

Sausages and Luncheon Meats

Balance Volumetric

	Balance	Volumetric
OSCAR MAYER, Ham (water added, baked cooked 96% fat free)	8	3.2
OSCAR MAYER, Wieners (beef franks, fat free)	0	4.3
OSCAR MAYER, Chicken Breast (oven roasted, fat free)	-1	3.9
OSCAR MAYER, Chicken Breast (oven roasted, fat free)	-1	3.9
Chicken breast, fat-free, mesquite flavor, sliced	-1	4.2
Luncheon meat, beef, thin sliced	-1	2.8
Beef, cured, dried	-1	2.2
Beef, cured, luncheon meat, jellied	-1	3.0
LOUIS RICH, Chicken Breast Classic Baked /Grill (carving)	-1	3.4
Beef, cured, corned beef, canned	-1	1.3
Beef, cured, thin-sliced beef	-1	1.9
Chicken breast, oven-roasted, fat-free, sliced	-1	4.2
Corned beef loaf, jellied	-1	2.2
Salami, cooked, beef	-1	1.3
OSCAR MAYER, Turkey Breast (smoked, fat free)	-1	4.2
Beef, cured, smoked, chopped beef	-1	2.5
OSCAR MAYER, Bologna (fat free)	-1	4.2
OSCAR MAYER, Wieners (fat free hot dogs)	-1	4.6
LOUIS RICH, Turkey (honey roasted, fat free)	-1	3.3
LOUIS RICH, Turkey Breast (oven roasted, portion fat free)	-1	3.7
Bologna, beef, low fat	-1	1.6
Luncheon meat, beef, loaf	-1	1.1
LOUIS RICH, Turkey Breast (oven roasted, fat free)	-1	4.0
Honey roll sausage, beef	-1	1.8
Beef, cured, pastrami	-2	2.3
LOUIS RICH, Turkey Breast (smoked, portion fat free)	-2	3.6
OSCAR MAYER, Ham (40% ham/water product, smoked, fat free)	-2	4.6
OSCAR MAYER, Chicken Breast (honey glazed)	-2	3.1
OSCAR MAYER, Smokies (beef)	-2	1.1
Turkey breast, low salt, prepackaged or deli, luncheon meat	-2	3.4
LOUIS RICH, Turkey Breast (Smoked, Carving Board)	-2	3.5
Beef, bologna, reduced sodium	-2	1.1
Lebanon bologna, beef	-2	1.9
OSCAR MAYER, Wieners (beef franks, bun length)	-2	1.0
OSCAR MAYER, Bologna (beef)	-2	1.1
OSCAR MAYER, Salami Beef Cotto	-2	1.6
HORMEL WRANGLER Beef Franks	-2	1.1
OSCAR MAYER, Bologna (beef light)	-2	1.7
Thuringer, cervelat, summer sausage, beef, pork	-2	0.9
OSCAR MAYER, Wieners (beef franks)	-2	1.0
Ham, sliced, extra lean	-2	3.1
Frankfurter, beef, heated	-2	1.0
Roast beef spread	-2	1.5
Frankfurter, meat and poultry, low fat	-2	2.8
OSCAR MAYER, Summer Sausage Beef Thuringer Cervelat	-2	1.1
Honey loaf, pork, beef	-2	2.7
Peppered loaf, pork, beef	-2	2.2
Ham, honey, smoked, cooked	-2	2.7
Frankfurter, beef	-3	1.0
Bologna, beef	-3	1.1
Turkey roll, light meat	-3	3.4
Frankfurter, beef, low fat	-3	1.4
Sausage, chicken, beef, pork, skinless, smoked	-3	1.5
OSCAR MAYER, Ham (water added, honey)	-3	3.0

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
Avg. = -6.6

Frankfurter, low sodium	-3	1.1
OSCAR MAYER, Ham (water added, boiled)	-3	3.2
Beef, cured, sausage, cooked, smoked	-3	1.1
LOUIS RICH, Chicken Breast (oven roasted deluxe)	-3	3.3
Luxury loaf, pork	-3	2.4
Sausage, Italian, sweet, links	-3	2.2
OSCAR MAYER, Ham (water added, smoked, cooked)	-3	3.4
Sausage, Vienna, canned, chicken, beef, pork	-3	1.4
Salami, pork, beef, less sodium	-3	0.8
Turkey breast meat	-3	3.2
Bratwurst, pork, beef and turkey, lite, smoked	-3	1.8
Chicken roll, light meat	-3	3.0
New england brand sausage, pork, beef	-3	2.1
Turkey, white, rotisserie, deli cut	-4	3.0
Barbecue loaf, pork, beef	-4	1.9
LOUIS RICH, Turkey Breast and White Turkey (oven roas	-4	3.4
Turkey, pork, and beef sausage, low fat, smoked	-4	3.3
OSCAR MAYER, Wieners (beef franks, light)	-4	1.7
Bratwurst, veal, cooked	-4	1.0
Bratwurst, beef and pork, smoked	-4	1.1
Pork sausage rice links, brown and serve, cooked	-4	0.8
Bologna, beef and pork	-4	1.1
LOUIS RICH, Turkey Breast and White Turkey (smoked sl	-4	3.3
OSCAR MAYER. Bologna (Wisconsin made ring)	-4	1.1
Frankfurter, beef and pork, low fat	-4	2.2
Ham and cheese spread	-4	1.4
Bologna, beef and pork, low fat	-5	1.4
Bacon and beef sticks	-5	0.6
Pate, goose liver, smoked, canned	-5	0.7
Ham, chopped, not canned	-5	1.9
Sausage, summer, pork and beef, sticks, with cheddar ch	-5	0.8
Sausage, Berliner, pork, beef	-5	1.4
OSCAR MAYER, Summer Sausage Thuringer Cervelat	-5	1.1
OSCAR MAYER, Head Cheese	-5	1.8
Ham, sliced, regular (approximately 11% fat)	-6	2.0
Headcheese, pork	-6	2.1
Smoked link sausage, pork and beef, flour and nonfat dry	-6	1.2
LOUIS RICH, Turkey Ham (10% water added)	-6	2.9
Luncheon sausage, pork and beef	-6	1.3
Salami, dry or hard, pork, beef	-6	0.9
OSCAR MAYER, Ham and Cheese Loaf	-6	1.4
OSCAR MAYER, Salami (Genoa)	-6	0.9
Luncheon meat, pork and chicken, minced, canned, inclu	-6	1.7
Bologna, pork	-6	1.3
Ham and cheese loaf or roll	-6	1.4
OSCAR MAYER, Salami Cotto (beef, pork, chicken)	-6	1.4
OSCAR MAYER, Salami (hard)	-6	0.9
Picnic loaf, pork, beef	-6	1.4
OSCAR MAYER, Ham (chopped with natural juice)	-6	1.9
Beerwurst, beer salami, pork	-6	1.4
Frankfurter, beef and pork	-6	1.1
Bologna, pork, turkey and beef	-6	1.0
HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, m	-6	1.7
Macaroni and cheese loaf, chicken, pork and beef	-7	1.5
OSCAR MAYER, Salami (for beer)	-7	1.5

Knackwurst, knockwurst, pork, beef	-7	1.1
OSCAR MAYER, Smokies (cheese)	-7	1.1
OSCAR MAYER, Wieners Little (pork, turkey)	-7	1.1
Cheesefurter, cheese smokie, pork, beef	-7	1.0
Pepperoni, pork, beef	-7	0.7
Sausage, pork and beef, with cheddar cheese, smoked	-7	1.1
LOUIS RICH, Chicken (white, oven roasted)	-7	2.6
Luncheon meat, pork with ham, minced, canned, includes	-7	1.1
Ham, chopped, canned	-7	1.4
Scrapple, pork	-7	1.6
Brotwurst, pork, beef, link	-7	1.0
Chorizo, pork and beef	-7	0.7
OSCAR MAYER, Bologna Light (pork, chicken, beef)	-7	1.6
Ham, minced	-7	1.3
Liver sausage, liverwurst, pork	-7	1.0
Liverwurst spread	-7	1.1
Smoked link sausage, pork and beef, nonfat dry milk add	-7	1.1
Dutch brand loaf, chicken, pork and beef	-7	1.2
Sausage, Polish, pork and beef, smoked	-7	1.1
Swisswurst, pork and beef, with swiss cheese, smoked	-7	1.1
Olive loaf, pork	-7	1.4
Mother's loaf, pork	-7	1.2
Luncheon meat, pork, beef	-7	0.9
OSCAR MAYER, Smokies Sausage Little (pork, turkey)	-7	1.1
Sausage, Italian, pork, cooked	-7	1.0
OSCAR MAYER, Pork Sausage Links (cooked)	-8	1.0
Luncheon meat, pork, ham, and chicken, minced, canned	-8	1.1
Salami, cooked, beef and pork	-8	1.0
Polish sausage, pork	-8	1.0
Polish sausage, pork	-8	1.0
Braunschweiger (a liver sausage), pork	-8	1.0
OSCAR MAYER, Smokie Links Sausage	-8	1.1
Sandwich spread, pork, beef	-8	1.4
Beerwurst, beer salami, pork and beef	-8	1.2
Beerwurst, pork and beef	-8	1.2
Blood sausage	-8	0.9
Pate, truffle flavor	-8	1.0
OSCAR MAYER, Smokies Sausage Little Cheese (pork, tur	-8	1.1
Luncheon meat, pork, canned	-8	1.0
Frankfurter, pork	-8	1.2
Pate, liver, not specified, canned	-8	1.0
HORMEL SPAM, Luncheon Meat, pork with ham, minced, c	-8	1.1
OSCAR MAYER, Sandwich Spread (pork, chicken, beef)	-8	1.4
Turkey ham, cured turkey thigh meat	-8	2.6
Mortadella, beef, pork	-9	1.1
USDA Commodity, luncheon meat, canned	-9	1.8
OSCAR MAYER, Olive Loaf (chicken, pork, turkey)	-9	1.3
Turkey and pork sausage, fresh, bulk, patty or link, cook	-9	1.1
Liver cheese, pork	-9	1.1
OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	-9	1.0
OSCAR MAYER, Braunschweiger Liver Sausage (saren tub	-9	1.0
OSCAR MAYER, Wieners (light pork, turkey, beef)	-9	1.7
OSCAR MAYER, Liver Cheese, pork fat wrapped	-9	1.1
Turkey, pork, and beef sausage, reduced fat, smoked	-9	1.4
Bratwurst, pork, cooked	-9	1.0

Ham salad spread	-9	1.5
OSCAR MAYER, Pickle Pimiento Loaf (with chicken)	-9	1.2
Oven-roasted chicken breast roll	-10	2.5
Pork and beef sausage, fresh, cooked	-10	0.8
Salami, dry or hard, pork	-10	0.8
OSCAR MAYER, Luncheon Loaf (spiced)	-10	1.4
OSCAR MAYER, Bologna (chicken, pork, beef)	-10	1.0
OSCAR MAYER, Old Fashioned Loaf	-10	1.4
Sausage, Italian, turkey, smoked	-11	2.1
Sausage, turkey, hot, smoked	-11	2.1
OSCAR MAYER, Wieners (cheese hot dogs with turkey)	-11	1.0
Pickle and pimiento loaf, pork	-11	1.5
Smoked link sausage, pork	-12	1.1
OSCAR MAYER, Wieners (pork, turkey)	-12	1.0
HORMEL Pillow Pak Sliced Turkey Pepperoni	-12	1.4
Turkey ham, sliced, extra lean, prepackaged or deli-sliced	-12	2.7
Sausage, smoked link sausage, pork and beef	-12	1.0
Kielbasa, kolbassy, pork, beef, nonfat dry milk added	-12	1.1
Turkey sausage, reduced fat, brown and serve, cooked (i	-13	1.6
Bologna, chicken, pork	-13	1.0
Bologna, chicken, pork, beef	-13	1.2
Bologna, pork and turkey, lite	-13	1.6
LOUIS RICH, Franks (turkey and chicken cheese)	-13	1.7
Chicken spread	-13	2.1
LOUIS RICH, Turkey Smoked Sausage	-13	2.1
Sausage, chicken and beef, smoked	-13	1.1
Turkey roll, light and dark meat	-14	2.2
Pate, chicken liver, canned	-14	1.7
LOUIS RICH, Turkey Salami Cotto	-14	2.2
Pastrami, turkey	-14	2.5
Frankfurter, chicken	-15	1.5
Salami, cooked, turkey	-15	1.9
LOUIS RICH, Turkey Nuggets/Sticks (breaded)	-15	1.2
LOUIS RICH, Turkey Salami	-15	2.3
LOUIS RICH, Franks (turkey and chicken)	-15	1.8
Bologna, chicken, turkey, pork	-15	1.1
Frankfurter, meat, heated	-16	1.2
Frankfurter, meat	-16	1.1
Frankfurter, turkey	-17	1.5
LOUIS RICH, Turkey Bologna	-17	1.8
LOUIS RICH, Turkey Bacon	-17	1.3
Bologna, turkey	-18	1.6
Sausage, turkey, breakfast links, mild	-23	1.4
Poultry salad sandwich spread	-30	1.7

Balance Volumetric

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