

Sweets

Balance Volumetric

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| Pie fillings, canned, cherry | 0 | 2.9 |
| Jellies | 0 | 1.3 |
| Puddings, vanilla, dry mix, instant | 0 | 0.9 |
| Puddings, tapioca, ready-to-eat, fat free | 0 | 3.5 |
| Jellies, reduced sugar, home preserved | 0 | 1.9 |
| Toppings, strawberry | 0 | 1.3 |
| Syrups, table blends, cane and 15% maple | 0 | 1.2 |
| Syrups, maple | 0 | 1.3 |
| Syrups, table blends, pancake, with butter | 0 | 1.1 |
| Frozen yogurts, chocolate, nonfat milk, sweetened without | 0 | 3.1 |
| Desserts, rennin, tablets, unsweetened | 0 | 4.0 |
| Frostings, glaze, prepared-from-recipe | 0 | 1.0 |
| Toppings, marshmallow cream | 0 | 1.0 |
| Ice creams, vanilla, light, soft-serve | 0 | 2.6 |
| Candies, marshmallows | 0 | 1.0 |
| Frozen novelties, fruit and juice bars | 0 | 3.8 |
| Milk dessert, frozen, milk-fat free, chocolate | 0 | 2.0 |
| Molasses | 0 | 1.1 |
| Pectin, unsweetened, dry mix | 0 | 1.0 |
| Syrups, table blends, pancake, with 2% maple | 0 | 1.3 |
| Jams and preserves, dietetic (with sodium saccharin), any | 0 | 2.5 |
| Frozen novelties, ice type, pop | 0 | 4.2 |
| Puddings, coconut cream, dry mix, regular, prepared with | 0 | 3.2 |
| Toppings, pineapple | 0 | 1.3 |
| Puddings, chocolate, dry mix, regular | 0 | 0.9 |
| Candies, taffy, prepared-from-recipe | 0 | 0.8 |
| Desserts, rennin, chocolate, dry mix | 0 | 0.9 |
| Candies, butterscotch | 0 | 0.9 |
| Puddings, coconut cream, dry mix, regular, prepared with | 0 | 2.9 |
| Frozen yogurts, flavors other than chocolate | 0 | 2.6 |
| Ice creams, vanilla, light | 0 | 1.9 |
| Sugars, maple | 0 | 0.9 |
| Fruit butters, apple | 0 | 1.9 |
| Frozen yogurts, vanilla, soft-serve | 0 | 2.1 |
| Frozen yogurts, chocolate | 0 | 2.6 |
| Sherbet, orange | 0 | 2.3 |
| Puddings, chocolate flavor, low calorie, regular, dry mix | 0 | 0.9 |
| Chewing gum | 0 | 0.9 |
| Candies, MOUNDS Candy Bar | 0 | 0.7 |
| Puddings, chocolate flavor, low calorie, instant, dry mix | 0 | 0.9 |
| Ice creams, vanilla | 0 | 1.6 |
| Candies, gum drops, dietetic or low calorie (sorbitol) | 0 | 2.1 |
| Puddings, vanilla, dry mix, regular | 0 | 0.9 |
| Puddings, banana, dry mix, regular | 0 | 0.9 |
| Ice creams, regular, low carbohydrate, vanilla | 0 | 1.5 |
| Ice creams, regular, low carbohydrate, chocolate | 0 | 1.4 |
| Candies, carob, unsweetened | 0 | 0.6 |
| Candies, ROLO Caramels in Milk Chocolate | 0 | 0.7 |
| Puddings, lemon, dry mix, instant, prepared with whole n | 0 | 2.9 |
| Puddings, vanilla, dry mix, instant, prepared with whole r | 0 | 2.9 |
| Puddings, chocolate, dry mix, regular, prepared with who | 0 | 2.8 |
| Candies, MARS SNACKFOOD US, MILKY WAY Bar | 0 | 0.7 |
| Ice creams, french vanilla, soft-serve | 0 | 1.5 |
| Puddings, rice, ready-to-eat | 0 | 2.8 |

very good effect

good effect

OK effect

not very good effect

bad effect

awful effect

Avg. = -2.8

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| Ice creams, chocolate | 0 | 1.5 |
| Ice creams, chocolate, light | -1 | 1.8 |
| Frozen novelties, No Sugar Added, FUDGESICLE pops | -1 | 3.2 |
| Puddings, tapioca, ready-to-eat | -1 | 2.6 |
| Puddings, lemon, dry mix, instant | -1 | 0.9 |
| Puddings, vanilla, dry mix, regular, prepared with whole r | -1 | 2.9 |
| Ice creams, chocolate, rich | -1 | 1.3 |
| Candies, TOOTSIE ROLL, chocolate-flavor roll | -1 | 0.9 |
| Candies, caramels, chocolate-flavor roll | -1 | 0.8 |
| Candies, fudge, chocolate, prepared-from-recipe | -1 | 0.8 |
| Chewing gum, sugarless | -1 | 1.2 |
| Puddings, vanilla, ready-to-eat | -1 | 2.6 |
| Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar | -1 | 0.8 |
| Puddings, chocolate, ready-to-eat | -1 | 2.3 |
| Puddings, chocolate, dry mix, instant, prepared with who | -1 | 3.0 |
| Candies, sweet chocolate coated fondant | -1 | 0.9 |
| Puddings, banana, dry mix, instant | -1 | 0.9 |
| Puddings, chocolate, dry mix, instant | -1 | 0.9 |
| Syrups, chocolate, fudge-type | -1 | 1.0 |
| Candies, confectioner's coating, yogurt | -1 | 0.6 |
| Snacks, fruit leather, rolls | -1 | 0.9 |
| Snacks, fruit leather, pieces | -1 | 0.9 |
| Candies, NESTLE, BIT-O'-HONEY Candy Chews | -1 | 0.9 |
| Candies, confectioner's coating, butterscotch | -1 | 0.6 |
| Candies, MARS SNACKFOOD US, M&M's Peanut Butter Ch | -1 | 0.6 |
| Candies, MARS SNACKFOOD US, MILKY WAY Midnight Ba | -1 | 0.8 |
| Puddings, all flavors except chocolate, low calorie, instant | -1 | 1.0 |
| Candies, fudge, chocolate marshmallow, prepared-from-r | -1 | 0.7 |
| Ice creams, vanilla, rich | -1 | 1.3 |
| Candies, MARS SNACKFOOD US, TWIX Caramel Cookie B | -1 | 0.7 |
| Candies, toffee, prepared-from-recipe | -1 | 0.6 |
| Ice creams, vanilla, light, no sugar added | -1 | 2.0 |
| Candies, truffles, prepared-from-recipe | -1 | 0.7 |
| Puddings, coconut cream, dry mix, instant, prepared with | -1 | 2.8 |
| Candies, milk chocolate, with rice cereal | -1 | 0.7 |
| Puddings, coconut cream, dry mix, instant, prepared with | -1 | 3.1 |
| Puddings, vanilla, dry mix, regular, with added oil | -1 | 0.9 |
| Candies, milk chocolate coated raisins | -1 | 0.9 |
| Candies, KIT KAT Wafer Bar | -1 | 0.6 |
| Candies, WHATCHAMACALLIT Candy Bar | -1 | 0.7 |
| Candies, semisweet chocolate, made with butter | -1 | 0.7 |
| Candies, white chocolate | -1 | 0.6 |
| Cocoa, dry powder, hi-fat or breakfast, plain | -2 | 0.7 |
| Candies, MARS SNACKFOOD US, M&M's Milk Chocolate C | -2 | 0.7 |
| Egg custards, dry mix | -2 | 0.8 |
| Candies, semisweet chocolate | -2 | 0.7 |
| Puddings, lemon, dry mix, regular, with added oil, potass | -2 | 0.9 |
| Candies, sweet chocolate | -2 | 0.7 |
| Cocoa, dry powder, unsweetened, processed with alkali | -2 | 1.5 |
| Cocoa, dry powder, unsweetened | -2 | 1.5 |
| Ice creams, chocolate, light, no sugar added | -2 | 1.9 |
| Candies, milk chocolate | -2 | 0.6 |
| Candies, NESTLE, 100 GRAND Bar | -2 | 0.7 |
| Baking chocolate, unsweetened, squares | -3 | 0.7 |
| Desserts, flan, caramel custard, prepared-from-recipe | -3 | 2.3 |

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| Desserts, mousse, chocolate, prepared-from-recipe | -3 | 1.5 |
| Candies, REESE'S PIECES Candy | -3 | 0.7 |
| Desserts, egg custard, baked, prepared-from-recipe | -3 | 3.2 |
| Candies, confectioner's coating, peanut butter | -4 | 0.6 |
| Frozen novelties, ice cream type, chocolate or caramel coating | -4 | 1.1 |
| Candies, fudge, peanut butter, prepared-from-recipe | -4 | 0.9 |
| Baking chocolate, mexican, squares | -4 | 0.8 |
| Puddings, banana, dry mix, instant, with added oil | -5 | 0.9 |
| Frostings, chocolate, creamy, ready-to-eat | -5 | 0.8 |
| Candies, milk chocolate, with almonds | -5 | 0.6 |
| Puddings, banana, dry mix, regular, with added oil | -6 | 0.9 |
| Candies, NESTLE, BABY RUTH Bar | -6 | 0.7 |
| Candies, NESTLE, OH HENRY! Bar | -6 | 0.7 |
| Candies, MARS SNACKFOOD US, SNICKERS Bar | -6 | 0.7 |
| Candies, MARS SNACKFOOD US, TWIX Peanut Butter Chocolate | -6 | 0.6 |
| Desserts, apple crisp, prepared-from-recipe | -6 | 2.1 |
| Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate | -7 | 0.6 |
| Candies, 5TH AVENUE Candy Bar | -7 | 0.7 |
| Frostings, coconut-nut, ready-to-eat | -7 | 0.8 |
| Candies, NESTLE, BUTTERFINGER Bar | -7 | 0.7 |
| Candies, MARS SNACKFOOD US, M&M's Almond Chocolate | -7 | 0.6 |
| Candies, MARS SNACKFOOD US, MARS Almond Bar | -7 | 0.7 |
| Candies, milk chocolate coated peanuts | -8 | 0.6 |
| Candies, MR. GOODBAR Chocolate Bar | -8 | 0.6 |
| Candies, MR. GOODBAR Chocolate Bar | -8 | 0.6 |
| Candies, sugar-coated almonds | -8 | 0.7 |
| Candies, REESE's Fast Break, milk chocolate, peanut butter | -9 | 0.7 |
| Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter | -9 | 0.6 |
| Candies, caramels | -9 | 0.9 |
| Candies, REESE'S Peanut Butter Cups | -11 | 0.6 |
| Candies, chocolate covered, caramel with nuts | -12 | 0.7 |
| Frostings, cream cheese-flavor, ready-to-eat | -13 | 0.8 |
| Candies, praline, prepared-from-recipe | -15 | 0.7 |
| Frostings, vanilla, creamy, ready-to-eat | -15 | 0.8 |
| Toppings, nuts in syrup | -20 | 0.7 |
| Baking chocolate, unsweetened, liquid | -20 | 0.7 |
| Candies, peanut bar | -20 | 0.6 |
| Candies, sesame crunch | -27 | 0.6 |

Balance Volumetric

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