

## Cereal Grains and Pasta

Balance Volumetric

Tapioca, pearl, dry	0.0	0.9
Cornstarch	-0.1	0.9
Arrowroot flour	-0.1	0.9
Rice noodles, cooked	-0.1	3.1
Rice, white, long-grain, precooked or instant, enriched, p	-0.1	2.8
Wild rice, cooked	-0.2	3.3
Rice, white, short-grain, cooked	-0.2	2.6
Rice, white, short-grain, cooked, unenriched	-0.2	2.6
Macaroni, vegetable, cooked, enriched	-0.3	2.6
Rice noodles, dry	-0.3	0.9
Noodles, japanese, soba, cooked	-0.3	3.4
Rice, white, medium-grain, cooked	-0.3	2.6
Rice, white, medium-grain, cooked, unenriched	-0.3	2.6
Rice, white, long-grain, regular, cooked	-0.4	2.6
Rice, white, long-grain, regular, cooked, enriched, with s	-0.4	2.6
Rice, white, long-grain, regular, cooked, unenriched, with	-0.4	2.6
Rice, white, long-grain, regular, cooked, unenriched, with	-0.4	2.6
Noodles, japanese, somen, cooked	-0.5	2.5
Rice, white, long-grain, parboiled, enriched, cooked	-0.5	2.7
Rice, white, long-grain, parboiled, unenriched, cooked	-0.5	2.7
Macaroni, protein-fortified, cooked, enriched, (n x 5.70)	-0.5	2.0
Spaghetti, protein-fortified, cooked, enriched (N x 5.70)	-0.5	2.0
Macaroni, protein-fortified, cooked, enriched, (n x 6.25)	-0.5	2.0
Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	-0.5	2.0
Rice, white, long-grain, precooked or instant, enriched, d	-0.5	0.9
Couscous, cooked	-0.5	3.0
Noodles, japanese, soba, dry	-0.6	1.0
Couscous, dry	-0.6	0.9
Rice, white, glutinous, cooked	-0.6	3.4
Rice flour, white	-0.7	0.9
Noodles, japanese, somen, dry	-0.8	0.9
Rice, white, long-grain, parboiled, enriched, dry	-0.8	0.9
Rice, white, long-grain, parboiled, unenriched, dry	-0.8	0.9
Macaroni, vegetable, dry, enriched	-0.9	0.9
Wheat flour, white, cake, enriched	-0.9	0.9
Semolina, enriched	-1.0	0.9
Semolina, unenriched	-1.0	0.9
Wheat flour, white, all-purpose, enriched, bleached	-1.0	0.9
Wheat flour, white, all-purpose, enriched, calcium-fortifie	-1.0	0.9
Wheat flour, white, all-purpose, unenriched	-1.0	0.9
Wheat flour, white, all-purpose, enriched, unbleached	-1.0	0.9
Wheat flour, white, all-purpose, self-rising, enriched	-1.0	0.9
Bulgur, cooked	-1.1	4.0
Pasta, fresh-refrigerated, spinach, cooked	-1.2	2.6
Rye flour, light	-1.2	0.9
Pasta, fresh-refrigerated, spinach, as purchased	-1.2	1.2
Spaghetti, spinach, dry	-1.3	0.9
Macaroni, dry, enriched	-1.4	0.9
Spaghetti, dry, enriched	-1.4	0.9
Spaghetti, dry, unenriched	-1.4	0.9
Macaroni, dry, unenriched	-1.4	0.9
Macaroni, dry, unenriched	-1.4	0.9
Barley, pearled, cooked	-1.4	2.7
Rye flour, medium	-1.4	1.0

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

Macaroni, whole-wheat, dry	-1.4	1.0
Spaghetti, whole-wheat, dry	-1.4	1.0
Bulgur, dry	-1.4	1.0
Spaghetti, spinach, cooked	-1.5	2.6
Kamut, uncooked	-1.5	1.0
Macaroni, whole-wheat, cooked	-1.6	2.7
Spaghetti, whole-wheat, cooked	-1.6	2.7
Rye	-1.6	1.0
Cornmeal, degermed, enriched, yellow	-1.6	0.9
Cornmeal, degermed, enriched, white	-1.6	0.9
Cornmeal, degermed, unenriched, yellow	-1.6	0.9
Cornmeal, degermed, unenriched, white	-1.6	0.9
Macaroni, cooked, enriched	-1.7	2.1
Spaghetti, cooked, enriched, without added salt	-1.7	2.1
Macaroni, cooked, unenriched	-1.7	2.1
Spaghetti, cooked, unenriched, without added salt	-1.7	2.1
Spaghetti, cooked, enriched, with added salt	-1.7	2.1
Spaghetti, cooked, unenriched, with added salt	-1.7	2.1
Corn flour, degermed, unenriched, yellow	-1.7	0.9
Buckwheat groats, roasted, cooked	-1.7	3.6
Wheat, hard red winter	-1.8	1.0
Corn bran, crude	-1.8	1.5
Wheat flour, white, bread, enriched	-1.8	0.9
Wheat flours, bread, unenriched	-1.8	0.9
Barley flour or meal	-1.8	1.0
Wheat, soft red winter	-1.8	1.0
Noodles, egg, spinach, cooked, enriched	-1.9	2.5
Noodles, egg, spinach, dry, enriched	-1.9	0.9
Cornmeal, self-rising, degermed, enriched, yellow	-2.0	0.9
Cornmeal, self-rising, degermed, enriched, white	-2.0	0.9
Wheat, hard white	-2.0	1.0
Buckwheat groats, roasted, dry	-2.0	1.0
Triticale flour, whole-grain	-2.0	1.0
Barley malt flour	-2.1	0.9
Macaroni, protein-fortified, dry, enriched, (n x 5.70)	-2.1	0.9
Spaghetti, protein-fortified, dry, enriched (n x 5.70)	-2.1	0.9
Macaroni, protein-fortified, dry, enriched, (n x 6.25)	-2.1	0.9
Spaghetti, protein-fortified, dry, enriched (n x 6.25)	-2.1	0.9
Wheat, hard red spring	-2.1	1.0
Teff, uncooked	-2.2	0.9
Wheat, soft white	-2.2	1.0
Rye flour, dark	-2.3	1.0
Rice, white, with pasta, dry	-2.3	0.9
Triticale	-2.4	1.0
Buckwheat flour, whole-groat	-2.4	1.0
Rice, brown, medium-grain, cooked	-2.4	3.0
Pasta, corn, cooked	-2.4	2.6
Pasta, corn, dry	-2.4	0.9
Barley, hulled	-2.5	0.9
Rice flour, brown	-2.5	0.9
Wheat, sprouted	-2.6	1.7
Buckwheat	-2.6	1.0
Wheat, durum	-2.6	1.0
Rice, brown, long-grain, cooked	-2.7	3.0
Pasta, fresh-refrigerated, plain, as purchased	-2.7	1.2

Pasta, fresh-refrigerated, plain, cooked	-2.7	2.5
Wheat flour, whole-grain	-3.0	1.0
Wheat flour, white, tortilla mix, enriched	-3.2	0.8
Pasta, homemade, made with egg, cooked	-3.2	2.6
Pasta, homemade, made without egg, cooked	-3.2	2.7
Spelt, uncooked	-3.3	1.0
Sorghum flour	-3.5	0.9
Cornmeal, self-rising, bolted, with wheat flour added, enr	-3.5	1.0
Cornmeal, self-rising, bolted, with wheat flour added, enr	-3.5	1.0
Noodles, egg, cooked, enriched, with added salt	-3.6	2.4
Noodles, egg, cooked, unenriched, with added salt	-3.6	2.4
Noodles, egg, cooked, enriched	-3.6	2.4
Noodles, egg, cooked, unenriched, without added salt	-3.6	2.4
Sorghum	-3.7	1.0
Millet, cooked	-3.8	2.8
Noodles, egg, dry, enriched	-3.8	0.9
Noodles, egg, dry, unenriched	-3.8	0.9
Cornmeal, whole-grain, yellow	-4.3	0.9
Cornmeal, whole-grain, white	-4.3	0.9
Cornmeal, self-rising, bolted, plain, enriched, yellow	-4.4	1.0
Cornmeal, self-rising, bolted, plain, enriched, white	-4.4	1.0
Corn flour, masa, enriched, white	-4.4	0.9
Corn flour, masa, unenriched, white	-4.4	0.9
Corn flour, masa, enriched, yellow	-4.4	0.9
Corn flour, whole-grain, yellow	-4.6	0.9
Corn flour, whole-grain, white	-4.6	0.9
Hominy, canned, white	-5.2	4.6
Hominy, canned, yellow	-5.2	4.6
Corn, yellow	-5.6	0.9
Corn, white	-5.6	0.9
Oats	-5.9	0.9
Quinoa, uncooked	-6.7	0.9
Rice, white, with pasta, cooked	-7.0	2.7
Millet flour	-7.1	0.9
Amaranth, uncooked	-7.3	0.9
Oat bran, cooked	-7.7	8.3
Wheat bran, crude	-8.8	1.5
Wheat germ, crude	-12.7	0.9
Rice bran, crude	-21.6	1.1
Noodles, flat, crunchy, Chinese restaurant	-24.5	0.6
Noodles, chinese, chow mein	-25.4	0.6

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