

Legumes and Legume Products

Balance Volumetric

Mungo beans, mature seeds, cooked, boiled, without salt	3	3.2
Beans, chili, barbecue, ranch style, cooked	1	3.4
Beans, french, mature seeds, cooked, boiled, without salt	1	2.6
Beans, french, mature seeds, cooked, boiled, with salt	1	2.6
Beans, pinto, mature seeds, canned	1	3.9
Beans, kidney, all types, mature seeds, cooked, boiled, w	0	2.6
Beans, kidney, red, mature seeds, cooked, boiled, without	0	2.6
Beans, kidney, red, mature seeds, cooked, boiled, without	0	2.6
Beans, kidney, all types, mature seeds, cooked, boiled, w	0	2.6
Beans, kidney, red, mature seeds, cooked, boiled, with sa	0	2.6
Peanut butter with omega-3, creamy	0	0.5
Beans, navy, mature seeds, cooked, boiled, without salt	0	2.4
Beans, navy, mature seeds, cooked, boiled, with salt	0	2.4
Beans, pinto, mature seeds, cooked, boiled, without salt	0	2.3
Refried beans, canned, fat-free	0	4.2
Beans, pinto, mature seeds, cooked, boiled, with salt	0	2.3
Beans, kidney, royal red, mature seeds, cooked, boiled, v	0	2.7
Beans, kidney, royal red, mature seeds, cooked, boiled w	0	2.7
Beans, kidney, california red, mature seeds, cooked, boile	0	2.7
Beans, kidney, california red, mature seeds, cooked, boile	0	2.7
Beans, adzuki, mature seeds, canned, sweetened	0	1.4
Noodles, chinese, cellophane or long rice (mung beans), c	0	0.9
Beans, adzuki, yokan, mature seeds	0	1.3
Beans, black turtle soup, mature seeds, cooked, boiled, v	0	2.6
Beans, black turtle soup, mature seeds, cooked, boiled, v	0	2.6
Beans, white, mature seeds, cooked, boiled, without salt	0	2.4
Vermicelli, made from soy	0	1.0
Beans, white, mature seeds, canned	0	2.9
Beans, pink, mature seeds, cooked, boiled, with salt	0	2.2
Beans, black turtle soup, mature seeds, canned	0	3.7
Beans, cranberry (roman), mature seeds, cooked, boiled,	0	2.4
Beans, cranberry (roman), mature seeds, cooked, boiled,	0	2.4
Beans, cranberry (roman), mature seeds, canned	0	4.0
Beans, navy, mature seeds, canned	0	2.9
Baked beans, canned, no salt added	0	3.2
Beans, kidney, red, mature seeds, canned	0	4.0
Yardlong beans, mature seeds, cooked, boiled, without sa	0	2.8
Yardlong beans, mature seeds, cooked, boiled, with salt	0	2.8
Yardlong beans, mature seeds, raw	0	1.0
Beans, great northern, mature seeds, canned	0	2.9
Beans, black, mature seeds, cooked, boiled, without salt	0	2.5
Beans, black, mature seeds, cooked, boiled, with salt	0	2.5
Beans, great northern, mature seeds, cooked, boiled, wit	0	2.8
Beans, great northern, mature seeds, cooked, boiled, wit	0	2.8
Beans, adzuki, mature seeds, cooked, boiled, without salt	0	2.6
Beans, adzuki, mature seed, cooked, boiled, with salt	0	2.6
Beans, small white, mature seeds, cooked, boiled, without	0	2.3
Beans, small white, mature seeds, cooked, boiled, with sa	0	2.3
Soy sauce made from soy and wheat (shoyu)	0	6.3
Beans, yellow, mature seeds, cooked, boiled, without salt	0	2.3
Beans, yellow, mature seeds, cooked, boiled, with salt	0	2.3
Beans, kidney, all types, mature seeds, canned	0	4.0
Beans, yellow, mature seeds, raw	0	1.0
Beans, adzuki, mature seeds, raw	0	1.0

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
Avg. = -8.9

Lima beans, large, mature seeds, canned	0	4.2
Soy sauce made from hydrolyzed vegetable protein	0	8.3
Beans, baked, canned, plain or vegetarian	0	3.5
Soy protein concentrate, produced by alcohol extraction	0	1.0
Soy protein concentrate, produced by acid wash	0	1.0
Soy protein concentrate, crude protein basis (N x 6.25), p	0	1.0
Chili with beans, canned	0	3.0
Lima beans, thin seeded (baby), mature seeds, cooked, k	-1	2.6
Lima beans, thin seeded (baby), mature seeds, cooked, k	-1	2.6
Cowpeas, common (blackeyes, crowder, southern), matu	-1	2.9
Cowpeas, common (blackeyes, crowder, southern), matu	-1	2.9
Soy sauce made from soy and wheat (shoyu), low sodium	-1	6.3
Soy sauce made from soy (tamari)	-1	5.6
Lima beans, large, mature seeds, cooked, boiled, without	-1	2.9
Lima beans, large, mature seeds, cooked, boiled, with sa	-1	2.9
Soy protein isolate, potassium type, crude protein basis	-1	1.0
Soy milk, chocolate, nonfat, with added calcium, vitamins	-1	7.6
Mothbeans, mature seeds, cooked, boiled, without salt	-1	2.8
Mothbeans, mature seeds, cooked, boiled, with salt	-1	2.8
Cowpeas, catjang, mature seeds, cooked, boiled, without	-1	2.8
Cowpeas, catjang, mature seeds, cooked, boiled, with sal	-1	2.8
Soy protein isolate, potassium type	-1	1.0
Beans, baked, canned, with beef	-1	2.8
Beans, baked, canned, with pork and tomato sauce	-1	3.5
Cowpeas, common (blackeyes, crowder, southern), matu	-1	4.3
Refried beans, canned, traditional style (includes USDA c	-1	3.7
Lentils, mature seeds, cooked, boiled, without salt	-1	2.9
Lentils, mature seeds, cooked, boiled, with salt	-1	2.9
Peas, split, mature seeds, cooked, boiled, without salt	-1	2.8
Carob flour	-1	1.5
Peas, split, mature seeds, cooked, boiled, with salt	-1	2.9
Soy milk (all flavors), nonfat, with added calcium, vitamin	-1	11.9
Mung beans, mature seeds, cooked, boiled, without salt	-1	3.2
Mung beans, mature seeds, cooked, boiled, with salt	-1	3.2
Broadbeans (fava beans), mature seeds, canned	-1	4.7
Falafel, home-prepared	-1	1.0
Soy flour, defatted	-1	1.0
Broadbeans (fava beans), mature seeds, cooked, boiled,	-1	3.0
Broadbeans (fava beans), mature seeds, cooked, boiled,	-1	3.0
Beans, baked, canned, with pork	-1	3.1
Refried beans, canned, vegetarian	-1	4.0
Pigeon peas (red gram), mature seeds, cooked, boiled, w	-2	2.8
Pigeon peas (red gram), mature seeds, cooked, boiled, w	-2	2.8
GREEN GIANT, HARVEST BURGER, Original Flavor, All Ve	-2	2.2
Cowpeas, common (blackeyes, crowder, southern), matu	-2	4.0
Hyacinth beans, mature seeds, cooked, boiled, without sa	-2	2.8
Hyacinth beans, mature seeds, cooked, boiled, with salt	-2	2.8
Beans, baked, canned, with pork and sweet sauce	-2	3.0
Soy meal, defatted, raw	-2	1.0
Soy meal, defatted, raw, crude protein basis (N x 6.25)	-2	1.0
Beans, baked, home prepared	-3	2.1
Beans, baked, canned, with franks	-3	2.3
Soy protein isolate	-4	1.0
Lupins, mature seeds, cooked, boiled, without salt	-4	2.8
Chickpeas (garbanzo beans, bengal gram), mature seeds	-4	2.8

Lupins, mature seeds, cooked, boiled, with salt	-4	2.9
Meat extender	-4	1.1
Chickpeas (garbanzo beans, bengal gram), mature seeds	-7	2.0
Chickpeas (garbanzo beans, bengal gram), mature seeds	-7	2.0
Soymilk, chocolate and other flavors, light, with added calcium	-7	7.1
Beans, liquid from stewed kidney beans	-7	7.1
Chickpea flour (besan)	-7	0.9
Tofu, okara	-7	4.3
Soy flour, low-fat, crude protein basis (N x 6.25)	-8	0.9
Soymilk, chocolate, unfortified	-8	5.3
Soymilk, chocolate, with added calcium, vitamins A and D	-8	5.3
Soy flour, low-fat	-8	0.9
Soy flour, defatted, crude protein basis (N x 6.25)	-8	0.9
Tofu yogurt	-8	3.5
Winged beans, mature seeds, cooked, boiled, without salt	-9	2.3
Winged beans, mature seeds, cooked, boiled, with salt	-9	2.3
Winged beans, mature seeds, raw	-9	0.8
Soymilk, original and vanilla, unfortified	-9	6.2
Vegetarian stew	-10	2.7
Soymilk, original and vanilla, light, with added calcium, vitamins A and D	-11	11.1
Veggie burgers or soyburgers, unprepared	-11	1.9
Hummus, home prepared	-11	1.9
Miso	-12	1.7
Soymilk, original and vanilla, with added calcium, vitamins A and D	-12	7.7
Chicken, meatless, breaded, fried	-15	1.4
Frankfurter, meatless	-17	1.4
Chicken, meatless	-17	1.5
Tempeh	-17	1.7
Luncheon slices, meatless	-18	1.8
Meatballs, meatless	-18	1.7
Vegetarian meatloaf or patties	-18	1.7
USDA Commodity, Peanut Butter, smooth	-19	0.6
Soybeans, mature seeds, raw	-19	0.7
Tofu, firm, prepared with calcium sulfate and magnesium chloride	-20	4.8
Soy flour, full-fat, raw, crude protein basis (N x 6.25)	-21	0.8
Soybeans, mature seeds, dry roasted	-21	0.7
Soy flour, full-fat, roasted	-21	0.8
Soy flour, full-fat, roasted, crude protein basis (N x 6.25)	-21	0.8
Peanuts, all types, cooked, boiled, with salt	-22	1.0
Bacon bits, meatless	-22	0.7
Soybeans, mature cooked, boiled, without salt	-22	1.9
Soybeans, mature seeds, cooked, boiled, with salt	-22	1.9
Natto	-22	1.6
Soybean, curd cheese	-23	2.2
Peanut butter, smooth, vitamin and mineral fortified	-23	0.6
Frijoles rojos volteados (Refried beans, red, canned)	-23	2.3
Soybeans, mature seeds, roasted, salted	-23	0.7
Soybeans, mature seeds, roasted, no salt added	-23	0.7
Peanut butter, smooth style, without salt	-23	0.6
Peanut butter, smooth style, with salt	-24	0.6
Sandwich spread, meatless	-24	2.2
Peanut butter, chunky, vitamin and mineral fortified	-24	0.6
Peanut spread, reduced sugar	-25	0.5
Peanut butter, chunk style, with salt	-25	0.6
Peanut butter, chunk style, without salt	-25	0.6

Fish sticks, meatless	-25	1.1
Vegetarian fillets	-25	1.1
Peanuts, virginia, oil-roasted, with salt	-25	0.6
Peanuts, virginia, oil-roasted, without salt	-25	0.6
Peanuts, virginia, oil-roasted, without salt	-25	0.6
Peanuts, all types, oil-roasted, with salt	-26	0.6
Tofu, raw, firm, prepared with calcium sulfate	-26	2.3
Peanut butter, reduced sodium	-26	0.6
Tofu, soft, prepared with calcium sulfate and magnesium	-26	5.5
Peanuts, virginia, raw	-26	0.6
Peanuts, virginia, raw	-26	0.6
Peanuts, all types, oil-roasted, without salt	-27	0.6
Peanuts, all types, dry-roasted, with salt	-27	0.6
Peanuts, all types, dry-roasted, without salt	-27	0.6
Tofu, raw, regular, prepared with calcium sulfate	-27	4.4
Tofu, dried-frozen (koyadofu)	-27	0.7
Tofu, dried-frozen (koyadofu), prepared with calcium sulf	-28	0.7
Sausage, meatless	-28	1.3
Peanuts, spanish, oil-roasted, with salt	-29	0.6
Peanuts, spanish, oil-roasted, without salt	-29	0.6
Tofu, hard, prepared with nigari	-29	2.3
Tofu, salted and fermented (fuyu)	-30	2.9
Tofu, salted and fermented (fuyu), prepared with calcium	-30	2.9
Peanuts, valencia, oil-roasted, with salt	-30	0.6
Peanuts, valencia, oil-roasted, without salt	-30	0.6
Tofu, fried	-32	1.2
Tofu, fried, prepared with calcium sulfate	-32	1.2
Bacon, meatless	-39	1.1

Balance Volumetric

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