

Poultry Products

Balance Volumetric

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| Ostrich, inside leg, cooked | -1 | 2.4 |
| Pate de foie gras, canned (goose liver pate), smoked | -1 | 0.7 |
| Turkey, fryer-roasters, light meat, meat only, cooked, roasted | -1 | 2.4 |
| Emu, fan fillet, cooked, broiled | -1 | 2.2 |
| Ostrich, tip trimmed, cooked | -2 | 2.3 |
| Emu, inside drums, cooked, broiled | -2 | 2.1 |
| Ostrich, outside strip, cooked | -2 | 2.1 |
| Turkey, fryer-roasters, breast, meat only, cooked, roasted | -2 | 2.5 |
| Emu, top loin, cooked, broiled | -2 | 2.2 |
| Duck, young duckling, domesticated, White Pekin, breast | -2 | 2.4 |
| Ostrich, oyster, cooked | -2 | 2.1 |
| Chicken, canned, no broth | -2 | 1.8 |
| Emu, full rump, cooked, broiled | -3 | 2.0 |
| Ostrich, inside strip, cooked | -3 | 2.0 |
| Turkey, young tom, light meat, meat only, cooked, roasted | -3 | 2.2 |
| Chicken, broilers or fryers, breast, meat only, cooked, stewed | -4 | 2.2 |
| Turkey, fryer-roasters, meat only, cooked, roasted | -4 | 2.2 |
| Pheasant, cooked, total edible | -4 | 1.4 |
| Turkey, fryer-roasters, breast, meat and skin, cooked, roasted | -4 | 2.2 |
| Chicken, broilers or fryers, breast, meat only, cooked, roasted | -4 | 2.0 |
| Chicken, broilers or fryers, light meat, meat only, cooked, roasted | -4 | 2.1 |
| Duck, young duckling, domesticated, White Pekin, leg, meat only, cooked, roasted | -4 | 1.9 |
| Chicken, capons, giblets, cooked, simmered | -4 | 2.0 |
| Chicken, broilers or fryers, breast, meat only, cooked, fried | -5 | 1.8 |
| Chicken, roasting, giblets, cooked, simmered | -5 | 2.0 |
| Chicken, broilers or fryers, light meat, meat only, cooked, roasted | -5 | 1.9 |
| Chicken, broilers or fryers, light meat, meat only, cooked, stewed | -5 | 1.7 |
| Turkey breast, pre-basted, meat and skin, cooked, roasted | -5 | 2.6 |
| Goose, domesticated, meat only, cooked, roasted | -5 | 1.4 |
| Turkey, fryer-roasters, light meat, meat and skin, cooked, roasted | -5 | 2.0 |
| Ostrich, top loin, cooked | -5 | 2.1 |
| Turkey, fryer-roasters, leg, meat only, cooked, roasted | -6 | 2.1 |
| Ostrich, ground, cooked, pan-broiled | -6 | 1.9 |
| Chicken, stewing, light meat, meat only, cooked, stewed | -6 | 1.6 |
| Duck, domesticated, meat only, cooked, roasted | -6 | 1.7 |
| Turkey, young tom, meat only, cooked, roasted | -6 | 2.0 |
| Turkey and gravy, frozen | -6 | 5.0 |
| Chicken, gizzard, all classes, cooked, simmered | -6 | 2.2 |
| Turkey, fryer-roasters, dark meat, meat only, cooked, roasted | -6 | 2.1 |
| Turkey, gizzard, all classes, cooked, simmered | -7 | 2.6 |
| Turkey, young hen, meat only, cooked, roasted | -7 | 1.9 |
| Turkey, fryer-roasters, meat and skin and giblets and neck, cooked, roasted | -7 | 1.9 |
| Goose, domesticated, meat and skin, cooked, roasted | -7 | 1.1 |
| USDA Commodity, turkey ham, dark meat, smoked, frozen | -7 | 2.8 |
| Turkey, fryer-roasters, leg, meat and skin, cooked, roasted | -7 | 2.0 |
| Chicken, broilers or fryers, wing, meat only, cooked, fried | -7 | 1.6 |
| Chicken, roasting, light meat, meat only, cooked, roasted | -7 | 2.2 |
| Duck, young duckling, domesticated, White Pekin, breast | -7 | 1.6 |
| Chicken, roasting, meat only, cooked, roasted | -7 | 2.0 |
| Chicken, stewing, giblets, cooked, simmered | -7 | 1.7 |
| Turkey, young tom, breast, meat and skin, cooked, roasted | -7 | 1.8 |
| Ground turkey, fat free, patties, broiled | -7 | 2.4 |
| Turkey, all classes, breast, meat and skin, cooked, roasted | -7 | 1.8 |
| Chicken, broilers or fryers, breast, meat and skin, cooked, roasted | -7 | 1.5 |

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| very good effect |
| good effect |
| OK effect |
| not very good effect |
| bad effect |
| awful effect |
| Avg. = -9.8 |

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| Turkey, young hen, breast, meat and skin, cooked, roasted | -7 | 1.7 |
| Chicken, broilers or fryers, wing, meat only, cooked, roasted | -7 | 1.6 |
| Ground turkey, fat free, pan-broiled crumbles | -7 | 2.2 |
| Turkey, young tom, light meat, meat and skin, cooked, roasted | -7 | 1.7 |
| Chicken, broilers or fryers, breast, meat and skin, cooked, roasted | -8 | 1.7 |
| Chicken, broilers or fryers, drumstick, meat only, cooked, roasted | -8 | 1.9 |
| Duck, young duckling, domesticated, White Pekin, leg, meat only, cooked, roasted | -8 | 1.5 |
| Turkey, fryer-roasters, back, meat only, cooked, roasted | -8 | 2.0 |
| Chicken, broilers or fryers, breast, meat and skin, cooked, roasted | -8 | 1.8 |
| Chicken, broilers or fryers, drumstick, meat only, cooked, roasted | -8 | 2.0 |
| Turkey, fryer-roasters, dark meat, meat and skin, cooked, roasted | -8 | 1.8 |
| Chicken, broilers or fryers, meat only, stewed | -8 | 1.9 |
| Chicken, broilers or fryers, meat only, roasted | -8 | 1.8 |
| Turkey, young hen, light meat, meat and skin, cooked, roasted | -8 | 1.6 |
| Chicken, heart, all classes, cooked, simmered | -8 | 1.8 |
| Turkey, all classes, light meat, cooked, roasted | -8 | 2.1 |
| Chicken, broilers or fryers, leg, meat only, cooked, fried | -9 | 1.6 |
| Chicken, broilers or fryers, light meat, meat and skin, cooked, fried | -9 | 1.5 |
| Chicken, broilers or fryers, meat only, cooked, fried | -9 | 1.5 |
| Turkey, diced, light and dark meat, seasoned | -9 | 2.4 |
| Emu, ground, cooked, pan-broiled | -9 | 2.0 |
| Turkey, young tom, dark meat, meat only, cooked, roasted | -9 | 1.8 |
| Turkey, fryer-roasters, wing, meat and skin, cooked, roasted | -9 | 1.6 |
| Turkey, young tom, meat and skin and giblets and neck, cooked, roasted | -9 | 1.7 |
| Chicken, broilers or fryers, thigh, meat only, cooked, fried | -9 | 1.5 |
| Turkey, young tom, meat and skin, cooked, roasted | -9 | 1.6 |
| Chicken, roasting, dark meat, meat only, cooked, roasted | -9 | 1.9 |
| Chicken, broilers or fryers, drumstick, meat only, cooked, roasted | -9 | 1.7 |
| Duck, domesticated, meat and skin, cooked, roasted | -9 | 1.0 |
| Chicken, broilers or fryers, leg, meat only, cooked, stewed | -9 | 1.8 |
| Turkey, fryer-roasters, wing, meat only, cooked, roasted | -9 | 2.0 |
| Turkey, all classes, meat and skin and giblets and neck, cooked, roasted | -9 | 1.6 |
| Chicken, broilers or fryers, giblets, cooked, fried | -9 | 1.2 |
| Chicken, broilers or fryers, dark meat, meat only, cooked, roasted | -9 | 1.4 |
| Chicken, capons, meat and skin, cooked, roasted | -9 | 1.5 |
| Chicken, capons, meat and skin and giblets and neck, cooked, roasted | -9 | 1.5 |
| Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted | -9 | 1.7 |
| Turkey, young hen, dark meat, meat only, cooked, roasted | -9 | 1.7 |
| Chicken, broilers or fryers, leg, meat only, cooked, roasted | -10 | 1.7 |
| Chicken, wing, frozen, glazed, barbecue flavored, heated | -10 | 1.3 |
| Turkey, young tom, wing, meat and skin, cooked, roasted | -10 | 1.5 |
| Turkey, young hen, meat and skin and giblets and neck, cooked, roasted | -10 | 1.5 |
| Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted | -10 | 1.4 |
| Turkey, young hen, meat and skin, cooked, roasted | -10 | 1.5 |
| Chicken, canned, meat only, with broth | -10 | 2.0 |
| Chicken, broilers or fryers, dark meat, meat only, cooked, roasted | -10 | 1.7 |
| USDA Commodity, chicken fajita strips, frozen | -10 | 2.5 |
| Chicken, broilers or fryers, back, meat only, cooked, fried | -10 | 1.2 |
| Turkey, young tom, leg, meat and skin, cooked, roasted | -10 | 1.6 |
| Chicken, broilers or fryers, thigh, meat only, cooked, stewed | -10 | 1.7 |
| Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, roasted | -10 | 1.5 |
| Chicken, broilers or fryers, dark meat, meat only, cooked, roasted | -10 | 1.6 |
| Turkey, fryer-roasters, back, meat and skin, cooked, roasted | -10 | 1.6 |
| Turkey, young hen, wing, meat and skin, cooked, roasted | -11 | 1.4 |
| Chicken, broilers or fryers, breast, meat and skin, cooked, roasted | -11 | 1.3 |

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| Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, roasted | -11 | 1.2 |
| Chicken, broilers or fryers, neck, meat only, cooked, simmered | -11 | 1.9 |
| Chicken, wing, frozen, glazed, barbecue flavored | -11 | 1.6 |
| Chicken, roasting, meat and skin and giblets and neck, cooked, roasted | -11 | 1.5 |
| Turkey, young tom, dark meat, meat and skin, cooked, roasted | -11 | 1.5 |
| Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted | -11 | 1.3 |
| Chicken, broilers or fryers, neck, meat only, cooked, fried | -11 | 1.5 |
| Turkey, young hen, leg, meat and skin, cooked, roasted | -11 | 1.6 |
| Chicken, stewing, dark meat, meat only, cooked, stewed | -11 | 1.3 |
| Chicken, roasting, meat and skin, cooked, roasted | -11 | 1.5 |
| Chicken, broilers or fryers, leg, meat and skin, cooked, fried | -11 | 1.3 |
| Chicken, broilers or fryers, thigh, meat only, cooked, roasted | -11 | 1.6 |
| Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted | -11 | 1.6 |
| Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried | -11 | 1.4 |
| Chicken, ground, crumbles, cooked, pan-browned | -11 | 1.8 |
| Chicken, wing, frozen, glazed, barbecue flavored, heated | -11 | 1.4 |
| Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted | -11 | 1.2 |
| Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted | -11 | 1.5 |
| Chicken, cornish game hens, meat only, cooked, roasted | -11 | 2.5 |
| Chicken, broilers or fryers, meat and skin, cooked, stewed | -11 | 1.5 |
| Turkey, all classes, light meat, meat and skin, cooked, roasted | -11 | 1.7 |
| Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted | -11 | 1.3 |
| Chicken, broilers or fryers, meat and skin, cooked, roasted | -11 | 1.4 |
| Chicken, broilers or fryers, meat and skin, cooked, fried | -12 | 1.2 |
| Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted | -12 | 1.4 |
| Chicken, stewing, meat and skin, and giblets and neck, cooked, roasted | -12 | 1.6 |
| Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, roasted | -12 | 1.4 |
| Turkey, young hen, dark meat, meat and skin, cooked, roasted | -12 | 1.4 |
| Chicken, stewing, meat and skin, cooked, stewed | -12 | 1.2 |
| Chicken, broilers or fryers, back, meat only, cooked, roasted | -12 | 1.4 |
| Chicken, broilers or fryers, leg, meat and skin, cooked, roasted | -12 | 1.4 |
| Turkey, canned, meat only, with broth | -12 | 2.0 |
| Turkey thigh, pre-basted, meat and skin, cooked, roasted | -12 | 2.1 |
| Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted | -12 | 1.2 |
| Chicken, broilers or fryers, leg, meat and skin, cooked, fried | -12 | 1.2 |
| Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted | -12 | 1.2 |
| Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, roasted | -12 | 1.1 |
| Dove, cooked (includes squab) | -12 | 1.6 |
| Chicken, broilers or fryers, back, meat and skin, cooked, roasted | -12 | 1.0 |
| Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted | -12 | 1.2 |
| Chicken, broilers or fryers, leg, meat and skin, cooked, stewed | -12 | 1.5 |
| Chicken, stewing, meat only, cooked, stewed | -12 | 1.4 |
| Turkey, light or dark meat, smoked, cooked, skin and bones | -13 | 2.1 |
| Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted | -13 | 1.1 |
| Chicken, broilers or fryers, wing, meat and skin, cooked, roasted | -13 | 1.3 |
| Turkey, all classes, meat only, cooked, roasted | -13 | 2.0 |
| Chicken, broilers or fryers, wing, meat and skin, cooked, roasted | -13 | 1.1 |
| Turkey, young hen, back, meat and skin, cooked, roasted | -13 | 1.3 |
| Chicken, broilers or fryers, wing, meat and skin, cooked, roasted | -13 | 1.0 |
| Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted | -13 | 1.3 |
| Chicken, broilers or fryers, meat and skin, cooked, fried | -13 | 1.2 |
| Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted | -13 | 1.4 |
| Chicken, broilers or fryers, wing, meat and skin, cooked, roasted | -13 | 1.0 |
| Chicken, broilers or fryers, back, meat and skin, cooked, roasted | -13 | 1.0 |
| Turkey, all classes, giblets, cooked, simmered, some giblets discarded | -13 | 1.7 |

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| Turkey sticks, breaded, battered, fried | -14 | 1.2 |
| Turkey, all classes, wing, meat and skin, cooked, roasted | -14 | 1.5 |
| Turkey, all classes, meat and skin, cooked, roasted | -14 | 1.6 |
| Turkey, wing, smoked, cooked, with skin, bone removed | -14 | 1.5 |
| Chicken, broilers or fryers, back, meat and skin, cooked, | -14 | 1.3 |
| Chicken, broilers or fryers, neck, meat and skin, cooked, | -14 | 1.0 |
| Turkey, light or dark meat, smoked, cooked, with skin, b | -14 | 1.7 |
| Chicken, broilers or fryers, back, meat and skin, cooked, | -14 | 1.1 |
| Chicken, broilers or fryers, neck, meat and skin, cooked, | -14 | 1.0 |
| Turkey roast, boneless, frozen, seasoned, light and dark | -15 | 2.1 |
| Turkey, fryer-roasters, skin only, cooked, roasted | -15 | 1.1 |
| Poultry food products, ground turkey, cooked | -15 | 1.6 |
| Chicken, broilers or fryers, skin only, cooked, fried, batte | -15 | 0.8 |
| Chicken, broilers or fryers, giblets, cooked, simmered | -15 | 2.1 |
| Chicken, cornish game hens, meat and skin, cooked, roas | -16 | 1.3 |
| Turkey, all classes, dark meat, cooked, roasted | -16 | 1.8 |
| Turkey, all classes, leg, meat and skin, cooked, roasted | -16 | 1.6 |
| USDA Commodity, turkey taco meat, frozen, cooked | -16 | 2.3 |
| Ground turkey, 85% lean, 15% fat, patties, broiled | -16 | 1.3 |
| Turkey, all classes, dark meat, meat and skin, cooked, ro | -16 | 1.5 |
| Turkey, drumstick, smoked, cooked, with skin, bone rem | -16 | 1.7 |
| Turkey, all classes, neck, meat only, cooked, simmered | -16 | 1.9 |
| Chicken, broilers or fryers, skin only, cooked, fried, flour | -16 | 0.7 |
| Turkey patties, breaded, battered, fried | -17 | 1.2 |
| Chicken, broilers or fryers, skin only, cooked, stewed | -17 | 0.9 |
| Turkey, all classes, back, meat and skin, cooked, roasted | -17 | 1.4 |
| Turkey, young tom, skin only, cooked, roasted | -17 | 0.8 |
| Chicken, broilers or fryers, skin only, cooked, roasted | -17 | 0.7 |
| Turkey, all classes, skin only, cooked, roasted | -17 | 0.8 |
| Ground turkey, 85% lean, 15% fat, pan-broiled crumbles | -17 | 1.3 |
| Turkey, young hen, skin only, cooked, roasted | -18 | 0.7 |
| Ground turkey, 93% lean, 7% fat, pan-broiled crumbles | -18 | 1.6 |
| Turkey bacon, cooked | -18 | 0.9 |
| Ground turkey, 93% lean, 7% fat, patties, broiled | -19 | 1.6 |
| Turkey, heart, all classes, cooked, simmered | -22 | 2.4 |

Balance Volumetric

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