

**Snacks**

**Balance Volumetric**

Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups,	0	0.9
Snacks, potato chips, fat free, salted	0	0.9
Snacks, potato chips, made from dried potatoes, fat-free,	-1	1.3
Snacks, potato chips, fat-free, made with olestra	-1	1.2
Snacks, granola bar, fruit-filled, nonfat	-1	1.0
Snacks, banana chips	-1	0.6
Popcorn, sugar syrup/caramel, fat-free	-1	0.9
Snacks, rice cakes, brown rice, multigrain	-1	0.9
Snacks, rice cakes, brown rice, multigrain, unsalted	-1	0.9
Formulated bar, POWER BAR, chocolate	-1	0.9
Snacks, corn-based, extruded, cones, plain	-2	0.7
Snacks, corn-based, extruded, cones, nacho-flavor	-2	0.6
Snacks, beef jerky, chopped and formed	-2	0.8
Snacks, pretzels, hard, whole-wheat	-2	0.9
Breakfast bar, corn flake crust with fruit	-2	0.9
Snacks, corn cakes	-2	0.9
Snacks, corn cakes, very low sodium	-2	0.9
Snacks, pretzels, hard, plain, salted	-2	0.9
Pretzels, soft, unsalted	-2	1.0
Pretzels, soft	-2	1.0
Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocc	-2	0.9
Snacks, rice cakes, brown rice, plain	-2	0.9
Snacks, rice cakes, brown rice, plain, unsalted	-2	0.9
Snacks, rice cakes, brown rice, buckwheat	-3	0.9
Snacks, rice cakes, brown rice, buckwheat, unsalted	-3	0.9
Snacks, granola bars, hard, chocolate chip	-3	0.8
Snacks, rice cakes, brown rice, corn	-3	0.9
Snacks, rice cakes, brown rice, sesame seed	-3	0.8
Snacks, rice cakes, brown rice, sesame seed, unsalted	-3	0.8
Snacks, pretzels, hard, plain, made with unenriched flour	-3	0.9
Snacks, pretzels, hard, plain, made with unenriched flour	-3	0.9
Snacks, pretzels, hard, plain, made with enriched flour, u	-3	0.9
Snacks, popcorn, cakes	-3	0.9
Breakfast bars, oats, sugar, raisins, coconut (include gran	-3	0.7
Granola bar, soft, milk chocolate coated, peanut butter	-3	0.6
Snacks, granola bars, soft, coated, milk chocolate coating	-3	0.7
Snacks, granola bars, soft, coated, milk chocolate coating	-3	0.7
Snacks, granola bars, soft, uncoated, chocolate chip	-3	0.8
Snacks, tortilla chips, low fat, made with olestra, nacho c	-4	1.0
Snacks, rice cakes, brown rice, rye	-4	0.9
Rice cake, cracker (include hain mini rice cakes)	-4	0.8
Snacks, pretzels, hard, confectioner's coating, chocolate-	-4	0.7
Snacks, tortilla chips, nacho-flavor, reduced fat	-4	0.7
Snacks, granola bites, mixed flavors	-5	0.7
Snacks, popcorn, air-popped, white popcorn	-5	0.9
Formulated bar, MARS SNACKFOOD US, SNICKERS Marat	-5	0.9
Snacks, popcorn, microwave, 94% fat free	-5	0.8
Snacks, granola bars, soft, uncoated, chocolate chip, gran	-5	0.8
Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate c	-6	0.8
Snacks, corn-based, extruded, onion-flavor	-6	0.7
Snacks, granola bar, with coconut, chocolate coated	-6	0.6
Snacks, tortilla chips, low fat, unsalted	-6	0.8
Tortilla chips, low fat, baked without fat	-6	0.8
Snacks, popcorn, unpopped kernels	-6	0.9

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
<b>Avg. = -11.5</b>

Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	-6	0.8
Snacks, pork skins, plain	-6	0.6
Snacks, popcorn, air-popped	-6	0.9
Snacks, pork skins, barbecue-flavor	-6	0.6
Snacks, granola bars, soft, uncoated, raisin	-6	0.7
Snacks, tortilla chips, taco-flavor	-6	0.7
Snacks, tortilla chips, taco-flavor	-6	0.7
Snacks, tortilla chips, nacho-flavor, made with enriched r	-7	0.7
Snacks, KRAFT, CORNNUTS, plain	-7	0.7
Snacks, beef sticks, smoked	-7	0.6
Snacks, cornnuts, nacho-flavor	-7	0.8
Popcorn, microwave, low fat and sodium	-7	0.8
Snacks, cornnuts, barbecue-flavor	-7	0.8
Snacks, granola bars, hard, almond	-7	0.7
Snacks, popcorn, microwave, low fat	-7	0.8
Snacks, popcorn, caramel-coated, with peanuts	-8	0.8
Snacks, granola bars, soft, almond, confectioners coating	-8	0.7
Snacks, crisped rice bar, chocolate chip	-8	0.8
Snacks, potato chips, white, restructured, baked	-8	0.7
Snacks, soy chips or crisps, salted	-8	0.9
Snacks, popcorn, caramel-coated, without peanuts	-9	0.8
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS S	-9	0.8
Snacks, granola bars, soft, uncoated, peanut butter	-10	0.8
Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crur	-10	0.9
Snacks, granola bars, soft, uncoated, peanut butter and c	-10	0.8
Snacks, tortilla chips, light (baked with less oil)	-11	0.7
Snacks, granola bars, soft, uncoated, plain	-11	0.8
Snacks, granola bars, oats, fruits and nut	-11	0.8
Snacks, granola bars, soft, uncoated, nut and raisin	-11	0.7
Cheese puffs and twists, corn based, baked, low fat	-12	0.8
Snacks, trail mix, tropical	-12	0.8
Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original	-13	0.7
Snacks, tortilla chips, unsalted, white corn	-15	0.7
Snacks, potato chips, plain, made with partially hydrogen	-16	0.6
Snacks, potato chips, plain, made with partially hydrogen	-16	0.6
Snacks, potato chips, cheese-flavor	-19	0.7
Snacks, oriental mix, rice-based	-20	0.7
Snacks, sweet potato chips	-20	0.7
Snacks, trail mix, regular	-21	0.7
Snacks, trail mix, regular, unsalted	-21	0.7
Snacks, plantain chips, salted	-21	0.6
Potato chips, without salt, reduced fat	-22	0.7
Snacks, potato chips, plain, unsalted	-22	0.6
Snacks, potato chips, reduced fat	-22	0.7
Snacks, trail mix, regular, with chocolate chips, salted nu	-23	0.7
Snacks, trail mix, regular, with chocolate chips, unsalted	-23	0.7
Snacks, tortilla chips, nacho cheese	-23	0.6
Snack, potato chips, made from dried potatoes, plain	-24	0.6
Snacks, potato chips, made from dried potatoes, reduced	-24	0.7
Snacks, popcorn, oil-popped, white popcorn	-24	0.7
Snacks, granola bars, hard, peanut butter	-25	0.7
Snacks, granola bars, hard, peanut	-25	0.7
Snacks, granola bars, hard, plain	-25	0.7
Snacks, taro chips	-26	0.7
Snacks, tortilla chips, ranch-flavor	-26	0.7

Snacks, popcorn, cheese-flavor	-26	0.6
Snacks, corn-based, extruded, chips, plain	-26	0.6
Snacks, corn-based, extruded, chips, barbecue-flavor	-26	0.6
Snacks, corn-based, extruded, chips, barbecue-flavor, ma	-26	0.6
Snacks, corn-based, extruded, chips, unsalted	-29	0.6
Snacks, sesame sticks, wheat-based, salted	-29	0.6
Snacks, sesame sticks, wheat-based, unsalted	-29	0.6
Snacks, potato chips, plain, salted	-29	0.6
Snacks, corn-based, extruded, puffs or twists, cheese-fla	-32	0.6
Snacks, corn-based, extruded, puffs or twists, cheese-fla	-32	0.6
Snacks, potato chips, sour-cream-and-onion-flavor	-33	0.6
Snacks, potato chips, made from dried potatoes, cheese-	-33	0.6
Snacks, potato chips, barbecue-flavor	-33	0.7
Snacks, potato chips, barbecue-flavor	-33	0.7
Snacks, potato chips, made from dried potatoes, sour-cre	-33	0.6
Snacks, potato sticks	-34	0.6
Snacks, popcorn, oil-popped, microwave, regular flavor	-37	0.6

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