nonfat, fluid, with added nonfat milk solids, vita		O
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)		O
01094	Milk, buttermilk, dried		O
01060	Milk, filled, fluid, with lauric acid oil		O
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce		O
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce,		O
43078	Beverage, milkshake mix, dry, not chocolate		O
01076	Milk substitutes, fluid, with lauric acid oil		O
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce		O
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fc		O
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced		O
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce		O
01203	Yogurt, fruit, lowfat, with low calorie sweetener		O
01219	Yogurt, fruit, lowfat, with low calorie sweetener, forti		O
01067	Cream substitute, liquid, with hydrogenated vegetabl		O
01021	Cheese, gjetost		O
01088	Milk, buttermilk, fluid, cultured, lowfat		O
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce		O
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce		O
42189	Milk, buttermilk, fluid, cultured, reduced fat		O
01016	Cheese, cottage, lowfat, 1% milkfat		O

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

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43352	Cheese, cottage, lowfat, 1% milkfat, no sodium adde	O
42135	Whipped topping, frozen, low fat	O
01110	Milk shakes, thick chocolate	O
01114	Whey, sweet, fluid	O
01044	Cheese, pasteurized process, swiss, with di sodium p	O
01148	Cheese, pasteurized process, swiss, without di sodiur	O
01047	Cheese food, pasteurized process, swiss	O
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat mill	O
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with a	O
01020	Cheese, fontina	O
01104	Milk, chocolate, fluid, commercial, lowfat, with added	O
01111	Milk shakes, thick vanilla	O
01041	Cheese, tilsit	O
01019	Cheese, feta	O
01074	Sour cream, imitation, cultured	O
01073	Dessert topping, semi solid, frozen	O
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	O
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified,	O
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	O
43275	Cheese, pasteurized process, american, low fat	O
43589	Cheese, swiss, low fat	O
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfa	O
01095	Milk, canned, condensed, sweetened	O
43379	Cheese, pasteurized process, swiss, low fat	O
01102	Milk, chocolate, fluid, commercial, whole, with added	O
01089	Milk, low sodium, fluid	O
42136	Cream substitute, powdered, light	O
01078	Milk, producer, fluid, 3.7% milkfat	O
01018	Cheese, edam	O
01008	Cheese, caraway	O
43278	Cheese, american cheddar, imitation	O
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, limburger	-1
01015	Cheese, cottage, lowfat, 2% milkfat	-1
01007	Cheese, camembert	-1

01042	Cheese, pasteurized process, american, with di sodiu	-1
01043	Cheese, pasteurized process, pimento	-1
01147	Cheese, pasteurized process, american, without di so	-1
01006	Cheese, brie	-1
01163	Cheese fondue	-1
43205	Beverage, instant breakfast powder, chocolate, not re	-1
01048	Cheese spread, pasteurized process, american, witho	-1
01150	Cheese spread, pasteurized process, american, with	-1
43398	Cheese, pasteurized process, cheddar or american, lo	-1
01045	Cheese food, cold pack, american	-1
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	-1
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounc	-1
01035	Cheese, provolone	-1
01149	Cheese food, pasteurized process, american, with di	-1
01214	Milk, canned, evaporated, without added vitamin A a	-1
01096	Milk, canned, evaporated, with added vitamin D and	-1
01153	Milk, canned, evaporated, with added vitamin A	-1
01071	Dessert topping, powdered, 1.5 ounce prepared with	-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	-1
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfa	-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 a	-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 a	-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 vitam	-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	-2	
01058	Sour dressing, non-butterfat, cultured, filled cream-ty	-3	
01046	Cheese food, pasteurized process, american, without	-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 powd	-10	
01059	Milk, filled, fluid, with blend of hydrogenated vegetab	-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 cholester	-26	awful effect