

Vegetables and Vegetable Products

	Balance	Volumetric
Seaweed, wakame, raw	25	7.4
Seaweed, laver, raw	14	9.5
Grape leaves, canned	10	4.8
Broccoli, chinese, cooked	8	15.1
Grape leaves, raw	8	3.6
Radish seeds, sprouted, raw	7	7.7
Spinach, canned, regular pack, drained solids	6	14.5
Spinach, canned, regular pack, solids and liquids	5	17.5
Cauliflower, cooked, boiled, drained, with salt	5	14.5
Spinach, raw	5	14.5
Broccoli raab, raw	4	15.1
Lettuce, cos or romaine, raw	4	19.6
New Zealand spinach, raw	4	23.8
Lettuce, butterhead (includes boston and bibb types), raw	4	25.6
New Zealand spinach, cooked, boiled, drained, without salt	4	27.8
New zealand spinach, cooked, boiled, drained, with salt	4	27.8
Turnip greens, canned, solids and liquids	3	23.8
Cauliflower, frozen, cooked, boiled, drained, with salt	3	19.6
Spinach, cooked, boiled, drained, with salt	3	14.5
Broccoli, flower clusters, raw	3	11.9
Broccoli, stalks, raw	3	11.9
Swamp cabbage, cooked, boiled, drained, without salt	3	16.7
Turnips, frozen, cooked, boiled, drained, with salt	3	15.9
Broccoli, frozen, spears, unprepared	3	11.5
Cauliflower, frozen, cooked, boiled, drained, without salt	3	17.5
Cauliflower, frozen, unprepared	3	13.9
Turnips, frozen, cooked, boiled, drained, without salt	3	14.5
Broccoli, frozen, chopped, unprepared	3	12.8
Turnips, frozen, unprepared	3	20.8
Cabbage, chinese (pe-tsai), raw	3	20.8
Brussels sprouts, cooked, boiled, drained, with salt	3	9.3
Turnip greens, canned, no salt added	3	17.5
Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	3	23.8
Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	3	23.8
Cauliflower, green, raw	2	10.7
Cauliflower, green, cooked, no salt added	2	10.4
Cauliflower, green, cooked, with salt	2	10.4
Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	2	22.2
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	2	22.2
Turnip greens, frozen, cooked, boiled, drained, without salt	2	11.5
Turnip greens, frozen, cooked, boiled, drained, with salt	2	11.5
Lettuce, green leaf, raw	2	22.2
Turnip greens, frozen, unprepared	2	15.1
Brussels sprouts, cooked, boiled, drained, without salt	2	9.3
Lettuce, iceberg (includes crisphead types), raw	2	23.8
Beans, kidney, mature seeds, sprouted, raw	2	11.5
Squash, zucchini, baby, raw	2	15.9
Turnip greens and turnips, frozen, unprepared	2	15.9
Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	2	9.8
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	2	9.5
Broccoli, cooked, boiled, drained, without salt	2	9.5
Broccoli, cooked, boiled, drained, with salt	2	9.5
Squash, winter, spaghetti, raw	2	10.7
Collards, frozen, chopped, cooked, boiled, drained, without salt	2	9.3

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
Avg. = -1.6

Squash, summer, zucchini, includes skin, raw	2	19.6
Turnip greens, cooked, boiled, drained, without salt	2	16.7
Turnip greens, cooked, boiled, drained, with salt	2	16.7
Radishes, oriental, cooked, boiled, drained, without salt	2	19.6
Radishes, oriental, cooked, boiled, drained, with salt	2	19.6
Squash, summer, crookneck and straightneck, cooked, bo	2	17.5
Squash, winter, all varieties, cooked, baked, with salt	2	8.5
Beans, navy, mature seeds, sprouted, raw	2	5.0
Brussels sprouts, frozen, cooked, boiled, drained, with sa	2	7.9
Squash, summer, all varieties, cooked, boiled, drained, w	2	16.7
Squash, summer, all varieties, cooked, boiled, drained, w	2	16.7
Balsam-pear (bitter melon), leafy tips, cooked, boiled, dra	2	9.8
Beans, snap, canned, all styles, seasoned, solids and liqu	2	20.8
Turnip greens, raw	2	10.4
Brussels sprouts, frozen, unprepared	1	8.1
Squash, summer, all varieties, raw	1	20.8
Squash, summer, crookneck and straightneck, cooked, bo	1	14.5
Brussels sprouts, frozen, cooked, boiled, drained, without	1	7.9
Radishes, hawaiian style, pickled	1	11.9
Squash, winter, hubbard, raw	1	8.3
Squash, winter, hubbard, cooked, baked, without salt	1	6.7
Squash, winter, hubbard, cooked, boiled, mashed, without	1	11.1
Squash, winter, hubbard, cooked, baked, with salt	1	6.7
Squash, winter, hubbard, cooked, boiled, mashed, with sa	1	11.1
Squash, summer, scallop, raw	1	18.5
Squash, winter, spaghetti, cooked, boiled, drained, or bal	1	12.3
Squash, winter, spaghetti, cooked, boiled, drained, or bal	1	12.3
Squash, summer, scallop, cooked, boiled, drained, without	1	20.8
Squash, summer, scallop, cooked, boiled, drained, with s	1	20.8
Brussels sprouts, raw	1	7.7
Pickles, cucumber, sour	1	30.3
Pickles, cucumber, sour, low sodium	1	30.3
Turnips, cooked, boiled, drained, without salt	1	15.1
Turnips, cooked, boiled, drained, with salt	1	15.1
Arugula, raw	1	13.3
Arugula, raw	1	13.3
Broccoli, frozen, spears, cooked, boiled, drained, without	1	11.9
Broccoli, frozen, chopped, cooked, boiled, drained, with s	1	11.9
Broccoli, frozen, spears, cooked, boiled, drained, with sal	1	11.9
Beans, shellie, canned, solids and liquids	1	11.1
Cabbage, chinese (pak-choi), raw	1	25.6
Turnips, raw	1	11.9
Watercress, raw	1	30.3
Squash, winter, all varieties, cooked, baked, without salt	1	9.0
Kale, frozen, cooked, boiled, drained, with salt	1	11.1
Beans, snap, green, cooked, boiled, drained, without salt	1	9.5
Beans, snap, green, cooked, boiled, drained, with salt	1	9.5
Beans, snap, yellow, cooked, boiled, drained, without salt	1	9.5
Beans, snap, yellow, cooked, boiled, drained, with salt	1	9.5
Radishes, white icicle, raw	1	23.8
Squash, summer, zucchini, includes skin, frozen, cooked,	1	23.8
Radishes, raw	1	20.8
Kale, scotch, raw	1	7.9
Kale, scotch, cooked, boiled, drained, without salt	1	11.9
Kale, scotch, cooked, boiled, drained, with salt	1	11.9

Kale, cooked, boiled, drained, with salt	1	11.9
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1	27.8
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1	27.8
Squash, summer, zucchini, includes skin, frozen, unprepared	1	19.6
Beans, snap, green, raw	1	10.7
Beans, snap, green variety, canned, regular pack, solids and liquid	1	22.2
Squash, summer, crookneck and straightneck, frozen, cooked	1	13.3
Beans, snap, green, canned, no salt added, solids and liquid	1	22.2
Beans, snap, yellow, canned, regular pack, solids and liquid	1	22.2
Beans, snap, yellow, canned, no salt added, solids and liquid	1	22.2
Squash, summer, crookneck and straightneck, frozen, cooked	1	13.3
Chayote, fruit, raw	1	17.5
Squash, summer, zucchini, includes skin, frozen, cooked, drained	1	19.6
Beans, snap, yellow, frozen, all styles, unprepared	1	10.1
Squash, summer, crookneck and straightneck, frozen, unprepared	1	16.7
Kale, frozen, cooked, boiled, drained, without salt	1	11.1
Radishes, oriental, raw	1	18.5
Kale, frozen, unprepared	1	11.9
Leeks, (bulb and lower-leaf portion), freeze-dried	1	1.0
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	1	10.7
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1	10.7
Pickles, cucumber, dill or kosher dill	1	27.8
Beans, snap, green, frozen, all styles, unprepared	1	8.5
Beans, snap, green, frozen, all styles, microwaved	1	8.3
Squash, summer, crookneck and straightneck, canned, drained	1	25.6
Pickles, cucumber, dill, low sodium	1	18.5
Beans, snap, green, canned, regular pack, drained solids	1	14.5
Kale, cooked, boiled, drained, without salt	1	11.9
Beans, snap, green, canned, no salt added, drained solids	1	16.7
Beans, snap, yellow, canned, regular pack, drained solids	1	16.7
Beans, snap, yellow, canned, no salt added, drained solids	1	16.7
Kale, raw	1	6.7
Leeks, (bulb and lower leaf-portion), raw	1	5.5
Rutabagas, raw	1	9.3
Rutabagas, cooked, boiled, drained, without salt	0	8.5
Rutabagas, cooked, boiled, drained, with salt	0	8.5
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	0	2.1
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	0	2.1
Beans, pinto, immature seeds, frozen, unprepared	0	2.0
Beans, snap, green, frozen, cooked, boiled, drained, with salt	0	12.8
Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0	12.8
Cabbage, common (danish, domestic, and pointed types)	0	13.9
Cabbage, common (danish, domestic, and pointed types)	0	13.9
Beans, snap, green, frozen, cooked, boiled, drained without salt	0	11.9
Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0	11.9
Beans, snap, yellow, raw	0	10.7
Squash, summer, zucchini, italian style, canned	0	11.5
Squash, winter, all varieties, raw	0	9.8
Collards, raw	0	11.1
Collards, cooked, boiled, drained, without salt	0	12.8
Collards, cooked, boiled, drained, with salt	0	12.8
Radishes, oriental, dried	0	1.2
Collards, frozen, chopped, unprepared	0	10.1
Squash, winter, acorn, cooked, baked, without salt	0	5.9
Squash, winter, acorn, cooked, baked, with salt	0	5.9

Squash, winter, acorn, cooked, boiled, mashed, without salt	0	9.8
Squash, winter, acorn, cooked, boiled, mashed, with salt	0	9.8
Cabbage, savoy, raw	0	12.3
Squash, winter, acorn, raw	0	8.3
Squash, winter, butternut, cooked, baked, without salt	0	8.3
Squash, winter, butternut, cooked, baked, with salt	0	8.3
Cabbage, mustard, salted	0	11.9
Squash, winter, butternut, raw	0	7.4
Kohlrabi, raw	0	12.3
Cabbage, cooked, boiled, drained, without salt	0	14.5
Cabbage, common, cooked, boiled, drained, with salt	0	14.5
Squash, summer, crookneck and straightneck, raw	0	17.5
Cabbage, savoy, cooked, boiled, drained, without salt	0	13.9
Cabbage, savoy, cooked, boiled, drained, with salt	0	13.9
Kohlrabi, cooked, boiled, drained, without salt	0	11.5
Kohlrabi, cooked, boiled, drained, with salt	0	11.5
Cabbage, japanese style, fresh, pickled	0	11.1
Squash, winter, butternut, frozen, cooked, boiled, without salt	0	8.5
Squash, winter, butternut, frozen, cooked, boiled, with salt	0	8.5
Squash, winter, butternut, frozen, unprepared	0	5.8
Cabbage, red, cooked, boiled, drained, without salt	0	11.5
Cabbage, red, cooked, boiled, drained, with salt	0	11.5
Pickles, cucumber, sweet (includes bread and butter pickles)	0	3.7
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0	6.7
Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	0	6.7
Cabbage, red, raw	0	10.7
Broccoli, raw	0	9.8
Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0	2.7
Pumpkin leaves, raw	0	17.5
Tree fern, cooked, without salt	0	8.3
Pumpkin leaves, cooked, boiled, drained, without salt	0	15.9
Pumpkin leaves, cooked, boiled, drained, with salt	0	15.9
Pickle relish, sweet	0	2.6
Pumpkin, canned, without salt	0	9.8
Pumpkin, canned, with salt	0	9.8
Pumpkin pie mix, canned	0	3.2
Cucumber, peeled, raw	0	27.8
Pumpkin flowers, cooked, boiled, drained, without salt	0	22.2
Pumpkin, cooked, boiled, drained, without salt	0	16.7
Pumpkin, cooked, boiled, drained, with salt	0	16.7
Pumpkin, flowers, cooked, boiled, drained, with salt	0	22.2
Mushrooms, portabella, exposed to ultraviolet light, raw	0	15.1
Sweet potato, cooked, candied, home-prepared	0	2.3
Pickle relish, hot dog	0	3.7
Pickle relish, hamburger	0	2.6
Cauliflower, raw	0	13.3
Sauerkraut, canned, low sodium	0	15.1
Sauerkraut, canned, solids and liquids	0	17.5
Mustard greens, raw	0	12.8
Horseradish-tree, pods, cooked, boiled, drained, without salt	0	9.3
Potatoes, au gratin, dry mix, unprepared	0	1.1
Lotus root, cooked, boiled, drained, without salt	0	5.0
Lotus root, cooked, boiled, drained, with salt	0	5.0
Cassava, raw	0	2.1
Mustard greens, frozen, cooked, boiled, drained, without salt	0	17.5

Mustard greens, frozen, cooked, boiled, drained, with salt	0	17.5
Lotus root, raw	0	4.5
Potatoes, baked, skin, without salt	0	1.7
Potatoes, baked, skin, with salt	0	1.7
Taro, cooked, without salt	0	2.3
Taro, cooked, with salt	0	2.3
Mustard greens, cooked, boiled, drained, without salt	0	22.2
Mustard greens, cooked, boiled, drained, with salt	0	22.2
Mustard spinach, (tendergreen), raw	0	15.1
Sweet potato, raw, unprepared	0	3.9
Yardlong bean, cooked, boiled, drained, without salt	0	7.1
Yardlong bean, cooked, boiled, drained, with salt	0	7.1
Mustard greens, frozen, unprepared	0	16.7
Potatoes, microwaved, cooked in skin, skin, without salt	0	2.5
Potatoes, microwaved, cooked, in skin, skin with salt	0	2.5
Potatoes, mashed, dehydrated, flakes without milk, dry fo	0	0.9
Potatoes, white, flesh and skin, baked	0	3.5
Poi	0	3.0
Potatoes, microwaved, cooked in skin, flesh and skin, wit	0	3.2
Potatoes, microwaved, cooked, in skin, flesh and skin, wi	0	3.2
Potato flour	0	0.9
Beets, harvard, canned, solids and liquids	0	4.6
Potatoes, microwaved, cooked in skin, flesh, without salt	0	3.3
Potatoes, microwaved, cooked in skin, flesh, with salt	0	3.3
Onions, raw	0	8.3
Waterchestnuts, chinese, (matai), raw	0	3.4
Potatoes, o'brien, home-prepared	0	4.1
Potatoes, baked, flesh, without salt	0	3.6
Potatoes, baked, flesh, with salt	0	3.6
Potatoes, red, flesh and skin, baked	0	3.7
Horseradish-tree, leafy tips, cooked, boiled, drained, with	0	5.6
Potatoes, boiled, cooked in skin, flesh, without salt	0	3.8
Potatoes, boiled, cooked in skin, flesh, with salt	0	3.8
Potatoes, boiled, cooked without skin, flesh, without salt	0	3.9
Potatoes, boiled, cooked without skin, flesh, with salt	0	3.9
Cowpeas (Blackeyes), immature seeds, cooked, boiled, d	0	3.4
Waterchestnuts, chinese, canned, solids and liquids	0	6.7
Cowpeas (Blackeyes), immature seeds, cooked, boiled, d	0	3.5
Cowpeas (blackeyes), immature seeds, raw	0	3.7
Potatoes, russet, flesh and skin, raw	0	4.2
Potatoes, boiled, cooked in skin, skin, without salt	0	4.3
Potato, flesh and skin, raw	0	4.3
Potatoes, Russet, flesh and skin, baked	0	3.4
Mountain yam, hawaii, cooked, steamed, without salt	0	4.1
Mountain yam, hawaii, cooked, steamed, with salt	0	4.1
Taro, raw	0	3.0
Potatoes, mashed, home-prepared, whole milk added	0	4.0
Cowpeas, leafy tips, cooked, boiled, drained, without salt	0	15.1
Cowpeas, leafy tips, cooked, boiled, drained, with salt	0	15.1
Potatoes, white, flesh and skin, raw	0	4.8
Potato, baked, flesh and skin, without salt	0	3.6
Potatoes, baked, flesh and skin, with salt	0	3.6
Potatoes, au gratin, dry mix, prepared with water, whole	0	3.6
Cowpeas (blackeyes), immature seeds, frozen, cooked, b	0	2.5
Cowpeas (Blackeyes), immature seeds, frozen, cooked, b	0	2.5

Potatoes, mashed, dehydrated, granules without milk, dry fo	0	0.9
Cowpeas (Blackeyes), immature seeds, frozen, unprepara	0	2.4
Sweet potato, frozen, cooked, baked, without salt	0	3.3
Yam, cooked, boiled, drained, or baked, without salt	0	2.9
Yam, cooked, boiled, drained, or baked, with salt	0	2.9
Sweet potato, frozen, cooked, baked, with salt	0	3.3
Potatoes, raw, skin	0	5.7
Beets, pickled, canned, solids and liquids	0	5.1
Potatoes, mashed, dehydrated, granules with milk, dry fo	0	0.9
Yambean (jicama), raw	0	8.8
Peppers, jalapeno, raw	0	11.5
Mushrooms, shiitake, dried	0	1.1
Potatoes, red, flesh and skin, raw	0	4.8
Potatoes, frozen, whole, unprepared	0	4.3
Lima beans, immature seeds, cooked, boiled, drained, wi	0	2.7
Lima beans, immature seeds, cooked, boiled, drained, wi	0	2.7
Yam, raw	0	2.8
Cowpeas, young pods with seeds, raw	0	7.6
Onions, dehydrated flakes	0	1.0
Mountain yam, hawaii, raw	0	5.0
Lima beans, immature seeds, frozen, baby, cooked, boile	0	3.2
Lima beans, immature seeds, frozen, baby, cooked, boile	0	3.2
Shallots, raw	0	4.6
Mushrooms, shiitake, cooked, without salt	-1	5.9
Potatoes, scalloped, home-prepared with butter	-1	3.8
Mushrooms, shiitake, cooked, with salt	-1	5.9
Shallots, freeze-dried	-1	1.0
Parsnips, raw	-1	4.4
Vegetables, mixed, frozen, cooked, boiled, drained, withc	-1	5.1
Potatoes, au gratin, home-prepared from recipe using bu	-1	2.5
Parsnips, cooked, boiled, drained, without salt	-1	4.7
Parsnips, cooked, boiled, drained, with salt	-1	4.7
Potatoes, canned, solids and liquids	-1	7.6
Potatoes, scalloped, dry mix, prepared with water, whole	-1	3.6
Cowpeas, leafy tips, raw	-1	11.5
Yardlong bean, raw	-1	7.1
Lima beans, immature seeds, frozen, fordhook, cooked, k	-1	3.2
Sweet potato, frozen, unprepared	-1	3.5
Potatoes, mashed, dehydrated, prepared from granules w	-1	3.1
Lima beans, immature seeds, frozen, fordhook, unprepar	-1	3.1
Vegetables, mixed, frozen, cooked, boiled, drained, with :	-1	5.6
Burdock root, cooked, boiled, drained, without salt	-1	3.8
Lima beans, immature seeds, frozen, fordhook, cooked, k	-1	3.2
Sweet potato, canned, mashed	-1	3.3
Lima beans, immature seeds, frozen, baby, unprepared	-1	2.5
Cowpeas, young pods with seeds, cooked, boiled, draine	-1	9.8
Cowpeas, young pods with seeds, cooked, boiled, draine	-1	9.8
Gourd, white-flowered (calabash), cooked, boiled, draine	-1	22.2
Artichokes, (globe or french), raw	-1	7.1
Sweet potato, cooked, baked in skin, without salt	-1	3.7
Sweet potato, canned, vacuum pack	-1	3.7
Gourd, white-flowered (calabash), raw	-1	23.8
Onions, frozen, whole, cooked, boiled, drained, without s	-1	11.9
Peppers, sweet, red, raw	-1	10.7
Sweet potato, canned, syrup pack, solids and liquids	-1	3.7

Onions, frozen, whole, unprepared	-1	9.5
Mung beans, mature seeds, sprouted, cooked, boiled, dra	-1	15.9
Cabbage, raw	-1	13.3
Beans, lima, immature seeds, canned, regular pack, solid	-1	4.7
Lima beans, immature seeds, canned, no salt added, solid	-1	4.7
Gourd, white-flowered (calabash), cooked, boiled, drained	-1	25.6
Onions, frozen, whole, cooked, boiled, drained, with salt	-1	12.8
Potatoes, canned, drained solids, no salt added	-1	5.4
Mung beans, mature seeds, sprouted, cooked, boiled, dra	-1	17.5
Burdock root, raw	-1	4.6
Peas, green, cooked, boiled, drained, without salt	-1	4.0
Potatoes, canned, drained solids	-1	5.6
Beans, mung, mature seeds, sprouted, canned, drained s	-1	27.8
Beets, canned, no salt added, solids and liquids	-1	11.9
Peas, green, cooked, boiled, drained, with salt	-1	4.0
Salsify, cooked, boiled, drained, without salt	-1	4.9
Sweet potato, cooked, boiled, without skin	-1	4.4
Okra, raw	-1	10.7
Onions, young green, tops only	-1	12.3
Chicory roots, raw	-1	4.6
Arrowroot, raw	-1	5.1
Mung beans, mature seeds, sprouted, raw	-1	11.1
Beets, canned, regular pack, solids and liquids	-1	11.1
Sweet potato, canned, syrup pack, drained solids	-1	3.1
Sweet potato, cooked, baked in skin, with salt	-1	3.6
Taro shoots, cooked, without salt	-1	23.8
Taro, shoots, cooked, with salt	-1	23.8
Mung beans, mature seeds, sprouted, cooked, stir-fried	-1	6.7
Kanpyo, (dried gourd strips)	-1	1.3
Peas, green, frozen, cooked, boiled, drained, without salt	-1	4.3
Peas, green, frozen, cooked, boiled, drained, with salt	-1	4.3
Sweet potato, cooked, boiled, without skin, with salt	-1	4.4
Ginger root, raw	-1	4.2
Lemon grass (citronella), raw	-1	3.4
Chard, swiss, cooked, boiled, drained, without salt	-1	16.7
Vegetables, mixed, canned, drained solids	-1	6.8
Nopales, cooked, without salt	-1	22.2
Beets, raw	-1	7.7
Potatoes, mashed, home-prepared, whole milk and butte	-1	2.9
Vegetables, mixed (corn, lima beans, peas, green beans,	-1	9.0
Beets, cooked, boiled, drained	-1	7.6
Beets, cooked, boiled. drained, with salt	-1	7.6
Catsup	-1	3.4
Catsup, low sodium	-1	3.4
Onions, frozen, chopped, unprepared	-1	11.5
Onions, frozen, chopped, cooked, boiled, drained, without	-1	11.9
Artichokes, (globe or french), cooked, boiled, drained, wi	-1	6.3
Artichokes, (globe or french), cooked, boiled, drained, wi	-1	6.3
Pickles, chowchow, with cauliflower onion mustard, sweet	-1	2.8
Tomato juice, canned, with salt added	-1	19.6
Tomato juice, canned, without salt added	-1	19.6
Carrot juice, canned	-1	8.3
Lima beans, immature seeds, raw	-1	2.9
Onions, frozen, chopped, cooked, boiled, drained, with sa	-1	12.8
Beets, canned, drained solids	-1	10.7

Tomato products, canned, sauce, with mushrooms	-1	9.5
Lentils, sprouted, raw	-1	3.1
Taro shoots, raw	-1	30.3
Potatoes, french fried, crinkle or regular cut, salt added in process	-1	1.9
Peas and onions, frozen, unprepared	-1	4.8
Peas and onions, frozen, cooked, boiled, drained, without salt	-1	7.4
Peas and onions, frozen, cooked, boiled, drained, with salt	-1	7.4
Potatoes, french fried, steak fries, salt added in processing	-1	2.5
Potatoes, french fried, steak fries, salt added in processing	-1	2.2
Chrysanthemum, garland, cooked, boiled, drained, without salt	-1	16.7
Carrots, baby, raw	-1	9.5
Garlic, raw	-1	2.2
Peas, green, frozen, unprepared	-1	4.3
Peas, green, raw	-1	4.1
Peas, green (includes baby and lesuer types), canned, drained	-1	4.8
Peas, green, canned, no salt added, drained solids	-1	4.8
Peas, edible-podded, raw	-1	7.9
Seaweed, spirulina, dried	-1	1.1
Potatoes, french fried, shoestring, salt added in processing	-1	1.7
Asparagus, raw	-2	16.7
Onions, cooked, boiled, drained, without salt	-2	7.6
Potatoes, french fried, all types, salt not added in processing	-2	1.9
Potatoes, mashed, dehydrated, prepared from flakes with salt	-2	3.4
Potatoes, french fried, all types, salt not added in processing	-2	2.2
Cucumber, with peel, raw	-2	22.2
Peas, green, canned, regular pack, solids and liquids	-2	6.3
Vegetables, mixed, canned, solids and liquids	-2	9.3
Onions, cooked, boiled, drained, with salt	-2	7.9
Potatoes, french fried, all types, salt added in processing	-2	2.0
Peas, green, canned, seasoned, solids and liquids	-2	6.7
Seaweed, kelp, raw	-2	7.7
Carrot, dehydrated	-2	1.0
Potatoes, french fried, shoestring, salt added in processing	-2	2.0
Potatoes, french fried, crinkle or regular cut, salt added in processing	-2	2.0
Peas, mature seeds, sprouted, raw	-2	2.7
Peas, green, canned, no salt added, solids and liquids	-2	6.3
Tomato products, canned, sauce, with onions	-2	7.9
Potatoes, french fried, all types, salt added in processing	-2	2.3
Peas, edible-podded, boiled, drained, without salt	-2	7.9
Potatoes, hashed brown, frozen, plain, unprepared	-2	4.1
Beet greens, raw	-2	15.1
Onions, canned, solids and liquids	-2	17.5
Tomato sauce, no salt added	-2	7.9
Vegetables, mixed, frozen, unprepared	-2	5.2
Coriander (cilantro) leaves, raw	-2	14.5
Peas, edible-podded, cooked, boiled, drained, with salt	-2	8.3
Tomato products, canned, paste, without salt added	-2	4.1
Tomato products, canned, paste, with salt added	-2	4.1
Tomato and vegetable juice, low sodium	-2	15.1
Eggplant, cooked, boiled, drained, without salt	-2	9.5
Mushrooms, brown, Italian, or Crimini, raw	-2	15.1
Chicory, witloof, raw	-2	19.6
Okra, frozen, cooked, boiled, drained, with salt	-2	9.8
Vegetable juice cocktail, canned	-2	17.5
Eggplant, cooked, boiled, drained, with salt	-2	10.1

Potato puffs, frozen, unprepared	-2	1.9
Potato puffs, frozen, oven-heated	-2	1.8
Okra, cooked, boiled, drained, without salt	-2	15.1
Okra, cooked, boiled, drained, without salt	-2	15.1
Okra, cooked, boiled, drained, with salt	-2	15.1
Tomato products, canned, puree, without salt added	-2	8.8
Tomato products, canned, puree, with salt added	-2	8.8
Onions, spring or scallions (includes tops and bulb), raw	-2	10.4
Eggplant, raw	-2	13.9
Carrots, canned, regular pack, solids and liquids	-2	14.5
Artichokes, (globe or french), frozen, unprepared	-2	8.8
Okra, frozen, unprepared	-2	11.1
Asparagus, cooked, boiled, drained	-2	15.1
Asparagus, cooked, boiled, drained, with salt	-2	15.1
Okra, frozen, cooked, boiled, drained, without salt	-2	11.5
Peas and carrots, canned, regular pack, solids and liquids	-2	8.8
Peas and carrots, canned, no salt added, solids and liquid	-2	8.8
Artichokes, (globe or french), frozen, cooked, boiled, drai	-2	7.4
Artichokes, (globe or french), frozen, cooked, boiled, drai	-2	7.4
Beet greens, cooked, boiled, drained, without salt	-2	12.3
Beet greens, cooked, boiled, drained, with salt	-2	12.3
Peas, edible-podded, frozen, unprepared	-2	7.9
Carrots, canned, no salt added, solids and liquids	-2	14.5
Tomatoes, red, ripe, cooked	-2	18.5
Tomatoes, red, ripe, cooked, with salt	-2	18.5
Peas, edible-podded, frozen, cooked, boiled, drained, with	-2	6.4
Peas and onions, canned, solids and liquids	-2	6.5
Succotash, (corn and limas), cooked, boiled, drained, with	-2	2.9
Peppers, sweet, green, raw	-2	16.7
Succotash, (corn and limas), canned, with cream style co	-2	4.3
Peas, edible-podded, frozen, cooked, boiled, drained, with	-2	6.7
Succotash, (corn and limas), cooked, boiled, drained, with	-2	3.0
Cress, garden, raw	-2	10.4
Peppers, hot chili, green, canned, pods, excluding seeds,	-2	15.9
Peppers, hot chili, red, canned, excluding seeds, solids ar	-2	15.9
Corn, sweet, white, frozen, kernels cut off cob, boiled, dr	-2	4.2
Corn, sweet, white, frozen, kernels cut off cob, boiled, dr	-2	4.2
Cardoon, raw	-2	19.6
Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, c	-2	4.2
Nopales, raw	-2	20.8
Carrots, cooked, boiled, drained, without salt	-2	9.5
Peppers, hot chili, green, raw	-2	8.3
Jute, potherb, cooked, boiled, drained, without salt	-2	9.0
Jute, potherb, cooked, boiled, drained, with salt	-2	9.0
Taro, tahitian, cooked, without salt	-3	7.6
Taro, tahitian, cooked, with salt	-3	7.6
Alfalfa seeds, sprouted, raw	-3	14.5
Succotash, (corn and limas), canned, with whole kernel c	-3	5.3
Corn, sweet, yellow, canned, cream style, regular pack	-3	4.6
Corn, sweet, yellow, canned, cream style, no salt added	-3	4.6
Corn, sweet, white, canned, cream style, regular pack	-3	4.6
Corn, sweet, white, canned, cream style, no salt added	-3	4.6
Sweet potato leaves, raw	-3	9.5
Gourd, dishcloth (towelgourd), cooked, boiled, drained, w	-3	5.9
Peas and carrots, frozen, unprepared	-3	6.3

Peas and carrots, frozen, cooked, boiled, drained, without salt	-3	6.9
Peas and carrots, frozen, cooked, boiled, drained, with salt	-3	6.9
Sweet potato leaves, cooked, steamed, without salt	-3	9.8
Sweet potato leaves, cooked, steamed, with salt	-3	9.8
Carrots, canned, regular pack, drained solids	-3	13.3
Carrots, canned, no salt added, drained solids	-3	13.3
Tomatoes, red, ripe, canned, stewed	-3	12.8
Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	-3	6.2
Taro leaves, cooked, steamed, without salt	-3	13.9
Tomato products, canned, sauce	-3	13.9
Taro, leaves, cooked, steamed, with salt	-3	13.9
Carrots, raw	-3	8.1
Spinach souffle	-3	1.9
Potatoes, frozen, french fried, par fried, cottage-cut, prepared	-3	1.5
Potatoes, frozen, french fried, par fried, cottage-cut, unprepared	-3	1.5
Corn, sweet, yellow, canned, vacuum pack, regular pack	-3	4.2
Corn, sweet, yellow, canned, vacuum pack, no salt added	-3	4.2
Corn, sweet, white, canned, vacuum pack, regular pack	-3	4.2
Corn, sweet, white, canned, vacuum pack, no salt added	-3	4.2
Tomatoes, red, ripe, canned, packed in tomato juice	-3	19.6
Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	-3	19.6
Cress, garden, cooked, boiled, drained, without salt	-3	14.5
Cress, garden, cooked, boiled, drained, with salt	-3	14.5
Potatoes, scalloped, dry mix, unprepared	-3	0.9
Potatoes, frozen, french fried, par fried, cottage-cut, unprepared	-3	2.2
Winged beans, immature seeds, cooked, boiled, drained, without salt	-3	8.8
Winged beans, immature seeds, raw	-3	6.8
Taro leaves, raw	-3	7.9
Mushrooms, maitake, raw	-3	10.7
Carrots, cooked, boiled, drained, with salt	-3	9.5
Chard, swiss, raw	-3	17.5
Parsley, raw	-3	9.3
Tomato products, canned, sauce, spanish style	-3	10.1
Peppers, sweet, green, cooked, boiled, drained, without salt	-3	11.9
Peppers, sweet, red, cooked, boiled, drained, without salt	-3	11.9
Succotash, (corn and limas), frozen, unprepared	-3	3.6
Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	-3	3.6
Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	-3	3.6
Beans, fava, in pod, raw	-3	3.8
Tomatoes, green, raw	-3	14.5
Corn with red and green peppers, canned, solids and liquid	-3	4.4
Peppers, sweet, green, cooked, boiled, drained, with salt	-3	12.8
Peppers, sweet, red, cooked, boiled, drained, with salt	-3	12.8
Corn, yellow, whole kernel, frozen, microwaved	-3	2.5
Radicchio, raw	-3	14.5
Jute, potherb, raw	-3	9.8
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquid	-3	5.2
Corn, sweet, yellow, canned, no salt added, solids and liquid	-3	5.2
Corn, sweet, white, canned, whole kernel, regular pack, solids and liquid	-3	5.2
Corn, sweet, white, canned, whole kernel, no salt added, solids and liquid	-3	5.2
Bamboo shoots, raw	-3	12.3
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	-3	3.5
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	-3	3.5
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	-3	3.5
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	-3	3.5

Corn, sweet, yellow, frozen, kernels on cob, unprepared	-4	3.4
Corn, sweet, white, frozen, kernels on cob, unprepared	-4	3.4
Celeriac, raw	-4	7.9
Mushrooms, shiitake, stir-fried	-4	8.5
Taro, tahitian, raw	-4	7.6
Endive, raw	-4	19.6
Winged bean, immature seeds, cooked, boiled, drained, v	-4	9.0
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, d	-4	4.1
Amaranth leaves, cooked, boiled, drained, without salt	-4	15.9
Amaranth leaves, cooked, boiled, drained, with salt	-4	15.9
Mushrooms, oyster, raw	-4	10.1
Asparagus, frozen, unprepared	-4	13.9
Corn, sweet, yellow, frozen, kernels cut off cob, unprepar	-4	3.8
Corn, sweet, yellow, frozen, kernels cut off cob, unprepar	-4	3.8
Corn, sweet, white, frozen, kernels cut off cob, unprepar	-4	3.8
Chives, freeze-dried	-4	1.1
Eggplant, pickled	-4	6.8
Chicory greens, raw	-4	14.5
Balsam-pear (bitter melon), pods, cooked, boiled, drained	-4	17.5
Potatoes, frozen, french fried, par fried, extruded, unprep	-4	1.3
Celery, cooked, boiled, drained, without salt	-4	18.5
Celery, cooked, boiled, drained, with salt	-4	18.5
Peppers, sweet, green, freeze-dried	-4	1.1
Peppers, sweet, red, freeze-dried	-4	1.1
Potatoes, frozen, french fried, par fried, extruded, prepar	-4	1.0
Tomatoes, sun-dried	-4	1.3
Tomatoes, red, ripe, raw, year round average	-4	18.5
Corn pudding, home prepared	-4	2.5
Gourd, dishcloth (towelgourd), raw	-4	16.7
Tomatoes, orange, raw	-4	20.8
Mushrooms, canned, drained solids	-4	13.3
Tomato products, canned, sauce, with tomato tidbits	-5	10.4
Peppers, sweet, green, frozen, chopped, unprepared	-5	16.7
Peppers, sweet, red, frozen, chopped, unprepared	-5	16.7
Asparagus, canned, no salt added, solids and liquids	-5	22.2
Dandelion greens, raw	-5	7.4
Potatoes, hashed brown, frozen, plain, prepared	-5	1.5
Celery, raw	-5	20.8
Peppers, sweet, red, frozen, chopped, cooked, boiled, dra	-5	20.8
Corn, sweet, yellow, canned, whole kernel, drained solids	-5	4.1
Peppers, sweet, green, frozen, chopped, cooked, boiled, c	-5	20.8
Peppers, sweet, green, frozen, chopped, cooked, boiled, c	-5	20.8
Peppers, sweet, red, frozen, chopped, cooked, boiled, dra	-5	20.8
Asparagus, canned, regular pack, solids and liquids	-5	22.2
Borage, raw	-5	15.9
Mushrooms, portabella, raw	-5	15.1
Corn, sweet, yellow, raw	-5	3.9
Peppers, hot chili, red, raw	-5	8.3
Corn, sweet, white, canned, whole kernel, drained solids	-5	4.1
Dandelion greens, cooked, boiled, drained, without salt	-6	10.1
Bamboo shoots, cooked, boiled, drained, without salt	-6	27.8
Pimento, canned	-6	14.5
Corn, sweet, white, cooked, boiled, drained, without salt	-6	3.4
Corn, sweet, white, cooked, boiled, drained, with salt	-6	3.4
Hearts of palm, canned	-6	11.9

Corn, sweet, yellow, cooked, boiled, drained, without salt	-6	3.5
Corn, sweet, yellow, cooked, boiled, drained, with salt	-6	3.5
Mushrooms, white, stir-fried	-6	12.8
Bamboo shoots, cooked, boiled, drained, with salt	-6	30.3
Amaranth leaves, raw	-6	14.5
Amaranth leaves, raw	-6	14.5
Waxgourd, (chinese preserving melon), cooked, boiled, d	-6	23.8
Mushrooms, white, cooked, boiled, drained, without salt	-6	11.9
Mushrooms, white, cooked, boiled, drained, with salt	-6	11.9
Carrots, frozen, unprepared	-6	9.3
Bamboo shoots, canned, drained solids	-7	17.5
Pepper, serrano, raw	-7	10.4
Peppers, chili, green, canned	-7	15.9
Carrots, frozen, cooked, boiled, drained, without salt	-7	9.0
Potatoes, au gratin, home-prepared from recipe using ma	-7	2.5
Tomatoes, yellow, raw	-7	22.2
Waxgourd, (chinese preserving melon), raw	-7	25.6
Mushrooms, morel, raw	-7	10.7
Potatoes, scalloped, home-prepared with margarine	-7	3.8
Mushrooms, white, raw	-7	15.1
Peppers, sweet, green, canned, solids and liquids	-7	18.5
Peppers, sweet, red, canned, solids and liquids	-7	18.5
Tomato products, canned, sauce, with onions, green pepp	-7	8.1
Peppers, hungarian, raw	-8	11.5
Lambs quarters, cooked, boiled, drained, with salt	-8	10.4
Lambsquarters, cooked, boiled, drained, without salt	-8	10.4
Pokeberry shoots, (poke), cooked, boiled, drained, withou	-8	16.7
Chives, raw	-8	11.1
Waxgourd, (chinese preserving melon), cooked, boiled, d	-8	30.3
Mushrooms, straw, canned, drained solids	-8	10.4
Potatoes, hashed brown, frozen, with butter sauce, unpre	-8	2.5
Potatoes, mashed, home-prepared, whole milk and marg	-8	3.0
Carrots, frozen, cooked, boiled, drained, with salt	-9	9.0
Pepper, banana, raw	-9	12.3
Potatoes, mashed, dehydrated, prepared from granules w	-9	2.9
Tomatoes, sun-dried, packed in oil, drained	-9	1.6
Asparagus, frozen, cooked, boiled, drained, without salt	-9	18.5
Asparagus, frozen, cooked, boiled, drained, with salt	-9	18.5
Onion rings, breaded, par fried, frozen, unprepared	-9	1.3
Peppers, hot chile, sun-dried	-9	1.0
Pigeonpeas, immature seeds, cooked, boiled, drained, wi	-9	3.0
Pigeonpeas, immature seeds, cooked, boiled, drained, wi	-9	3.0
Mushrooms, portabella, grilled	-10	11.5
Mushrooms, portabella, exposed to ultraviolet light, grille	-10	11.5
Tomatoes, red, ripe, cooked, stewed	-10	4.2
Onion rings, breaded, par fried, frozen, prepared, heated	-11	0.8
Potatoes, mashed, prepared from granules, without milk,	-11	3.1
Edamame, frozen, prepared	-12	2.7
Tomatillos, raw	-12	10.4
Potatoes, mashed, prepared from flakes, without milk, w	-12	2.9
Coleslaw, home-prepared	-13	4.3
Asparagus, canned, drained solids	-13	17.5
Tomato products, canned, sauce, with herbs and cheese	-14	5.6
Pepper, ancho, dried	-15	1.2
Potatoes, hashed brown, home-prepared	-15	1.3

Soybeans, green, cooked, boiled, drained, without salt	-16	2.4
Soybeans, green, cooked, boiled, drained, with salt	-16	2.4
Soybeans, green, raw	-17	2.3
Peppers, jalapeno, canned, solids and liquids	-17	12.3
Potato salad, home-prepared	-21	2.3
Potato pancakes	-22	1.2
Soybeans, mature seeds, sprouted, raw	-24	2.7
Soybeans, mature seeds, sprouted, cooked, steamed	-24	4.1
Soybeans, mature seeds, sprouted, cooked, steamed, with salt	-24	4.1
Onions, yellow, sauteed	-31	2.5
	Balance	Volumetric

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