

Soups, Sauces, and Gravies

06963	Fish broth	85	very good effect
06174	Soup, stock, fish, home-prepared	37	good effect
06180	Soup, shark fin, restaurant-prepared	34	OK effect
06027	Soup, clam chowder, manhattan style, canned, chunky	0	not very good effect
06123	Gravy, onion, dry, mix	0	bad effect
06120	Gravy, chicken, dry	0	awful effect
06122	Gravy, mushroom, dry, powder	0	
06170	Soup, stock, beef, home-prepared	0	
06411	Soup, cheese, canned, prepared with equal volume water	0	
06011	Soup, cheese, canned, condensed	0	
06211	Soup, cheese, canned, prepared with equal volume water	0	
06094	Soup, onion, dry, mix	0	
06070	Soup, chunky beef, canned, ready-to-serve	0	
06494	Soup, onion, dry, mix, prepared with water	-1	
06962	Sauce, chili, peppers, hot, immature green, canned	-1	
06056	Soup, cream of shrimp, canned, condensed	-1	
06456	Soup, cream of shrimp, canned, prepared with equal volume water	-1	
06115	Gravy, au jus, dry	-1	
06076	Soup, beef broth, cubed, dry	-1	
06114	Gravy, au jus, canned	-1	
06426	Soup, chili beef, canned, prepared with equal volume water	-1	
06026	Soup, chili beef, canned, condensed	-1	
06256	Soup, cream of shrimp, canned, prepared with equal volume water	-1	
06498	Soup, tomato, dry, mix, prepared with water	-1	
06500	Soup, vegetable beef, dry, mix, prepared with water	-1	
06176	Sauce, oyster, ready-to-serve	-1	
06118	Gravy, brown, dry	-1	
06075	Soup, beef broth or bouillon, powder, dry	-1	
06147	Soup, beef mushroom, canned, condensed	-1	
06036	Soup, gazpacho, canned, ready-to-serve	-1	
06474	Soup, bean with bacon, dry, mix, prepared with water	-1	
06475	Soup, beef broth or bouillon, powder, prepared with water	-1	
06476	Soup, beef broth, cubed, prepared with water	-1	
06547	Soup, beef mushroom, canned, prepared with equal volume water	-1	
06985	Gravy, HEINZ Home Style Savory Beef Gravy	-1	
06150	Sauce, barbecue	-1	
06975	Sauce, barbecue, low sodium	-1	
06978	Soup, beef and mushroom, low sodium, chunk style	-1	
06124	Gravy, pork, dry, powder	-1	
06248	Soup, oyster stew, canned, prepared with equal volume water	-1	
06977	Gravy, meat or poultry, low sodium, prepared	-1	
06071	Soup, vegetable beef, canned, condensed	-1	
06471	Soup, vegetable beef, canned, prepared with equal volume water	-1	
06116	Gravy, beef, canned, ready-to-serve	-1	
06973	Sauce, tomato chili sauce, bottled, no salt, low sodium	-1	
06499	Soup, tomato vegetable, dry, mix, prepared with water	-1	
06972	Sauce, tomato chili sauce, bottled, with salt	-1	
06152	Sauce, pizza, canned, ready-to-serve	-1	

06495	Soup, oxtail, dry, mix, prepared with water	-1
06039	Soup, minestrone, canned, chunky, ready-to-serve	-1
06249	Soup, pea, green, canned, prepared with equal volume	-1
06008	Soup, beef broth or bouillon canned, ready-to-serve	-1
06099	Soup, tomato vegetable, dry, mix	-2
06359	Soup, tomato, canned, prepared with equal volume	-2
06448	Soup, oyster stew, canned, prepared with equal volume	-2
06048	Soup, oyster stew, canned, condensed	-2
06192	Split pea soup, canned, reduced sodium, prepared with	-2
06965	Soup, pea, low sodium, prepared with equal volume	-2
06956	Soup, tomato, canned, condensed, reduced sodium	-2
06449	Soup, pea, green, canned, prepared with equal volume	-2
06049	Soup, pea, green, canned, condensed	-2
06559	Soup, tomato, canned, prepared with equal volume	-2
06964	Soup, tomato, low sodium, with water	-2
06980	Soup, beef stroganoff, canned, chunky style, ready-to	-2
06037	Soup, lentil with ham, canned, ready-to-serve	-2
06159	Soup, tomato, canned, condensed	-2
27002	Soup, wonton, Chinese restaurant	-2
06402	Soup, black bean, canned, prepared with equal volume	-2
06002	Soup, black bean, canned, condensed	-2
06151	Sauce, plum, ready-to-serve	-2
06253	Soup, cream of potato, canned, prepared with equal	-3
06050	Soup, pea, split with ham, canned, chunky, ready-to-	-3
06452	Soup, peppercorn, canned, prepared with equal volume	-3
06052	Soup, peppercorn, canned, condensed	-3
06969	Potato soup, instant, dry mix	-3
06018	Soup, chunky chicken noodle, canned, ready-to-serve	-3
06051	Soup, pea, split with ham, canned, condensed	-3
06451	Soup, pea, split with ham, canned, prepared with equ	-3
06983	Soup, ramen noodle, chicken flavor, dry	-3
06583	Soup, ramen noodle, any flavor, dry	-3
06961	Sauce, peppers, hot, chili, mature red, canned	-3
06982	Soup, ramen noodle, beef flavor, dry	-3
06007	Soup, bean with ham, canned, chunky, ready-to-serve	-3
06077	Soup, beef noodle, dry, mix	-3
06061	Soup, tomato beef with noodle, canned, condensed	-3
06461	Soup, tomato beef with noodle, canned, prepared with	-3
27035	Soup, ramen noodle, dry, any flavor, reduced fat, rec	-4
06128	Soup, chicken noodle, dry, mix	-4
06164	Sauce, salsa, ready-to-serve	-4
06483	Soup, cream of chicken, dry, mix, prepared with water	-4
06409	Soup, beef noodle, canned, prepared with equal volume	-4
06127	Gravy, unspecified type, dry	-4
06009	Soup, beef noodle, canned, condensed	-4
06358	Soup, tomato bisque, canned, prepared with equal vo	-4
06034	Soup, crab, canned, ready-to-serve	-5
06055	Soup, scotch broth, canned, condensed	-5
06455	Soup, scotch broth, canned, prepared with equal volu	-5

06053	Soup, cream of potato, canned, condensed	-5
06022	Soup, chicken rice, canned, chunky, ready-to-serve	-5
06126	Gravy, turkey, dry	-5
06006	Soup, bean with frankfurters, canned, condensed	-5
06406	Soup, bean with frankfurters, canned, prepared with	-5
06453	Soup, cream of potato, canned, prepared with equal	-5
06979	Adobo fresco	-5
06017	Soup, chicken gumbo, canned, condensed	-5
06974	Soup, vegetable chicken, canned, prepared with water	-5
06004	Soup, bean with pork, canned, condensed	-5
06404	Soup, bean with pork, canned, prepared with equal v	-5
06024	Soup, chicken vegetable, chunky, canned, ready-to-s	-5
06967	Soup, vegetable soup, condensed, low sodium, prepa	-5
06172	Soup, stock, chicken, home-prepared	-5
27000	Soup, egg drop, Chinese restaurant	-5
06413	Soup, chicken broth, canned, prepared with equal vo	-6
06417	Soup, chicken gumbo, canned, prepared with equal v	-6
06013	Soup, chicken broth, canned, condensed	-6
06528	Soup, chicken noodle, dry, mix, prepared with water	-6
06175	Sauce, hoisin, ready-to-serve	-6
06230	Soup, clam chowder, new england, canned, prepared	-6
06485	Soup, chicken rice, dry, mix, prepared with water	-6
06023	Soup, chicken with rice, canned, condensed	-6
06065	Soup, turkey noodle, canned, condensed	-6
06103	Sauce, cheese, dry, powder	-6
06465	Soup, turkey noodle, canned, prepared with equal vo	-6
06423	Soup, chicken with rice, canned, prepared with equal	-6
06970	Soup, chicken broth, low sodium, canned	-7
06558	Soup, tomato bisque, canned, prepared with equal vo	-7
06158	Soup, tomato bisque, canned, condensed	-7
06044	Soup, mushroom with beef stock, canned, condensed	-7
06246	Soup, cream of onion, canned, prepared with equal v	-7
06444	Soup, mushroom with beef stock, canned, prepared v	-7
06015	Soup, chicken, canned, chunky, ready-to-serve	-7
06072	Soup, vegetable with beef broth, canned, condensed	-7
06472	Soup, vegetable with beef broth, canned, prepared w	-7
06025	Soup, chicken vegetable, canned, condensed	-7
06425	Soup, chicken vegetable, canned, prepared with equa	-7
06216	Soup, cream of chicken, canned, prepared with equa	-7
06463	Soup, tomato rice, canned, prepared with equal volu	-7
06064	Soup, turkey, chunky, canned, ready-to-serve	-7
06063	Soup, tomato rice, canned, condensed	-7
27001	Soup, hot and sour, Chinese restaurant	-8
06081	Soup, chicken broth cubes, dry	-8
06066	Soup, turkey vegetable, canned, condensed	-8
06466	Soup, turkey vegetable, canned, prepared with equal	-8
06481	Soup, chicken broth cubes, dry, prepared with water	-8
06042	Soup, mushroom barley, canned, condensed	-8
06068	Soup, vegetarian vegetable, canned, condensed	-9

06442	Soup, mushroom barley, canned, prepared with equal volume water	-9	
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	-9	
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	-10	
06125	Gravy, turkey, canned, ready-to-serve	-10	
06981	Soup, bouillon cubes and granules, low sodium, dry	-10	
06445	Soup, onion, canned, prepared with equal volume water	-10	
06067	Soup, chunky vegetable, canned, ready-to-serve	-10	
06019	Soup, chicken noodle, canned, condensed	-10	
06030	Soup, clam chowder, new england, canned, condensed	-10	
06040	Soup, minestrone, canned, condensed	-10	
06045	Soup, onion, canned, condensed	-10	
06419	Soup, chicken noodle, canned, prepared with equal volume water	-10	
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	-10	
06440	Soup, minestrone, canned, prepared with equal volume water	-10	
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	-10	
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	-10	
06243	Soup, cream of mushroom, canned, prepared with equal volume water	-10	
06046	Soup, cream of onion, canned, condensed	-11	
06416	Soup, cream of chicken, canned, prepared with equal volume water	-11	
06016	Soup, cream of chicken, canned, condensed	-12	
06446	Soup, cream of onion, canned, prepared with equal volume water	-12	
06035	Soup, escarole, canned, ready-to-serve	-12	
06012	Soup, chicken with dumplings, canned, condensed	-12	
06930	Sauce, cheese, ready-to-serve	-12	
06101	Soup, cream of vegetable, dry, powder	-12	
06412	Soup, chicken with dumplings, canned, prepared with equal volume water	-13	
06201	Soup, cream of asparagus, canned, prepared with equal volume water	-13	
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	-13	
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	-13	
06165	Sauce, homemade, white, thin	-13	
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	-14	
06028	Soup, clam chowder, manhattan, canned, condensed	-15	
06210	Soup, cream of celery, canned, prepared with equal volume water	-15	
06060	Soup, stockpot, canned, condensed	-15	
06460	Soup, stockpot, canned, prepared with equal volume water	-15	
06149	Soup, chicken mushroom, canned, condensed	-15	
06584	Soup, broccoli cheese, canned, condensed, commercial	-16	
06549	Soup, chicken mushroom, canned, prepared with equal volume water	-16	
06080	Soup, chicken broth or bouillon, dry	-16	
06443	Soup, cream of mushroom, canned, prepared with equal volume water	-16	
06043	Soup, cream of mushroom, canned, condensed	-16	
06119	Gravy, chicken, canned, ready-to-serve	-17	
06493	Soup, mushroom, dry, mix, prepared with water	-17	
06166	Sauce, homemade, white, medium	-17	
06480	Soup, chicken broth or bouillon, dry, prepared with water	-18	
06121	Gravy, mushroom, canned	-18	
06168	Sauce, ready-to-serve, pepper or hot	-18	
06167	Sauce, homemade, white, thick	-19	
06001	Soup, cream of asparagus, canned, condensed	-20	very good effect

06401	Soup, cream of asparagus, canned, prepared with equal parts	-20	good effect
06010	Soup, cream of celery, canned, condensed	-26	OK effect
06410	Soup, cream of celery, canned, prepared with equal parts	-26	not very good effect
06968	Soup, cream of mushroom, low sodium, ready-to-serve	-32	bad effect
06169	Sauce, ready-to-serve, pepper, TABASCO	-33	awful effect