

**Baked Products****Balance Volumetric**

Leavening agents, yeast, baker's, compressed	0	3.2
Leavening agents, yeast, baker's, active dry	0	1.0
Cookies, coconut macaroons, prepared from recipe	0	0.8
Cake, angelfood, dry mix, prepared	0	1.3
Cake, angelfood, dry mix	0	0.9
Leavening agents, baking powder, low-sodium	-1	3.4
Crackers, rye, wafers, plain	-1	1.0
Cookies, butter, commercially prepared, enriched	-1	0.7
Cookies, butter, commercially prepared, unenriched	-1	0.7
Crackers, matzo, egg	-1	0.9
Crackers, crispbread, rye	-1	0.9
Cookies, fortune	-1	0.9
English muffins, raisin-cinnamon (includes apple-cinnamon)	-1	1.4
Cake, angelfood, commercially prepared	-1	1.3
Cookies, fudge, cake-type (includes trolley cakes)	-1	1.0
Croissants, butter	-1	0.8
Cake, pound, commercially prepared, butter	-1	0.9
Cake, pound, commercially prepared, fat-free	-1	1.2
Crackers, matzo, plain	-1	0.8
English muffins, raisin-cinnamon, toasted (includes apple)	-1	1.2
Cake, snack cakes, cupcakes, chocolate, with frosting, low	-1	1.1
Crackers, saltines, fat-free, low-sodium	-2	0.8
Pancakes, whole-wheat, dry mix, incomplete	-2	1.0
Pancakes, special dietary, dry mix	-2	1.0
PILLSBURY, Traditional Fudge Brownie Mix, dry	-2	0.8
Bread stuffing, bread, dry mix	-2	0.9
Cracker meal	-2	0.9
Pie, chocolate mousse, prepared from mix, no-bake type	-2	1.3
Crackers, matzo, whole-wheat	-2	0.9
Cookies, oatmeal, commercially prepared, fat-free	-2	1.0
Pie, banana cream, prepared from mix, no-bake type	-2	1.3
Bagels, oat bran	-2	1.3
Cake, yellow, dry mix, light	-2	0.8
English muffins, plain, enriched, with calcium propionate (includes sodium)	-2	1.5
Bread, pita, white, enriched	-2	1.2
Bread, pita, white, unenriched	-2	1.2
Cheesecake prepared from mix, no-bake type	-2	1.2
Cake, sponge, prepared from recipe	-2	1.1
Cookies, brownies, dry mix, special dietary, prepared	-2	0.9
Pancakes, plain, dry mix, incomplete (includes buttermilk)	-2	0.9
Cake, sponge, commercially prepared	-2	1.2
Cookies, graham crackers, chocolate-coated	-2	0.7
Wonton wrappers (includes egg roll wrappers)	-2	1.1
Croissants, apple	-2	1.3
GEORGE WESTON BAKERIES, Brownberry Sage and Onion	-2	0.9
Bread, whole-wheat, commercially prepared	-2	1.3
Bagels, plain, enriched, with calcium propionate (includes sodium)	-2	1.3
Popovers, dry mix, enriched	-2	0.9
Popovers, dry mix, unenriched	-2	0.9
Bagels, egg	-2	1.2
Rolls, dinner, rye	-2	1.2
English muffins, mixed-grain (includes granola)	-2	1.4
English muffins, mixed-grain, toasted (includes granola)	-2	1.3
Crackers, melba toast, wheat	-2	0.9

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
<b>Avg. = -6.5</b>

Bagels, cinnamon-raisin, toasted	-2	1.1
Bagels, cinnamon-raisin	-2	1.2
Bread, raisin, enriched	-2	1.2
Bread, raisin, unenriched	-2	1.2
Bread, raisin, toasted, enriched	-2	1.1
Bread, wheat germ	-2	1.3
Bread, wheat germ, toasted	-2	1.1
Crackers, matzo, egg and onion	-2	0.9
Bread, whole-wheat, commercially prepared, toasted	-2	1.1
Bagels, plain, enriched, without calcium propionate (inclu	-2	1.2
Bagels, plain, unenriched, with calcium propionate (includ	-2	1.2
Bagels, plain, unenriched, without calcium propionate(inc	-2	1.2
Bread, french or vienna, toasted (includes sourdough)	-2	1.0
Biscuits, plain or buttermilk, refrigerated dough, lower fat	-2	1.1
Bread, wheat bran	-2	1.3
Biscuits, plain or buttermilk, refrigerated dough, lower fat	-2	1.3
Biscuits, plain or buttermilk, refrigerated dough, lower fat	-2	1.3
Bread, cracked-wheat	-2	1.3
Biscuits, plain or buttermilk, refrigerated dough, higher fa	-2	1.0
Biscuits, plain or buttermilk, refrigerated dough, higher fa	-2	0.9
Bread, boston brown, canned	-2	1.7
Bread, french or vienna (includes sourdough)	-2	1.2
Bread, reduced-calorie, white	-2	1.6
Bagels, plain, toasted, enriched, with calcium propionate	-3	1.2
Bread stuffing, cornbread, dry mix	-3	0.9
Bread, white, commercially prepared, low sodium no salt	-3	1.2
Bread, white, commercially prepared, toasted, low sodium	-3	1.1
Toaster pastries, fruit (includes apple, blueberry, cherry,	-3	0.9
Bread, rye, toasted	-3	1.2
Bread, rye	-3	1.3
Cake, white, dry mix, pudding-type, enriched	-3	0.8
Pancakes, buckwheat, dry mix, incomplete	-3	1.0
Rolls, french	-3	1.2
Cake, yellow, dry mix, pudding-type	-3	0.8
English muffins, plain, toasted, enriched, with calcium pro	-3	1.2
Phyllo dough	-3	1.1
Toaster pastries, fruit, toasted ( include apple, blueberry,	-3	0.8
Croutons, plain	-3	0.8
Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	-3	0.8
MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 in	-3	1.2
Toaster Pastries, fruit, frosted (include apples, blueberry,	-3	0.9
Crackers, melba toast, rye (includes pumpernickel)	-3	0.9
Crackers, melba toast, plain	-3	0.9
Crackers, melba toast, plain, without salt	-3	0.9
Tortillas, ready-to-bake or -fry, flour, without added calci	-3	1.0
Cookies, gingersnaps	-3	0.8
Biscuits, mixed grain, refrigerated dough	-3	1.3
Pie Crust, Cookie-type, Graham Cracker, Ready Crust	-3	0.7
Ice cream cones, sugar, rolled-type	-3	0.8
English muffins, plain, enriched, without calcium propiona	-3	1.4
English muffins, plain, unenriched, with calcium propiona	-3	1.4
English muffins, plain, unenriched, without calcium propic	-3	1.4
KEEBLER, KEEBLER GOLDEN Vanilla Wafers, Artificially Fla	-3	0.7
Pie, coconut cream, prepared from mix, no-bake type	-3	1.2
Bread, pan dulce, sweet yeast bread	-3	0.9

GEORGE WESTON BAKERIES, Thomas English Muffins	-3	1.4
Bread, reduced-calorie, rye	-3	1.6
Rolls, dinner, egg	-3	1.1
English muffins, wheat, toasted	-3	1.4
Muffins, blueberry, dry mix	-3	0.9
English muffins, wheat	-3	1.5
Crackers, snack, GOYA CRACKERS	-3	0.8
Rolls, hamburger or hotdog, reduced-calorie	-3	1.7
Muffins, corn, dry mix, prepared	-3	1.0
Bread, cornbread, dry mix, prepared	-3	1.1
Rolls, pumpernickel	-3	1.2
Crackers, saltines, unsalted tops (includes oyster, soda, s	-3	0.8
Bread, egg, toasted	-4	1.1
Doughnuts, cake-type, plain, chocolate-coated or frosted	-4	0.7
Cookies, molasses	-4	0.8
Danish pastry, fruit, unenriched (includes apple, cinnamo	-4	0.9
Danish pastry, lemon, unenriched	-4	0.9
Danish pastry, raspberry, unenriched	-4	0.9
Cookies, ladyfingers, without lemon juice and rind	-4	0.9
Cake, gingerbread, dry mix	-4	0.8
Bread, protein, toasted (includes gluten)	-4	1.2
Bread, cornbread, dry mix, enriched (includes corn muffin	-4	0.8
Bread, cornbread, dry mix, unenriched (includes corn mu	-4	0.8
Rolls, dinner, wheat	-4	1.2
Bread, protein (includes gluten)	-4	1.4
Bread, pita, whole-wheat	-4	1.3
Artificial Blueberry Muffin Mix,dry	-4	0.8
Pancakes, plain, dry mix, complete, prepared	-4	1.7
Cake, snack cakes, creme-filled, chocolate with frosting	-4	0.8
Pancakes, plain, dry mix, complete (includes buttermilk)	-4	0.9
Cheesecake commercially prepared	-4	1.0
Cake, boston cream pie, commercially prepared	-4	1.3
English muffins, whole-wheat, toasted	-4	1.5
English muffins, whole-wheat	-4	1.6
Cookies, animal crackers (includes arrowroot, tea biscuits	-4	0.7
Waffle, buttermilk, frozen, ready-to-heat, toasted	-4	1.1
Rolls, hamburger or hotdog, mixed-grain	-4	1.3
Pie, coconut custard, commercially prepared	-4	1.3
Cookies, raisin, soft-type	-4	0.8
Coffeecake, creme-filled with chocolate frosting	-4	1.0
Toaster pastries, brown-sugar-cinnamon	-4	0.8
Toaster pastries, brown-sugar-cinnamon	-4	0.8
Pie Crust, Cookie-type, Chocolate, Ready Crust	-4	0.7
Cake, german chocolate, dry mix, pudding-type	-4	0.8
Bread, white, prepared from recipe, made with nonfat dry	-4	1.2
Bread, white, commercially prepared (includes soft bread	-4	1.3
Crackers, cheese, low sodium	-4	0.7
Pancakes, plain, frozen, ready-to-heat, microwave (includ	-4	1.4
NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb To	-4	0.7
Cookies, marshmallow, chocolate-coated (includes marsh	-4	0.8
Bread, egg	-4	1.2
Bread, pumpernickel, toasted	-4	1.2
Bread, pumpernickel	-4	1.3
Biscuits, plain or buttermilk, dry mix	-4	0.8
Cookies, chocolate chip, refrigerated dough, baked	-4	0.7

Muffin, blueberry, commercially prepared, low-fat	-4	1.3
Coffeecake, fruit	-4	1.1
KEEBLER, KEEBLER Chocolate Graham SELECTS	-4	0.7
Cake, snack cakes, creme-filled, sponge	-4	0.9
Bread crumbs, dry, grated, plain	-4	0.8
Croissants, cheese	-4	0.8
Muffins, wheat bran, dry mix	-4	0.8
Sweet rolls, cinnamon, refrigerated dough with frosting, k	-4	0.9
Sweet rolls, cinnamon, refrigerated dough with frosting	-4	1.0
Cookies, chocolate chip, refrigerated dough	-4	0.8
Bread, wheat	-4	1.3
Bread, reduced-calorie, wheat	-4	1.7
Crackers, cheese, regular	-4	0.7
Bread, italian	-4	1.2
Coffeecake, cheese	-4	1.0
Cookies, chocolate chip, commercially prepared, regular,	-4	0.7
Bread, wheat, toasted	-4	1.1
Pancakes plain, frozen, ready-to-heat (includes buttermil	-4	1.5
Croutons, seasoned	-4	0.7
Cake, chocolate, commercially prepared with chocolate fr	-5	0.9
Crackers, cheese, sandwich-type with cheese filling	-5	0.7
Cookies, vanilla wafers, higher fat	-5	0.7
Bread, irish soda, prepared from recipe	-5	1.1
Pie, coconut creme, commercially prepared	-5	1.1
Tortillas, ready-to-bake or -fry, flour	-5	1.1
Waffle, buttermilk, frozen, ready-to-heat, microwaved	-5	1.2
Cookies, chocolate chip, dry mix	-5	0.7
Crackers, standard snack-type, sandwich, with cheese fill	-5	0.7
Tortillas, ready-to-bake or -fry, corn, without added salt	-5	1.5
Cookies, chocolate sandwich, with extra creme filling	-5	0.7
Cookies, brownies, commercially prepared	-5	0.8
Cookies, chocolate chip, commercially prepared, regular,	-5	0.7
Bread crumbs, dry, grated, seasoned	-5	0.9
Crackers, cream, GAMESA SABROSAS	-5	0.7
Cookies, oatmeal, commercially prepared, soft-type	-5	0.8
Waffles, buttermilk, frozen, ready-to-heat	-5	1.2
Crackers, rusk toast	-5	0.8
Cookies, sugar wafers with creme filling, regular	-5	0.7
Waffles, plain, frozen, ready -to-heat, toasted	-5	1.1
Waffle, plain, frozen, ready-to-heat, microwave	-5	1.1
Doughnuts, french crullers, glazed	-5	0.8
Cookies, sugar, commercially prepared, regular (includes	-5	0.7
Waffles, plain, frozen, ready-to-heat	-5	1.2
Cookies, chocolate chip, commercially prepared, soft-type	-5	0.7
Sweet rolls, cheese	-5	0.9
Cookies, oatmeal, commercially prepared, regular	-5	0.7
Cookies, ladyfingers, with lemon juice and rind	-5	0.9
Cake, pound, commercially prepared, other than all butte	-5	0.9
Rolls, hard (includes kaiser)	-5	1.1
Cake, yellow, commercially prepared, with chocolate fro	-5	0.9
Cake, white, dry mix, pudding-type, unenriched	-5	0.8
Crackers, rye, sandwich-type with cheese filling	-5	0.7
Cake, white, prepared from recipe with coconut frosting	-5	0.9
Crackers, wheat, low salt	-5	0.7
Doughnuts, cake-type, chocolate, sugared or glazed	-5	0.8

Doughnuts, cake-type, plain (includes unsugared, old-fas	-5	0.8
Cookies, sugar, refrigerated dough	-5	0.8
Cake, pound, commercially prepared, other than all butte	-5	0.9
Cookies, oatmeal, dry mix	-5	0.7
Cookies, sugar, refrigerated dough, baked	-5	0.7
Bread, Multi-Grain (includes whole-grain)	-6	1.3
Bread, Multi-Grain, toasted (includes whole-grain)	-6	1.2
Cookies, oatmeal, refrigerated dough	-6	0.8
Rolls, hamburger or hotdog, plain	-6	1.2
Bread, oatmeal	-6	1.2
Bread, oatmeal, toasted	-6	1.1
Bread, white, commercially prepared, toasted	-6	1.1
Cookies, chocolate sandwich, with creme filling, regular, c	-6	0.7
Cookies, oatmeal, refrigerated dough, baked	-6	0.7
French toast, frozen, ready-to-heat	-6	1.6
Danish pastry, fruit, enriched (includes apple, cinnamon,	-6	0.9
Cookies, shortbread, commercially prepared, plain	-6	0.7
Cookies, chocolate chip, prepared from recipe, made with	-6	0.7
Rolls, dinner, oat bran	-6	1.4
Bread, reduced-calorie, oatmeal	-6	1.6
Rolls, dinner, plain, prepared from recipe, made with low	-6	1.1
Doughnuts, yeast-leavened, glazed, enriched (includes ho	-6	0.8
Cookies, chocolate sandwich, with creme filling, regular	-6	0.7
Doughnuts, cake-type, plain, sugared or glazed	-6	0.8
Tortillas, ready-to-bake or -fry, corn	-6	1.5
Pie crust, standard-type, frozen, ready-to-bake, enriched	-6	0.7
Danish pastry, cheese	-6	0.9
Bread, oat bran	-6	1.4
Bread, oat bran, toasted	-6	1.3
Bread, rice bran	-6	1.4
Bread, rice bran, toasted	-6	1.3
Pie, pumpkin, commercially prepared	-6	1.4
INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	-6	1.2
Pie crust, refrigerated, regular, unbaked	-6	0.7
Coffeecake, cinnamon with crumb topping, dry mix	-6	0.8
Pie crust, refrigerated, regular, baked	-6	0.7
Doughnuts, yeast-leavened, with jelly filling	-6	1.0
Pie, Dutch Apple, Commercially Prepared	-6	1.1
Cake, chocolate, dry mix, pudding-type	-6	0.8
Doughnuts, yeast-leavened, glazed, unenriched (includes	-7	0.8
Pie crust, standard-type, frozen, ready-to-bake, enriched	-7	0.7
Danish pastry, cinnamon, enriched	-7	0.8
Danish pastry, cinnamon, unenriched	-7	0.8
Crackers, whole-wheat, reduced fat	-7	0.8
Rolls, dinner, plain, commercially prepared (includes brov	-7	1.1
Rolls, dinner, plain, commercially prepared (includes brov	-7	1.1
Pastry, Pastelitos de Guava (guava pastries)	-7	0.9
Coffeecake, cinnamon with crumb topping, commercially	-7	0.8
Cake, chocolate, prepared from recipe without frosting	-7	0.9
Pie, cherry, commercially prepared	-7	1.3
Cookies, shortbread, commercially prepared, pecan	-7	0.6
Pie crust, deep dish, frozen, baked, made with enriched f	-7	0.6
Pie crust, standard-type, dry mix	-7	0.6
Cake, white, dry mix, special dietary (includes lemon-flav	-7	0.8
Cookies, fig bars	-7	1.0

Pie crust, standard-type, dry mix, prepared, baked	-7	0.7
Pie crust, deep dish, frozen, unbaked, made with enriched flour	-7	0.7
Coffeecake, cinnamon with crumb topping, commercially prepared	-7	0.8
Coffeecake, cinnamon with crumb topping, commercially prepared	-7	0.8
Ice cream cones, cake or wafer-type	-7	0.8
Pie, chocolate creme, commercially prepared	-7	1.1
Cake, cherry fudge with chocolate frosting	-7	1.3
Rolls, dinner, whole-wheat	-7	1.3
Bread, reduced-calorie, oat bran	-7	1.7
Bread, reduced-calorie, oat bran, toasted	-7	1.4
Cookies, peanut butter sandwich, regular	-7	0.7
Crackers, saltines (includes oyster, soda, soup)	-8	0.8
Crackers, saltines, low salt (includes oyster, soda, soup)	-8	0.8
Bread, white, prepared from recipe, made with low fat (2% fat)	-8	1.2
Bread sticks, plain	-8	0.8
Cake, carrot, dry mix, pudding-type	-8	0.8
Cake, white, prepared from recipe without frosting	-8	0.9
Cookies, vanilla wafers, lower fat	-8	0.8
Doughnuts, yeast-leavened, with creme filling	-8	0.9
Crackers, rye, wafers, seasoned	-8	0.9
Pie, pecan, commercially prepared	-8	0.8
Pie, pumpkin, prepared from recipe	-8	1.6
Cookies, graham crackers, plain or honey (includes cinnamon)	-8	0.8
Cake, marble, dry mix, pudding-type	-8	0.8
Puff pastry, frozen, ready-to-bake	-8	0.6
Cake, fruitcake, commercially prepared	-8	1.0
Pie, apple, commercially prepared, enriched flour	-8	1.4
Pie, apple, commercially prepared, unenriched flour	-8	1.4
Cake, white, dry mix, regular	-8	0.8
Bread, whole-wheat, prepared from recipe	-8	1.2
Bread, whole-wheat, prepared from recipe, toasted	-8	1.1
Cookies, chocolate wafers	-8	0.8
Danish pastry, nut (includes almond, raisin nut, cinnamon)	-8	0.8
Pie, mince, prepared from recipe	-9	1.2
Cake, yellow, dry mix, regular, enriched	-9	0.8
Cake, yellow, dry mix, regular, unenriched	-9	0.8
Coffeecake, cinnamon with crumb topping, dry mix, prepared from recipe	-9	1.0
Cookies, chocolate chip, commercially prepared, regular, enriched	-9	0.7
Cake, yellow, prepared from recipe without frosting	-9	0.9
Bread, banana, prepared from recipe, made with margarine	-9	1.0
Cookies, peanut butter, commercially prepared, soft-type	-9	0.7
Cookies, peanut butter, refrigerated dough, baked	-9	0.7
Cake, shortcake, biscuit-type, prepared from recipe	-9	1.0
Bread, salvadoran sweet cheese (quesadilla salvadorena)	-9	0.9
Cookies, brownies, dry mix, special dietary	-9	0.8
Cake, pineapple upside-down, prepared from recipe	-9	1.0
Waffles, chocolate chip, frozen, ready-to-heat	-9	1.2
Pancakes, whole-wheat, dry mix, incomplete, prepared	-9	1.6
Crackers, standard snack-type, sandwich, with peanut butter	-9	0.7
Muffins, corn, commercially prepared	-9	1.1
Cookies, sugar, commercially prepared, special dietary	-9	0.8
Bread, cornbread, prepared from recipe, made with low fat flour	-10	1.3
Cookies, chocolate chip, commercially prepared, special dietary	-10	0.7
Cookies, peanut butter, refrigerated dough	-10	0.7
Cake, chocolate, dry mix, regular	-10	0.8

Crackers, cheese, sandwich-type with peanut butter filling	-10	0.7
Biscuits, plain or buttermilk, prepared from recipe	-10	0.9
Pie, cherry, prepared from recipe	-11	1.2
Cake, gingerbread, prepared from recipe	-11	0.9
Pie, lemon meringue, prepared from recipe	-11	1.2
Cookies, oatmeal, prepared from recipe, with raisins	-11	0.8
Pancakes, plain, dry mix, incomplete, prepared	-11	1.5
Crackers, milk	-11	0.7
French toast, prepared from recipe, made with low fat (2%)	-11	1.5
Pie, banana cream, prepared from recipe	-11	1.2
Pie, blueberry, prepared from recipe	-11	1.4
Cookies, brownies, dry mix, regular	-11	0.8
Pie, apple, prepared from recipe	-11	1.3
Pie, vanilla cream, prepared from recipe	-11	1.2
Cookies, peanut butter, commercially prepared, regular	-11	0.7
Biscuits, plain or buttermilk, dry mix, prepared	-11	1.0
Cookies, oatmeal, prepared from recipe, without raisins	-12	0.7
Cake, yellow, commercially prepared, with vanilla frosting	-12	0.9
Muffins, oat bran	-12	1.2
Crackers, wheat, reduced fat	-12	0.8
Crackers, whole-wheat	-12	0.8
Muffins, wheat bran, toaster-type with raisins, toasted	-12	1.1
Pie, lemon meringue, commercially prepared	-12	1.2
Muffins, wheat bran, toaster-type with raisins	-13	1.1
Pie crust, cookie-type, prepared from recipe, graham cracker	-13	0.7
Pie crust, cookie-type, prepared from recipe, graham cracker	-13	0.7
Pie, pecan, prepared from recipe	-13	0.8
Muffins, blueberry, toaster-type, toasted	-13	1.0
Cookies, oatmeal, commercially prepared, special dietary	-13	0.7
Pie, blueberry, commercially prepared	-13	1.4
Muffins, blueberry, toaster-type	-13	1.1
Crackers, whole-wheat, low salt	-13	0.8
Pie, fried pies, fruit	-13	1.1
Pie, fried pies, cherry	-13	1.1
Pie, fried pies, lemon	-13	1.1
Bread stuffing, bread, dry mix, prepared	-13	1.9
Cookies, vanilla sandwich with creme filling	-13	0.7
Bread stuffing, cornbread, dry mix, prepared	-14	1.9
Cookies, chocolate chip, prepared from recipe, made with	-14	0.7
Pie crust, cookie-type, prepared from recipe, chocolate w	-14	0.7
Muffins, corn, toaster-type	-14	1.0
Cookies, sugar, prepared from recipe, made with margari	-14	0.7
Eclairs, custard-filled with chocolate glaze, prepared from	-14	1.3
Pie, peach	-14	1.5
Biscuits, plain or buttermilk, commercially baked	-15	0.9
Muffins, blueberry, prepared from recipe, made with low	-15	1.2
Pancakes, blueberry, prepared from recipe	-15	1.5
Cookies, chocolate sandwich, with creme filling, special d	-15	0.7
Cookies, chocolate sandwich, with creme filling, special d	-15	0.7
Cookies, peanut butter, prepared from recipe	-15	0.7
Muffins, plain, prepared from recipe, made with low fat (2	-15	1.1
Taco shells, baked	-15	0.7
Crackers, wheat, regular	-15	0.7
Pie crust, standard-type, prepared from recipe, baked	-15	0.6
Pie crust, standard-type, prepared from recipe, unbaked	-15	0.7

Muffins, corn, prepared from recipe, made with low fat (2	-15	1.1
Cream puffs, prepared from recipe, shell, with custard fill	-15	1.3
Pancakes, plain, prepared from recipe	-15	1.5
Pancakes, buttermilk, prepared from recipe	-16	1.5
Pie, egg custard, commercially prepared	-16	1.6
Taco shells, baked, without added salt	-16	0.7
Crackers, wheat, sandwich, with cheese filling	-16	0.7
Crackers, wheat, sandwich, with peanut butter filling	-16	0.7
Crackers, standard snack-type, regular, low salt	-16	0.7
Cookies, brownies, prepared from recipe	-16	0.7
Cookies, sugar wafers with creme filling, special dietary	-17	0.7
Tostada shells, corn	-17	0.7
Hush puppies, prepared from recipe	-17	1.0
NABISCO, NABISCO RITZ Crackers	-17	0.7
Doughnuts, cake-type, wheat, sugared or glazed	-17	0.9
Strudel, apple	-17	1.2
Sweet rolls, cinnamon, commercially prepared with raisin	-18	0.9
Bread, pound cake type, pan de torta salvadoran	-18	0.9
Waffles, plain, prepared from recipe	-18	1.1
Pie crust, cookie-type, prepared from recipe, vanilla wafe	-18	0.6
Muffins, blueberry, commercially prepared (Includes mini	-18	0.8
Cream puffs, prepared from recipe, shell (includes eclair)	-19	0.9
Cookies, peanut butter sandwich, special dietary	-20	0.6
Pie crust, standard-type, frozen, ready-to-bake, unenrich	-21	0.7
Crackers, standard snack-type, regular	-21	0.7
Puff pastry, frozen, ready-to-bake, baked	-31	0.6

**Balance Volumetric**

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