

Fast Foods

Balance Volumetric

	Balance	Volumetric
BURGER KING, WHOPPER, no cheese	1	1.4
McDONALD'S, Apple Dippers with Low Fat Caramel Sauce	0	3.0
Fast foods, chili con carne	0	3.3
McDONALD'S, Low Fat Caramel Sauce	0	1.1
Fast foods, scallops, breaded and fried	-1	1.2
WENDY'S, Frosty Dairy Dessert	-1	2.5
McDONALD'S, Hot Fudge Sundae	-1	1.8
McDONALD'S, Strawberry Sundae	-1	2.1
McDONALD'S, Hot Caramel Sundae	-1	1.8
Fast foods, cheeseburger; single, regular patty, with conc	-1	1.4
McDONALD'S, Chocolate TRIPLE THICK Shake	-1	2.0
Yogurt parfait, lowfat, with fruit and granola	-1	4.0
McDONALD'S, Strawberry TRIPLE THICK Shake	-1	2.1
McDONALD'S, Vanilla TRIPLE THICK Shake	-1	2.1
Fast foods, cheeseburger, regular, double patty and bun,	-1	1.1
Fast foods, shrimp, breaded and fried	-1	1.2
Fast foods, hush puppies	-1	1.0
McDONALD'S, McFLURRY with M&M'S CANDIES	-1	1.9
Fast foods, burrito, with beef	-1	1.4
BURGER KING, Vanilla Shake	-1	2.0
Fast foods, tostada, with beans, beef, and cheese	-1	2.3
Light Ice Cream, soft serve, blended with milk chocolate	-1	1.8
Fast foods, chimichanga, with beef, cheese, and red chili	-2	1.6
McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	-2	2.1
Fast foods, burrito, with beans	-2	1.6
Fast foods, onion rings, breaded and fried	-2	1.0
Fast foods, chimichanga, with beef and cheese	-2	1.4
Fast foods, burrito, with beans and chili peppers	-2	1.6
Fast foods, vanilla, light, soft-serve ice cream, with cone	-2	2.0
McDONALD'S, McDONALDLAND Chocolate Chip Cookies	-2	0.7
Fast foods, burrito, with beans, cheese, and chili peppers	-2	1.7
McDONALD'S, McFLURRY with OREO cookies	-2	2.0
Fast foods, burrito, with beef and chili peppers	-2	1.6
Fast foods, frijoles with cheese	-2	2.5
Fast foods, enchilada, with cheese	-2	1.7
Fast foods, burrito, with beans and meat	-2	1.5
Light Ice Cream, soft serve, blended with cookie pieces	-2	2.0
McDONALD'S, Barbeque Sauce	-2	2.0
Fast foods, taco	-2	1.5
Fast foods, sundae, hot fudge	-2	1.9
Fast foods, chimichanga, with beef and red chili peppers	-2	1.5
Fast foods, chimichanga, with beef	-2	1.4
McDONALD'S, Sweet 'N Sour Sauce	-2	2.0
POPEYES, Batter Fries, analyzed prior to December 2006	-2	1.1
Fast foods, sundae, caramel	-2	1.7
Fast foods, burrito, with beans, cheese, and beef	-2	2.0
Fast foods, tostada, with beef and cheese	-3	1.7
Fast foods, cookies, animal crackers	-3	0.7
Fast foods, biscuit, with ham	-3	1.0
Fast foods, tostada, with beans and cheese	-3	2.1
KENTUCKY FRIED CHICKEN, Biscuit, analyzed prior to Jar	-3	0.9
TACO BELL, Bean Burrito	-3	1.6
Fast foods, hotdog, with chili	-3	1.3
Fast foods, pancakes with butter and syrup	-3	1.5

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
Avg. = -7.8

Fast foods, sundae, strawberry	-3	1.9
McDONALD'S, Baked Apple Pie	-3	1.0
TACO BELL, BURRITO SUPREME with beef	-3	1.8
TACO BELL, Taco Salad	-3	2.0
Fast foods, hamburger; single, large patty; with condime	-3	1.4
Fast foods, corn on the cob with butter	-3	3.1
DIGIORNO Pizza, cheese topping, thin crispy crust, frozer	-3	1.3
POPEYES, Mild Chicken Strips, analyzed 2006	-3	1.2
Fast foods, ham and cheese sandwich	-3	1.4
Fast foods, hotdog, plain	-4	1.3
Fast foods, hamburger; single, regular patty; with condin	-4	1.3
TACO BELL, BURRITO SUPREME with steak	-4	1.8
Fast foods, english muffin, with egg, cheese, and canadia	-4	1.5
Fast foods, cookies, chocolate chip	-4	0.8
Fast foods, burrito, with beans and cheese	-4	1.6
BURGER KING, Hamburger	-4	1.2
POPEYES, Fried Chicken, Mild, Breast, meat only, skin an	-4	2.1
Fast foods, cheeseburger; single, large patty; with condir	-4	1.2
Fast foods, hamburger, large, single patty, with condimer	-4	1.3
Fast foods, enchilada, with cheese and beef	-4	2.0
WENDY'S, Jr. Hamburger, without cheese	-4	1.4
Pizza, cheese topping, rising crust, frozen, cooked	-4	1.3
TACO BELL, BURRITO SUPREME with chicken	-4	1.9
WENDY'S, Jr. Hamburger, with cheese	-4	1.3
Fast foods, roast beef sandwich, plain	-4	1.3
KENTUCKY FRIED CHICKEN, Potato Wedges, analyzed pri	-4	1.2
Fast foods, hamburger; single, large patty; with condime	-4	1.3
Fast foods, cheeseburger; single, large patty; with condim	-4	1.4
TACO BELL, Soft Taco with beef	-4	1.5
WENDY'S, CLASSIC DOUBLE, with cheese	-4	1.4
LITTLE CAESARS 14" Original Round Cheese Pizza, Regul	-4	1.3
DIGIORNO Pizza, cheese topping, rising crust, frozen, bal	-4	1.3
Fast foods, cheeseburger; single, regular patty, with conc	-4	1.2
PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	-4	1.1
Fast foods, hotdog, with corn flour coating (corndog)	-4	1.3
DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	-4	1.3
Fast foods, biscuit, with egg, cheese, and bacon	-4	1.1
PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	-5	1.1
Fast foods, bagel, with ham, egg, and cheese	-5	1.3
POPEYES, Spicy Chicken Strips, analyzed 2006	-5	1.3
McDONALD'S, McDONALDLAND Cookies	-5	0.7
Fast foods, burrito, with fruit (apple or cherry)	-5	1.1
LITTLE CAESARS 14" Original Round Pepperoni Pizza, Reg	-5	1.2
DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Ha	-5	1.4
DIGIORNO Pizza, cheese topping, cheese stuffed crust, fr	-5	1.2
Fast foods, danish pastry, fruit	-5	0.9
Fast foods, danish pastry, cinnamon	-5	0.8
TACO BELL, Nachos Supreme	-5	1.4
Fast foods, taco salad with chili con carne	-5	3.0
BURGER KING, Cheeseburger	-5	1.2
PAPA JOHN'S 14" Cheese Pizza, Thin Crust	-5	1.1
Fast Food, Pizza Chain, 14" Pizza, cheese topping, regula	-5	1.3
Fast foods, bagel, with breakfast steak, egg, cheese, and	-5	1.2
Fast foods, griddle cake sandwich, egg, cheese, and baco	-5	1.2
McDONALD'S, Deluxe Warm Cinnamon Roll	-5	0.9

Fast foods, english muffin, with butter	-5	1.1
DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	-5	1.2
PIZZA HUT 14" Cheese Pizza, Regular Crust	-5	1.2
LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	-5	1.3
WENDY'S, CLASSIC SINGLE Hamburger, with cheese	-5	1.5
DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, cooked	-5	1.2
LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	-5	1.3
DIGIORNO Pizza, pepperoni topping, rising crust, frozen, cooked	-5	1.3
PIZZA HUT 12" Cheese Pizza, Regular Crust	-5	1.2
Fast foods, nachos, with cheese	-5	1.1
Fast foods, miniature cinnamon rolls	-5	0.8
DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, cooked	-5	1.2
Fast foods, nachos, with cheese and jalapeno peppers	-5	1.1
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust, frozen, cooked	-6	1.2
TACO BELL, Soft Taco with chicken	-6	1.6
McDONALD'S, Biscuit, regular size	-6	1.0
McDONALD'S, Biscuit, large size	-6	1.0
PAPA JOHN'S 14" Cheese Pizza, Original Crust	-6	1.3
Fast foods, taco salad	-6	2.4
PIZZA HUT 12" Super Supreme Pizza, Regular Crust	-6	1.4
LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza	-6	1.4
DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	-6	1.2
DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	-6	1.2
PIZZA HUT 12" Pepperoni Pizza, Regular Crust	-6	1.2
DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, cooked	-6	1.3
WENDY'S, CLASSIC SINGLE Hamburger, no cheese	-6	1.6
Fast Foods, cheeseburger; double, large patty; with condiments	-6	1.3
Fast foods, english muffin, with egg, cheese, and sausage	-6	1.2
Pizza, cheese topping, regular crust, frozen, cooked	-6	1.2
PIZZA HUT 14" Pepperoni Pizza, Regular Crust	-6	1.2
DIGIORNO Pizza, supreme topping, rising crust, frozen, cooked	-6	1.3
Pizza, meat and vegetable topping, rising crust, frozen, cooked	-6	1.2
Fast Food, Pizza Chain, 14" pizza, meat and vegetable toppings	-6	1.4
PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	-6	1.2
POPEYES, Fried Chicken, Mild, Breast, meat and skin with skin	-6	1.3
Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust	-6	1.2
POPEYES, Fried Chicken, Mild, Wing, meat only, skin and skin	-6	1.5
PIZZA HUT 14" Super Supreme Pizza, Regular Crust	-6	1.3
BURGER KING, French Toast Sticks	-7	1.0
McDONALD'S, Warm Cinnamon Roll	-7	0.8
Pizza, pepperoni topping, regular crust, frozen, cooked	-7	1.1
TACO BELL, Nachos	-7	0.9
Fast foods, french toast sticks	-7	1.0
Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust	-7	1.2
Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust	-7	1.1
PAPA JOHN'S 14" The Works Pizza, Original Crust	-7	1.4
POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and skin	-7	2.0
Fast foods, danish pastry, cheese	-7	0.9
McDONALD'S, Sausage Burrito	-7	1.3
Fast foods, grilled chicken, bacon and tomato club sandwich	-7	1.5
Fast foods, nachos, with cinnamon and sugar	-7	0.6
Fast foods, english muffin, with cheese and sausage	-7	1.0
BURGER KING, CROISSAN'WICH with Sausage and Cheese	-7	0.9
POPEYES, Fried Chicken, Mild, Wing, meat and skin with skin	-7	0.9
Fast foods, bagel, with egg, sausage patty, cheese, and condiments	-7	1.1

Fast foods, biscuit, with sausage	-7	0.9
POPEYES, Fried Chicken, Mild, Drumstick, meat and skin	-7	1.1
Fast Foods, Fried Chicken, Breast, meat only, skin and br	-7	2.2
PIZZA HUT 12" Cheese Pizza, Thick Crust	-8	1.2
Tostada with guacamole	-8	2.4
Fast foods, cheeseburger; double, regular, patty and bun	-8	1.2
LITTLE CAESARS 14" Cheese Pizza, Thin Crust	-8	1.1
Fast Foods, biscuit, with egg and sausage	-8	1.1
PIZZA HUT 14" Cheese Pizza, Thick Crust	-8	1.2
McDONALD'S, Sausage Biscuit	-8	0.9
POPEYES, Fried Chicken, Mild, Thigh, meat and skin with	-8	1.1
Fast foods, griddle cake sandwich, egg, cheese, and saus	-8	1.1
Pizza, meat and vegetable topping, regular crust, frozen,	-8	1.2
TACO BELL, Original Taco with beef	-8	1.4
KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RE	-8	2.3
KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RE	-8	2.3
BURGER KING, CROISSAN'WICH with Egg and Cheese	-8	1.2
BURGER KING, DOUBLE WHOPPER, with cheese	-8	1.3
POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and	-8	1.8
Fast foods, griddle cake sandwich, sausage	-8	1.0
DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	-9	1.1
WENDY'S, Ultimate Chicken Grill Sandwich	-9	1.9
McDONALD'S, Sausage Biscuit with Egg	-9	1.1
McDONALD'S, Premium Grilled Chicken Classic Sandwich	-9	1.8
PIZZA HUT 14" Pepperoni Pizza, Thick Crust	-9	1.1
PIZZA HUT 12" Pepperoni Pizza, Thick Crust	-9	1.1
Fast foods, nachos, with cheese, beans, ground beef, and	-9	1.5
McDONALD'S, BIG BREAKFAST	-10	1.2
McDONALD'S, Scrambled Eggs	-10	1.7
BURGER KING, CROISSAN'WICH with Sausage, Egg and C	-10	1.0
POPEYES, Biscuit	-10	0.8
BURGER KING, DOUBLE WHOPPER, no cheese	-10	1.3
Fast foods, hamburger; double, large patty; with condime	-10	1.3
Fast foods, potatoes, hashed brown	-10	1.0
McDONALD'S, Hotcakes (plain)	-10	1.5
McDONALD'S, Sausage Patty	-10	0.8
KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISP	-10	2.2
Fast Foods, Fried Chicken, Drumstick, meat only, skin and	-11	1.9
Fast foods, crispy chicken, bacon, and tomato club sandw	-11	1.3
Fast Foods, Fried Chicken, Thigh, meat only, skin and bre	-11	1.8
Fast foods, cheeseburger; double, regular patty; double c	-11	1.3
BURGER KING, WHOPPER, with cheese	-11	1.3
McDONALD'S, Tangy Honey Mustard Sauce	-11	2.0
Fast foods, hamburger; single, large patty; with condime	-12	1.5
Fast foods, chicken, breaded and fried, light meat (breast	-12	1.1
KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RE	-12	1.9
Fast foods, chicken fillet sandwich, plain	-12	1.2
Fast foods, hamburger; single, regular patty; double deck	-12	1.3
KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RE	-12	1.9
McDONALD'S, French Fries	-12	1.1
Fast foods, potato, french fried in vegetable oil	-13	1.1
Fast Foods, Fried Chicken, Wing, meat only, skin and bre	-13	1.5
WENDY'S, Homestyle Chicken Fillet Sandwich	-13	1.6
Fast foods, chicken, breaded and fried, dark meat (drums	-13	1.1
TACO BELL, Soft Taco with steak	-13	1.5

KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISP	-13	2.0
KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISP	-13	1.9
McDONALD'S, Hot Mustard Sauce	-13	1.8
McDONALD'S, Premium Crispy Chicken Classic Sandwich	-13	1.5
Fast foods, egg, scrambled	-14	1.6
Fast foods, fish sandwich, with tartar sauce and cheese	-14	1.2
Fast Foods, Fried Chicken, Breast, meat and skin with bre	-15	1.3
Fast foods, biscuit, with egg and bacon	-15	1.1
KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RE	-15	1.5
Fast Foods, Fried Chicken, Drumstick, meat and skin with	-16	1.2
McDONALD'S, Hash Browns	-16	1.3
Fast foods, biscuit, with egg	-16	1.2
Fast foods, fish sandwich, with tartar sauce	-16	1.2
Fast foods, biscuit, with egg and ham	-16	1.4
KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RE	-16	1.5
KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISP	-16	1.4
Fast Foods, Fried Chicken, Thigh, meat and skin and bre	-17	1.1
Fast Foods, Fried Chicken, Wing, meat and skin and bre	-17	1.0
Fast foods, chicken, breaded and fried, boneless pieces, p	-17	1.1
BURGER KING, Chicken WHOPPER Sandwich	-17	1.5
KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RE	-17	1.4
McDONALD'S, Chicken McNUGGETS	-18	1.1
Fast Foods, crispy chicken filet sandwich, with lettuce, to	-18	1.4
KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RE	-19	1.3
McDONALD'S, Chicken SELECTS Premium Breast Strips	-19	1.1
KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RE	-19	1.2
Side dishes, potato salad	-21	2.9
Fast foods, chicken tenders	-21	1.2
KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISP	-22	1.2
KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISP	-22	1.2
McDONALD'S, Peanuts (for Sundaes)	-22	0.5
Entrees, fish fillet, battered or breaded, and fried	-23	1.4
KENTUCKY FRIED CHICKEN, Crispy Chicken Strips	-23	1.2
KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISP	-23	1.1
KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISP	-23	1.0
KENTUCKY FRIED CHICKEN, Popcorn Chicken	-25	0.9
KENTUCKY FRIED CHICKEN, Coleslaw	-26	2.3
Fast foods, coleslaw	-31	2.2
POPEYES, Coleslaw	-35	2.1
POPEYES, Coleslaw	-35	2.1
McDONALD'S, Spicy Buffalo Sauce	-46	2.3
McDONALD'S, Creamy Ranch Sauce	-46	0.7

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