

Nut and Seed Products

	Balance	Volumetric
Seeds, flaxseed	32	0.6
Seeds, chia seeds, dried	24	0.7
Seeds, sisymbrium sp. seeds, whole, dried	3	1.0
Nuts, coconut water (liquid from coconuts)	0	17.5
Nuts, coconut cream, canned, sweetened	0	0.9
Nuts, coconut meat, dried (desiccated), sweetened, flake	0	0.7
Nuts, chestnuts, japanese, dried	-1	0.9
Nuts, chestnuts, japanese, dried	-1	0.9
Nuts, chestnuts, japanese, raw	-1	2.2
Nuts, chestnuts, japanese, boiled and steamed	-1	5.9
Nuts, coconut meat, dried (desiccated), sweetened, shrec	-1	0.7
Nuts, coconut meat, dried (desiccated), sweetened, flake	-1	0.8
Nuts, chestnuts, japanese, roasted	-1	1.7
Nuts, coconut meat, dried (desiccated), toasted	-1	0.6
Nuts, chestnuts, chinese, roasted	-1	1.4
Nuts, chestnuts, chinese, raw	-1	1.5
Nuts, chestnuts, chinese, dried	-1	0.9
Nuts, chestnuts, chinese, boiled and steamed	-1	2.2
Nuts, coconut meat, raw	-1	0.9
Nuts, coconut meat, dried (desiccated), not sweetened	-1	0.5
Nuts, coconut meat, dried (desiccated), creamed	-1	0.5
Nuts, coconut milk, frozen (liquid expressed from grated	-1	1.6
Nuts, coconut milk, raw (liquid expressed from grated m	-1	1.4
Nuts, coconut cream, raw (liquid expressed from grated r	-1	1.0
Nuts, coconut milk, canned (liquid expressed from grated	-1	1.7
Seeds, breadnut tree seeds, raw	-1	1.5
Seeds, breadnut tree seeds, dried	-1	0.9
Nuts, macadamia nuts, raw	-2	0.5
Nuts, macadamia nuts, dry roasted, without salt added	-2	0.5
Nuts, macadamia nuts, dry roasted, with salt added	-2	0.5
Seeds, cottonseed flour, low fat (glandless)	-2	1.0
Seeds, sesame flour, low-fat	-2	1.0
Nuts, ginkgo nuts, dried	-2	1.0
Nuts, chestnuts, european, raw, peeled	-2	1.7
Seeds, sunflower seed flour, partially defatted	-3	1.0
Nuts, chestnuts, european, roasted	-3	1.4
Seeds, lotus seeds, dried	-3	1.0
Seeds, lotus seeds, raw	-3	3.7
Nuts, ginkgo nuts, raw	-3	1.8
Nuts, chestnuts, european, boiled and steamed	-3	2.5
Nuts, chestnuts, european, dried, peeled	-3	0.9
Nuts, chestnuts, european, raw, unpeeled	-3	1.6
Nuts, chestnuts, european, dried, unpeeled	-4	0.9
Seeds, breadfruit seeds, roasted	-4	1.6
Seeds, breadfruit seeds, boiled	-4	2.0
Seeds, safflower seed meal, partially defatted	-5	1.0
Nuts, ginkgo nuts, canned	-5	3.0
Seeds, cottonseed meal, partially defatted (glandless)	-6	0.9
Seeds, cottonseed flour, partially defatted (glandless)	-8	0.9
Seeds, breadfruit seeds, raw	-8	1.7
Nuts, hazelnuts or filberts, blanched	-9	0.5
Nuts, pilinuts, dried	-11	0.5
Nuts, pilinuts, dried	-11	0.5
Nuts, acorn flour, full fat	-12	0.7

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
Avg. = -17.9

Nuts, almond paste	-12	0.7
Nuts, acorns, raw	-12	0.9
Nuts, acorns, dried	-12	0.7
Nuts, hazelnuts or filberts	-12	0.5
Seeds, sesame flour, partially defatted	-13	0.9
Nuts, hazelnuts or filberts, dry roasted, without salt added	-13	0.5
Nuts, cashew nuts, dry roasted, without salt added	-13	0.6
Nuts, cashew nuts, dry roasted, with salt added	-13	0.6
Nuts, cashew butter, plain, without salt added	-14	0.6
Nuts, cashew butter, plain, with salt added	-14	0.6
Nuts, cashew nuts, raw	-14	0.6
Nuts, cashew nuts, oil roasted, with salt added	-14	0.6
Nuts, cashew nuts, oil roasted, without salt added	-15	0.6
Nuts, cashew nuts, oil roasted, without salt added	-15	0.6
Seeds, sunflower seed butter, without salt	-16	0.5
Seeds, sunflower seed butter, with salt added	-16	0.5
Nuts, almonds, honey roasted, unblanched	-16	0.6
Nuts, mixed nuts, dry roasted, with peanuts, without salt added	-17	0.6
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	-17	0.6
Nuts, mixed nuts, oil roasted, without peanuts, without salt added	-18	0.5
Nuts, mixed nuts, oil roasted, without peanuts, without salt added	-18	0.5
Nuts, mixed nuts, without peanuts, oil roasted, with salt added	-18	0.5
Seeds, pumpkin and squash seeds, whole, roasted, without salt added	-19	0.7
Seeds, pumpkin and squash seeds, whole, roasted, with salt added	-19	0.7
Nuts, mixed nuts, oil roasted, with peanuts, without salt added	-21	0.5
Nuts, mixed nuts, with peanuts, oil roasted, with salt added	-21	0.5
Nuts, almonds, blanched	-21	0.6
Nuts, almonds	-21	0.6
Nuts, almonds, dry roasted, without salt added	-22	0.6
Nuts, almonds, dry roasted, with salt added	-22	0.6
Nuts, almond butter, plain, without salt added	-22	0.5
Nuts, almond butter, plain, with salt added	-22	0.5
Nuts, almonds, oil roasted, without salt added	-22	0.5
Nuts, almonds, oil roasted, with salt added	-22	0.5
Nuts, pistachio nuts, dry roasted, without salt added	-23	0.6
Nuts, pistachio nuts, dry roasted, with salt added	-23	0.6
Nuts, pistachio nuts, raw	-24	0.6
Nuts, pecans, dry roasted, without salt added	-26	0.5
Nuts, pecans, dry roasted, with salt added	-26	0.5
Nuts, pecans	-28	0.5
Nuts, beechnuts, dried	-29	0.6
Nuts, hickorynuts, dried	-30	0.5
Seeds, sesame flour, high-fat	-30	0.6
Nuts, pecans, oil roasted, without salt added	-30	0.5
Nuts, pecans, oil roasted, without salt added	-30	0.5
Nuts, pecans, oil roasted, with salt added	-30	0.5
Nuts, formulated, wheat-based, flavored, macadamia flavored	-30	0.5
Nuts, formulated, wheat-based, unflavored, with salt added	-31	0.5
Nuts, brazilnuts, dried, unblanched	-31	0.5
Nuts, formulated, wheat-based, all flavors except macadamia	-32	0.5
Seeds, cottonseed kernels, roasted (glandless)	-35	0.7
Seeds, pumpkin and squash seed kernels, roasted, without salt added	-35	0.6
Seeds, pumpkin and squash seed kernels, roasted, with salt added	-35	0.6
Seeds, sesame butter, tahini, from raw and stone ground	-36	0.6
Seeds, sesame seed kernels, toasted, without salt added	-36	0.6

Seeds, sesame meal, partially defatted	-36	0.6
Seeds, sesame seed kernels, toasted, with salt added (de	-36	0.6
Seeds, sesame seeds, whole, roasted and toasted	-36	0.6
Seeds, sesame seeds, whole, dried	-37	0.6
Seeds, sesame butter, paste	-37	0.6
Seeds, sesame butter, tahini, type of kernels unspecified	-38	0.6
Seeds, sesame butter, tahini, from roasted and toasted k	-38	0.6
Nuts, pine nuts, pinyon, dried	-38	0.5
Seeds, pumpkin and squash seed kernels, dried	-38	0.6
Seeds, sunflower seed kernels, dried	-39	0.6
Seeds, sesame butter, tahini, from unroasted kernels (no	-39	0.5
Seeds, sesame seed kernels, dried (decorticated)	-40	0.5
Nuts, butternuts, dried	-41	0.5
Nuts, walnuts, english	-44	0.5
Nuts, pine nuts, dried	-49	0.5
Nuts, walnuts, black, dried	-50	0.5
Seeds, watermelon seed kernels, dried	-50	0.6
Seeds, safflower seed kernels, dried	-54	0.6
Seeds, sunflower seed kernels, dry roasted, without salt	-56	0.6
Seeds, sunflower seed kernels, dry roasted, with salt add	-56	0.6
Seeds, sunflower seed kernels, oil roasted, without salt	-58	0.6
Seeds, sunflower seed kernels, oil roasted, with salt adde	-58	0.6
Seeds, sunflower seed kernels, toasted, without salt	-60	0.5
Seeds, sunflower seed kernels, toasted, with salt added	-60	0.5

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