

Dairy and Egg Products

Balance Volumetric

Cheese, gouda	0	0.9
Cheese, roquefort	0	0.9
Cheese, parmesan, shredded	0	0.8
Cheese, parmesan, dry grated, reduced fat	0	1.3
Cheese, romano	0	0.9
Cheese, parmesan, hard	0	0.8
Milk, indian buffalo, fluid	0	3.4
Cheese, parmesan, low sodium	0	0.7
Milk, dry, nonfat, calcium reduced	0	0.9
Milk, dry, nonfat, instant, with added vitamin A and vitam	0	0.9
Milk, dry, nonfat, instant, without added vitamin A and vi	0	0.9
Cream substitute, liquid, with lauric acid oil and sodium c	0	2.4
Milk, dry, nonfat, regular, without added vitamin A and vi	0	0.9
Milk, dry, nonfat, regular, with added vitamin A and vitam	0	0.9
Milk, canned, evaporated, nonfat, with added vitamin A a	0	4.3
Milk, nonfat, fluid, with added vitamin A and vitamin D (f	0	9.8
Milk, nonfat, fluid, without added vitamin A and vitamin D	0	9.8
Cheese, pasteurized process, cheddar or american, fat-fre	0	2.3
Cheese, cottage, nonfat, uncreamed, dry, large or small c	0	4.6
Yogurt, fruit variety, nonfat, fortified with vitamin D	0	3.5
Yogurt, fruit variety, nonfat	0	3.5
Whey, acid, dried	0	1.0
Whey, sweet, dried	0	0.9
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0	5.9
Cheese, mozzarella, whole milk	0	1.1
Milk, nonfat, fluid, protein fortified, with added vitamin A	0	8.1
Cheese, port de salut	0	0.9
Milk, nonfat, fluid, with added nonfat milk solids, vitamin	0	9.0
Milk, fluid, nonfat, calcium fortified (fat free or skim)	0	9.5
Milk, buttermilk, dried	0	0.9
Milk, filled, fluid, with lauric acid oil	0	5.3
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0	3.3
Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortif	0	3.3
Beverage, milkshake mix, dry, not chocolate	0	1.0
Milk substitutes, fluid, with lauric acid oil	0	5.5
Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0	3.4
Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortif	0	3.4
Cheese, cottage, lowfat, 1% milkfat, lactose reduced	0	4.5
Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0	3.2
Yogurt, fruit, lowfat, with low calorie sweetener	0	3.2
Yogurt, fruit, lowfat, with low calorie sweetener, fortified	0	3.2
Cream substitute, liquid, with hydrogenated vegetable oil	0	2.4
Cheese, gjetost	0	0.7
Milk, buttermilk, fluid, cultured, lowfat	0	8.3
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0	3.9
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fo	0	3.9
Milk, buttermilk, fluid, cultured, reduced fat	0	5.9
Cheese, cottage, lowfat, 1% milkfat	0	4.6
Cheese, cottage, lowfat, 1% milkfat, no sodium added	0	4.6
Whipped topping, frozen, low fat	0	1.5
Milk shakes, thick chocolate	0	2.8
Whey, sweet, fluid	0	12.3
Cheese, pasteurized process, swiss, with di sodium phosp	0	1.0
Cheese, pasteurized process, swiss, without di sodium ph	0	1.0

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
Avg. = -2.3

Cheese food, pasteurized process, swiss	0	1.0
Milk, lowfat, fluid, 1% milkfat, with added nonfat milk sol	0	7.7
Milk, lowfat, fluid, 1% milkfat, protein fortified, with adde	0	6.9
Cheese, fontina	0	0.9
Milk, chocolate, fluid, commercial, lowfat, with added vita	0	5.3
Milk shakes, thick vanilla	0	3.0
Cheese, tilsit	0	1.0
Cheese, feta	0	1.3
Sour cream, imitation, cultured	0	1.6
Dessert topping, semi solid, frozen	0	1.0
Cheese, cottage, lowfat, 1% milkfat, with vegetables	0	5.0
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with	0	5.9
Yogurt, plain, low fat, 12 grams protein per 8 ounce	0	5.3
Cheese, pasteurized process, american, low fat	0	1.9
Cheese, swiss, low fat	0	1.9
Milk, reduced fat, fluid, 2% milkfat, with added nonfat mi	0	6.5
Milk, canned, condensed, sweetened	0	1.0
Cheese, pasteurized process, swiss, low fat	0	2.0
Milk, chocolate, fluid, commercial, whole, with added vita	0	4.0
Milk, low sodium, fluid	0	5.5
Cream substitute, powdered, light	0	0.8
Milk, producer, fluid, 3.7% milkfat	0	5.2
Cheese, edam	0	0.9
Cheese, caraway	0	0.9
Cheese, american cheddar, imitation	0	1.4
Milk, sheep, fluid	-1	3.1
Cheese, cheshire	-1	0.9
Cheese, low fat, cheddar or colby	-1	1.9
Milk, dry, whole, with added vitamin D	-1	0.7
Milk, dry, whole, without added vitamin D	-1	0.7
Cheese, muenster, low fat	-1	1.2
Cheese, cottage, creamed, with fruit	-1	3.4
Cheese, cheddar	-1	0.8
Cheese, brick	-1	0.9
Cheese, mexican, queso asadero	-1	0.9
Cheese, mexican, queso chihuahua	-1	0.9
Cheese, mexican, queso anejo	-1	0.9
Cheese, muenster	-1	0.9
Cheese, provolone, reduced fat	-1	1.2
Cheese, low-sodium, cheddar or colby	-1	0.8
Cheese, limburgere	-1	1.0
Cheese, cottage, lowfat, 2% milkfat	-1	3.9
Cheese, camembert	-1	1.1
Cheese, pasteurized process, american, with di sodium pl	-1	0.9
Cheese, pasteurized process, pimento	-1	0.9
Cheese, pasteurized process, american, without di sodiun	-1	0.9
Cheese, brie	-1	1.0
Cheese fondue	-1	1.5
Beverage, instant breakfast powder, chocolate, not recon	-1	0.9
Cheese spread, pasteurized process, american, without d	-1	1.1
Cheese spread, pasteurized process, american, with di so	-1	1.1
Cheese, pasteurized process, cheddar or american, low so	-1	0.9
Cheese food, cold pack, american	-1	1.0
Milk, lowfat, fluid, 1% milkfat, with added vitamin A and	-1	7.9
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	-1	5.5

Cheese, provolone	-1	0.9
Cheese food, pasteurized process, american, with di sodi	-1	1.0
Milk, canned, evaporated, without added vitamin A and v	-1	2.5
Milk, canned, evaporated, with added vitamin D and with	-1	2.5
Milk, canned, evaporated, with added vitamin A	-1	2.5
Dessert topping, powdered, 1.5 ounce prepared with 1/2	-1	1.7
Cheese, cottage, with vegetables	-1	3.5
Cream, whipped, cream topping, pressurized	-1	1.3
Cheese, swiss	-1	0.9
Cheese, mozzarella, part skim milk, low moisture	-1	1.1
Cream, sour, reduced fat, cultured	-1	2.5
Cream, fluid, half and half	-1	2.6
Cheese, swiss, low sodium	-1	0.9
Milk, whole, 3.25% milkfat, with added vitamin D	-1	5.5
Milk, whole, 3.25% milkfat, without added vitamin A and	-1	5.5
Milk, reduced fat, fluid, 2% milkfat, with added nonfat mi	-1	5.9
Cheese, mozzarella, low sodium	-1	1.2
Cheese, blue	-1	0.9
Dessert topping, powdered	-1	0.6
Cheese, mozzarella, part skim milk	-1	1.3
Cheese spread, cream cheese base	-1	1.1
Cream, fluid, light (coffee cream or table cream)	-1	1.7
Milk, chocolate beverage, hot cocoa, homemade	-1	4.3
Cream, fluid, heavy whipping	-1	1.0
Cheese, ricotta, part skim milk	-1	2.4
Cheese, cottage, creamed, large or small curd	-1	3.4
Butter, whipped, with salt	-1	0.5
Milk, chocolate, fluid, commercial, reduced fat, with adde	-1	4.3
Dessert topping, pressurized	-1	1.3
Butter oil, anhydrous	-1	0.4
Cheese, ricotta, whole milk	-1	1.9
Milk, chocolate, fluid, commercial, reduced fat, with adde	-1	4.4
Milk, goat, fluid, with added vitamin D	-1	4.8
Cheese, monterey	-1	0.9
Cheese, colby	-1	0.8
Eggnog	-1	3.8
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	-1	6.7
Cheese, mozzarella, whole milk, low moisture	-1	1.0
Cheese, monterey, low fat	-1	1.1
Cream, fluid, light whipping	-1	1.1
Cheese, parmesan, grated	-2	0.8
Cheese, goat, soft type	-2	1.2
Cheese, goat, hard type	-2	0.7
Cheese, goat, semisoft type	-2	0.9
Cheese, gruyere	-2	0.8
Beverage, instant breakfast powder, chocolate, sugar-fre	-2	0.9
Cheese, neufchatel	-2	1.3
Sour dressing, non-butterfat, cultured, filled cream-type	-3	1.9
Cheese food, pasteurized process, american, without di s	-3	1.0
Butter, without salt	-3	0.5
Butter, salted	-3	0.5
Cheese, cream	-4	1.0
Cream, sour, cultured	-4	1.7
Protein supplement, milk based, Muscle Milk, powder	-4	0.8
Cheese sauce, prepared from recipe	-5	1.7

Cream substitute, liquid, light	-5	4.7
Egg, turkey, whole, fresh, raw	-6	1.9
Cheese substitute, mozzarella	-6	1.3
Milk, human, mature, fluid	-7	4.8
Egg, whole, dried, stabilized, glucose reduced	-8	0.5
Egg, yolk, raw, frozen, sugared	-8	1.1
Egg, whole, dried	-9	0.6
Egg, yolk, raw, frozen, salted	-9	1.2
Whipped cream substitute, dietetic, made from powdered	-10	3.3
Milk, filled, fluid, with blend of hydrogenated vegetable oi	-11	5.3
Egg, quail, whole, fresh, raw	-11	2.1
Egg, goose, whole, fresh, raw	-11	1.8
Egg, whole, cooked, hard-boiled	-12	2.1
Egg, yolk, dried	-14	0.5
Egg, duck, whole, fresh, raw	-15	1.8
Egg, yolk, raw, frozen	-16	1.1
Egg, whole, raw, fresh	-17	2.3
Egg, whole, cooked, poached	-17	2.4
Egg, whole, cooked, scrambled	-17	2.2
Egg, yolk, raw, fresh	-17	1.0
Egg, whole, cooked, fried	-18	1.7
Egg, whole, cooked, omelet	-19	2.2
Ensure plus, liquid nutrition	-22	2.4
Milk, imitation, non-soy	-25	7.2
Imitation cheese, american or cheddar, low cholesterol	-26	0.9

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