

Meals, Entrees, and Sidedishes

	Balance	Volumetric	
Tortellini, pasta with cheese filling, fresh-refrigerated, as	-1	1.1	very good effect
Beef stew, canned entree	-2	3.4	good effect
Lasagna with meat & sauce, frozen entree	-2	2.6	OK effect
Lasagna with meat & sauce, low-fat, frozen entree	-2	3.3	not very good effect
Macaroni and cheese dinner with dry sauce mix, boxed, u	-2	0.9	bad effect
Chili con carne with beans, canned entree	-2	2.8	awful effect
Spaghetti, with meatballs, canned	-2	3.1	Avg. = -4.7
Pasta with meatballs in tomato sauce, canned entree	-3	3.1	
Pasta with Sliced Franks in Tomato Sauce, canned entree	-3	3.7	
Pasta with tomato sauce, no meat, canned	-3	4.4	
Spaghetti with meat sauce, frozen entree	-3	3.7	
Rice bowl with chicken, frozen entree, prepared (includes	-4	2.6	
Macaroni and Cheese, canned entree	-4	4.1	
Burrito, beef and bean, frozen	-4	1.4	
Burrito, beef and bean, microwaved	-5	1.1	
LEAN POCKETS, Ham N Cheddar	-5	1.4	
Burrito, bean and cheese, frozen	-5	1.6	
Burrito, bean and cheese, microwaved	-6	1.3	
Lasagna, Cheese, frozen, prepared	-6	2.6	
Beef Pot Pie, frozen entree, prepared	-6	1.5	
Lasagna, Vegetable, frozen, baked	-6	2.4	
Chicken pot pie, frozen entree, prepared	-6	1.6	
HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	-7	1.4	very good effect
Turkey, stuffing, mashed potatoes w/gravy, assorted veg	-8	2.6	good effect
Egg rolls, chicken, refrigerated, heated	-8	1.7	OK effect
HOT POCKETS, meatballs & mozzarella stuffed sandwich,	-8	1.3	not very good effect
Egg rolls, pork, refrigerated, heated	-9	1.5	bad effect
Egg rolls, vegetable, refrigerated, heated	-9	1.7	awful effect

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