
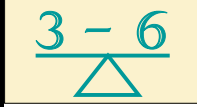
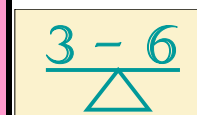


NIX the six!

NDB_NO	DESCRIPTION	Omega 3-6 Balance Score	
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	-84	awful effect
04517	Oil, grapeseed	-79	bad effect
04506	Oil, sunflower, linoleic, (approx. 65%)	-74	not very good effect
04514	Oil, poppyseed	-71	OK effect
04026	Salad dressing, mayonnaise, soybean and safflower o	-68	good effect
12039	Seeds, sunflower seed kernels, toasted, without salt	-60	very good effect
04518	Oil, corn, industrial and retail, all purpose salad or coo	-59	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> $\frac{3}{-} \frac{6}{-}$  </div>
04502	Oil, cottonseed, salad or cooking	-59	
04670	USDA Commodity Food, oil, vegetable, low saturated	-59	
12538	Seeds, sunflower seed kernels, oil roasted, with salt a	-58	
04146	Salad dressing, french, cottonseed, oil, home recipe	-57	
04700	Oil, industrial, soy, ultra low linolenic	-56	
12537	Seeds, sunflower seed kernels, dry roasted, with salt	-56	
04038	Oil, wheat germ	-54	
12021	Seeds, safflower seed kernels, dried	-54	
02033	Spices, poppy seed	-53	
43598	Mayonnaise dressing, no cholesterol	-52	
12154	Nuts, walnuts, black, dried	-50	
04044	Oil, soybean, salad or cooking	-50	
12147	Nuts, pine nuts, dried	-49	
04528	Oil, walnut	-48	
04543	Oil, soybean, salad or cooking, (partially hydrogenate	-48	
04016	Salad dressing, sesame seed dressing, regular	-48	
04135	Salad dressing, home recipe, vinegar and oil	-47	
04133	Salad dressing, french, home recipe	-47	
21311	McDONALD'S, Creamy Ranch Sauce	-46	
04058	Oil, sesame, salad or cooking	-46	
43015	Salad dressing, caesar dressing, regular	-46	
14210	Coffee, brewed, espresso, restaurant-prepared	-46	
04531	Oil, soybean lecithin	-46	
04025	Salad dressing, mayonnaise, soybean oil, with salt	-46	
04639	Salad dressing, ranch dressing, commercial, regular	-46	
21314	McDONALD'S, Spicy Buffalo Sauce	-46	
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	-46	
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	-45	
04060	Oil, sunflower, linoleic (less than 60%)	-45	
04539	Salad dressing, blue or roquefort cheese dressing, cor	-44	
12155	Nuts, walnuts, english	-44	
42140	Salad dressing, italian dressing, reduced calorie	-44	
04641	Salad dressing, mayonnaise, light	-44	awful effect
04588	Oil, oat	-42	bad effect
04030	Sandwich spread, with chopped pickle, regular, unspe	-42	not very good effect
43017	Salad dressing, green goddess, regular	-41	OK effect
12084	Nuts, butternuts, dried	-41	good effect
04624	Margarine-like, vegetable oil spread, fat free, liquid, v	-40	very good effect
12201	Seeds, sesame seed kernels, dried (decorticated)	-40	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> $\frac{3}{-} \frac{6}{-}$  </div>
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tu	-39	
12171	Seeds, sesame butter, tahini, from unroasted kernels	-39	
12036	Seeds, sunflower seed kernels, dried	-39	

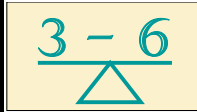
04694	Margarine-like, vegetable oil spread, 60% fat, tub, wi	-39
16104	Bacon, meatless	-39
42178	Mayonnaise, made with tofu	-39
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tu	-39
12014	Seeds, pumpkin and squash seed kernels, dried	-38
12149	Nuts, pine nuts, pinyon, dried	-38
12166	Seeds, sesame butter, tahini, from roasted and toast	-38
04029	Salad dressing, mayonnaise, imitation, soybean witho	-38
42116	Creamy dressing, made with sour cream and/or butte	-38
04586	Shortening, special purpose for cakes and frostings, s	-38
12698	Seeds, sesame butter, tahini, type of kernels unspecif	-38
04630	Margarine Spread, approximately 48% fat, tub	-37
04546	Shortening bread, soybean (hydrogenated) and cotton	-37
19035	Snacks, popcorn, oil-popped, microwave, regular flav	-37
12023	Seeds, sesame seeds, whole, dried	-37
04034	Oil, soybean, salad or cooking, (partially hydrogenate	-37
04017	Salad dressing, thousand island, commercial, regular	-37
04042	Oil, peanut, salad or cooking	-36
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tu	-36
04037	Oil, rice bran	-36
12024	Seeds, sesame seeds, whole, roasted and toasted	-36
04018	Salad dressing, mayonnaise type, regular, with salt	-36
43016	Salad dressing, coleslaw	-36
43599	Salad dressing, Mayonnaise dressing, diet, no cholest	-36
12029	Seeds, sesame seed kernels, toasted, without salt add	-36
12198	Seeds, sesame butter, tahini, from raw and stone gro	-36
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, r	-35
12516	Seeds, pumpkin and squash seed kernels, roasted, wi	-35
21416	POPEYES, Coleslaw	-35
04587	Shortening, special purpose for baking, soybean (hyd	-35
04114	Salad dressing, italian dressing, commercial, regular	-35
19415	Snacks, potato sticks	-34
04120	Salad dressing, french dressing, commercial, regular	-34
42256	Margarine-like, vegetable oil spread, stick or tub, swe	-34
19046	Snacks, potato chips, made from dried potatoes, sour	-33
06169	Sauce, ready-to-serve, pepper, TABASCO	-33
19412	Snacks, potato chips, made from dried potatoes, chee	-33
06968	Soup, cream of mushroom, low sodium, ready-to-serv	-32
16129	Tofu, fried	-32
43355	Mayonnaise, low sodium, low calorie or diet	-32
19802	Snacks, corn-based, extruded, puffs or twists, cheese	-32
04015	Salad dressing, russian dressing	-32
12200	Nuts, formulated, wheat-based, all flavors except mac	-32
04027	Salad dressing, mayonnaise, imitation, soybean	-32
19008	Snacks, corn-based, extruded, puffs or twists, cheese	-32
04600	Margarine-like, vegetable oil-butter spread, tub, with	-32
05026	Chicken, heart, all classes, cooked, simmered	-32
11286	Onions, yellow, sauteed	-31
12078	Nuts, brazilnuts, dried, unblanched	-31
21127	Fast foods, coleslaw	-31
43329	Salad dressing, mayonnaise and mayonnaise-type, lo	-31
18211	Puff pastry, frozen, ready-to-bake, baked	-31

16094	Peanuts, valencia, oil-roasted, with salt	-30
12199	Nuts, formulated, wheat-based, flavored, macadamia	-30
12144	Nuts, pecans, oil roasted, without salt added	-30
12170	Seeds, sesame flour, high-fat	-30
12130	Nuts, hickorynuts, dried	-30
16132	Tofu, salted and fermented (fuyu)	-30
07067	Poultry salad sandwich spread	-30
16160	Tofu, hard, prepared with nigari	-29
16092	Peanuts, spanish, oil-roasted, with salt	-29
19411	Snacks, potato chips, plain, salted	-29
04683	Margarine, margarine-like vegetable oil spread, 67-70	-29
42171	Salad dressing, french dressing, reduced calorie	-29
19418	Snacks, sesame sticks, wheat-based, salted	-29
43447	Snacks, corn-based, extruded, chips, unsalted	-29
12142	Nuts, pecans	-28
04610	Margarine, regular, 80% fat, composite, stick, with sa	-28
16107	Sausage, meatless	-28
04615	Shortening, vegetable, household, composite	-28
04628	Margarine, 80% fat, stick, includes regular and hydro	-27
19154	Candies, sesame crunch	-27
16128	Tofu, dried-frozen (koyadofu)	-27
16427	Tofu, raw, regular, prepared with calcium sulfate	-27
16090	Peanuts, all types, dry-roasted, with salt	-27
04559	Shortening household soybean (hydrogenated) and pa	-27
04585	Margarine-like, margarine-butter blend, soybean oil a	-26
42117	Imitation cheese, american or cheddar, low cholester	-26
06410	Soup, cream of celery, canned, prepared with equal v	-26
19003	Snacks, corn-based, extruded, chips, plain	-26
12143	Nuts, pecans, dry roasted, without salt added	-26
16127	Tofu, soft, prepared with calcium sulfate and magnes	-26
42291	Peanut butter, reduced sodium	-26
21420	KENTUCKY FRIED CHICKEN, Coleslaw	-26
04031	Shortening, household, soybean (partially hydrogenat	-26
19040	Snacks, popcorn, cheese-flavor	-26
19058	Snacks, tortilla chips, ranch-flavor	-26
16089	Peanuts, all types, oil-roasted, with salt	-26
04128	Margarine-like, vegetable oil spread, unspecified oils,	-26
21422	KENTUCKY FRIED CHICKEN, Popcorn Chicken	-25
20113	Noodles, chinese, chow mein	-25
19015	Snacks, granola bars, hard, plain	-25
16096	Peanuts, virginia, oil-roasted, with salt	-25
43129	Fish sticks, meatless	-25
43134	Vegetarian fillets	-25
04073	Margarine, regular, hard, soybean (hydrogenated)	-25
16397	Peanut butter, chunk style, without salt	-25
19420	Snacks, granola bars, hard, peanut butter	-25
16149	Peanut spread, reduced sugar	-25
19019	Snacks, granola bars, hard, peanut	-25
02009	Spices, chili powder	-25
20118	Noodles, flat, crunchy, Chinese restaurant	-25
43135	Sandwich spread, meatless	-24
04575	Fat, turkey	-24



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

04629	Margarine, margarine-type vegetable oil spread, 70%	-24
19807	Snacks, popcorn, oil-popped, white popcorn	-24
16098	Peanut butter, smooth style, with salt	-24
19045	Snacks, potato chips, made from dried potatoes, redu	-24
11453	Soybeans, mature seeds, sprouted, cooked, steamed	-24
21441	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CR	-23
19057	Snacks, tortilla chips, nacho cheese	-23
04692	Margarine, regular, 80% fat, composite, tub, with salt	-23
16398	Peanut butter, smooth style, without salt	-23
36605	CRACKER BARREL, country fried shrimp platter	-23
16110	Soybeans, mature seeds, roasted, salted	-23
04618	Margarine, regular, 80% fat, composite, tub, without	-23
16173	Frijoles rojos volteados (Refried beans, red, canned)	-23
21440	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CR	-23
43299	Soybean, curd cheese	-23
07919	Sausage, turkey, breakfast links, mild	-23
12652	Nuts, pistachio nuts, dry roasted, with salt added	-23
04612	Margarine-like, vegetable oil spread, 60% fat, stick, v	-23
19822	Snacks, trail mix, regular, with chocolate chips, unsal	-23
21421	KENTUCKY FRIED CHICKEN, Crispy Chicken Strips	-23
21047	Entrees, fish fillet, battered or breaded, and fried	-23
19422	Snacks, potato chips, reduced fat	-22
16113	Natto	-22
16409	Soybeans, mature seeds, cooked, boiled, with salt	-22
12065	Nuts, almonds, oil roasted, without salt added	-22
42307	Margarine-like, butter-margarine blend, 80% fat, stick	-22
43212	Bacon bits, meatless	-22
36614	DENNY'S, MOONS & STARS chicken nuggets, from kid	-22
02031	Spices, pepper, red or cayenne	-22
12195	Nuts, almond butter, plain, without salt added	-22
36016	Restaurant, family style, shrimp, breaded and fried	-22
11672	Potato pancakes	-22
42151	Vegetable oil-butter spread, reduced calorie	-22
19811	Snacks, potato chips, plain, unsalted	-22
03017	Babyfood, meat, turkey sticks, junior	-22
21337	McDONALD'S, Peanuts (for Sundaes)	-22
36001	APPLEBEE'S, Double Crunch Shrimp	-22
21439	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CR	-22
12063	Nuts, almonds, dry roasted, without salt added	-22
36612	DENNY'S, golden fried shrimp	-22
04687	Margarine-like spread, BENECOL Light Spread	-22
19823	Potato chips, without salt, reduced fat	-22
20060	Rice bran, crude	-22
43528	Ensure plus, liquid nutrition	-22
21438	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CR	-22
16416	Soy flour, full-fat, roasted, crude protein basis (N x 6.	-21
25027	Snacks, plantain chips, salted	-21
16116	Soy flour, full-fat, roasted	-21
04674	Margarine-like spread, SMART BALANCE Light Buttery	-21
04542	Fat, chicken	-21
21401	Fast foods, chicken tenders	-21
21140	Side dishes, potato salad	-21



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

36604	CRACKER BARREL, chicken tenderloin platter, fried, fr	-21
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	-21
36606	CRACKER BARREL, farm raised catfish platter	-21
18229	Crackers, standard snack-type, regular	-21
12062	Nuts, almonds, blanched	-21
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	-21
36015	Restaurant, family style, chicken fingers, from kid's m	-21
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt	-21
11414	Potato salad, home-prepared	-21
18446	Pie crust, standard-type, frozen, ready-to-bake, unen	-21
16111	Soybeans, mature seeds, dry roasted	-21
16126	Tofu, firm, prepared with calcium sulfate and magnes	-21
19059	Snacks, trail mix, regular	-21
16415	Soy flour, full-fat, raw, crude protein basis (N x 6.25)	-21
19147	Candies, peanut bar	-20
18201	Cookies, peanut butter sandwich, special dietary	-20
36005	APPLEBEE'S, chicken fingers, from kids' menu	-20
06401	Soup, cream of asparagus, canned, prepared with equ	-20
21308	McDONALD'S, Chicken SELECTS Premium Breast Strip	-20
36617	Restaurant, Chinese, lemon chicken	-20
36618	Restaurant, Chinese, general tso's chicken	-20
19077	Baking chocolate, unsweetened, liquid	-20
36619	Restaurant, Chinese, kung pao chicken	-20
25012	Snacks, sweet potato chips	-20
06001	Soup, cream of asparagus, canned, condensed	-20
19367	Toppings, nuts in syrup	-20
42289	Oil, corn and canola	-20
19031	Snacks, oriental mix, rice-based	-20
04529	Oil, almond	-20
42230	Salad Dressing, coleslaw dressing, reduced fat	-20
36610	DENNY'S, French fries	-19
12663	Seeds, pumpkin and squash seeds, whole, roasted, w	-19
21437	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-19
05236	Turkey, young hen, skin only, cooked, roasted	-19
18237	Cream puffs, prepared from recipe, shell (includes ecl	-19
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60	-19
36007	T.G.I. FRIDAY'S, French fries	-19
06167	Sauce, homemade, white, thick	-19
16167	USDA Commodity, Peanut Butter, smooth	-19
01130	Egg, whole, cooked, omelet	-19
21309	McDONALD'S, Chicken McNUGGETS	-19
19421	Snacks, potato chips, cheese-flavor	-19
21436	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-19
05260	Turkey, young tom, skin only, cooked, roasted	-19
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	-19
43020	Salad dressing, blue or roquefort cheese, low calorie	-18
04673	Margarine-like spread, SMART BALANCE Regular Butte	-18
21230	Fast Foods, crispy chicken filet sandwich, with lettuce	-18
43132	Meatballs, meatless	-18
43137	Vegetarian meatloaf or patties	-18
18274	Muffins, blueberry, commercially prepared (Includes r	-18
36014	Restaurant, family style, French fries	-18

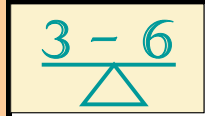
$$\frac{3 - 6}{\triangle}$$

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

42130	Turkey bacon, cooked	-18
01128	Egg, whole, cooked, fried	-18
13890	Beef, round, top round, separable lean only, trimmed	-18
18401	Pie crust, cookie-type, prepared from recipe, vanilla w	-18
18367	Waffles, plain, prepared from recipe	-18
18954	Bread, pound cake type, pan de torta salvadoran	-18
05294	Turkey thigh, pre-basted, meat and skin, cooked, roa	-18
43131	Luncheon slices, meatless	-18
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumb	-18
18356	Sweet rolls, cinnamon, commercially prepared with ra	-18
04626	Margarine-like spread with yogurt, 70% fat, stick, wit	-18
12138	Nuts, mixed nuts, oil roasted, without peanuts, withou	-18
07011	Bologna, turkey	-18
42158	Creamy dressing, made with sour cream and/or butte	-18
05015	Chicken, broilers or fryers, skin only, raw	-18
06121	Gravy, mushroom, canned	-18
06480	Soup, chicken broth or bouillon, dry, prepared with w	-18
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crum	-17
01125	Egg, yolk, raw, fresh	-17
16114	Tempeh	-17
06166	Sauce, homemade, white, medium	-17
07254	LOUIS RICH, Turkey Bacon	-17
21435	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-17
43128	Chicken, meatless	-17
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt	-17
10007	Pork, fresh, separable fat, cooked	-17
05019	Chicken, broilers or fryers, skin only, cooked, stewed	-17
43130	Frankfurter, meatless	-17
36601	Restaurant, Chinese, egg rolls, assorted	-17
11632	Peppers, jalapeno, canned, solids and liquids	-17
01132	Egg, whole, cooked, scrambled	-17
05246	Turkey, young hen, back, meat and skin, cooked, roa	-17
06493	Soup, mushroom, dry, mix, prepared with water	-17
21257	BURGER KING, Chicken WHOPPER Sandwich	-17
18354	Strudel, apple	-17
05018	Chicken, broilers or fryers, skin only, cooked, roasted	-17
01131	Egg, whole, cooked, poached	-17
06119	Gravy, chicken, canned, ready-to-serve	-17
21229	Fast foods, chicken, breaded and fried, boneless piece	-17
18252	Doughnuts, cake-type, wheat, sugared or glazed	-17
18621	NABISCO, NABISCO RITZ Crackers	-17
03013	Babyfood, meat, chicken, junior	-17
05240	Turkey, young hen, dark meat, meat and skin, cooked	-17
07255	LOUIS RICH, Turkey Bologna	-17
05017	Chicken, broilers or fryers, skin only, cooked, fried, fl	-17
36607	CRACKER BARREL, steak fries	-17
05190	Turkey, all classes, back, meat and skin, cooked, roa	-17
18270	Hush puppies, prepared from recipe	-17
21472	Fast Foods, Fried Chicken, Wing, meat and skin and b	-17
07025	Frankfurter, turkey	-17
18952	Tostada shells, corn	-17
11450	Soybeans, green, raw	-17

21471 Fast Foods, Fried Chicken, Thigh, meat and skin and b -17
18202 Cookies, sugar wafers with creme filling, special dieta -17
01123 Egg, whole, raw, fresh -17
05292 Turkey patties, breaded, battered, fried -17
21433 KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CR -16
18154 Cookies, brownies, prepared from recipe -16
12206 Nuts, almonds, honey roasted, unblanched -16
43367 Turkey, drumstick, smoked, cooked, with skin, bone r -16
36002 APPLEBEE'S, French fries -16
18427 Crackers, standard snack-type, regular, low salt -16
11451 Soybeans, green, cooked, boiled, drained, without sal -16
07950 Frankfurter, meat -16
05204 Turkey, fryer-roasters, skin only, cooked, roasted -16
21434 KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL -16
08037 Cereals ready-to-eat, granola, homemade -16
21004 Fast foods, biscuit, with egg and ham -16
06043 Soup, cream of mushroom, canned, condensed -16
05184 Turkey, all classes, dark meat, meat and skin, cooked -16
04689 Salad Dressing, mayonnaise, light, SMART BALANCE, -16
05670 Ground turkey, 85% lean, 15% fat, patties, broiled -16
05354 USDA Commodity, turkey taco meat, frozen, cooked -16
18234 Crackers, wheat, sandwich, with peanut butter filling -16
21105 Fast foods, fish sandwich, with tartar sauce -16
19809 Snacks, potato chips, plain, made with partially hydro -16
06443 Soup, cream of mushroom, canned, prepared with equ -16
04640 Salad dressing, ranch dressing, reduced fat -16
05250 Turkey, young hen, leg, meat and skin, cooked, roast -16
05244 Turkey, young hen, dark meat, meat only, cooked, ro -16
21002 Fast foods, biscuit, with egg -16
06080 Soup, chicken broth or bouillon, dry -16
21319 McDONALD'S, Hash Browns -16
06549 Soup, chicken mushroom, canned, prepared with equ -16
21470 Fast Foods, Fried Chicken, Drumstick, meat and skin v -16
18233 Crackers, wheat, sandwich, with cheese filling -16
18448 Taco shells, baked, without added salt -16
12540 Seeds, sunflower seed butter, with salt added -16
05300 Turkey sticks, breaded, battered, fried -16
05194 Turkey, all classes, leg, meat and skin, cooked, roaste -16
06584 Soup, broccoli cheese, canned, condensed, commercia -16
05188 Turkey, all classes, dark meat, cooked, roasted -16
03957 Infant formula, ABBOTT NUTRITION, ALIMENTUM ADV -16
18317 Pie, egg custard, commercially prepared -16
05264 Turkey, young tom, dark meat, meat and skin, cooke -16
43215 Salad dressing, buttermilk, lite -16
18390 Pancakes, buttermilk, prepared from recipe -16
07952 Bologna, chicken, turkey, pork -16
03935 Infant formula, ABBOTT NUTRITION, SIMILAC, ALIME -16
05016 Chicken, broilers or fryers, skin only, cooked, fried, ba -16
01126 Egg, yolk, raw, frozen -16
15128 Fish, tuna salad -16
03012 Babyfood, meat, chicken, strained -16
05308 Chicken, cornish game hens, meat and skin, cooked, -16

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



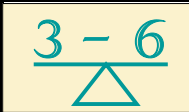
07949	Frankfurter, meat, heated	-16
43364	Snacks, tortilla chips, unsalted, white corn	-15
18293	Pancakes, plain, prepared from recipe	-15
18238	Cream puffs, prepared from recipe, shell, with custard	-15
05274	Turkey, young tom, leg, meat and skin, cooked, roasted	-15
07253	LOUIS RICH, Franks (turkey and chicken)	-15
43021	Salad dressing, caesar, low calorie	-15
18282	Muffins, corn, prepared from recipe, made with low fat	-15
05022	Chicken, broilers or fryers, giblets, cooked, simmered	-15
07266	LOUIS RICH, Turkey Salami	-15
06149	Soup, chicken mushroom, canned, condensed	-15
07265	LOUIS RICH, Turkey Nuggets/Sticks (breaded)	-15
18336	Pie crust, standard-type, prepared from recipe, baked	-15
11370	Potatoes, hashed brown, home-prepared	-15
21428	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-15
18232	Crackers, wheat, regular	-15
05085	Chicken, broilers or fryers, neck, meat and skin, cooked	-15
07070	Salami, cooked, turkey	-15
05232	Turkey, young hen, meat and skin, cooked, roasted	-15
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM	-15
18360	Taco shells, baked	-15
21003	Fast foods, biscuit, with egg and bacon	-15
18273	Muffins, plain, prepared from recipe, made with low fat	-15
05116	Chicken, roasting, giblets, cooked, simmered	-15
05306	Poultry food products, ground turkey, cooked	-15
05230	Turkey, young hen, meat and skin and giblets and neck	-15
07024	Frankfurter, chicken	-15
06460	Soup, stockpot, canned, prepared with equal volume	-15
43410	Chicken, meatless, breaded, fried	-15
21106	Fast foods, fish sandwich, with tartar sauce and cheese	-15
36603	Restaurant, Chinese, beef and vegetables	-15
18189	Cookies, peanut butter, prepared from recipe	-15
21469	Fast Foods, Fried Chicken, Breast, meat and skin with	-15
05268	Turkey, young tom, dark meat, meat only, cooked, roasted	-15
18199	Cookies, chocolate sandwich, with creme filling, special	-15
18294	Pancakes, blueberry, prepared from recipe	-15
19230	Frostings, vanilla, creamy, ready-to-eat	-15
04595	Shortening, multipurpose, soybean (hydrogenated) and	-15
06210	Soup, cream of celery, canned, prepared with equal volume	-15
18278	Muffins, blueberry, prepared from recipe, made with low	-15
05296	Turkey roast, boneless, frozen, seasoned, light and dark	-15
18009	Biscuits, plain or buttermilk, commercially baked	-15
05214	Turkey, fryer-roasters, back, meat and skin, cooked, roasted	-15
11978	Pepper, ancho, dried	-15
19216	Candies, praline, prepared-from-recipe	-15
01138	Egg, duck, whole, fresh, raw	-15
05124	Chicken, stewing, meat and skin, cooked, stewed	-15
06028	Soup, clam chowder, manhattan, canned, condensed	-15
12086	Nuts, cashew nuts, oil roasted, without salt added	-15
18323	Pie, peach	-14
12586	Nuts, cashew nuts, oil roasted, with salt added	-14
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	-14

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

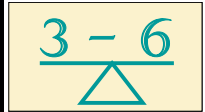
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06428	Soup, clam chowder, manhattan, canned, prepared w	-14
07052	Pastrami, turkey	-14
04511	Oil, safflower, salad or cooking, high oleic (primary sa	-14
18257	Eclairs, custard-filled with chocolate glaze, prepared f	-14
05051	Chicken, broilers or fryers, back, meat and skin, cook	-14
43390	Turkey, light or dark meat, smoked, cooked, with skin	-14
21102	Fast foods, chicken fillet sandwich, plain	-14
18208	Cookies, sugar, prepared from recipe, made with mar	-14
07267	LOUIS RICH, Turkey Salami Cotto	-14
18281	Muffins, corn, toaster-type	-14
05252	Turkey, young hen, wing, meat and skin, cooked, roa	-14
03014	Babyfood, meat, chicken sticks, junior	-14
04678	Oil, vegetable, Natreon canola, high stability, non tran	-14
18398	Pie crust, cookie-type, prepared from recipe, chocolat	-14
05052	Chicken, broilers or fryers, back, meat and skin, cook	-14
43366	Turkey, wing, smoked, cooked, with skin, bone remov	-14
18165	Cookies, chocolate chip, prepared from recipe, made y	-14
05049	Chicken, broilers or fryers, back, meat and skin, cook	-14
03070	Babyfood, dinner, chicken soup, strained	-14
05101	Chicken, broilers or fryers, wing, meat and skin, cook	-14
21018	Fast foods, egg, scrambled	-14
18085	Bread stuffing, cornbread, dry mix, prepared	-14
05166	Turkey, all classes, meat and skin, cooked, roasted	-14
05102	Chicken, broilers or fryers, wing, meat and skin, cook	-14
07220	OSCAR MAYER, Liver Cheese, pork fat wrapped	-14
07053	Pate, chicken liver, canned	-14
11555	Tomato products, canned, sauce, with herbs and chee	-14
05164	Turkey, all classes, meat and skin and giblets and nec	-14
07082	Turkey roll, light and dark meat	-14
12088	Nuts, cashew butter, plain, without salt added	-14
21035	Fast foods, chicken, breaded and fried, dark meat (dr	-14
04548	Shortening cake mix, soybean (hydrogenated) and co	-14
05196	Turkey, all classes, wing, meat and skin, cooked, roas	-14
05035	Chicken, broilers or fryers, dark meat, meat and skin,	-14
01137	Egg, yolk, dried	-14
05172	Turkey, all classes, giblets, cooked, simmered, some	-13
05254	Turkey, young tom, meat and skin and giblets and ne	-13
42262	Sausage, chicken and beef, smoked	-13
18210	Cookies, vanilla sandwich with creme filling	-13
21313	McDONALD'S, Hot Mustard Sauce	-13
18082	Bread stuffing, bread, dry mix, prepared	-13
18319	Pie, fried pies, fruit	-13
18444	Pie, fried pies, cherry	-13
18445	Pie, fried pies, lemon	-13
07268	LOUIS RICH, Turkey Smoked Sausage	-13
11015	Asparagus, canned, drained solids	-13
07018	Chicken spread	-13
07252	LOUIS RICH, Franks (turkey and chicken cheese)	-13
21036	Fast foods, chicken, breaded and fried, light meat (br	-13
06165	Sauce, homemade, white, thin	-13
18429	Crackers, whole-wheat, low salt	-13
07936	Bologna, pork and turkey, lite	-13

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



05095	Chicken, broilers or fryers, thigh, meat and skin, cook	-13
07960	Bologna, chicken, pork	-13
05050	Chicken, broilers or fryers, back, meat and skin, cook	-13
08084	Cereals ready-to-eat, wheat germ, toasted, plain	-13
07959	Bologna, chicken, pork, beef	-13
18277	Muffins, blueberry, toaster-type	-13
05216	Turkey, fryer-roasters, back, meat only, cooked, roas	-13
18305	Pie, blueberry, commercially prepared	-13
04581	Oil, avocado	-13
19228	Frostings, cream cheese-flavor, ready-to-eat	-13
12085	Nuts, cashew nuts, dry roasted, without salt added	-13
05038	Chicken, broilers or fryers, dark meat, meat and skin,	-13
21432	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CR	-13
05132	Chicken, stewing, dark meat, meat only, cooked, stev	-13
18200	Cookies, oatmeal, commercially prepared, special diet	-13
17176	Game meat, opossum, cooked, roasted	-13
05002	Chicken, broilers or fryers, meat and skin and giblets	-13
05007	Chicken, broilers or fryers, meat and skin, cooked, fri	-13
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	-13
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, lov	-13
04021	Salad dressing, italian dressing, reduced fat	-13
05094	Chicken, broilers or fryers, thigh, meat and skin, cook	-13
05276	Turkey, young tom, wing, meat and skin, cooked, roa	-13
21431	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CR	-13
12122	Nuts, hazelnuts or filberts, dry roasted, without salt a	-13
12032	Seeds, sesame flour, partially defatted	-13
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, orig	-13
04677	Margarine-like spread, SMART BALANCE Omega Plus S	-13
18386	Muffins, blueberry, toaster-type, toasted	-13
18325	Pie, pecan, prepared from recipe	-13
04144	Salad dressing, italian dressing, reduced fat, without s	-13
05256	Turkey, young tom, meat and skin, cooked, roasted	-13
18399	Pie crust, cookie-type, prepared from recipe, graham	-13
11159	Coleslaw, home-prepared	-13
05103	Chicken, broilers or fryers, wing, meat and skin, cook	-13
05238	Turkey, young hen, light meat, meat and skin, cooked	-13
05285	Turkey, diced, light and dark meat, seasoned	-13
05168	Turkey, all classes, meat only, cooked, roasted	-13
21263	TACO BELL, Soft Taco with steak	-13
05076	Chicken, broilers or fryers, leg, meat and skin, cooked	-13
05104	Chicken, broilers or fryers, wing, meat and skin, cook	-13
20078	Wheat germ, crude	-13
05092	Chicken, broilers or fryers, thigh, meat and skin, cook	-13
17147	Game meat, bear, cooked, simmered	-13
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	-13
07066	Turkey sausage, reduced fat, brown and serve, cooke	-13
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and	-13
06201	Soup, cream of asparagus, canned, prepared with equ	-13
18286	Muffins, wheat bran, toaster-type with raisins	-13
05037	Chicken, broilers or fryers, dark meat, meat and skin,	-13
21138	Fast foods, potato, french fried in vegetable oil	-13
43391	Turkey, light or dark meat, smoked, cooked, skin and	-13



awful effect
bad effect
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good effect
very good effect

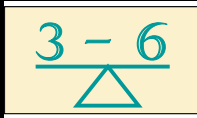
06412	Soup, chicken with dumplings, canned, prepared with	-13
05126	Chicken, stewing, meat only, cooked, stewed	-12
19061	Snacks, trail mix, tropical	-12
21238	McDONALD'S, French Fries	-12
04574	Fat, duck	-12
36611	DENNY'S, mozzarella cheese sticks	-12
05112	Chicken, roasting, meat and skin, cooked, roasted	-12
05003	Chicken, broilers or fryers, meat and skin and giblets	-12
01160	Egg, yolk, raw, frozen, salted	-12
04698	Oil, industrial, canola, high oleic	-12
05079	Chicken, broilers or fryers, leg, meat and skin, cooked	-12
43031	Candies, chocolate covered, caramel with nuts	-12
05036	Chicken, broilers or fryers, dark meat, meat and skin,	-12
06101	Soup, cream of vegetable, dry, powder	-12
09039	Avocados, raw, Florida	-12
18320	Pie, lemon meringue, commercially prepared	-12
18388	Muffins, wheat bran, toaster-type with raisins, toasted	-12
12120	Nuts, hazelnuts or filberts	-12
06930	Sauce, cheese, ready-to-serve	-12
21427	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-12
06012	Soup, chicken with dumplings, canned, condensed	-12
21393	Fast foods, hamburger; single, regular patty; double c	-12
05226	Turkey, fryer-roasters, wing, meat and skin, cooked,	-12
18235	Crackers, whole-wheat	-12
21320	McDONALD'S, Scrambled Eggs	-12
07037	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	-12
05234	Turkey, young hen, meat only, cooked, roasted	-12
01129	Egg, whole, cooked, hard-boiled	-12
10193	Pork, fresh, backribs, separable lean and fat, cooked,	-12
11930	Potatoes, mashed, prepared from flakes, without milk	-12
07075	Sausage, smoked link sausage, pork and beef	-12
05068	Chicken, broilers or fryers, drumstick, meat and skin,	-12
04134	Salad dressing, home recipe, cooked	-12
18141	Cake, yellow, commercially prepared, with vanilla fros	-12
43287	Dove, cooked (includes squab)	-12
11954	Tomatillos, raw	-12
04022	Salad dressing, russian dressing, low calorie	-12
05089	Chicken, broilers or fryers, neck, meat only, cooked, f	-12
21426	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-12
05077	Chicken, broilers or fryers, leg, meat and skin, cooked	-12
01134	Egg, whole, dried, stabilized, glucose reduced	-12
03009	Babyfood, meat, ham, junior	-12
01127	Egg, yolk, raw, frozen, sugared	-12
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Car	-12
18950	Crackers, wheat, reduced fat	-12
05284	Turkey, canned, meat only, with broth	-12
12059	Nuts, acorns, dried	-12
18283	Muffins, oat bran	-12
42128	Turkey ham, sliced, extra lean, prepackaged or deli-s	-12
05093	Chicken, broilers or fryers, thigh, meat and skin, cook	-12
36008	T.G.I. FRIDAY'S, fried mozzarella	-12
05078	Chicken, broilers or fryers, leg, meat and skin, cooked	-12

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07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	-12	
05055	Chicken, broilers or fryers, back, meat only, cooked, r	-12	
19434	Cheese puffs and twists, corn based, baked, low fat	-12	
16139	Soymilk, original and vanilla, with added calcium, vita	-12	
06035	Soup, escarole, canned, ready-to-serve	-12	
05030	Chicken, broilers or fryers, light meat, meat and skin,	-12	
36012	Restaurant, family style, fried mozzarella sticks	-12	
36416	Restaurant, Latino, bunuelos (fried yeast bread)	-12	
21323	McDONALD'S, Sausage Patty	-12	
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spre	-12	
05248	Turkey, young hen, breast, meat and skin, cooked, ro	-12	
12071	Nuts, almond paste	-12	
05004	Chicken, broilers or fryers, meat and skin and giblets	-12	
05138	Chicken, capons, giblets, cooked, simmered	-12	
05208	Turkey, fryer-roasters, dark meat, meat and skin, coc	-12	
05054	Chicken, broilers or fryers, back, meat only, cooked, f	-12	
05122	Chicken, stewing, meat and skin, and giblets and nec	-12	
05005	Chicken, broilers or fryers, meat and skin and giblets	-12	
12060	Nuts, acorn flour, full fat	-12	
07240	OSCAR MAYER, Wieners (pork, turkey)	-12	
06446	Soup, cream of onion, canned, prepared with equal vo	-12	
21390	Fast foods, hamburger; single, large patty; with cond	-12	
11212	Edamame, frozen, prepared	-12	
16112	Miso	-12	
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg a	-12	
01141	Egg, turkey, whole, fresh, raw	-12	
05130	Chicken, stewing, light meat, meat only, cooked, stev	-12	
04142	Salad dressing, french dressing, reduced fat, without	-12	
18377	Cookies, oatmeal, prepared from recipe, without raisi	-12	
05008	Chicken, broilers or fryers, meat and skin, cooked, fri	-12	
07074	Smoked link sausage, pork	-12	
06016	Soup, cream of chicken, canned, condensed	-12	
15150	Crustaceans, shrimp, mixed species, cooked, breaded	-11	
21316	McDONALD'S, Tangy Honey Mustard Sauce	-11	
05009	Chicken, broilers or fryers, meat and skin, cooked, ro	-11	
06416	Soup, cream of chicken, canned, prepared with equal	-11	
19406	Snacks, granola bars, soft, uncoated, nut and raisin	-11	
04532	Oil, hazelnut	-11	
07058	Pickle and pimienta loaf, pork	-11	
21253	BURGER KING, WHOPPER, with cheese	-11	
05182	Turkey, all classes, light meat, meat and skin, cooked	-11	
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMI	-11	
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMI	-11	
19023	Snacks, granola bars, oats, fruits and nut	-11	
05010	Chicken, broilers or fryers, meat and skin, cooked, ste	-11	
18011	Biscuits, plain or buttermilk, dry mix, prepared	-11	
18185	Cookies, peanut butter, commercially prepared, regul	-11	
21400	Fast foods, cheeseburger; double, regular patty; doub	-11	
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMI	-11	awful effect
06046	Soup, cream of onion, canned, condensed	-11	bad effect
01139	Egg, goose, whole, fresh, raw	-11	not very good effec
11929	Potatoes, mashed, prepared from granules, without m	-11	OK effect

05310	Chicken, cornish game hens, meat only, cooked, roas	-11
04582	Oil, canola	-11
11296	Onion rings, breaded, par fried, frozen, prepared, hea	-11
18328	Pie, vanilla cream, prepared from recipe	-11
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVAN	-11
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and	-11
05069	Chicken, broilers or fryers, drumstick, meat and skin,	-11
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVAN	-11
21462	Fast foods, crispy chicken, bacon, and tomato club sa	-11
16137	Hummus, home prepared	-11
01140	Egg, quail, whole, fresh, raw	-11
18302	Pie, apple, prepared from recipe	-11
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSU	-11
18152	Cookies, brownies, dry mix, regular	-11
05320	Chicken, wing, frozen, glazed, barbecue flavored, hea	-11
18306	Pie, blueberry, prepared from recipe	-11
05333	Chicken, ground, crumbles, cooked, pan-browned	-11
36004	APPLEBEE'S, mozzarella sticks	-11
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVAN	-11
16225	Soymilk, original and vanilla, light, with added calciu	-11
10919	Pork, cured, ham and water product, shank, bone-in,	-11
01059	Milk, filled, fluid, with blend of hydrogenated vegetabl	-11
05192	Turkey, all classes, breast, meat and skin, cooked, ro	-11
05258	Turkey, young tom, meat only, cooked, roasted	-11
05192	Turkey, all classes, breast, meat and skin, cooked, ro	-11
05258	Turkey, young tom, meat only, cooked, roasted	-11
18304	Pie, banana cream, prepared from recipe	-11
18269	French toast, prepared from recipe, made with low fat	-11
05070	Chicken, broilers or fryers, drumstick, meat and skin,	-11
19027	Snacks, granola bars, soft, uncoated, peanut butter a	-11
05098	Chicken, broilers or fryers, thigh, meat only, cooked,	-11
05272	Turkey, young tom, breast, meat and skin, cooked, ro	-11
36412	Restaurant, Latino, tamale, pork	-11
18223	Crackers, milk	-11
18292	Pancakes, plain, dry mix, incomplete, prepared	-11
05262	Turkey, young tom, light meat, meat and skin, cooke	-11
05262	Turkey, young tom, light meat, meat and skin, cooke	-11
03072	Babyfood, dinner, chicken stew, toddler	-11
05312	Chicken, wing, frozen, glazed, barbecue flavored	-11
04583	Oil, mustard	-11
05090	Chicken, broilers or fryers, neck, meat only, cooked, s	-11
18184	Cookies, oatmeal, prepared from recipe, with raisins	-11
19020	Snacks, granola bars, soft, uncoated, plain	-11
05058	Chicken, broilers or fryers, breast, meat and skin, cod	-11
05134	Chicken, capons, meat and skin and giblets and neck,	-11
05120	Chicken, roasting, dark meat, meat only, cooked, roa	-11
18321	Pie, lemon meringue, prepared from recipe	-11
07245	OSCAR MAYER, Wieners (cheese hot dogs with turkey	-11
43566	Snacks, tortilla chips, light (baked with less oil)	-11
21341	McDONALD'S, BIG BREAKFAST	-11
12145	Nuts, pilinuts, dried	-11
07927	Sausage, Italian, turkey, smoked	-11

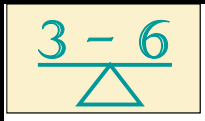
good effect
very good effect



07929	Sausage, turkey, hot, smoked	-11	
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin	-11	
05212	Turkey, fryer-roasters, dark meat, meat only, cooked	-11	
16147	Veggie burgers or soyburgers, unprepared	-11	
18116	Cake, gingerbread, prepared from recipe	-11	
18309	Pie, cherry, prepared from recipe	-11	
19150	Candies, REESE'S Peanut Butter Cups	-11	
05097	Chicken, broilers or fryers, thigh, meat only, cooked,	-11	
21430	KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CR	-10	
05044	Chicken, broilers or fryers, dark meat, meat only, coo	-10	
36403	Restaurant, Latino, empanadas, beef, prepared	-10	
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSU	-10	
05045	Chicken, broilers or fryers, dark meat, meat only, coo	-10	
07222	OSCAR MAYER, Old Fashioned Loaf	-10	
06243	Soup, cream of mushroom, canned, prepared with eq	-10	
10167	Pork, cured, separable fat (from ham and arm picnic)	-10	
04576	Fat, goose	-10	
05099	Chicken, broilers or fryers, thigh, meat only, cooked,	-10	
18016	Biscuits, plain or buttermilk, prepared from recipe	-10	
10147	Pork, cured, ham, patties, grilled	-10	
42157	Creamy dressing, made with sour cream and/or butte	-10	
18215	Crackers, cheese, sandwich-type with peanut butter f	-10	
08253	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRA	-10	
20033	Oat bran, raw	-10	
35183	Corn, dried, yellow (Northern Plains Indians)	-10	
21321	McDONALD'S, Hotcakes (plain)	-10	
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, C	-10	
05222	Turkey, fryer-roasters, leg, meat and skin, cooked, ro	-10	
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with	-10	
07200	OSCAR MAYER, Bologna (chicken, pork, beef)	-10	
04609	Animal fat, bacon grease	-10	
17184	Game meat, squirrel, cooked, roasted	-10	
04002	Lard	-10	
07221	OSCAR MAYER, Luncheon Loaf (spiced)	-10	
21026	Fast foods, potatoes, hashed brown	-10	
04053	Oil, olive, salad or cooking	-10	
05136	Chicken, capons, meat and skin, cooked, roasted	-10	
05136	Chicken, capons, meat and skin, cooked, roasted	-10	
19021	Snacks, granola bars, soft, uncoated, peanut butter	-10	
18099	Cake, chocolate, dry mix, regular	-10	
11660	Tomatoes, red, ripe, cooked, stewed	-10	
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMI	-10	
10047	Pork, fresh, loin, center rib (roasts), bone-in, separab	-10	
05353	USDA Commodity, chicken fajita strips, frozen	-10	
07071	Salami, dry or hard, pork	-10	
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMI	-10	
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMI	-10	
10914	Pork, cured, ham -- water added, shank, bone-in, sep	-10	awful effect
04055	Oil, palm	-10	bad effect
05046	Chicken, broilers or fryers, dark meat, meat only, coo	-10	not very good effec
07065	Pork and beef sausage, fresh, cooked	-10	OK effect
18187	Cookies, peanut butter, refrigerated dough	-10	good effect

10158	USDA Commodity, pork, canned	-10
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSIB	-10
21254	BURGER KING, DOUBLE WHOPPER, no cheese	-10
21389	Fast foods, hamburger; double, large patty; with cond	-10
36407	Restaurant, Latino, Arroz con grandules (rice and pige	-10
05277	Chicken, canned, meat only, with broth	-10
06040	Soup, minestrone, canned, condensed	-10
06045	Soup, onion, canned, condensed	-10
06419	Soup, chicken noodle, canned, prepared with equal vo	-10
06430	Soup, clam chowder, new england, canned, prepared	-10
06440	Soup, minestrone, canned, prepared with equal volum	-10
06966	Soup, chicken noodle, low sodium, canned, prepared	-10
43268	Whipped cream substitute, dietetic, made from powde	-10
21402	McDONALD'S, Premium Grilled Chicken Classic Sandw	-10
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSIB	-10
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with ir	-10
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low irc	-10
05198	Turkey, fryer-roasters, meat and skin and giblets and	-10
17182	Game meat, raccoon, cooked, roasted	-10
42297	Cereals ready-to-eat, POST Banana Nut Crunch	-10
11243	Mushrooms, portabella, grilled	-10
06030	Soup, clam chowder, new england, canned, condense	-10
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with ir	-10
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low irc	-10
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with ir	-10
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low irc	-10
05031	Chicken, broilers or fryers, light meat, meat and skin,	-10
05647	Ostrich, inside strip, cooked	-10
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE	-10
05081	Chicken, broilers or fryers, leg, meat only, cooked, fri	-10
03021	Babyfood, meat, meat sticks, junior	-10
21415	POPEYES, Biscuit	-10
43136	Vegetarian stew	-10
06019	Soup, chicken noodle, canned, condensed	-10
06067	Soup, chunky vegetable, canned, ready-to-serve	-10
03960	Infant formula, NESTLE, GOOD START SUPREME, with	-10
03961	Infant formula, NESTLE, GOOD START SUPREME, with	-10
06445	Soup, onion, canned, prepared with equal volume wa	-10
05317	Duck, young duckling, domesticated, White Pekin, leg	-10
09037	Avocados, raw, all commercial varieties	-10
10031	Pork, fresh, loin, blade (roasts), bone-in, separable le	-10
05313	Chicken, wing, frozen, glazed, barbecue flavored, hea	-10
10923	Pork, cured, ham with natural juices, rump, bone-in, s	-10
06981	Soup, bouillon cubes and granules, low sodium, dry	-10
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	-10
18188	Cookies, peanut butter, refrigerated dough, baked	-10
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACAR	-10
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBE	-10
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low	-10
21362	McDONALD'S, Sausage Biscuit with Egg	-10
21275	PIZZA HUT 12" Pepperoni Pizza, Thick Crust	-10
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with	-10

very good effect



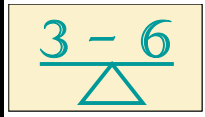
08085	Cereals ready-to-eat, QUAKER, KRETSCHMER Honey C	-10
18198	Cookies, chocolate chip, commercially prepared, spec	-10
06125	Gravy, turkey, canned, ready-to-serve	-10
18024	Bread, cornbread, prepared from recipe, made with lo	-10
07935	Oven-roasted chicken breast roll	-10
04544	Shortening, household, lard and vegetable oil	-10
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bea	-10
03802	Infant formula, NESTLE, GOOD START SUPREME, with	-10
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFRE	-10
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFRE	-10
05082	Chicken, broilers or fryers, leg, meat only, cooked, ro	-10
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIC	-10
06182	Soup, cream of mushroom, canned, condensed, reduc	-10
10955	Pork, cured, ham, rump, bone-in, separable lean and	-9
18203	Cookies, sugar, commercially prepared, special dietar	-9
18279	Muffins, corn, commercially prepared	-9
05032	Chicken, broilers or fryers, light meat, meat and skin,	-9
11826	Pigeonpeas, immature seeds, cooked, boiled, drained	-9
16120	Soymilk, original and vanilla, unfortified	-9
18231	Crackers, standard snack-type, sandwich, with peanu	-9
07224	OSCAR MAYER, Pickle Pimiento Loaf (with chicken)	-9
05033	Chicken, broilers or fryers, light meat, meat and skin,	-9
07031	Ham salad spread	-9
13897	Beef, round, top round, separable lean and fat, trimm	-9
03800	Infant formula, NESTLE, GOOD START SUPREME, with	-9
10915	Pork, cured, ham -- water added, slice, bone-in, sepa	-9
18300	Pancakes, whole-wheat, dry mix, incomplete, prepare	-9
07013	Bratwurst, pork, cooked	-9
11962	Peppers, hot chile, sun-dried	-9
09038	Avocados, raw, California	-9
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBE	-9
02002	Spices, anise seed	-9
05315	Duck, young duckling, domesticated, White Pekin, bre	-9
08428	Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepa	-9
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with	-9
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low	-9
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, wi	-9
10889	Pork, cured, ham and water product, shank, bone-in,	-9
18951	Waffles, chocolate chip, frozen, ready-to-heat	-9
18186	Cookies, peanut butter, commercially prepared, soft-t	-9
16135	Winged beans, mature seeds, raw	-9
10936	Pork, cured, ham, shank, bone-in, separable lean and	-9
11295	Onion rings, breaded, par fried, frozen, unprepared	-9
03801	Infant formula, NESTLE, GOOD START SUPREME, with	-9
42241	Turkey, pork, and beef sausage, reduced fat, smoked	-9
03015	Babyfood, meat, turkey, strained	-9
04020	Salad dressing, french dressing, reduced fat	-9
07036	Sausage, Italian, pork, raw	-9
16436	Winged beans, mature seeds, cooked, boiled, with sal	-9
03839	Infant formula, ABBOTT NUTRITION, SIMILAC NATUR	-9
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with	-9
43297	Pork, oriental style, dehydrated	-9

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- awful effect
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- not very good effect
- OK effect
- good effect
- very good effect

07247	OSCAR MAYER, Wieners (light pork, turkey, beef)	-9
18119	Cake, pineapple upside-down, prepared from recipe	-9
18196	Cookies, brownies, dry mix, special dietary	-9
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat	-9
10939	Pork, cured, ham, slice, bone-in, separable lean and fat	-9
22955	Egg rolls, vegetable, refrigerated, heated	-9
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIG	-9
18953	Bread, salvadoran sweet cheese (quesadilla salvadore	-9
05228	Turkey, fryer-roasters, wing, meat only, cooked, roasted	-9
21080	Fast foods, nachos, with cheese, beans, ground beef, cheese	-9
18126	Cake, shortcake, biscuit-type, prepared from recipe	-9
11019	Asparagus, frozen, cooked, boiled, drained, without salt	-9
11709	Asparagus, frozen, cooked, boiled, drained, with salt	-9
07208	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	-9
10861	Pork, cured, bacon, cooked, microwaved	-9
05083	Chicken, broilers or fryers, leg, meat only, cooked, stuffed	-9
21340	McDONALD'S, Sausage Burrito	-9
03817	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron	-9
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOB	-9
05224	Turkey, fryer-roasters, leg, meat only, cooked, roasted	-9
10929	Pork, cured, ham, rump, bone-in, separable lean and fat	-9
05140	Duck, domesticated, meat and skin, cooked, roasted	-9
03804	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, low	-9
06468	Soup, vegetarian vegetable, canned, prepared with equal	-9
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREAT	-9
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron	-9
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	-9
22953	Egg rolls, pork, refrigerated, heated	-9
19074	Candies, caramels	-9
07040	Liver cheese, pork	-9
05072	Chicken, broilers or fryers, drumstick, meat only, cooked	-9
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed	-9
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIG	-9
10918	Pork, cured, ham and water product, rump, bone-in, separable	-9
03197	Babyfood, cereal, with egg yolks, strained	-9
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	-9
06442	Soup, mushroom barley, canned, prepared with equal	-9
17145	Game meat, antelope, cooked, roasted	-9
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	-9
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin	-9
21297	PIZZA HUT 14" Pepperoni Pizza, Thick Crust	-9
11956	Tomatoes, sun-dried, packed in oil, drained	-9
07223	OSCAR MAYER, Olive Loaf (chicken, pork, turkey)	-9
11383	Potatoes, mashed, dehydrated, prepared from granules	-9
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, with iron	-9
02005	Spices, caraway seed	-9
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	-9
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	-9
02022	Spices, mace, ground	-9
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, with iron	-9
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	-9
07044	USDA Commodity, luncheon meat, canned	-9

10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), s	-9
18019	Bread, banana, prepared from recipe, made with mar	-9
10129	Pork, cured, breakfast strips, cooked	-9
03198	Babyfood, cereal, with egg yolks, junior	-9
18146	Cake, yellow, prepared from recipe without frosting	-9
01133	Egg, whole, dried	-9
18158	Cookies, chocolate chip, commercially prepared, regu	-9
10205	Pork, fresh, loin, country-style ribs, separable lean an	-9
20077	Wheat bran, crude	-9
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron,	-9
05622	Emu, ground, cooked, pan-broiled	-9
18108	Coffeecake, cinnamon with crumb topping, dry mix, p	-9
10168	Pork, cured, shoulder, arm picnic, separable lean and	-9
11976	Pepper, banana, raw	-9
05114	Chicken, roasting, meat only, cooked, roasted	-9
19249	Candies, HERSHEY, REESESTICKS crispy wafers, pear	-9
18144	Cake, yellow, dry mix, regular, enriched	-9
10940	Pork, fresh, spareribs, separable lean and fat, cooked	-9
21095	Fast foods, cheeseburger; double, regular, patty and	-9
05012	Chicken, broilers or fryers, meat only, cooked, fried	-9
04550	Shortening frying (heavy duty), beef tallow and cotto	-9
21245	WENDY'S, Ultimate Chicken Grill Sandwich	-9
15119	Fish, tuna, light, canned in oil, drained solids	-9
12121	Nuts, hazelnuts or filberts, blanched	-9
07050	Mortadella, beef, pork	-9
06068	Soup, vegetarian vegetable, canned, condensed	-9
10954	Pork, fresh, enhanced, shoulder, (Boston butt), blade	-9
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, r	-9
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron	-9
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECI	-9
10924	Pork, cured, ham with natural juices, shank, bone-in,	-9
03807	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, l	-9
11760	Carrots, frozen, cooked, boiled, drained, with salt	-9
42261	Cereals ready-to-eat, whole wheat, rolled oats, presw	-9
18322	Pie, mince, prepared from recipe	-9
03206	Babyfood, cookie, baby, fruit	-9
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron	-9
19896	Candies, REESE'S Fast Break, milk chocolate, peanut	-9
10925	Pork, cured, ham with natural juices, slice, bone-in, s	-9
19039	Snacks, popcorn, caramel-coated, without peanuts	-9
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFRE	-9
04556	Shortening frying (heavy duty), palm (hydrogenated)	-8
03201	Babyfood, cereal, egg yolks and bacon, junior	-8
11371	Potatoes, mashed, home-prepared, whole milk and m	-8
05186	Turkey, all classes, light meat, cooked, roasted	-8
07080	Turkey ham, cured turkey thigh meat	-8
08530	Cereals ready-to-eat, KELLOGG, SMORZ	-8
10881	Pork, cured, ham and water product, shank, bone-in,	-8
18247	Danish pastry, nut (includes almond, raisin nut, cinna	-8
10871	Pork, cured, ham and water product, whole, boneless	-8
07231	OSCAR MAYER, Sandwich Spread (pork, chicken, beef	-8
02001	Spices, allspice, ground	-8

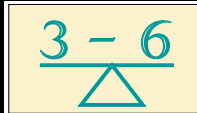


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- good effect
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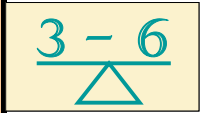
42153	Salad dressing, blue or roquefort cheese dressing, red	-8
10920	Pork, cured, ham and water product, slice, bone-in, se	-8
05293	Turkey breast, pre-basted, meat and skin, cooked, ro	-8
21361	McDONALD'S, Sausage Biscuit	-8
03926	Infant formula, NESTLE, GOOD START ESSENTIALS S	-8
08305	Cereals ready-to-eat, oat, corn and wheat squares, pr	-8
12001	Seeds, breadfruit seeds, raw	-8
10873	Pork, cured, ham with natural juices, rump, bone-in, s	-8
25025	Snacks, soy chips or crisps, salted	-8
03928	Infant formula, NESTLE, GOOD START ESSENTIALS S	-8
06042	Soup, mushroom barley, canned, condensed	-8
10076	Pork, fresh, shoulder, arm picnic, separable lean and	-8
21306	Fast foods, griddle cake sandwich, sausage	-8
43476	Tofu yogurt	-8
16417	Soy flour, defatted, crude protein basis (N x 6.25)	-8
05106	Chicken, broilers or fryers, wing, meat only, cooked, f	-8
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBE	-8
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFRE	-8
18157	Cookies, chocolate wafers	-8
18078	Bread, whole-wheat, prepared from recipe, toasted	-8
05013	Chicken, broilers or fryers, meat only, roasted	-8
18077	Bread, whole-wheat, prepared from recipe	-8
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin	-8
21255	BURGER KING, DOUBLE WHOPPER, with cheese	-8
16118	Soy flour, low-fat	-8
18137	Cake, white, dry mix, regular	-8
05014	Chicken, broilers or fryers, meat only, stewed	-8
21425	KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-8
21260	TACO BELL, Original Taco with beef	-8
19858	Candies, sugar-coated almonds	-8
21384	BURGER KING, CROISSAN'WICH with Sausage and Ch	-8
10046	Pork, fresh, loin, center rib (chops), bone-in, separab	-8
18301	Pie, apple, commercially prepared, enriched flour	-8
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIC	-8
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	-8
42283	Snacks, potato chips, white, restructured, baked	-8
23105	Beef, chuck, under blade center steak, boneless, Deny	-8
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron,	-8
11392	Potatoes, hashed brown, frozen, with butter sauce, ur	-8
07276	HORMEL SPAM, Luncheon Meat, pork with ham, mince	-8
23106	Beef, chuck, under blade center steak, boneless, Deny	-8
36401	Restaurant, Latino, chicken and rice, entree, prepared	-8
22961	HOT POCKETS, meatballs & mozzarella stuffed sandw	-8
18110	Cake, fruitcake, commercially prepared	-8
03871	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFRE	-8
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, p	-8
10177	Pork, fresh, loin, center rib (chops), bone-in, separab	-8
12007	Seeds, cottonseed flour, partially defatted (glandless)	-8
19143	Candies, MR. GOODBAR Chocolate Bar	-8
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIC	-8
21226	Pizza, meat and vegetable topping, regular crust, froz	-8
23107	Beef, chuck, under blade center steak, boneless, Deny	-8

08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOA	-8
22954	Egg rolls, chicken, refrigerated, heated	-8
16168	Soymilk, chocolate, with added calcium, vitamins A an	-8
10868	Pork, cured, ham -- water added, slice, bone-in, sepa	-8
19126	Candies, milk chocolate coated peanuts	-8
19010	Snacks, crisped rice bar, chocolate chip	-8
11989	Mushrooms, straw, canned, drained solids	-8
36406	Restaurant, Latino, Arroz con habichuelas colorados (-8
06466	Soup, turkey vegetable, canned, prepared with equal	-8
06481	Soup, chicken broth cubes, dry, prepared with water	-8
11895	Waxgourd, (chinese preserving melon), cooked, boile	-8
10089	Pork, fresh, spareribs, separable lean and fat, cooked	-8
10151	Pork, cured, ham, whole, separable lean and fat, roas	-8
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Hon	-8
21272	PIZZA HUT 12" Cheese Pizza, Thick Crust	-8
18337	Puff pastry, frozen, ready-to-bake	-8
07055	Pate, liver, not specified, canned	-8
25038	Snacks, granola bars, soft, almond, confectioners coa	-8
21305	Fast foods, griddle cake sandwich, egg, cheese, and s	-8
10208	Pork, fresh, loin, country-style ribs, separable lean on	-8
11156	Chives, raw	-8
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOB	-8
05059	Chicken, broilers or fryers, breast, meat and skin, coc	-8
05059	Chicken, broilers or fryers, breast, meat and skin, coc	-8
07939	Frankfurter, pork	-8
19038	Snacks, popcorn, caramel-coated, with peanuts	-8
42284	Babyfood, baked product, finger snacks cereal	-8
11351	Pokeberry shoots, (poke), cooked, boiled, drained, wi	-8
10038	Pork, fresh, loin, center loin (chops), bone-in, separab	-8
10075	Pork, fresh, shoulder, arm picnic, separable lean and	-8
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted	-8
06066	Soup, turkey vegetable, canned, condensed	-8
18117	Cake, marble, dry mix, pudding-type	-8
18173	Cookies, graham crackers, plain or honey (includes ci	-8
16418	Soy flour, low-fat, crude protein basis (N x 6.25)	-8
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable le	-8
18327	Pie, pumpkin, prepared from recipe	-8
36609	CRACKER BARREL, macaroni n' cheese plate, from kid	-8
07045	Luncheon meat, pork, canned	-8
05074	Chicken, broilers or fryers, drumstick, meat only, cool	-8
02014	Spices, cumin seed	-8
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin w	-8
17114	Veal, rib, separable lean only, cooked, braised	-8
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), s	-8
18324	Pie, pecan, commercially prepared	-8
18227	Crackers, rye, wafers, seasoned	-8
11245	Lambquarters, cooked, boiled, drained, without salt	-8
11794	Lamb quarters, cooked, boiled, drained, with salt	-8
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork,	-8
05061	Chicken, broilers or fryers, breast, meat and skin, coc	-8
07942	Pate, truffle flavor	-8
21294	PIZZA HUT 14" Cheese Pizza, Thick Crust	-8

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



18254	Doughnuts, yeast-leavened, with creme filling	-8
07005	Blood sausage	-8
18212	Cookies, vanilla wafers, lower fat	-8
17159	Game meat, boar, wild, cooked, roasted	-8
07931	Beerwurst, pork and beef	-8
09195	Olives, pickled, canned or bottled, green	-8
21005	Fast Foods, biscuit, with egg and sausage	-8
20034	Oat bran, cooked	-8
05656	Ostrich, tip trimmed, cooked	-8
17165	Game meat, deer, cooked, roasted	-8
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS	-8
07002	Beerwurst, beer salami, pork and beef	-8
07006	Bockwurst, pork, veal, raw	-8
18139	Cake, white, prepared from recipe without frosting	-8
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOB	-8
36009	T.G.I. FRIDAY'S, Mac & Cheese, from kid's menu	-8
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS	-8
10197	Pork, fresh, loin, center rib (chops), boneless, separab	-8
03925	Infant formula, NESTLE, GOOD START ESSENTIALS S	-8
10867	Pork, cured, ham -- water added, shank, bone-in, sep	-8
07073	Sandwich spread, pork, beef	-8
07232	OSCAR MAYER, Smokie Links Sausage	-8
07014	Braunschweiger (a liver sausage), pork	-8
07059	Polish sausage, pork	-8
18092	Cake, carrot, dry mix, pudding-type	-8
27001	Soup, hot and sour, Chinese restaurant	-8
10051	Pork, fresh, loin, center rib (roasts), bone-in, separab	-8
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIC	-8
10017	Pork, fresh, leg (ham), shank half, separable lean and	-8
07069	Salami, cooked, beef and pork	-8
03940	Infant formula, PBM PRODUCTS, store brand, soy, liqu	-8
05073	Chicken, broilers or fryers, drumstick, meat only, coo	-8
21088	Tostada with guacamole	-8
18080	Bread sticks, plain	-8
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS	-8
03936	Infant formula, PBM PRODUCTS, store brand, ready-t	-8
05060	Chicken, broilers or fryers, breast, meat and skin, coc	-8
07906	Luncheon meat, pork, ham, and chicken, minced, can	-8
07225	OSCAR MAYER, Pork Sausage Links (cooked)	-8
10035	Pork, fresh, loin, blade (roasts), bone-in, separable le	-8
11981	Peppers, hungarian, raw	-8
18073	Bread, white, prepared from recipe, made with low fa	-8
18228	Crackers, saltines (includes oyster, soda, soup)	-8
18425	Crackers, saltines, low salt (includes oyster, soda, sou	-8
04631	Margarine-like, vegetable oil spread, fat-free, tub	-8



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