

Omega-3 Balance Scores for Shoppers

(Scroll down or use Edit/Find or search functions for specific items)

Cereals, breads & grains

	Balance Score		Balance Score
Tapioca, pearl, dry	0.0	Wheat flour, white, all-purpose, enriched, bleached	-1.0
Leavening agents, yeast, baker's, compressed	0.0	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	-1.0
Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	0.0	Cereals ready-to-eat, GENERAL MILLS, Country Corn Flakes	-1.1
Cornstarch	-0.1	Bulgur, cooked	-1.1
Arrowroot flour	-0.1	Crackers, crispbread, rye	-1.1
Rice noodles, cooked	-0.1	Rye flour, light	-1.1
Cereals, QUAKER, corn grits, instant, plain, prepared with water	-0.2	Cereals, QUAKER, corn grits, instant, with imitation bacon bits, pre	-1.1
Cereals ready-to-eat, crispy rice	-0.2	Cookies, fortune	-1.1
Wild rice, cooked	-0.2	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	-1.1
Rice, white, short-grain, cooked	-0.2	Cereals, QUAKER, corn grits, instant, with imitation ham bits, prep	-1.2
Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	-0.3	Pasta, fresh-refrigerated, spinach, cooked	-1.2
Macaroni, vegetable, cooked, enriched	-0.3	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	-1.2
Noodles, japanese, soba, cooked	-0.3	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, s	-1.2
Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, w	-0.3	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Ce	-1.2
Rice, white, medium-grain, cooked	-0.3	Cake, angelfood, commercially prepared	-1.3
Cereals, CREAM OF RICE, cooked with water, without salt	-0.3	Cookies, fudge, cake-type (includes trolley cakes)	-1.3
Cookies, coconut macaroons, prepared from recipe	-0.3	Croissants, butter	-1.3
Rice, white, long-grain, regular, cooked	-0.4	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	-1.3
Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	-0.4	Cereals, corn grits, white, regular, quick, enriched, dry	-1.3
Noodles, japanese, somen, cooked	-0.5	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	-1.3
Macaroni, protein-fortified, cooked, enriched, (n x 6.25)	-0.5	Crackers, matzo, egg	-1.3
Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	-0.5	Cake, pound, commercially prepared, fat-free	-1.3
Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	-0.5	Cereals, corn grits, white, regular, quick, enriched, cooked with wat	-1.3
Couscous, cooked	-0.5	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	-1.3
Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	-0.6	Cereals, CREAM OF WHEAT, instant, prepared with water, without	-1.4
Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	-0.6	Crackers, matzo, plain	-1.4
Cereals, farina, enriched, cooked with water, without salt, (wheat)	-0.6	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	-1.4
Leavening agents, baking powder, low-sodium	-0.6	Barley, pearled, cooked	-1.4
Rice, white, glutinous, cooked	-0.6	Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS	-1.4
Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNC	-0.7	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	-1.4
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	-0.7	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TR	-1.4
Rice flour, white	-0.7	Bulgur, dry	-1.4
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KF	-0.7	Cereals, CREAM OF WHEAT, mix'n eat, plain, dry	-1.5
Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	-0.9	Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS	-1.5
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	-0.9	Spaghetti, spinach, cooked	-1.5
Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	-0.9	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	-1.5
Crackers, rye, wafers, plain	-0.9	Crackers, saltines, fat-free, low-sodium	-1.5
Wheat flour, white, cake, enriched	-0.9	PILLSBURY, Crusty French Loaf, refrigerated dough	-1.6
Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	-0.9	Macaroni, whole-wheat, cooked	-1.6
Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	-1.0	Spaghetti, whole-wheat, cooked	-1.6
Cookies, butter, commercially prepared, enriched	-1.0	Rye flour, medium	-1.6
Semolina, enriched	-1.0	Cereals, CREAM OF WHEAT, quick, dry	-1.6
PILLSBURY GRANDS Buttermilk Biscuits, refrigerated dough	-1.0	Bread crumbs, dry, grated, seasoned	-1.6
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	-1.0	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	-1.6

Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	-1.6	Wheat flour, whole-grain	-2.1
Macaroni, cooked, enriched	-1.6	Rolls, dinner, rye	-2.1
Spaghetti, cooked, enriched, with added salt	-1.6	Barley malt flour	-2.1
Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	-1.6	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	-2.1
Cereals ready-to-eat, GENERAL MILLS, KIX	-1.6	English muffins, mixed-grain (includes granola)	-2.1
Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	-1.6	Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS	-2.1
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	-1.7	English muffins, mixed-grain, toasted (includes granola)	-2.1
Bread stuffing, bread, dry mix	-1.7	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	-2.1
Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	-1.7	Bagels, cinnamon-raisin	-2.2
Cracker meal	-1.7	Crackers, melba toast, wheat	-2.2
Cake, pound, commercially prepared, butter	-1.7	Bread, raisin, enriched	-2.2
Pie, chocolate mousse, prepared from mix, no-bake type	-1.7	Bread, wheat germ	-2.2
Crackers, matzo, whole-wheat	-1.7	Cereals, QUAKER, corn grits, instant, butter flavor, dry	-2.2
Cookies, oatmeal, commercially prepared, fat-free	-1.7	Wheat, soft white	-2.2
Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran	-1.7	Croissants, apple	-2.3
Pie, banana cream, prepared from mix, no-bake type	-1.7	Bagels, plain, enriched, with calcium propionate (includes onion, pc	-2.3
Bagels, oat bran	-1.7	Bread, french or vienna (includes sourdough)	-2.3
Buckwheat groats, roasted, cooked	-1.7	Bagels, egg	-2.3
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	-1.7	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	-2.3
Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, prepared	-1.8	Cereals, RALSTON, cooked with water, without salt	-2.3
Bread, pita, white, enriched	-1.8	Bread, wheat bran	-2.3
PILLSBURY HUNGRY JACK Buttermilk Biscuits, Artificial Flavor, refrigerated	-1.8	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with	-2.3
Wheat flour, white, bread, enriched	-1.8	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	-2.3
PILLSBURY Buttermilk Biscuits, Artificial Flavor, refrigerated dough	-1.8	Triticale	-2.4
Barley flour or meal	-1.8	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with	-2.4
Cheesecake prepared from mix, no-bake type	-1.8	Bread, cracked-wheat	-2.4
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	-1.8	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	-2.4
Cornmeal, degermed, enriched, yellow	-1.8	Bread, boston brown, canned	-2.4
Cookies, brownies, dry mix, special dietary, prepared	-1.9	Buckwheat flour, whole-groat	-2.4
Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	-1.9	Rice, brown, medium-grain, cooked	-2.4
Cake, sponge, commercially prepared	-1.9	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN SQUARES	-2.4
Cookies, graham crackers, chocolate-coated	-1.9	Pasta, corn, cooked	-2.4
PILLSBURY Cinnamon Rolls with Icing, refrigerated dough	-1.9	Bread, reduced-calorie, white	-2.4
Wonton wrappers (includes egg roll wrappers)	-1.9	MARTHA WHITE FOODS, MARTHA WHITE'S Artificial Blueberry Muffins	-2.5
Noodles, egg, spinach, cooked, enriched	-1.9	Cereals ready-to-eat, QUAKER, KING VITAMAN	-2.5
Cornmeal, self-rising, degermed, enriched, white	-2.0	Bread crumbs, dry, grated, plain	-2.5
Popovers, dry mix, enriched	-2.0	Bread, white, commercially prepared, low sodium no salt	-2.5
CONTINENTAL MILLS, KRUSTEAZ Buttermilk Mini Pancakes, frozen	-2.0	Bread stuffing, cornbread, dry mix	-2.5
Buckwheat groats, roasted, dry	-2.0	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	-2.5
Triticale flour, whole-grain	-2.0	Buckwheat	-2.6
BEST FOODS, BROWN BERRY Sage and Onion Stuffing Mix, dry	-2.0	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	-2.6
Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CRACKERS	-2.0	NABISCO, NABISCO RITZ Crackers	-2.6
NABISCO, NABISCO ORIGINAL PREMIUM Saltine Crackers	-2.1	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran	-2.6
Cereals ready-to-eat, GENERAL MILLS, TRIX	-2.1	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	-2.6
Cereals, MALTEX, cooked with water, without salt	-2.1	Crackers, matzo, egg and onion	-2.6
Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	-2.1	Bread, rye	-2.6

Cake, white, dry mix, pudding-type, enriched	-2.6	Rolls, dinner, egg	-3.3
Pancakes, buckwheat, dry mix, incomplete	-2.6	Cereals ready-to-eat, KELLOGG, KELLOGG'S STRAWBERRY MI	-3.3
Rice, brown, long-grain, cooked	-2.7	English muffins, wheat	-3.3
Rye flour, dark	-2.7	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal wit	-3.3
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	-2.7	KEEBLER, KEEBLER GOLDEN Vanilla Wafers, Artificially Flavorec	-3.4
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WH	-2.7	Rolls, hamburger or hotdog, reduced-calorie	-3.4
INTERSTATE BRANDS CORP, HOSTESS DING DONGS Chocola	-2.7	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	-3.4
Pasta, fresh-refrigerated, plain, as purchased	-2.7	Crackers, saltines (includes oyster, soda, soup)	-3.5
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	-2.7	Cornmeal, self-rising, bolted, with wheat flour added, enriched, yello	-3.5
Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, orig	-2.7	Bread, egg, toasted	-3.5
PEPPERIDGE FARM Apple Turnovers, frozen, ready to bake	-2.7	Cereals, oats, instant, fortified, with raisins and spice, prepared with	-3.5
Pasta, fresh-refrigerated, plain, cooked	-2.7	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	-3.6
Rolls, french	-2.7	Rolls, dinner, plain, commercially prepared (includes brown-and-se	-3.6
Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX	-2.8	Cookies, molasses	-3.6
Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE CINNAMON	-2.8	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	-3.6
Phyllo dough	-2.8	Rolls, dinner, wheat	-3.6
Cereals, whole wheat hot natural cereal, cooked with water, without	-2.8	Bread, protein (includes gluten)	-3.6
Croutons, plain	-2.8	Cereals, oats, instant, fortified, with cinnamon and spice, prepared w	-3.6
Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	-2.8	Bread, pita, whole-wheat	-3.6
Noodles, egg, cooked, enriched	-2.8	Sorghum	-3.7
Cake, sponge, prepared from recipe	-2.8	Cereals, QUAKER, oatmeal, instant, fruit and cream variety, dry	-3.7
Cereals ready-to-eat, GENERAL MILLS, Oatmeal Raisin Crisp	-2.8	Cheesecake commercially prepared	-3.7
Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	-2.8	Cake, boston cream pie, commercially prepared	-3.7
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	-2.9	Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and H	-3.7
Cereals ready-to-eat, GENERAL MILLS, WHEATIES	-2.9	Muffins, corn, dry mix, prepared	-3.7
Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEE	-2.9	HIDDEN VALLEY RANCH, SALAD CRISPINS Italian Style, Parmes	-3.7
Crackers, melba toast, rye (includes pumpernickel)	-2.9	English muffins, whole-wheat	-3.7
Cereals ready-to-eat, GENERAL MILLS, KABOOM	-2.9	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	-3.7
Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH A	-2.9	Pasta, homemade, made with egg, cooked	-3.7
Tortillas, ready-to-bake or -fry, flour	-2.9	Bread, whole-wheat, commercially prepared	-3.7
Cookies, gingersnaps	-2.9	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	-3.7
Biscuits, mixed grain, refrigerated dough	-3.0	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, pre	-3.8
PEPPERIDGE FARM Classic Style Croutons, seasoned	-3.0	Cookies, animal crackers (includes arrowroot, tea biscuits)	-3.8
MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	-3.0	Millet, cooked	-3.8
Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	-3.0	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, s	-3.8
Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Br	-3.1	Danish pastry, lemon, unenriched	-3.8
Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	-3.1	Danish pastry, raspberry, unenriched	-3.8
Ice cream cones, sugar, rolled-type	-3.1	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	-3.8
English muffins, plain, enriched, with ca prop (includes sourdough)	-3.1	Pancakes, plain, dry mix, complete, prepared	-3.8
MARTHA WHITE FOODS, MARTHA WHITE'S Buttermilk Biscuit M	-3.2	Cereals, WHEATENA, cooked with water	-3.8
Bread, wheat (includes wheat berry)	-3.2	Pancakes, plain, dry mix, complete (includes buttermilk)	-3.9
Pasta, homemade, made without egg, cooked	-3.2	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	-3.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit &	-3.2	Rolls, hamburger or hotdog, mixed-grain	-3.9
Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	-3.3	NABISCO, NABISCO NILLA Pie Crust, ready to use	-3.9
Pie, coconut cream, prepared from mix, no-bake type	-3.3	Pie, coconut custard, commercially prepared	-3.9
Bread, reduced-calorie, rye	-3.3	Cookies, raisin, soft-type	-3.9

Toaster pastries, brown-sugar-cinnamon	-3.9	Doughnuts, french crullers, glazed	-5.0
Bread, white, prepared from recipe, made with nonfat dry milk	-4.0	Cookies, sugar, commercially prepared, regular (includes vanilla)	-5.0
Crackers, cheese, low sodium	-4.1	GENERAL MILLS, GOLD MEDAL Imitation Blueberry Muffin Mix, c	-5.0
Bread, egg	-4.1	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	-5.1
Cookies, marshmallow, chocolate-coated (includes marshmallow pi	-4.2	Sweet rolls, cheese	-5.1
Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL	-4.2	Biscuits, plain or buttermilk, refrigerated dough, higher fat	-5.1
Biscuits, plain or buttermilk, dry mix	-4.2	Cookies, oatmeal, commercially prepared, regular	-5.1
Coffeecake, fruit	-4.2	Rolls, hard (includes kaiser)	-5.2
Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES	-4.2	Hominy, canned, yellow	-5.2
Cornmeal, whole-grain, yellow	-4.3	Cake, yellow, commercially prepared, with chocolate frosting	-5.3
Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepa	-4.3	Cake, white, dry mix, pudding-type, unenriched	-5.3
Coffeecake, creme-filled with chocolate frosting	-4.3	Cookies, chocolate chip, commercially prepared, soft-type	-5.3
Croissants, cheese	-4.3	Crackers, rye, sandwich-type with cheese filling	-5.3
Sweet rolls, cinnamon, refrigerated dough with frosting, baked	-4.3	Cake, white, prepared from recipe with coconut frosting	-5.3
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN B	-4.3	Crackers, wheat, regular	-5.3
Cornmeal, self-rising, bolted, plain, enriched, yellow	-4.4	Doughnuts, cake-type, chocolate, sugared or glazed	-5.4
Cookies, chocolate chip, refrigerated dough, baked	-4.4	Cookies, sugar, refrigerated dough	-5.4
CONAGRA, BANQUET Apple Pie, frozen, ready to bake	-4.4	Cake, pound, commercially prepared, other than all butter, enrichec	-5.4
Cookies, chocolate chip, refrigerated dough	-4.4	Cereals, oats, regular and quick and instant, unenriched, dry	-5.5
Bread, reduced-calorie, wheat	-4.4	Cookies, sugar, refrigerated dough, baked	-5.5
Crackers, cheese, regular	-4.4	Cereals, oats, instant, fortified, plain, dry	-5.5
KEEBLER, KEEBLER Chocolate Graham SELECTS	-4.4	Cookies, oatmeal, refrigerated dough	-5.5
Bread, italian	-4.4	Quinoa	-5.6
Coffeecake, cheese	-4.4	Corn, yellow or white	-5.6
Cookies, chocolate chip, commercially prepared, reg, higher fat, en	-4.4	Bread, oatmeal	-5.6
Corn flour, masa, enriched, yellow	-4.4	Bread, white, commercially prepared (includes soft bread crumbs)	-5.6
Croutons, seasoned	-4.5	Cookies, chocolate sandwich, with creme filling, regular, chocolate-	-5.6
Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	-4.5	French toast, frozen, ready-to-heat	-5.7
English muffins, raisin-cinnamon (includes apple-cinnamon)	-4.5	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lem	-5.7
Corn flour, whole-grain, white	-4.6	Cookies, oatmeal, refrigerated dough, baked	-5.7
Cereals ready-to-eat, GENERAL MILLS, BASIC 4	-4.6	Cereals, oats, instant, fortified, plain, prepared with water	-5.8
Cereals, QUAKER, oatmeal, instant, raisins, dates and walnuts, dry	-4.6	Cookies, ladyfingers, with lemon juice and rind	-5.8
Cookies, vanilla wafers, higher fat	-4.6	Cookies, shortbread, commercially prepared, plain	-5.8
Bread, irish soda, prepared from recipe	-4.7	Rolls, dinner, oat bran	-5.8
Pie, coconut creme, commercially prepared	-4.7	Bread, reduced-calorie, oatmeal	-5.8
Cake, chocolate, commercially prepared with chocolate frosting	-4.7	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) m	-5.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BR	-4.7	Cookies, chocolate chip, prepared from recipe, made with butter	-6.0
Crackers, standard snack-type, sandwich, with cheese filling	-4.7	Danish pastry, cheese	-6.0
Tortillas, ready-to-bake or -fry, corn	-4.7	Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Alm	-6.1
Cookies, brownies, commercially prepared	-4.8	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	-6.1
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUT	-4.9	Bread, oat bran	-6.3
Cookies, oatmeal, commercially prepared, soft-type	-4.9	Bread, rice bran	-6.4
Cereals, MAYPO, cooked with water, without salt	-4.9	Doughnuts, cake-type, plain, sugared or glazed	-6.4
Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH A	-4.9	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	-6.5
Crackers, rusk toast	-4.9	Doughnuts, yeast-leavened, with jelly filling	-6.5
Cereals, ready-to-eat, MALT-O-MEAL, TOASTY O'S	-5.0	Cake, chocolate, dry mix, pudding-type	-6.5

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	-6.5	Bread, whole-wheat, prepared from recipe	-8.3
Danish pastry, cinnamon, enriched	-6.5	Cookies, chocolate wafers	-8.3
Cereals ready-to-eat, KELLOGG, KELLOGG'S, ALL-BRAN Original	-6.8	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	-8.4
Cereals, QUAKER, oatmeal, instant, low sodium, dry	-6.8	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	-8.5
Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	-6.8	Pie, mince, prepared from recipe	-8.6
Pie, cherry, commercially prepared	-6.8	Rolls, hamburger or hotdog, plain	-8.6
Cookies, shortbread, commercially prepared, pecan	-6.9	Coffeecake, cinnamon with crumb topping, dry mix, prepared	-8.8
Pie crust, standard-type, frozen, ready-to-bake, baked	-6.9	Cookies, chocolate chip, commercially prepared, regular, lower fat	-8.8
Cake, white, dry mix, special dietary (includes lemon-flavored)	-6.9	Cake, yellow, prepared from recipe without frosting	-8.8
Cookies, fig bars	-6.9	Bread, banana, prepared from recipe, made with margarine	-8.9
Pie crust, standard-type, dry mix, prepared, baked	-6.9	Crackers, standard snack-type, sandwich, with peanut butter filling	-9.0
Bread, indian (navajo) fry	-6.9	Cake, shortcake, biscuit-type, prepared from recipe	-9.2
Coffeecake, cinnamon with crumb topping, commercially prepared,	-6.9	Cookies, brownies, dry mix, special dietary	-9.2
Ice cream cones, cake or wafer-type	-6.9	Cake, pineapple upside-down, prepared from recipe	-9.2
Cake, chocolate, prepared from recipe without frosting	-7.0	Crackers, cheese, sandwich-type with peanut butter filling	-9.3
Rice, white, with pasta, cooked	-7.0	Cookies, peanut butter, commercially prepared, soft-type	-9.3
QUAKER OATS, AUNT JEMIMA Original Waffles, frozen	-7.1	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	-9.5
Cake, snack cakes, creme-filled, sponge	-7.1	Muffins, corn, commercially prepared	-9.5
Pie, chocolate creme, commercially prepared	-7.1	Cookies, sugar, commercially prepared, special dietary	-9.5
Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRU	-7.1	Waffles, plain, frozen, ready-to-heat (includes buttermilk)	-9.6
Cake, cherry fudge with chocolate frosting	-7.1	Bread, cornbread, prepared from recipe, made with low fat (2%) mi	-9.6
Rolls, dinner, whole-wheat	-7.2	Cookies, chocolate chip, commercially prepared, special dietary	-9.6
Bread, reduced-calorie, oat bran	-7.3	Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wf	-9.6
Doughnuts, cake-type, plain, chocolate-coated or frosted	-7.3	Cookies, peanut butter, refrigerated dough, baked	-9.7
Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	-7.4	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH E	-10.0
Pie, pecan, commercially prepared	-7.4	HEINZ, WEIGHT WATCHERS Chocolate Eclairs, frozen	-10.2
Amaranth	-7.4	Oat bran, raw	-10.3
Cereals ready-to-eat, KRAFT, POST WAFFLE CRISP Cereal	-7.5	Biscuits, plain or buttermilk, prepared from recipe	-10.3
Cookies, peanut butter sandwich, regular	-7.5	Pie, cherry, prepared from recipe	-10.5
Bread sticks, plain	-7.6	Cake, gingerbread, prepared from recipe	-10.5
Cake, carrot, dry mix, pudding-type	-7.7	Cake, gingerbread, prepared from recipe	-10.5
Cake, white, prepared from recipe without frosting	-7.7	Pie, lemon meringue, prepared from recipe	-10.6
Oat bran, cooked	-7.7	Pie, lemon meringue, prepared from recipe	-10.6
Cookies, vanilla wafers, lower fat	-7.8	Cookies, oatmeal, prepared from recipe, with raisins	-10.7
Doughnuts, yeast-leavened, with creme filling	-7.8	Pancakes, plain, dry mix, incomplete, prepared	-10.8
Crackers, rye, wafers, seasoned	-7.8	Crackers, milk	-10.9
Pie, pumpkin, prepared from recipe	-7.8	French toast, prepared from recipe, made with low fat (2%) milk	-10.9
Cookies, graham crackers, plain or honey (includes cinnamon)	-7.8	Pie, banana cream, prepared from recipe	-11.0
Cake, marble, dry mix, pudding-type	-7.8	Pie, blueberry, prepared from recipe	-11.0
Muffins, blueberry, commercially prepared	-7.9	Pie, apple, prepared from recipe	-11.1
Puff pastry, frozen, ready-to-bake	-8.0	Cereals ready-to-eat, HEARTLAND NATURAL CEREAL, WITH CC	-11.1
Cake, fruitcake, commercially prepared	-8.1	Cake, snack cakes, creme-filled, chocolate with frosting	-11.2
PEPPERIDGE FARM Crusty Italian Bread, Garlic	-8.2	Pie, vanilla cream, prepared from recipe	-11.2
Pie, apple, commercially prepared, enriched flour	-8.2	Cookies, peanut butter, commercially prepared, regular	-11.3
Cake, white, dry mix, regular	-8.3	Biscuits, plain or buttermilk, dry mix, prepared	-11.3

Cookies, oatmeal, prepared from recipe, without raisins	-11.5	Crackers, wheat, sandwich, with peanut butter filling	-16.2
Muffins, oat bran	-11.9	Crackers, standard snack-type, regular	-16.4
Cereals ready-to-eat, HEARTLAND NATURAL CEREAL, WITH RA	-12.0	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	-16.4
Cake, yellow, commercially prepared, with vanilla frosting	-12.1	Cookies, brownies, prepared from recipe	-16.4
Pie, lemon meringue, commercially prepared	-12.4	Cookies, sugar wafers with creme filling, special dietary	-16.6
BEST FOODS, THOMAS' English Muffins, plain	-12.5	Hush puppies, prepared from recipe	-16.8
Muffins, wheat bran, toaster-type with raisins	-12.6	Doughnuts, cake-type, wheat, sugared or glazed	-17.1
Wheat germ, crude	-12.7	Strudel, apple	-17.1
Pie crust, cookie-type, prepared from recipe, graham cracker, bake	-12.8	Sweet rolls, cinnamon, commercially prepared with raisins	-17.9
Cereals ready-to-eat, HEARTLAND NATURAL CEREAL, PLAIN	-12.8	Waffles, plain, prepared from recipe	-18.2
Pie, pecan, prepared from recipe	-12.8	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	-18.2
Muffins, blueberry, toaster-type, toasted	-12.8	Cream puffs, prepared from recipe, shell (includes eclair)	-19.3
Cookies, oatmeal, commercially prepared, special dietary	-13.0	Cereals ready-to-eat, granola, homemade	-19.9
Pie, blueberry, commercially prepared	-13.1	Cookies, peanut butter sandwich, special dietary	-20.4
Muffins, blueberry, toaster-type	-13.1	Pie crust, standard-type, frozen, ready-to-bake, enriched	-20.7
Cereals ready-to-eat, wheat germ, toasted, plain	-13.1	Rice bran, crude	-21.6
Cookies, chocolate sandwich, with creme filling, regular	-13.2	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW F	-24.8
Crackers, whole-wheat	-13.2	Noodles, chinese, chow mein	-25.4
Crackers, whole-wheat, low salt	-13.2	Puff pastry, frozen, ready-to-bake, baked	-30.6
Pie, pumpkin, commercially prepared	-13.3		
Bread stuffing, bread, dry mix, prepared	-13.3		
Pie, fried pies, fruit, cherry, lemon, etc.	-13.4		
Cookies, vanilla sandwich with creme filling	-13.4		
Bread stuffing, cornbread, dry mix, prepared	-13.8		
Cookies, chocolate chip, prepared from recipe, made with margarin	-13.9		
Pie crust, cookie-type, prepared from recipe, chocolate wafer, chille	-14.1		
Muffins, corn, toaster-type	-14.1		
Cookies, sugar, prepared from recipe, made with margarine	-14.2		
Eclairs, custard-filled with chocolate glaze, prepared from recipe	-14.3		
Pie, peach	-14.5		
Biscuits, plain or buttermilk, commercially baked	-14.7		
Muffins, blueberry, prepared from recipe, made with low fat (2%) m	-14.7		
Pancakes, blueberry, prepared from recipe	-14.8		
Cookies, chocolate sandwich, with creme filling, special dietary	-14.8		
Cookies, peanut butter, prepared from recipe	-14.9		
Muffins, plain, prepared from recipe, made with low fat (2%) milk	-15.0		
Pie crust, standard-type, prepared from recipe, baked	-15.2		
Muffins, corn, prepared from recipe, made with low fat (2%) milk	-15.2		
Cream puffs, prepared from recipe, shell, with custard filling	-15.3		
Pancakes, plain, prepared from recipe	-15.4		
Cookies, sugar wafers with creme filling, regular	-15.4		
Pancakes, buttermilk, prepared from recipe	-15.6		
Pie, egg custard, commercially prepared	-15.7		
Taco shells, baked	-15.8		
Crackers, wheat, sandwich, with cheese filling	-15.8		
Cookies, chocolate sandwich, with extra creme filling	-16.1		

Vegetables

	Balance Score		Balance Score
Seaweed, wakame, raw	25.5	Squash, winter, all varieties, cooked, baked, with salt	1.7
Seaweed, laver, raw	14.1	Squash, summer, all varieties, cooked, boiled, drained, with salt	1.7
Grape leaves, canned	10.1	Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, with salt	1.5
Broccoli, chinese, cooked	8.3	Beans, snap, canned, all styles, seasoned, solids and liquids	1.5
Grape leaves, raw	7.6	Brussels sprouts, frozen, cooked, boiled, drained, with salt	1.3
Radish seeds, sprouted, raw	7.3	Squash, winter, hubbard, cooked, baked, without salt	1.3
Spinach, canned, drained solids	5.8	Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.3
Seaweed, irishmoss, raw	5.8	Squash, summer, all varieties, raw	1.2
Spinach, canned, regular pack, solids and liquids	5.2	Turnips, cooked, boiled, drained, with salt	1.1
Cauliflower, cooked, boiled, drained, with salt	5.1	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	1.1
Spinach, raw	4.2	Squash, summer, zucchini, includes skin, raw	1.1
New Zealand spinach, raw	3.8	Squash, summer, scallop, cooked, boiled, drained, with salt	1.1
New Zealand spinach, cooked, boiled, drained, with salt	3.8	Pickle, cucumber, sour	1.1
Lettuce, butterhead (includes boston and bibb types), raw	3.8	Turnips, raw	1.0
Lettuce, looseleaf, raw	3.7	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	1.0
Lettuce, iceberg (includes crisphead types), raw	3.5	Watercress, raw	1.0
Turnip greens, canned, solids and liquids	3.4	Beans, shell, canned, solids and liquids	1.0
Broccoli, flower clusters, raw	3.3	Broadbeans, immature seeds, raw	1.0
Broccoli, stalks, raw	3.3	Arugula, raw	1.0
Broccoli, cooked, boiled, drained, with salt	3.3	Radishes, white icicle, raw	0.9
Swamp cabbage, cooked, boiled, drained, without salt	3.2	Beans, snap, green, cooked, boiled, drained, with salt	0.9
Lettuce, cos or romaine, raw	3.1	Beans, snap, yellow, cooked, boiled, drained, with salt	0.9
Spinach, cooked, boiled, drained, with salt	3.0	Cabbage, chinese (pak-choi), raw	0.9
Broccoli, frozen, spears, unprepared	3.0	Chayote, fruit, raw	0.8
Cauliflower, frozen, unprepared	2.9	Squash, summer, crookneck and straightneck, frozen, cooked, with salt	0.8
Turnips, frozen, cooked, boiled, drained, without salt	2.9	Squash, summer, zucchini, includes skin, frozen, cooked, with salt	0.8
Cauliflower, frozen, cooked, boiled, drained, with salt	2.9	Beans, snap, green or yellow, canned, regular pack, solids and liquids	0.8
Broccoli, frozen, chopped, unprepared	2.8	Cucumber, peeled, raw	0.8
Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	2.5	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0.8
Cauliflower, green, cooked, salt	2.4	Cabbage, cooked, boiled, drained, without salt	0.8
Turnip greens, frozen, cooked, boiled, drained, with salt	2.3	Radishes, raw	0.7
Cauliflower, raw	2.1	Radishes, oriental, raw	0.7
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	2.1	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0.7
Beans, kidney, mature seeds, sprouted, raw	2.1	Kale, frozen, cooked, boiled, drained, without salt	0.7
Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	2.0	Squash, summer, crookneck and straightneck, canned, drained, with salt	0.6
Turnip greens and turnips, frozen, unprepared	2.0	Beans, snap, green or yellow, canned, regular pack, drained	0.6
Brussels sprouts, cooked, boiled, drained, without salt	2.0	Cucumber, with peel, raw	0.6
Squash, zucchini, baby, raw	2.0	Kale, raw	0.6
Collards, frozen, chopped, cooked, boiled, drained, without salt	1.9	Pickles, cucumber, dill	0.6
Seaweed, agar, raw	1.9	Kale, cooked, boiled, drained, with salt	0.6
Turnip greens, raw	1.8	Cabbage, red, cooked, boiled, drained, with salt	0.6
Turnip greens, cooked, boiled, drained, with salt	1.8	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	0.5
Radishes, oriental, cooked, boiled, drained, with salt	1.8	Rutabagas, cooked, boiled, drained, with salt	0.5
Beans, navy, mature seeds, sprouted, raw	1.7	Leeks, (bulb and lower leaf-portion), raw	0.5

Cabbage, common (danish, domestic, and pointed types), st	0.5	Beets, harvard, canned, solids and liquids	-0.2
Squash, summer, zucchini, italian style, canned	0.4	Cowpeas (Blackeyes), immature seeds, frozen, cooked, boile	-0.3
Beans, snap, green or yellow, raw	0.4	Cowpeas, leafy tips, cooked, boiled, drained, with salt	-0.3
Cabbage, raw	0.4	Potatoes, mashed, home-prepared, whole milk and butter ad	-0.3
Beans, snap, green or yelow, frozen, cooked, boiled, drained	0.4	Potatoes, au gratin, dry mix, prepared with water, whole milk	-0.3
Squash, winter, butternut, cooked, baked, with salt	0.3	Taro, raw	-0.3
Squash, winter, acorn, cooked, boiled, mashed, with salt	0.3	Potatoes, mashed, home-prepared, whole milk added	-0.3
Squash, summer, zucchini, includes skin, cooked, boiled, dra	0.3	Potatoes, mashed, dehydrated, flakes without milk, dry form	-0.3
Collards, cooked, boiled, drained, with salt	0.3	Potatoes, boiled, cooked in skin, flesh, without salt	-0.3
Cabbage, red, raw	0.3	Waterchestnuts, chinese, canned, solids and liquids	-0.3
Squash, winter, butternut, frozen, cooked, boiled, with salt	0.2	Potatoes, baked, flesh and skin, with salt	-0.3
Cabbage, savoy, raw	0.2	Mountain yam, hawaii, cooked, steamed, without salt	-0.3
Kohlrabi, raw	0.2	Sweetpotato, cooked, baked in skin, with salt	-0.3
Kohlrabi, cooked, boiled, drained, with salt	0.2	Horseradish-tree, leafy tips, cooked, boiled, drained, without	-0.3
Cabbage, savoy, cooked, boiled, drained, with salt	0.2	Lima beans, immature seeds, cooked, boiled, drained, without	-0.4
Hyacinth-beans, immature seeds, cooked, boiled, drained, w	0.1	Yambean (jicama), raw	-0.4
Pickle, cucumber, sweet	0.1	Yam, cooked, boiled, drained, or baked, with salt	-0.4
Tree fern, cooked, without salt	0.1	Sweetpotato, frozen, cooked, baked, without salt	-0.4
Pickle relish, sweet	0.0	Mushrooms, shiitake, dried	-0.4
Pumpkin leaves, cooked, boiled, drained, without salt	0.0	Beets, pickled, canned, solids and liquids	-0.4
Pumpkin pie mix, canned	0.0	Potatoes, au gratin, home-prepared from recipe using butter	-0.5
Pumpkin, canned, with salt	0.0	Potatoes, scalloped, home-prepared with butter	-0.5
Pumpkin, leaves, cooked, boiled, drained, with salt	0.0	Lima beans, immature seeds, frozen, baby, cooked, boiled, c	-0.5
Sweetpotato, cooked, candied, home-prepared	0.0	Potatoes, canned, solids and liquids	-0.5
Pickle relish, hot dog or hamburger	0.0	Mushrooms, shiitake, cooked, with salt	-0.5
Pumpkin flowers, raw	0.0	Parsnips, cooked, boiled, drained, with salt	-0.5
Pumpkin, cooked, boiled, drained, with salt	0.0	Shallots, raw	-0.5
Pumpkin, flowers, cooked, boiled, drained, with salt	0.0	Cowpeas, young pods with seeds, cooked, boiled, drained, w	-0.6
Sauerkraut, canned, solids and liquids	-0.1	Potatoes, mashed, dehydrated, prepared from flakes without	-0.6
Mustard greens, cooked, boiled, drained, without salt	-0.1	Lima beans, immature seeds, frozen, fordhook, cooked, boile	-0.6
Mustard spinach, (tendergreen), raw	-0.1	Artichokes, (globe or french), cooked, boiled, drained, with s	-0.6
Mustard greens, raw	-0.1	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	-0.6
Yardlong bean, cooked, boiled, drained, with salt	-0.1	Sweetpotato, canned, mashed	-0.6
Taro, cooked, with salt	-0.1	Onions, frozen, whole, cooked, boiled, drained, with salt	-0.6
Lotus root, cooked, boiled, drained, with salt	-0.1	Burdock root, cooked, boiled, drained, without salt	-0.6
Potatoes, baked, skin, with salt	-0.1	Gourd, white-flowered (calabash), cooked, boiled, drained, w	-0.6
Horseradish-tree, pods, cooked, boiled, drained, without salt	-0.1	Beans, lima, immature seeds, canned, regular pack, solids a	-0.7
Mustard greens, frozen, unprepared	-0.2	Mung beans, mature seeds, sprouted, cooked, boiled, draine	-0.7
Potatoes, o'brien, home-prepared	-0.2	Sweetpotato, canned, vacuum pack	-0.7
Potatoes, russet, flesh and skin, raw	-0.2	Sweetpotato, canned, syrup pack, solids and liquids	-0.7
Potatoes, white, flesh and skin, baked	-0.2	Beans, mung, mature seeds, sprouted, canned, drained solic	-0.8
Potato flour	-0.2	Potatoes, canned, drained solids	-0.8
Potatoes, Russet, flesh and skin, baked	-0.2	Peas, green, cooked, boiled, drained, with salt	-0.8
Potatoes, microwaved, cooked in skin, flesh, without salt	-0.2	Salsify, cooked, boiled, drained, without salt	-0.8
Potatoes, baked, flesh, with salt	-0.2	Beets, canned, regular pack, solids and liquids	-0.8
Potatoes, microwaved, cooked, in skin, skin with salt	-0.2	Burdock root, raw	-0.8

Taro, shoots, cooked, with salt	-0.9	Coriander leaves, raw, Cilantro	-1.7
Mung beans, mature seeds, sprouted, raw	-0.9	Chicory, witloof, raw	-1.8
Arrowroot, raw	-0.9	Tomatoes, red, ripe, canned, stewed	-1.8
Mung beans, mature seeds, sprouted, cooked, stir-fried	-0.9	Vegetable juice cocktail, canned	-1.8
Sweetpotato, canned, syrup pack, drained solids	-0.9	Mushrooms, brown, Italian, or Crimini, raw	-1.8
Sweetpotato, cooked, boiled, without skin, with salt	-0.9	Eggplant, raw	-1.9
Beet greens, raw	-0.9	Carrots, frozen, unprepared	-1.9
Kanpyo, (dried gourd strips)	-0.9	Tomatoes, red, ripe, canned, with green chilies	-1.9
Peas, green, frozen, cooked, boiled, drained, with salt	-1.0	Alfalfa seeds, sprouted, raw	-2.0
Lemon grass (citronella), raw	-1.1	Tomato products, canned, sauce	-2.0
Carrots, frozen, cooked, boiled, drained, with salt	-1.1	Artichokes, (globe or french), frozen, cooked, boiled, drained	-2.1
Chard, swiss, cooked, boiled, drained, without salt	-1.1	Artichokes, (globe or french), frozen, unprepared	-2.1
Nopales, cooked, without salt	-1.1	Carrots, canned, regular pack, solids and liquids	-2.1
Vegetables, mixed, canned, drained solids	-1.2	Onions, spring or scallions (includes tops and bulb), raw	-2.1
Ginger root, raw	-1.2	Okra, frozen, unprepared	-2.1
Beets, cooked, boiled, drained	-1.2	Cardoon, raw	-2.1
Onions, frozen, chopped, cooked, boiled, drained, with salt	-1.2	Peas and carrots, canned, regular pack, solids and liquids	-2.2
Lentils, sprouted, raw	-1.3	Peas, edible-podded, frozen, unprepared	-2.2
Carrots, raw	-1.3	Beet greens, cooked, boiled, drained, with salt	-2.2
Carrot juice, canned	-1.3	Peas and onions, canned, solids and liquids	-2.3
Tomato juice, canned, with salt added	-1.3	Eggplant, cooked, boiled, drained, with salt	-2.3
Catsup	-1.3	Succotash, (corn and limas), canned, with cream style corn	-2.3
Tomato products, canned, sauce, with mushrooms	-1.3	Succotash, (corn and limas), cooked, boiled, drained, with sa	-2.3
Taro shoots, raw	-1.4	Peas, edible-podded, frozen, cooked, boiled, drained, with sa	-2.3
Peas, green, frozen, unprepared	-1.4	Tomatoes, red, ripe, canned, wedges in tomato juice	-2.3
Peas and onions, frozen, cooked, boiled, drained, with salt	-1.4	Cress, garden, raw	-2.4
Chrysanthemum, garland, cooked, boiled, drained, without sa	-1.4	Nopales, raw	-2.4
Carrots, cooked, boiled, drained, with salt	-1.4	Peppers, hot chili, green, canned, pods, excluding seeds, sol	-2.4
Garlic, raw	-1.4	Peppers, hot chili, red, canned, excluding seeds, solids and l	-2.4
Beets, canned, drained solids	-1.4	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drain	-2.4
Tomato products, canned, puree, with salt added	-1.4	Corn, sweet, white, frozen, kernels cut off cob, boiled, draine	-2.4
Okra, cooked, boiled, drained, with salt	-1.4	Taro, tahitian, cooked, without salt	-2.5
Seaweed, spirulina, dried	-1.5	Peppers, hot chili, green, raw	-2.5
Peas, green, canned, regular pack, drained solids	-1.5	Peppers, hot chili, red, raw	-2.5
Peas, edible-podded, raw	-1.5	Tomato products, canned, paste, with salt added	-2.5
Onions, cooked, boiled, drained, with salt	-1.5	Jute, potherb, cooked, boiled, drained, with salt	-2.5
Onions, raw	-1.5	Sweetpotato leaves, raw	-2.6
Seaweed, kelp, raw	-1.6	Succotash, (corn and limas), canned, with whole kernel corn	-2.6
Vegetables, mixed, canned, solids and liquids	-1.6	Tomatoes, red, ripe, canned, whole, regular pack	-2.6
Peas, green, canned, seasoned, solids and liquids	-1.6	Corn, sweet, yellow, canned, cream style, regular pack	-2.6
Vegetables, mixed, frozen, unprepared	-1.7	Corn, sweet, white, canned, cream style, regular pack	-2.6
Potatoes, hashed brown, frozen, plain, unprepared	-1.7	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with s	-2.6
Peas, green, canned, no salt added, solids and liquids	-1.7	Peas and carrots, frozen, unprepared	-2.7
Peas, edible-podded, cooked, boiled, drained, without salt	-1.7	Peas and carrots, frozen, cooked, boiled, drained, with salt	-2.7
Onions, canned, solids and liquids	-1.7	Sweetpotato leaves, cooked, steamed, with salt	-2.7
Tomato products, canned, sauce, with onions	-1.7	Carrots, canned, regular pack, drained solids	-2.7

Cress, garden, cooked, boiled, drained, with salt	-2.8	Peppers, sweet, green, freeze-dried	-4.2
Taro, leaves, cooked, steamed, with salt	-2.8	Peppers, sweet, red, freeze-dried	-4.2
Potatoes, scalloped, dry mix, unprepared	-2.8	Tomatoes, sun-dried	-4.2
Winged bean, immature seeds, cooked, boiled, drained, with salt	-2.8	Celery, cooked, boiled, drained, without salt	-4.2
Corn, sweet, yellow, canned, vacuum pack, regular pack	-2.8	Potatoes, frozen, french fried, par fried, extruded, prepared, home-prepared	-4.2
Corn, sweet, white, canned, vacuum pack, regular pack	-2.8	Celery, cooked, boiled, drained, with salt	-4.2
Okra, frozen, cooked, boiled, drained, with salt	-2.8	Celery, raw	-4.3
Potatoes, frozen, french fried, par fried, cottage-cut, unprepared	-2.8	Tomatoes, orange, raw	-4.4
Potatoes, frozen, french fried, par fried, cottage-cut, prepared, home-prepared	-2.8	Gourd, dishcloth (towelgourd), raw	-4.4
Taro leaves, raw	-2.9	Tomato products, canned, sauce, with tomato tidbits	-4.5
Winged beans, immature seeds, raw	-2.9	Peppers, sweet, green, frozen, chopped, unprepared	-4.6
Chard, swiss, raw	-2.9	Peppers, sweet, red, frozen, chopped, unprepared	-4.6
Parsley, raw	-3.0	Mushrooms, canned, drained solids	-4.6
Tomato products, canned, sauce, spanish style	-3.0	Mushrooms, enoki, raw	-4.7
Peppers, sweet, green, cooked, boiled, drained, with salt	-3.1	Dandelion greens, raw	-4.8
Peppers, sweet, red, cooked, boiled, drained, with salt	-3.1	Potatoes, hashed brown, frozen, plain, prepared	-4.9
Peppers, sweet, green, raw	-3.1	Carrots, baby, raw	-5.1
Peppers, sweet, red, raw	-3.1	Asparagus, cooked, boiled, drained	-5.1
Tomatoes, green, raw	-3.1	Asparagus, canned, regular pack, solids and liquids	-5.1
Succotash, (corn and limas), frozen, unprepared	-3.2	Corn pudding, home-prepared	-5.2
Beans, fava, in pod, raw	-3.2	Borage, raw	-5.2
Radicchio, raw	-3.3	Corn, sweet, yellow, cooked, boiled, drained, with salt	-5.3
Corn with red and green peppers, canned, solids and liquids	-3.3	Mushrooms, raw	-5.3
Potatoes, french fried, frozen, home-prepared, heated in oven	-3.4	Corn, sweet, yellow, canned, whole kernel, drained solids	-5.5
Potatoes, french fried, frozen, unprepared	-3.4	Dandelion greens, cooked, boiled, drained, without salt	-5.6
Asparagus, raw	-3.4	Bamboo shoots, cooked, boiled, drained, with salt	-5.7
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	-3.4	Pimento, canned	-5.7
Corn, sweet, white, canned, whole kernel, regular pack, solid and liquid	-3.4	Potatoes, mashed, dehydrated, prepared from granules with liquid	-5.8
Jute, potherb, raw	-3.4	Tomatoes, red, ripe, cooked, boiled, without salt	-5.8
Bamboo shoots, raw	-3.5	Tomatoes, red, ripe, cooked, boiled, with salt	-5.8
Corn, sweet, yellow, frozen, kernels on cob, unprepared	-3.5	Hearts of palm, canned	-5.9
Corn, sweet, white, frozen, kernels on cob, unprepared	-3.5	Asparagus, frozen, cooked, boiled, drained, with salt	-5.9
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	-3.5	Pigeonpeas, immature seeds, raw	-5.9
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	-3.5	Tomatoes, red, ripe, raw, year round average	-6.0
Celeriac, raw	-3.5	Corn, sweet, yellow, raw	-6.1
Taro, tahitian, raw	-3.6	Corn, sweet, white, raw	-6.1
Endive, raw	-3.6	Potatoes, hashed brown, home-prepared	-6.2
Potato puffs, frozen, prepared	-3.6	Amaranth leaves, raw	-6.2
Amaranth leaves, cooked, boiled, drained, without salt	-3.7	Bamboo shoots, canned, drained solids	-6.5
Asparagus, frozen, unprepared	-3.8	Potatoes, au gratin, home-prepared from recipe using margarine	-6.6
Chives, freeze-dried	-3.9	Peppers, chili, green, canned	-6.6
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	-3.9	Pepper, serrano, raw	-6.6
Corn, sweet, white, frozen, kernels cut off cob, unprepared	-3.9	Mushrooms, cooked, boiled, drained, with salt	-6.6
Chicory greens, raw	-4.0	Tomatoes, yellow, raw	-6.7
Balsam-pear (bitter melon), pods, cooked, boiled, drained, with salt	-4.1	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	-6.8
Potatoes, frozen, french fried, par fried, extruded, unprepared	-4.1	Peppers, sweet, green, canned, solids and liquids	-7.3

Peppers, sweet, red, canned, solids and liquids	-7.3
Potatoes, scalloped, home-prepared with margarine	-7.4
Tomato products, canned, sauce, with onions, green peppers	-7.4
Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	-7.4
Peppers, hungarian, raw	-7.5
Lambs quarters, cooked, boiled, drained, with salt	-7.8
Chives, raw	-7.9
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	-7.9
Mushrooms, straw, canned, drained solids	-8.0
Potatoes, hashed brown, frozen, with butter sauce, unprepared	-8.2
Pepper, banana, raw	-8.8
Tomatoes, sun-dried, packed in oil, drained	-8.9
Onion rings, breaded, par fried, frozen, unprepared	-9.3
Peppers, hot chile, sun-dried	-9.4
Peppers, jalapeno, raw	-9.6
Tomatoes, red, ripe, cooked, stewed	-10.1
Potatoes, mashed, home-prepared, whole milk and margarine	-10.2
Potatoes, mashed, prepared from granules, without milk, whole	-11.2
Onion rings, breaded, par fried, frozen, prepared, heated in oil	-11.2
Tomatillos, raw	-12.1
Potatoes, mashed, prepared from flakes, without milk, whole	-12.2
Spinach souffle, home-prepared	-12.9
Asparagus, canned, drained solids	-13.4
Tomato products, canned, sauce, with herbs and cheese	-13.7
Coleslaw, home-prepared	-14.4
Pepper, ancho, dried	-14.6
Soybeans, green, cooked, boiled, drained, with salt	-16.3
Soybeans, green, raw	-16.6
Peppers, jalapeno, canned, solids and liquids	-17.3
Potato salad, home-prepared	-20.8
Potato pancakes, home-prepared	-21.7
Soybeans, mature seeds, sprouted, cooked, steamed	-23.7
Soybeans, mature seeds, sprouted, raw	-23.7

Fruits	Balance Score		Balance Score
Papayas, raw	0.5	Oranges, raw, California, navels	-0.2
Melons, cantaloupe, raw	0.5	Tangerine juice, frozen concentrate, sweetened, undiluted	-0.2
Melon balls, frozen	0.4	Tangerine juice, frozen concentrate, sweetened, diluted with	-0.2
Papaya nectar, canned	0.4	Fruit salad, (peach and pear and apricot and pineapple and c	-0.2
Mangos, raw	0.4	Apricots, canned, heavy syrup pack, with skin, solids and liqu	-0.2
Melons, casaba, raw	0.2	Peach nectar, canned, with added ascorbic acid	-0.2
Melons, honeydew, raw	0.1	Orange peel, raw	-0.2
Cherries, sweet, canned, water pack, solids and liquids	0.0	Grape juice, canned or bottled, unsweetened, without added	-0.2
Cherries, sweet, frozen, sweetened	0.0	Apricots, frozen, sweetened	-0.2
Cherries, sour, red, canned, light syrup pack, solids and liqui	0.0	Apricots, canned, heavy syrup pack, without skin, solids and	-0.2
Litchis, raw	0.0	Plums, canned, purple, extra heavy syrup pack, solids and lic	-0.2
Cherries, sour, red, frozen, unsweetened	0.0	Applesauce, canned, unsweetened, without added ascorbic a	-0.2
Fruit salad, (pineapple and papaya and banana and guava),	0.0	Orange-grapefruit juice, canned, unsweetened	-0.2
Plums, canned, purple, water pack, solids and liquids	0.0	Applesauce, canned, unsweetened, with added ascorbic acid	-0.2
Pear nectar, canned, with added ascorbic acid	-0.1	Rhubarb, frozen, cooked, with sugar	-0.2
Pineapple, frozen, chunks, sweetened	-0.1	Grapes, canned, thompson seedless, heavy syrup pack, solid	-0.2
Acerola, (west indian cherry), raw	-0.1	Kumquats, raw	-0.2
Cherries, sweet, raw	-0.1	Strawberries, canned, heavy syrup pack, solids and liquids	-0.2
Pineapple juice, canned, unsweetened, without added ascorb	-0.1	Strawberries, frozen, unsweetened	-0.2
Plantains, cooked	-0.1	Grapefruit, sections, canned, light syrup pack, solids and liqu	-0.2
Tangerines, (mandarin oranges), canned, juice pack	-0.1	Oranges, raw, all commercial varieties	-0.2
Apricots, canned, extra heavy syrup pack, without skin, solid	-0.1	Fruit salad, (peach and pear and apricot and pineapple and c	-0.2
Pineapple, canned, juice pack, solids and liquids	-0.1	Pears, canned, water pack, solids and liquids	-0.2
Plums, canned, purple, juice pack, solids and liquids	-0.1	Raisins, golden seedless	-0.2
Acerola juice, raw	-0.1	Raspberries, canned, red, heavy syrup pack, solids and liqui	-0.2
Fruit cocktail, (peach and pineapple and pear and grape and	-0.1	Raisins, seedless	-0.2
Cranberry sauce, canned, sweetened	-0.1	Apples, dried, sulfured, stewed, without added sugar	-0.2
Dates, domestic, natural and dry	-0.1	Bananas, dehydrated, or banana powder	-0.2
Prune juice, canned	-0.1	Tamarinds, raw	-0.2
Strawberries, frozen, sweetened, sliced	-0.1	Plums, canned, purple, heavy syrup pack, solids and liquids	-0.2
Pineapple, canned, light syrup pack, solids and liquids	-0.1	Bananas, raw	-0.3
Orange juice, frozen concentrate, unsweetened, undiluted	-0.1	Boysenberries, canned, heavy syrup	-0.3
Pears, canned, light syrup pack, solids and liquids	-0.1	Apples, dried, sulfured, uncooked	-0.3
Sapodilla, raw	-0.1	Apricots, dried, sulfured, stewed, with added sugar	-0.3
Orange juice, frozen concentrate, unsweetened, diluted with	-0.1	Fruit cocktail, (peach and pineapple and pear and grape and	-0.3
Blueberries, frozen, sweetened	-0.1	Apricots, canned, water pack, without skin, solids and liquids	-0.3
Strawberries, frozen, sweetened, whole	-0.1	Grape juice, frozen concentrate, sweetened, diluted with 3 vc	-0.3
Apricots, canned, juice pack, with skin, solids and liquids	-0.1	Peaches, canned, light syrup pack, solids and liquids	-0.3
Peaches, canned, extra heavy syrup pack, solids and liquids	-0.1	Grape juice, frozen concentrate, sweetened, undiluted, with a	-0.3
Plantains, raw	-0.1	Raspberries, frozen, red, sweetened	-0.3
Pineapple, canned, water pack, solids and liquids	-0.2	Blackberries, canned, heavy syrup, solids and liquids	-0.3
Apples, dried, sulfured, stewed, with added sugar	-0.2	Grapefruit juice, canned, sweetened	-0.3
Apricots, canned, light syrup pack, with skin, solids and liqui	-0.2	Raisins, seeded	-0.3
Tangerines, (mandarin oranges), canned, light syrup pack	-0.2	Breadfruit, raw	-0.3

Pears, canned, extra heavy syrup pack, solids and liquids	-0.3	Applesauce, canned, sweetened, without salt	-0.5
Tangerine juice, canned, sweetened	-0.3	Orange juice, canned, unsweetened	-0.5
Pears, canned, juice pack, solids and liquids	-0.3	Apple juice, frozen concentrate, unsweetened, diluted with 3	-0.5
Apricot nectar, canned, with added ascorbic acid	-0.3	Pears, canned, extra light syrup pack, solids and liquids	-0.5
Apricots, dried, sulfured, uncooked	-0.3	Persimmons, japanese, raw	-0.5
Fruit cocktail, (peach and pineapple and pear and grape and	-0.3	Fruit cocktail, (peach and pineapple and pear and grape and	-0.5
Blueberries, canned, heavy syrup, solids and liquids	-0.3	Figs, canned, heavy syrup pack, solids and liquids	-0.5
Apples, dehydrated (low moisture), sulfured, uncooked	-0.3	Pears, dried, sulfured, uncooked	-0.5
Currants, red and white, raw	-0.3	Currants, european black, raw	-0.6
Fruit salad, (peach and pear and apricot and pineapple and c	-0.3	Limes, raw	-0.6
Lime juice, raw	-0.3	Passion-fruit juice, purple, raw	-0.6
Grapefruit juice, canned, unsweetened	-0.3	Blueberries, raw	-0.6
Grapefruit, sections, canned, juice pack, solids and liquids	-0.4	Oranges, raw, California, valencias	-0.6
Grapefruit juice, pink, raw	-0.4	Peaches, canned, heavy syrup pack, solids and liquids	-0.6
Fruit salad, (peach and pear and apricot and pineapple and c	-0.4	Fruit, mixed, (peach and cherry-sweet and -sour and raspber	-0.6
Peaches, canned, juice pack, solids and liquids	-0.4	Currants, zante, dried	-0.6
Plums, canned, purple, light syrup pack, solids and liquids	-0.4	Peaches, frozen, sliced, sweetened	-0.6
Cranberries, raw	-0.4	Guava sauce, cooked	-0.7
Apricots, dehydrated (low-moisture), sulfured, stewed	-0.4	Figs, canned, light syrup pack, solids and liquids	-0.7
Apricots, dried, sulfured, stewed, without added sugar	-0.4	Fruit salad, (peach and pear and apricot and pineapple and c	-0.7
Grapefruit, raw, pink and red, California and Arizona	-0.4	Crabapples, raw	-0.8
Grapefruit, raw, white, California	-0.4	Lemon peel, raw	-0.8
Prunes, dried, stewed, with added sugar	-0.4	Orange juice, chilled, includes from concentrate	-0.8
Tangerines, (mandarin oranges), raw	-0.4	Grapes, american type (slip skin), raw	-0.8
Orange juice, raw	-0.4	Quinces, raw	-0.9
Fruit cocktail, (peach and pineapple and pear and grape and	-0.4	Figs, canned, water pack, solids and liquids	-0.9
Pears, canned, heavy syrup pack, solids and liquids	-0.4	Pomegranates, raw	-0.9
Apricots, canned, extra light syrup pack, with skin, solids and	-0.4	Lime juice, canned or bottled, unsweetened	-1.0
Prunes, canned, heavy syrup pack, solids and liquids	-0.4	Boysenberries, frozen, unsweetened	-1.0
Jackfruit, raw	-0.4	Peaches, raw	-1.0
Tangerine juice, raw	-0.4	Strawberries, raw	-1.0
Apple juice, frozen concentrate, unsweetened, undiluted, with	-0.4	Apples, raw, without skin	-1.0
Sugar-apples, (sweetsop), raw	-0.4	Soursop, raw	-1.0
Oranges, raw, Florida	-0.4	Loganberries, frozen	-1.1
Fruit, mixed, (prune and apricot and pear), dried	-0.4	Elderberries, raw	-1.1
Grapefruit, raw, pink and red and white, all areas	-0.4	Peaches, dried, sulfured, stewed, with added sugar	-1.1
Grapefruit juice, frozen concentrate, unsweetened, diluted with	-0.4	Gooseberries, canned, light syrup pack, solids and liquids	-1.1
Figs, canned, extra heavy syrup pack, solids and liquids	-0.4	Blueberries, frozen, unsweetened	-1.1
Fruit, mixed, (peach and pear and pineapple), canned, heavy	-0.4	Peaches, canned, extra light syrup, solids and liquids	-1.1
Oranges, raw, with peel	-0.4	Apricots, canned, water pack, with skin, solids and liquids	-1.1
Grapefruit juice, frozen concentrate, unsweetened, undiluted	-0.4	Apples, raw, with skin	-1.2
Pineapple, raw	-0.4	Pears, asian, raw	-1.3
Apple juice, canned or bottled, unsweetened, without added	-0.5	Blackberries, frozen, unsweetened	-1.3
Fruit cocktail, (peach and pineapple and pear and grape and	-0.5	Apples, frozen, unsweetened, unheated	-1.3
Prunes, dehydrated (low-moisture), uncooked	-0.5	Lemons, raw, without peel	-1.3
Pears, dried, sulfured, stewed, with added sugar	-0.5	Grapes, red or green (european type varieties, such as, Thor	-1.3

Apples, raw, without skin, cooked, boiled	-1.3
Apples, frozen, unsweetened, heated	-1.3
Loquats, raw	-1.4
Blackberries, raw	-1.4
Apples, raw, without skin, cooked, microwave	-1.4
Peaches, dehydrated (low-moisture), sulfured, stewed	-1.5
Peaches, dried, sulfured, stewed, without added sugar	-1.5
Mammy-apple, (mamey), raw	-1.5
Pears, raw	-1.6
Apricots, raw	-1.6
Guavas, strawberry, raw	-1.6
Lemon juice, canned or bottled	-1.7
Passion-fruit juice, yellow, raw	-1.8
Lemon juice, frozen, unsweetened, single strength	-1.8
Lemons, raw, with peel	-1.9
Figs, raw	-1.9
Raspberries, raw	-2.1
Guavas, common, raw	-2.2
Figs, dried, uncooked	-2.2
Plums, raw	-2.4
Rhubarb, frozen, uncooked	-2.6
Kiwi fruit, (chinese gooseberries), fresh, raw	-2.8
Prickly pears, raw	-4.0
Carambola, (starfruit), raw	-4.1
Passion-fruit, (granadilla), purple, raw	-4.2
Nectarines, raw	-4.5
Watermelon, raw	-4.6
Rhubarb, raw	-4.7
Mulberries, raw	-4.8
Gooseberries, raw	-5.1
Olives, ripe, canned (small-extra large)	-6.8
Avocados, raw, all commercial varieties	-10.9
Avocados, raw, Florida	-11.7

Dairy & Eggs

	Balance Score		Balance Score
Cheese, gouda	0.4	Dessert topping, semi solid, frozen	-0.3
Cheese, roquefort	0.2	Sour cream, imitation, cultured	-0.3
Cheese, parmesan, grated	0.1	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	-0.3
Cheese, parmesan, hard	0.1	Milk, canned, condensed, sweetened	-0.3
Cheese, romano	0.1	Milk, chocolate, fluid, commercial, reduced fat	-0.3
Milk, indian buffalo, fluid	0.1	Yogurt, plain, low fat, 12 grams protein per 8 ounce	-0.3
Cheese, parmesan, shredded	0.1	Cheese, cottage, creamed, with fruit	-0.4
Cream substitute, liquid, with lauric acid oil and sodium casein	0.0	Milk, fluid, 3.25% milkfat	-0.4
Cream substitute, powdered	0.0	Milk, chocolate, fluid, commercial,	-0.4
Milk, dry, nonfat, regular, without added vitamin A	0.0	Milk, chocolate beverage, hot cocoa, homemade	-0.4
Milk, canned, evaporated, nonfat	0.0	Cheese, brick	-0.5
Whey, acid, dried	0.0	Cheese, caraway	-0.5
Whey, sweet, dried	0.0	Cheese, cheddar	-0.5
Milk, dry, nonfat, regular, with added vitamin A	0.0	Cheese, cheshire	-0.5
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	-0.1	Cheese, edam	-0.5
Cheese, mozzarella, whole milk	-0.1	Cheese, muenster	-0.5
Cheese, port de salut	-0.1	Milk, producer, fluid, 3.7% milkfat	-0.5
Milk, filled, fluid, with lauric acid oil	-0.1	Milk, low sodium, fluid	-0.5
Milk substitutes, fluid, with lauric acid oil	-0.1	Milk, dry, whole	-0.5
Milk, nonfat, fluid, with added vitamin A (fat free or skim)	-0.1	Milk, sheep, fluid	-0.5
Milk, buttermilk, dried	-0.1	Cheese, mexican, queso anejo	-0.5
Whey, acid, fluid	-0.1	Cheese, mexican, queso asadero	-0.5
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	-0.1	Cheese, mexican, queso chihuahua	-0.5
Yogurt, fruit, low fat, 9 grams protein per 8 ounce	-0.1	Cheese, low fat, cheddar or colby	-0.5
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	-0.1	Cheese, brie	-0.6
Milk, nonfat, fluid, without added vitamin A (fat free or skim)	-0.1	Cheese, camembert	-0.6
Cheese, cottage, lowfat, 1% milkfat	-0.2	Cheese, cottage, creamed, large or small curd	-0.6
Cheese, feta	-0.2	Cheese, limburguer	-0.6
Cheese, fontina	-0.2	Cheese, provolone	-0.6
Cheese, gjetost	-0.2	Cheese, pasteurized process, american, with di sodium phosphate	-0.6
Cheese, tilsit	-0.2	Cheese, pasteurized process, pimento	-0.6
Cheese, pasteurized process, swiss, with di sodium phosphate	-0.2	Cheese food, cold pack, american	-0.6
Cheese food, pasteurized process, swiss	-0.2	Cheese food, pasteurized process, american, without di sodium phosphate	-0.6
Cream substitute, liquid, with hydrogenated vegetable oil and sodium casein	-0.2	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	-0.6
Milk, lowfat, fluid, 1% milkfat, with added vitamin A	-0.2	Cheese, pasteurized process, american, without di sodium phosphate	-0.6
Milk, buttermilk, fluid, cultured, lowfat	-0.2	Cheese fondue	-0.6
Milk, chocolate, fluid, commercial, lowfat	-0.2	Cheese, low-sodium, cheddar or colby	-0.6
Milk shakes, thick chocolate	-0.2	Cheese, swiss	-0.7
Milk shakes, thick vanilla	-0.2	Cream, fluid, half and half	-0.7
Whey, sweet, fluid	-0.2	Cream, whipped, cream topping, pressurized	-0.7
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	-0.2	Cream, sour, reduced fat, cultured	-0.7
Yogurt, fruit, low fat, 11 grams protein per 8 ounce	-0.2	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup	-0.7
Cheese, pasteurized process, swiss, without di sodium phosphate	-0.2	Milk, canned, evaporated, with added vitamin A	-0.7
Cheese, cottage, lowfat, 2% milkfat	-0.3	Cheese, blue	-0.8

Cheese, cream	-0.8
Cheese, mozzarella, part skim milk	-0.8
Cheese, mozzarella, part skim milk, low moisture	-0.8
Cream, fluid, light (coffee cream or table cream)	-0.8
Cream, sour, cultured	-0.8
Dessert topping, powdered	-0.8
Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk so	-0.8
Butter, with salt	-0.9
Butter, whipped, with salt	-0.9
Butter oil, anhydrous	-0.9
Cheese, neufchatel	-0.9
Cheese, ricotta, whole milk	-0.9
Cheese, ricotta, part skim milk	-0.9
Cream, fluid, heavy whipping	-0.9
Dessert topping, pressurized	-0.9
Butter, without salt	-0.9
Cheese, colby	-1.0
Cheese, monterey	-1.0
Milk, goat, fluid	-1.0
Cheese, mozzarella, whole milk, low moisture	-1.1
Cream, fluid, light whipping	-1.2
Eggnog	-1.2
	-1.9
Cheese, gruyere	-2.1
Sour dressing, non-butterfat, cultured, filled cream-type	-2.6
Egg substitute, powder	-4.7
Cheese sauce, prepared from recipe	-5.2
Milk substitutes, fluid with hydrogenated vegetable oils	-5.3
Cheese substitute, mozzarella	-6.4
Milk, human, mature, fluid	-7.2
Egg, whole, dried	-8.8
Milk, filled, fluid, with blend of hydrogenated vegetable oils	-11.0
Egg, turkey, whole, fresh, raw	-11.6
Egg, yolk, raw, frozen, sugared	-11.9
Egg, whole, dried, stabilized, glucose reduced	-11.9
Egg, whole, raw, fresh	-12.2
Egg, whole, cooked, hard-boiled or poached	-12.2
Egg, yolk, raw, frozen, salted	-12.4
Egg, whole, cooked, scrambled	-14.5
Egg, duck, whole, fresh, raw	-14.5
Egg substitute, liquid	-14.5
Egg, yolk, raw, fresh	-15.7
Egg, whole, cooked, fried or omelet	-15.9
Egg substitute, frozen	-38.2

Meat, Fish & Legumes (1666)

	Balance Score		Balance Score
Finfish, caviar, black and red, granular	173.9	Finfish, bluefish, raw	47.9
Finfish, roe, mixed species, raw	112.3	Finfish, smelt, rainbow, cooked, dry heat	47.8
Finfish, roe, mixed species, cooked, dry heat	98.8	Finfish, salmon, coho, farmed, raw	47.6
Finfish, shad, american, raw	86.7	Finfish, tuna, white, canned in water, drained solids	45.9
Finfish, salmon, pink, canned, solids with bone and liquid	82.7	Finfish, salmon, sockeye, raw	45.4
Finfish, mackerel, Atlantic, raw	80.6	Mollusks, oyster, eastern, farmed, raw	44.3
Finfish, anchovy, european, raw	78.3	Mollusks, oyster, eastern, canned	43.9
Finfish, salmon, Atlantic, wild, raw	73.2	Finfish, salmon, sockeye, cooked, dry heat	42.9
Finfish, herring, Atlantic, raw	70.6	Finfish, wolffish, Atlantic, cooked, dry heat	42.6
Finfish, herring, Atlantic, cooked, dry heat	70.4	Finfish, tilefish, cooked, dry heat	42.4
Finfish, herring, Atlantic, kippered	70.3	Finfish, trout, rainbow, farmed, cooked, dry heat	41.6
Finfish, anchovy, european, canned in oil, drained solids	68.3	Finfish, trout, rainbow, farmed, raw	41.4
Finfish, mackerel, Pacific and jack, mixed species, cooked, d	66.6	Crustaceans, crab, alaska king, imitation, made from surimi	41.4
Finfish, mackerel, Pacific and jack, mixed species, raw	66.1	Finfish, trout, rainbow, wild, cooked, dry heat	41.4
Finfish, mackerel, spanish, raw	63.8	Finfish, salmon, sockeye, canned, without salt, drained solids	40.0
Finfish, herring, Pacific, raw	62.8	Finfish, salmon, chum, raw	39.8
Finfish, salmon, pink, raw	62.4	Finfish, herring, Atlantic, pickled	38.4
Finfish, whitefish, mixed species, raw	62.3	Finfish, spot, raw	37.0
Finfish, salmon, pink, cooked, dry heat	62.2	Finfish, spot, cooked, dry heat	36.9
Finfish, whitefish, mixed species, cooked, dry heat	62.2	Mollusks, squid, mixed species, raw	36.8
Finfish, tuna, fresh, bluefin, cooked, dry heat	61.1	Mollusks, squid, mixed species, raw	36.8
Finfish, tuna, fresh, bluefin, raw	60.9	Mollusks, oyster, eastern, farmed, cooked, dry heat	36.8
Finfish, salmon, chum, drained solids with bone	59.6	Finfish, halibut, Greenland, raw	35.9
Mollusks, oyster, Pacific, raw	58.9	Finfish, halibut, greenland, cooked, dry heat	35.8
Mollusks, oyster, Pacific, cooked, moist heat	58.6	Finfish, trout, mixed species, raw	34.5
Finfish, salmon, coho, wild, cooked, moist heat	57.5	Finfish, trout, mixed species, cooked, dry heat	34.5
Mollusks, oyster, eastern, wild, raw	57.4	Finfish, swordfish, cooked, dry heat	34.4
Finfish, salmon, coho, wild, raw	57.2	Finfish, sucker, white, raw	34.3
Finfish, mackerel, jack, canned, drained solids	57.1	Finfish, swordfish, raw	34.3
Mollusks, oyster, eastern, wild, cooked, moist heat	57.0	Finfish, sucker, white, cooked, dry heat	34.1
Finfish, salmon, chinook, raw	56.4	Finfish, trout, rainbow, wild, raw	33.9
Finfish, salmon, chinook, cooked, dry heat	56.3	Finfish, mackerel, Atlantic, cooked, dry heat	33.5
Finfish, cisco, smoked	54.8	Finfish, bass, freshwater, mixed species, cooked, dry heat	33.4
Finfish, bass, striped, cooked, dry heat	54.6	Mollusks, mussel, blue, raw	32.4
Finfish, bass, striped, raw	54.4	Finfish, pollock, walleye, raw	32.1
Finfish, sardine, Pacific, canned in tomato sauce, drained sol	53.1	Finfish, pollock, Atlantic, cooked, dry heat	31.8
Finfish, sablefish, raw	52.6	Finfish, pollock, Atlantic, raw	31.7
Finfish, salmon, coho, wild, cooked, dry heat	52.6	Finfish, whiting, mixed species, cooked, dry heat	31.0
Finfish, sablefish, cooked, dry heat	52.6	Finfish, tilefish, raw	31.0
Finfish, sablefish, smoked	52.5	Crustaceans, crab, blue, cooked, moist heat	30.6
Finfish, mackerel, spanish, cooked, dry heat	52.4	Finfish, flatfish (flounder and sole species), cooked, dry heat	29.9
Mollusks, oyster, eastern, wild, cooked, dry heat	49.9	Beef, variety meats and by-products, brain, cooked, simmere	29.1
Finfish, sea bass, mixed species, cooked, dry heat	48.7	Crustaceans, crab, alaska king, cooked, moist heat	29.0
Finfish, sea bass, mixed species, raw	48.6	Crustaceans, shrimp, mixed species, canned	29.0

Finfish, pollock, walleye, cooked, dry heat	29.0	Crustaceans, spiny lobster, mixed species, raw	15.8
Crustaceans, shrimp, mixed species, raw	28.9	Mollusks, scallop, mixed species, raw	15.4
Mollusks, mussel, blue, cooked, moist heat	28.3	Finfish, tuna, light, canned in water, drained solids	14.8
Seeds, flaxseed	28.1	Finfish, sheepshead, raw	14.7
Finfish, salmon, Atlantic, farmed, cooked, dry heat	27.9	Finfish, cod, Atlantic, raw	14.6
Beef, variety meats and by-products, brain, raw	27.6	Mollusks, clam, mixed species, cooked, moist heat	14.5
Finfish, salmon, chinook, smoked, (lox), regular	27.3	Finfish, haddock, cooked, dry heat	14.5
Finfish, rockfish, Pacific, mixed species, raw	27.2	Finfish, haddock, raw	14.5
Finfish, salmon, Atlantic, farmed, raw	27.2	Finfish, haddock, smoked	14.5
Finfish, rockfish, Pacific, mixed species, cooked, dry heat	27.1	Finfish, mullet, striped, cooked, dry heat	14.4
Crustaceans, crab, queen, cooked, moist heat	27.1	Finfish, croaker, Atlantic, raw	14.2
Crustaceans, crab, dungeness, cooked, moist heat	25.9	Finfish, carp, cooked, dry heat	14.1
Lamb, variety meats and by-products, brain, cooked, pan-fried	25.6	Finfish, carp, raw	14.1
Finfish, drum, freshwater, cooked, dry heat	25.3	Mollusks, squid, mixed species, cooked, fried	13.7
Finfish, cisco, raw	25.2	Finfish, lingcod, cooked, dry heat	13.6
Finfish, ocean perch, Atlantic, cooked, dry heat	23.6	Finfish, whiting, mixed species, raw	13.4
Finfish, catfish, channel, wild, raw	23.0	Finfish, tuna, fresh, yellowfin, raw	13.2
Finfish, snapper, mixed species, raw	22.8	Finfish, tuna, yellowfin, fresh, cooked, dry heat	13.2
Finfish, mackerel, king, cooked, dry heat	22.6	Finfish, whitefish, mixed species, smoked	12.8
Lamb, variety meats and by-products, brain, cooked, braised	22.5	Finfish, grouper, mixed species, cooked, dry heat	12.2
Finfish, mackerel, king, raw	22.5	Pork, fresh, variety meats and by-products, brain, raw	11.3
Finfish, mackerel, king, raw	22.5	Finfish, gefiltefish, commercial, sweet recipe	11.1
Lamb, variety meats and by-products, brain, raw	22.1	Mollusks, octopus, common, cooked, moist heat	10.8
Lamb, variety meats and by-products, brain, raw	22.1	Mollusks, octopus, common, raw	10.8
Finfish, pike, walleye, cooked, dry heat	21.8	Finfish, shark, mixed species, cooked, batter-dipped and fried	10.6
Finfish, pike, walleye, raw	21.8	Mollusks, clam, mixed species, canned, liquid	10.5
Finfish, pompano, florida, raw	21.6	Pork, fresh, variety meats and by-products, brain, cooked, braised	9.9
Crustaceans, crab, blue, raw	21.2	Finfish, catfish, channel, wild, cooked, dry heat	9.7
Finfish, halibut, Atlantic and Pacific, cooked, dry heat	21.1	Crustaceans, crayfish, mixed species, wild, raw	9.5
Crustaceans, crab, blue, canned	21.1	Finfish, cod, Atlantic, cooked, dry heat	9.5
Finfish, halibut, Atlantic and Pacific, raw	20.9	Finfish, cod, Atlantic, dried and salted	9.4
Finfish, halibut, Atlantic and Pacific, raw	20.9	Finfish, dolphinfish, cooked, dry heat	9.2
Beef, variety meats and by-products, brain, cooked, pan-fried	19.9	Finfish, dolphinfish, raw	9.2
Finfish, mullet, striped, raw	19.8	Crustaceans, crayfish, mixed species, farmed, raw	9.0
Finfish, sturgeon, mixed species, cooked, dry heat	19.5	Finfish, catfish, channel, farmed, raw	9.0
Finfish, sardine, Atlantic, canned in oil, drained solids with bones	19.0	Crustaceans, crab, blue, crab cakes	8.8
Crustaceans, shrimp, mixed species, cooked, moist heat	18.6	Mollusks, cuttlefish, mixed species, cooked, moist heat	8.7
Finfish, perch, mixed species, cooked, dry heat	17.6	Mollusks, cuttlefish, mixed species, raw	8.7
Finfish, cod, Pacific, cooked, dry heat	17.2	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	8.6
Finfish, grouper, mixed species, raw	17.0	OSCAR MAYER, Ham (water added, baked cooked 96% fat free)	8.3
Finfish, seatrout, mixed species, cooked, dry heat	16.6	Finfish, burbot, cooked, dry heat	7.4
Finfish, tuna, skipjack, fresh, cooked, dry heat	16.4	Finfish, pike, northern, cooked, dry heat	7.2
Finfish, tuna, fresh, skipjack, raw	16.4	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	6.5
Finfish, snapper, mixed species, cooked, dry heat	16.2	Finfish, sturgeon, mixed species, smoked	6.5
Finfish, flatfish (flounder and sole species), raw	16.1	Finfish, sheepshead, cooked, dry heat	6.3
Crustaceans, spiny lobster, mixed species, cooked, moist heat	16.0	Crustaceans, lobster, northern, cooked, moist heat	6.1

Finfish, eel, mixed species, cooked, dry heat	6.1	Cowpeas, common (blackeyes, crowder, southern), mature s	-0.4
Mollusks, abalone, mixed species, raw	6.0	Lamb, New Zealand, imported, frozen, composite of trimmed	-0.4
Finfish, sunfish, pumpkin seed, raw	4.9	OSCAR MAYER, Wieners (beef franks, fat free)	-0.4
Finfish, sunfish, pumpkin seed, cooked, dry heat	4.9	Soy protein concentrate, crude protein basis (N x 6.25), prod	-0.5
Finfish, pompano, florida, cooked, dry heat	4.1	Game meat, beefalo, composite of cuts, cooked, roasted	-0.5
Mollusks, oyster, eastern, cooked, breaded and fried	3.0	Chili with beans, canned	-0.5
Mungo beans, mature seeds, cooked, boiled, without salt	3.0	Lima beans, thin seeded (baby), mature seeds, cooked, boile	-0.5
Seeds, sisymbrium sp. seeds, whole, dried	2.8	Cowpeas, common (blackeyes, crowder, southern), mature s	-0.5
Seeds, chia seeds, dried	1.4	Soy sauce made from soy and wheat (shoyu)	-0.5
Beans, french, mature seeds, cooked, boiled, with salt	0.9	Lima beans, large, mature seeds, cooked, boiled, with salt	-0.6
Beans, pinto, mature seeds, canned	0.5	Soy protein isolate, potassium type, crude protein basis	-0.6
Game meat, horse, cooked, roasted	0.5	Mothbeans, mature seeds, cooked, boiled, with salt	-0.6
Beans, kidney, red, mature seeds, canned	0.5	Veal, variety meats and by-products, brain, cooked, braised	-0.7
Beans, kidney, all types, mature seeds, cooked, boiled, with	0.5	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	-0.7
Beans, pinto, mature seeds, cooked, boiled, with salt	0.2	OSCAR MAYER, Chicken Breast (oven roasted, fat free)	-0.7
Beans, kidney, royal red, mature seeds, cooked, boiled with	0.2	Nuts, chestnuts, japanese, dried	-0.7
Finfish, catfish, channel, farmed, cooked, dry heat	0.1	Nuts, chestnuts, japanese, boiled and steamed	-0.7
Beans, kidney, california red, mature seeds, cooked, boiled,	0.1	Beans, baked, canned, with beef	-0.7
Mollusks, whelk, unspecified, cooked, moist heat	0.0	Nuts, coconut meat, dried (desiccated), sweetened, flaked, p	-0.7
Beans, adzuki, mature seeds, canned, sweetened	0.0	Chicken breast, fat-free, mesquite flavor, sliced	-0.8
Noodles, chinese, cellophane or long rice (mung beans), def	0.0	Nuts, coconut meat, dried (desiccated), sweetened, shredden	-0.8
Lamb, variety meats and by-products, heart, cooked, braised	-0.1	Lamb, New Zealand, imported, frozen, leg, whole (shank and	-0.8
Finfish, roughy, orange, cooked, dry heat	-0.1	Beef, cured, dried beef	-0.8
Finfish, roughy, orange, raw	-0.1	Beef, cured, luncheon meat, jellied	-0.8
Beans, white, mature seeds, canned	-0.1	Cowpeas, common (blackeyes, crowder, southern), mature s	-0.8
Beans, black turtle soup, mature seeds, cooked, boiled, with	-0.1	Nuts, chestnuts, japanese, roasted	-0.8
Beans, adzuki, yokan, mature seeds	-0.1	LOUIS RICH, Chicken Breast Classic Baked /Grill (carving bo	-0.8
Beans, white, mature seeds, cooked, boiled, with salt	-0.1	Beef, cured, corned beef, canned	-0.8
Nuts, coconut water (liquid from coconuts)	-0.1	Luncheon meat, beef, thin sliced	-0.8
Beans, pink, mature seeds, cooked, boiled, with salt	-0.1	Beef, cured, thin-sliced beef	-0.8
Beans, black turtle soup, mature seeds, canned	-0.1	Beef, retail cuts, separable fat, cooked	-0.9
Beans, cranberry (roman), mature seeds, cooked, boiled, wit	-0.1	Lentils, mature seeds, cooked, boiled, with salt	-0.9
Beans, cranberry (roman), mature seeds, canned	-0.1	Nuts, coconut meat, dried (desiccated), toasted	-0.9
Beans, navy, mature seeds, canned	-0.1	Lamb, New Zealand, imported, frozen, rib, separable lean an	-0.9
Yardlong beans, mature seeds, cooked, boiled, without salt	-0.1	Chicken breast, oven-roasted, fat-free, sliced	-0.9
Beans, great northern, mature seeds, canned	-0.1	Peas, split, mature seeds, cooked, boiled, without salt	-0.9
Beans, navy, mature seeds, cooked, boiled, with salt	-0.2	Beans, baked, canned, with pork and tomato sauce	-0.9
Beans, black, mature seeds, cooked, boiled, with salt	-0.2	Carob flour	-0.9
Beans, great northern, mature seeds, cooked, boiled, with sa	-0.2	Game meat, deer, loin, separable lean only, 1" steak, cooke	-1.0
Beans, adzuki, mature seed, cooked, boiled, with salt	-0.2	Nuts, coconut cream, canned (liquid expressed from grated r	-1.0
Beans, small white, mature seeds, cooked, boiled, with salt	-0.2	Nuts, chestnuts, chinese, roasted	-1.0
Beans, baked, canned, plain or vegetarian	-0.2	Nuts, chestnuts, chinese, dried	-1.0
Beans, yellow, mature seeds, cooked, boiled, with salt	-0.3	Nuts, chestnuts, chinese, boiled and steamed	-1.0
Lima beans, large, mature seeds, canned	-0.4	Nuts, coconut meat, raw	-1.0
Soy sauce made from hydrolyzed vegetable protein	-0.4	Corned beef loaf, jellied	-1.0
Finfish, pout, ocean, cooked, dry heat	-0.4	Mung beans, mature seeds, cooked, boiled, with salt	-1.0

Nuts, coconut meat, dried (desiccated), not sweetened	-1.1	LOUIS RICH, Turkey Breast (oven roasted, fat free)	-1.5
Broadbeans (fava beans), mature seeds, canned	-1.1	Honey roll sausage, beef	-1.5
Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.1	Beef, brisket, point half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	-1.5
Nuts, coconut meat, dried (desiccated), creamed	-1.1	Beef, brisket, whole, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	-1.5
Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.1	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.5
OSCAR MAYER, Turkey Breast (smoked, fat free)	-1.1	Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	-1.5
Beef, cured, smoked, chopped beef	-1.1	Nuts, macadamia nuts, dry roasted, without salt added	-1.5
Nuts, coconut milk, frozen (liquid expressed from grated meat)	-1.1	Pork, fresh, variety meats and by-products, spleen, cooked, braised	-1.5
Nuts, coconut milk, raw (liquid expressed from grated meat)	-1.1	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt added	-1.5
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.1	Nuts, macadamia nuts, dry roasted, with salt added	-1.5
Lamb, New Zealand, imported, frozen, composite of trimmed forequarter and hindquarter, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.1	Lamb, new zealand, imported, frozen, composite of trimmed forequarter and hindquarter, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.6
Nuts, coconut cream, raw (liquid expressed from grated meat)	-1.1	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.6
Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.1	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.6
OSCAR MAYER, Bologna (fat free)	-1.2	Beerwurst, beer salami, beef	-1.6
Falafel, home-prepared	-1.2	Lebanon bologna, beef	-1.6
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	-1.2	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.6
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.2	LOUIS RICH, Turkey Breast (smoked, portion fat free)	-1.6
Beans, baked, canned, with pork and sweet sauce	-1.2	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.6
Refried beans, canned (includes USDA commodity)	-1.2	Veal, variety meats and by-products, spleen, cooked, braised	-1.6
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.2	Beef, cured, corned beef, brisket, cooked	-1.6
Nuts, coconut milk, canned (liquid expressed from grated meat)	-1.2	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.6
OSCAR MAYER, Wieners (fat free hot dogs)	-1.2	Beef, chuck, clod steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.7
Soy flour, defatted	-1.2	OSCAR MAYER, Ham (40% ham/water product, smoked, fat free)	-1.7
Lamb, New Zealand, imported, frozen, leg, whole (shank and shank bone), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.3	Beef, brisket, point half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	-1.7
Broadbeans (fava beans), mature seeds, cooked, boiled, with salt added	-1.3	Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 0" fat, choice, cooked, broiled	-1.7
Lamb, new zealand, imported, frozen, leg, whole (shank and shank bone), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.3	Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	-1.7
LOUIS RICH, Turkey (honey roasted, fat free)	-1.3	GREEN GIANT, HARVEST BURGER, Original Flavor, All Vegetable	-1.7
Beans, baked, canned, with pork	-1.3	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	-1.7
Seeds, breadnuttree seeds, dried	-1.3	OSCAR MAYER, Chicken Breast (honey glazed)	-1.7
LOUIS RICH, Turkey Breast (oven roasted, portion fat free)	-1.3	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.7
Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.3	OSCAR MAYER, Smokies (beef)	-1.7
Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.3	Beef, cured, pastrami	-1.7
Finfish, catfish, channel, cooked, breaded and fried	-1.3	Salami, cooked, beef	-1.7
Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	-1.3	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.7
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.4	Seeds, cottonseed flour, low fat (glandless)	-1.7
Game meat, elk, round, separable lean only, cooked, broiled	-1.4	Game meat, elk, tenderloin, separable lean only, cooked, broiled	-1.7
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.4	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	-1.7
Veal, variety meats and by-products, tongue, cooked, braised	-1.4	Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.7
Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.4	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.8
Game meat, deer, tenderloin, separable lean only, 0.5-1 lb round, cooked, broiled	-1.4	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.8
Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.4	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.8
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.4	Game meat, deer, shoulder clod, separable lean only, 3-5 lb round, cooked, broiled	-1.8
Beef, chuck, clod steak, separable lean and fat, trimmed to 1" fat, choice, cooked, broiled	-1.4	Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	-1.8
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.4	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and shank), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.8
Luncheon meat, beef, loaved	-1.4	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	-1.8
Game meat, bison, top round, separable lean only, trimmed to 1" steak, cooked, broiled	-1.4	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-fried	-1.8

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, s	-1.8	Lamb, Australian, imported, fresh, shoulder, whole (arm and	-2.1
LOUIS RICH, Turkey Breast (Smoked, Carving Board)	-1.8	Beef, rib, small end (ribs 10-12), separable lean only, trimme	-2.1
Beef, round, top round, separable lean only, trimmed to 0" fa	-1.8	Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, c	-2.1
Cowpeas, common (blackeyes, crowder, southern), mature s	-1.8	Beef, round, top round, separable lean and fat, trimmed to 1/	-2.1
Seeds, sesame flour, low-fat	-1.8	Hyacinth beans, mature seeds, cooked, boiled, with salt	-2.1
Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiler	-1.8	HORMEL WRANGLER Beef Franks	-2.1
Beef, chuck, arm pot roast, separable lean and fat, trimmed t	-1.8	Beef, chuck, blade roast, separable lean and fat, trimmed to	-2.1
Lamb, new zealand, imported, frozen, shoulder, whole (arm a	-1.8	Beef, short loin, t-bone steak, separable lean only, trimmed to	-2.1
Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, s	-1.8	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, c	-2.1
Beef, round, top round, separable lean and fat, trimmed to 1/	-1.9	Game meat, bison, ribeye, separable lean only, 1" steak, coc	-2.1
Game meat, bison, chuck, shoulder clod, separable lean only	-1.9	OSCAR MAYER, Bologna (beef light)	-2.2
Game meat, elk, loin, separable lean only, cooked, broiled	-1.9	Lamb, Australian, imported, fresh, leg, sirloin chops, boneles	-2.2
Lamb, Australian, imported, fresh, loin, separable lean only, t	-1.9	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat,	-2.2
Lamb, variety meats and by-products, tongue, cooked, braise	-1.9	Beef, round, tip round, separable lean only, trimmed to 0" fat	-2.2
Lamb, Australian, imported, fresh, separable fat, cooked	-1.9	Beef, round, full cut, separable lean and fat, trimmed to 1/4" f	-2.2
Beef, round, tip round, separable lean and fat, trimmed to 1/4	-1.9	Lamb, Australian, imported, fresh, leg, center slice, bone-in, s	-2.2
Lamb, New Zealand, imported, frozen, loin, separable lean o	-1.9	OSCAR MAYER, Wieners (beef franks)	-2.2
Nuts, ginkgo nuts, dried	-1.9	Turkey breast meat	-2.2
Beef, round, tip round, separable lean and fat, trimmed to 1/4	-1.9	Beef, round, tip round, separable lean and fat, trimmed to 1/2	-2.2
OSCAR MAYER, Wieners (beef franks, bun length)	-1.9	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8	-2.2
Beef, rib, large end (ribs 6-9), separable lean and fat, trimme	-1.9	Frankfurter, beef, heated	-2.2
Lamb, Australian, imported, fresh, leg, shank half, separable	-1.9	Game meat , bison, top sirloin, separable lean only, 1" steak,	-2.2
OSCAR MAYER, Bologna (beef)	-1.9	Lamb, Australian, imported, fresh, shoulder, arm, separable l	-2.2
Beef, rib, large end (ribs 6-9), separable lean and fat, trimme	-1.9	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, p	-2.2
Lamb, New Zealand, imported, frozen, leg, whole (shank and	-1.9	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean and	-2.3
Lamb, New Zealand, imported, frozen, composite of trimmed	-1.9	Beef, chuck, top blade, separable lean only, trimmed to 0" fa	-2.3
OSCAR MAYER, Salami Beef Cotto	-1.9	Lamb, variety meats and by-products, kidneys, cooked, brais	-2.3
Beef, short loin, porterhouse steak, separable lean only, trim	-1.9	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-b	-2.3
Lamb, Australian, imported, fresh, leg, whole (shank and sirl	-1.9	Beef, chuck, top blade, separable lean and fat, trimmed to 0	-2.3
Beef, top sirloin, separable lean and fat, trimmed to 0" fat, se	-1.9	Beef, short loin, top loin, separable lean and fat, trimmed to C	-2.3
Bologna, beef	-2.0	Game meat, rabbit, wild, cooked, stewed	-2.3
Lamb, Australian, imported, fresh, shoulder, blade, separable	-2.0	Thuringer, cervelat, summer sausage, beef, pork	-2.3
Beef, round, bottom round, separable lean and fat, trimmed t	-2.0	Beef, chuck, arm pot roast, separable lean only, trimmed to 1	-2.3
Beef, brisket, point half, separable lean only, trimmed to 0" fa	-2.0	Beef, plate, inside skirt steak, separable lean only, trimmed to	-2.3
Beef, short loin, porterhouse steak, separable lean and fat, tr	-2.0	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, s	-2.3
Nuts, chestnuts, european, raw, peeled	-2.0	Beef, chuck, blade roast, separable lean only, trimmed to 0"	-2.4
Lamb, Australian, imported, fresh, leg, whole (shank and sirl	-2.0	Soy meal, defatted, raw	-2.4
Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	-2.0	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only	-2.4
Lamb, Australian, imported, fresh, composite of trimmed reta	-2.0	Beef, brisket, flat half, separable lean only, trimmed to 0" fat,	-2.4
Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, p	-2.0	OSCAR MAYER, Summer Sausage Beef Thuringer Cervelat	-2.4
Beef, round, eye of round, separable lean only, trimmed to 0"	-2.0	Honey loaf, pork, beef	-2.4
Turkey, fryer-roasters, breast, meat only, cooked, roasted	-2.0	Emu, inside drums, cooked, broiled	-2.5
Lamb, Australian, imported, fresh, shoulder, whole (arm and	-2.0	Peppered loaf, pork, beef	-2.5
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiler	-2.0	Pork, cured, ham, extra lean (approximately 4% fat), canned	-2.5
Beef, chuck, clod steak, separable lean and fat, trimmed to 1	-2.1	Beef, top sirloin, separable lean only, trimmed to 0" fat, choic	-2.5
Lamb, Australian, imported, fresh, leg, sirloin half, boneless,	-2.1	Lamb, Australian, imported, fresh, foreshank, separable lean	-2.5

Beef, short loin, porterhouse steak, separable lean only, trim	-2.5	Beef, plate, outside skirt steak, separable lean and fat, trimm	-3.0
Frankfurter, beef	-2.5	Pork, fresh, loin, top loin (chops), boneless, separable lean o	-3.1
Lamb, New Zealand, imported, frozen, rib, separable lean on	-2.6	Nuts, ginkgo nuts, raw	-3.1
Beef, round, bottom round, separable lean and fat, trimmed t	-2.6	Beef, brisket, flat half, separable lean only, trimmed to 1/4" fa	-3.1
Lamb, New Zealand, imported, frozen, shoulder, whole (arm	-2.6	Pork, cured, canadian-style bacon, grilled	-3.1
Beef, tenderloin, separable lean only, trimmed to 1/4" fat, sel	-2.6	Beef, round, top round, separable lean and fat, trimmed to 1/	-3.1
Beef, round, bottom round, separable lean only, trimmed to 1	-2.6	Pork, fresh, loin, top loin (roasts), boneless, separable lean o	-3.1
Beef, chuck, top blade, separable lean and fat, trimmed to 0"	-2.6	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-bro	-3.2
Beef, chuck, blade roast, separable lean only, trimmed to 0"	-2.6	Pork, cured, ham, steak, boneless, extra lean, unheated	-3.2
Sausage, chicken, beef, pork, skinless, smoked	-2.7	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to	-3.2
Beef, rib, small end (ribs 10-12), separable lean only, trimme	-2.7	Vienna sausage, canned, beef and pork	-3.2
Seeds, sunflower seed flour, partially defatted	-2.7	Beef, short loin, porterhouse steak, separable lean only, trim	-3.3
OSCAR MAYER, Ham (water added, honey)	-2.7	Veal, composite of trimmed retail cuts, separable fat, cooked	-3.3
Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1	-2.7	Nuts, chestnuts, european, boiled and steamed	-3.3
Beef, short loin, porterhouse steak, separable lean only, trim	-2.7	Nuts, chestnuts, european, raw, unpeeled	-3.3
OSCAR MAYER, Ham (water added, boiled)	-2.7	Beef, chuck, clod roast, separable lean only, trimmed to 1/4"	-3.3
Pork, cured, ham, extra lean (approximately 4% fat), canned	-2.8	Emu, full rump, cooked, broiled	-3.3
Nuts, chestnuts, european, roasted	-2.8	Beef, short loin, tenderloin, separable lean only, trimmed to 1	-3.3
Beef, cured, sausage, cooked, smoked	-2.8	Veal, composite of trimmed retail cuts, separable fat, raw	-3.3
Beef, rib, small end (ribs 10-12), separable lean only, trimme	-2.9	Lamb, domestic, leg, shank half, separable lean only, trimme	-3.3
Beef, round, bottom round, separable lean and fat, trimmed t	-2.9	Beef, plate, outside skirt steak, separable lean only, trimmed	-3.3
Pork, cured, canadian-style bacon, unheated	-2.9	Pork, fresh, loin, tenderloin, separable lean only, cooked, roa	-3.4
Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1	-2.9	Turkey, fryer-roasters, light meat, meat only, cooked, roaste	-3.4
Pork, cured, ham, boneless, extra lean (approximately 5% fa	-2.9	Beef, tenderloin, separable lean only, trimmed to 1/4" fat, sel	-3.6
Seeds, lotus seeds, dried	-2.9	Mollusks, abalone, mixed species, cooked, fried	-3.6
Beef, short loin, t-bone steak, separable lean only, trimmed to	-2.9	Beef, short loin, tenderloin, separable lean only, trimmed to 1	-3.6
Beef, tenderloin, separable lean only, trimmed to 1/4" fat, chc	-2.9	Pork, fresh, loin, top loin (chops), boneless, separable lean o	-3.6
Ham, sliced, extra lean, (approximately 5% fat)	-2.9	Beef, ground, patties, frozen, cooked, broiled, medium	-3.6
LOUIS RICH, Chicken Breast (oven roasted deluxe)	-2.9	Barbecue loaf, pork, beef	-3.6
Beef, round, bottom round, separable lean and fat, trimmed t	-2.9	Chicken, broilers or fryers, breast, meat only, cooked, stewe	-3.6
Luxury loaf, pork	-2.9	Pork, fresh, loin, center rib (chops), bone-in, separable lean o	-3.7
Beef, tenderloin, separable lean only, trimmed to 1/4" fat, chc	-2.9	Lamb, domestic, foreshank, separable lean and fat, trimmed	-3.7
Bratwurst, pork, beef and turkey, lite, smoked	-2.9	Pork, fresh, loin, center loin (chops), bone-in, separable lean	-3.7
Beans, baked, home prepared	-3.0	Lamb, domestic, leg, whole (shank and sirloin), separable lea	-3.7
Sausage, Italian, sweet, links	-3.0	Soy protein isolate, potassium type	-3.7
Beef, chuck, clod roast, separable lean and fat, trimmed to 0"	-3.0	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Po	-3.7
OSCAR MAYER, Ham (water added, smoked, cooked)	-3.0	Game meat, beaver, cooked, roasted	-3.7
Beef, rib, large end (ribs 6-9), separable lean only, trimmed t	-3.0	Seeds, breadfruit seeds, roasted	-3.7
Lamb, domestic, foreshank, separable lean only, trimmed to	-3.0	Pork, fresh, loin, center rib (chops), boneless, separable lear	-3.8
Beef, round, top round, separable lean and fat, trimmed to 1/	-3.0	LOUIS RICH, Turkey Breast and White Turkey (oven roaste	-3.8
Beef, rib, large end (ribs 6-9), separable lean only, trimmed t	-3.0	Beef, chuck, tender steak, separable lean and fat, trimmed to	-3.8
Beef, round, bottom round, separable lean only, trimmed to C	-3.0	Beef, chuck, tender steak, separable lean only, trimmed to 0"	-3.8
Salami, pork, beef, less sodium	-3.0	Lamb, domestic, leg, shank half, separable lean and fat, trim	-3.8
HORMEL, Cure 81 Ham	-3.0	Game meat, elk, ground, cooked, pan-broiled	-3.8
Beef, short loin, top loin, separable lean only, trimmed to 1/4'	-3.0	Lupins, mature seeds, cooked, boiled, with salt	-3.9
Beef, round, bottom round, separable lean and fat, trimmed t	-3.0	Game meat, deer, ground, cooked, pan-broiled	-3.9

Finfish, croaker, Atlantic, cooked, breaded and fried	-3.9	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flav	-4.5
Seeds, breadfruit seeds, boiled	-3.9	Pork, fresh, composite of trimmed retail cuts (loin and should	-4.5
HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Por	-4.0	Pork, fresh, loin, whole, separable lean only, cooked, broiled	-4.5
Chickpeas (garbanzo beans, bengal gram), mature seeds, ca	-4.0	Lamb, domestic, leg, sirloin half, separable lean and fat, trim	-4.5
Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, c	-4.0	HORMEL Canadian Style Bacon	-4.5
Pork, fresh, loin, sirloin (chops), boneless, separable lean on	-4.0	Lamb, domestic, composite of trimmed retail cuts, separable	-4.5
Beef, chuck, tender steak, separable lean and fat, trimmed to	-4.1	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, l	-4.5
Veal, leg (top round), separable lean and fat, cooked, roasted	-4.1	Beef, variety meats and by-products, liver, cooked, braised	-4.5
Pork, fresh, loin, tenderloin, separable lean only, cooked, bro	-4.1	Beef, variety meats and by-products, liver, cooked, braised	-4.5
Veal, leg (top round), separable lean only, cooked, roasted	-4.1	Lamb, domestic, composite of trimmed retail cuts, separable	-4.5
Lamb, domestic, loin, separable lean only, trimmed to 1/4" fa	-4.1	Pork, fresh, loin, sirloin (roasts), boneless, separable lean on	-4.5
Bratwurst, veal, cooked	-4.1	Lamb, ground, cooked, broiled	-4.6
OSCAR MAYER, Wieners (beef franks, light)	-4.1	Pork, fresh, loin, center rib (roasts), bone-in, separable lean c	-4.6
Pork, fresh, loin, center loin (roasts), bone-in, separable lean	-4.1	Pork, fresh, composite of trimmed retail cuts (leg, loin, and sh	-4.6
Bratwurst, beef and pork, smoked	-4.1	Pork, fresh, composite of trimmed retail cuts (leg, loin, and sh	-4.6
Veal, leg (top round), separable lean and fat, cooked, braised	-4.1	Veal, shoulder, arm, separable lean and fat, cooked, roasted	-4.6
Game meat, bison, separable lean only, cooked, roasted	-4.1	Lamb, domestic, shoulder, arm, separable lean only, trimmed	-4.7
Pork, cured, ham, extra lean and regular, canned, unheated	-4.2	Game meat, rabbit, domesticated, composite of cuts, cooked	-4.7
Lamb, domestic, leg, whole (shank and sirloin), separable lea	-4.2	Lamb, domestic, cubed for stew or kabob (leg and shoulder),	-4.7
Veal, variety meats and by-products, brain, cooked, pan-fried	-4.2	Game meat, rabbit, domesticated, composite of cuts, cooked	-4.7
Beef, short loin, t-bone steak, separable lean only, trimmed to	-4.2	Lamb, domestic, shoulder, arm, separable lean and fat, trimm	-4.7
Lamb, domestic, leg, sirloin half, separable lean only, trimme	-4.2	Game meat, goat, cooked, roasted	-4.7
Pork, fresh, loin, center rib (chops), bone-in, separable lean c	-4.2	Lamb, domestic, shoulder, arm, separable lean and fat, trimm	-4.7
Beef, chuck, tender steak, separable lean only, trimmed to 0'	-4.2	Veal, shoulder, arm, separable lean only, cooked, roasted	-4.7
Lamb, domestic, leg, whole (shank and sirloin), separable lea	-4.2	Lamb, domestic, shoulder, arm, separable lean and fat, trimm	-4.7
Game meat, bison, ground, cooked, pan-broiled	-4.2	Veal, leg (top round), separable lean only, cooked, pan-fried,	-4.7
Finfish, fish portions and sticks, frozen, preheated	-4.2	Chicken, broilers or fryers, breast, meat only, cooked, fried	-4.7
Pork, fresh, loin, top loin (chops), boneless, separable lean a	-4.2	Lamb, domestic, shoulder, arm, separable lean and fat, trimm	-4.7
Chicken, broilers or fryers, breast, meat only, cooked, roaste	-4.2	Veal, breast, separable fat, cooked	-4.7
Pork, cured, ham, boneless, extra lean and regular, unheate	-4.3	Lamb, domestic, shoulder, arm, separable lean only, trimmed	-4.8
Veal, leg (top round), separable lean and fat, cooked, pan-frie	-4.3	Ham, sliced, regular (approximately 11% fat)	-4.8
Pork, fresh, loin, tenderloin, separable lean and fat, cooked, l	-4.3	Lamb, domestic, cubed for stew or kabob (leg and shoulder),	-4.8
LOUIS RICH, Turkey Breast and White Turkey (smoked slice	-4.3	Mollusks, scallop, mixed species, cooked, breaded and fried	-4.8
Pork, cured, ham, extra lean and regular, canned, roasted	-4.3	Salami, cooked, beef and pork	-4.8
HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic	-4.3	Pork, fresh, loin, center loin (chops), bone-in, separable lean	-4.8
Chicken, broilers or fryers, light meat, meat only, cooked, ste	-4.3	Turkey, fryer-roasters, breast, meat and skin, cooked, roaste	-4.8
Pork, fresh, loin, sirloin (chops), boneless, separable lean on	-4.4	Lamb, domestic, composite of trimmed retail cuts, separable	-4.8
Emu, fan fillet, cooked, broiled	-4.4	Nuts, ginkgo nuts, canned	-4.8
OSCAR MAYER, Bologna (Wisconsin made ring)	-4.4	Chicken, broilers or fryers, light meat, meat only, cooked, roa	-4.9
Pork, fresh, loin, whole, separable lean only, cooked, roasted	-4.4	Pork, fresh, loin, sirloin (chops), boneless, separable lean an	-4.9
Veal, shoulder, arm, separable lean and fat, cooked, braised	-4.4	Lamb, domestic, shoulder, arm, separable lean and fat, trimm	-4.9
Ham and cheese spread	-4.4	Veal, shoulder, arm, separable lean only, cooked, braised	-4.9
Pork, cured, ham, boneless, extra lean and regular, roasted	-4.4	Pork, fresh, loin, sirloin (roasts), boneless, separable lean an	-4.9
Lamb, domestic, loin, separable lean and fat, trimmed to 1/4'	-4.4	Bacon and beef sticks	-4.9
Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, c	-4.4	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4'	-4.9
Lamb, domestic, loin, separable lean and fat, trimmed to 1/8'	-4.4	Lamb, domestic, shoulder, arm, separable lean only, trimmed	-4.9

Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	-5.0	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, cooked, broiled	-5.6
Veal, sirloin, separable lean and fat, cooked, roasted	-5.0	Pork, fresh, composite of trimmed retail cuts (loin and shoulder), boneless, separable lean and fat, cooked, broiled	-5.6
Pate de foie gras, canned (goose liver pate), smoked	-5.0	Smoked link sausage, pork and beef, flour and nonfat dry milk added	-5.6
Pate, goose liver, smoked, canned	-5.0	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, cooked, broiled	-5.6
Lamb, domestic, rib, separable lean and fat, trimmed to 1/4"	-5.0	Veal, breast, point half, boneless, separable lean and fat, cooked, broiled	-5.6
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	-5.0	Ostrich, ground, cooked, pan-broiled	-5.6
Lamb, variety meats and by-products, pancreas, cooked, braised	-5.0	Veal, sirloin, separable lean only, cooked, roasted	-5.7
Bologna, pork and beef	-5.1	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, cooked, broiled	-5.7
Lamb, domestic, rib, separable lean and fat, trimmed to 1/8"	-5.1	LOUIS RICH, Turkey Ham (10% water added)	-5.7
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only	-5.1	Veal, loin, separable lean and fat, cooked, roasted	-5.7
Goose, domesticated, meat only, cooked, roasted	-5.1	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	-5.7
Pork, fresh, loin, sirloin (chops), bone-in, separable lean only	-5.1	Duck, domesticated, meat only, cooked, roasted	-5.7
Ostrich, outside strip, cooked	-5.1	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	-5.7
Pork, fresh, loin, country-style ribs, separable lean only, cooked, broiled	-5.1	Luncheon sausage, pork and beef	-5.7
Pork, fresh, loin, blade (chops), bone-in, separable lean only	-5.2	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, cooked, broiled	-5.7
Veal, sirloin, separable lean and fat, cooked, braised	-5.2	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, broiled	-5.8
Pork, fresh, loin, country-style ribs, separable lean only, cooked, broiled	-5.2	Veal, ground, cooked, broiled	-5.8
Sausage, summer, pork and beef, sticks, with cheddar cheese	-5.2	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8"	-5.8
Pork, cured, ham, boneless, regular (approximately 11% fat)	-5.2	Veal, sirloin, separable lean only, cooked, braised	-5.8
Duck, young duckling, domesticated, White Pekin, breast, meat only, cooked, broiled	-5.3	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	-5.8
Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, broiled	-5.3	Veal, breast, whole, boneless, separable lean only, cooked, broiled	-5.9
Veal, shank (fore and hind), separable lean and fat, cooked, broiled	-5.3	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	-5.9
Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	-5.3	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, cooked, broiled	-5.9
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, cooked, broiled	-5.3	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	-5.9
Ostrich, top loin, cooked	-5.3	Pork, cured, ham, regular (approximately 13% fat), canned, unheated	-5.9
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, cooked, broiled	-5.3	Game meat, moose, cooked, roasted	-5.9
Sausage, Berliner, pork, beef	-5.3	Beef, variety meats and by-products, liver, cooked, pan-fried	-5.9
Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, broiled	-5.3	Pork, cured, ham, center slice, separable lean and fat, unheated	-5.9
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, cooked, broiled	-5.3	Headcheese, pork	-5.9
Pork, fresh, loin, whole, separable lean and fat, cooked, braised	-5.4	Veal, shoulder, blade, separable lean only, cooked, braised	-6.0
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, cooked, broiled	-5.4	Chicken, broilers or fryers, light meat, meat only, cooked, fried	-6.0
Veal, breast, plate half, boneless, separable lean and fat, cooked, broiled	-5.4	Pork, fresh, leg (ham), shank half, separable lean only, cooked, broiled	-6.0
Veal, shoulder, blade, separable lean and fat, cooked, braised	-5.4	Veal, loin, separable lean and fat, cooked, braised	-6.0
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	-5.4	OSCAR MAYER, Ham and Cheese Loaf	-6.0
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, cooked, broiled	-5.4	Emu, top loin, cooked, broiled	-6.0
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, cooked, broiled	-5.4	Veal, composite of trimmed retail cuts, separable lean only, cooked, broiled	-6.1
Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, cooked, broiled	-5.4	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, cooked, broiled	-6.1
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, cooked, broiled	-5.4	Salami, dry or hard, pork, beef	-6.1
OSCAR MAYER, Summer Sausage Thuringer Cervelat	-5.4	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, broiled	-6.1
Game meat, caribou, cooked, roasted	-5.4	OSCAR MAYER, Salami (Genoa)	-6.2
Veal, composite of trimmed retail cuts, separable lean and fat, cooked, broiled	-5.5	Veal, shoulder, whole (arm and blade), separable lean only, cooked, broiled	-6.2
OSCAR MAYER, Head Cheese	-5.5	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, broiled	-6.2
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, cooked, broiled	-5.5	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, cooked, broiled	-6.2
Veal, shoulder, whole (arm and blade), separable lean only, cooked, broiled	-5.5	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	-6.2
Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, broiled	-5.5	Chicken, liver, all classes, cooked, simmered	-6.2
Veal, shank (fore and hind), separable lean only, cooked, braised	-5.5	Veal, rib, separable lean and fat, cooked, roasted	-6.3

Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder)	-6.3	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, broiled	-7.0
Bologna, pork	-6.3	Brotwurst, pork and beef, link	-7.0
OSCAR MAYER, Salami Cotto (beef, pork, chicken)	-6.3	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	-7.0
OSCAR MAYER, Salami (hard)	-6.3	Veal, rib, separable lean and fat, cooked, braised	-7.0
Ham and cheese loaf or roll	-6.3	Chorizo, pork and beef	-7.0
Picnic loaf, pork, beef	-6.3	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	-7.0
OSCAR MAYER, Ham (chopped with natural juice)	-6.4	Beef, variety meats and by-products, tongue, cooked, simmered	-7.0
Mollusks, clam, mixed species, cooked, breaded and fried	-6.4	Pork, cured, shoulder, arm picnic, separable lean only, roasted	-7.0
Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	-6.4	OSCAR MAYER, Bologna Light (pork, chicken, beef)	-7.0
Beerwurst, beer salami, pork	-6.4	Ham, minced	-7.0
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, broiled	-6.4	Chicken, roasting, light meat, meat only, cooked, roasted	-7.1
Game meat, elk, cooked, roasted	-6.4	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, broiled	-7.1
HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, mild	-6.4	Chicken, roasting, light meat, meat only, cooked, roasted	-7.1
Veal, shoulder, blade, separable lean and fat, cooked, roasted	-6.5	Liver sausage, liverwurst, pork	-7.1
Pork, fresh, variety meats and by-products, tongue, cooked, simmered	-6.5	Pork, fresh, variety meats and by-products, kidneys, cooked, simmered	-7.2
Pork, cured, ham, whole, separable lean only, unheated	-6.5	Smoked link sausage, pork and beef, nonfat dry milk added	-7.2
Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, broiled	-6.5	Pork, fresh, ground, cooked	-7.2
Macaroni and cheese loaf, chicken, pork and beef	-6.5	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, broiled	-7.2
Bologna, pork, turkey and beef	-6.5	Sausage, turkey, breakfast links, mild	-7.2
Frankfurter, beef and pork	-6.5	Swisswurst, pork and beef, with swiss cheese, smoked	-7.3
Duck, young duckling, domesticated, White Pekin, leg, meat and skin, cooked, roasted	-6.5	Veal, loin, separable lean only, cooked, braised	-7.3
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, broiled	-6.5	Olive loaf, pork	-7.3
OSCAR MAYER, Salami (for beer)	-6.5	Mother's loaf, pork	-7.3
Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	-6.6	Luncheon meat, pork, beef	-7.3
Game meat, buffalo, water, cooked, roasted	-6.6	Pork, cured, ham, whole, separable lean and fat, unheated	-7.3
Veal, loin, separable lean only, cooked, roasted	-6.6	OSCAR MAYER, Smokies Sausage Little (pork, turkey)	-7.3
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	-6.6	Turkey, young tom, light meat, meat only, cooked, roasted	-7.3
Ham, chopped, not canned	-6.6	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	-7.4
Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	-6.6	Ostrich, oyster, cooked	-7.4
Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, cooked, broiled	-6.6	Bratwurst, pork, cooked	-7.4
Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, cooked, broiled	-6.6	Pork sausage, fresh, cooked	-7.4
Knackwurst, knockwurst, pork, beef	-6.6	Sausage, Italian, pork, cooked	-7.4
OSCAR MAYER, Smokies (cheese)	-6.7	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	-7.4
Veal, shoulder, blade, separable lean only, cooked, roasted	-6.7	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	-7.4
Turkey, fryer-roasters, meat only, cooked, roasted	-6.7	Chicken, broilers or fryers, wing, meat only, cooked, roasted	-7.4
Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	-6.7	Smoked link sausage, pork and beef	-7.4
OSCAR MAYER, Wieners Little (pork, turkey)	-6.7	Veal, rib, separable lean only, cooked, roasted	-7.5
Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	-6.7	Chickpea flour (besan)	-7.5
Goose, domesticated, meat and skin, cooked, roasted	-6.8	Tofu, okara	-7.5
Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, broiled	-6.8	OSCAR MAYER, Pork Sausage Links (cooked)	-7.5
USDA Commodity, turkey ham, dark meat, smoked, frozen	-6.8	Veal, leg (top round), separable lean only, cooked, pan-fried, broiled	-7.5
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, broiled	-6.9	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	-7.6
LOUIS RICH, Chicken (white, oven roasted)	-6.9	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	-7.6
HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-roasted	-6.9	Chicken, broilers or fryers, wing, meat only, cooked, stewed	-7.6
Ham, chopped, canned	-6.9	Sausage, pork and beef, with cheddar cheese, smoked	-7.6
Turkey, fryer-roasters, light meat, meat and skin, cooked, roasted	-7.0	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	-7.6

Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, whole	-7.6	Pepperoni, pork, beef	-8.7
Liverwurst spread	-7.6	Chicken, broilers or fryers, meat only, cooked, fried	-8.7
Ostrich, inside leg, cooked	-7.7	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	-8.7
Polish sausage, pork	-7.7	Pork, fresh, composite of trimmed leg, loin, shoulder, and spare ribs	-8.7
Pork, fresh, shoulder, whole, separable lean and fat, cooked, whole	-7.7	Beef, round, top round, separable lean and fat, trimmed to 1/2 inch fat, whole	-8.7
OSCAR MAYER, Smokie Links Sausage	-7.7	Chicken, roasting, meat only, cooked, roasted	-8.7
Sandwich spread, pork, beef	-7.7	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	-8.8
Game meat, deer, cooked, roasted	-7.7	Emu, ground, cooked, pan-broiled	-8.8
Ostrich, tip trimmed, cooked	-7.7	Pork, cured, breakfast strips, cooked	-8.9
Beerwurst, pork and beef	-7.7	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, whole	-8.9
Game meat, boar, wild, cooked, roasted	-7.8	OSCAR MAYER, Olive Loaf (chicken, pork, turkey)	-8.9
Pork, fresh, loin, blade (chops), bone-in, separable lean only	-7.8	Game meat, antelope, cooked, roasted	-9.0
Soy flour, low-fat	-7.8	Dutch brand loaf, chicken, pork and beef	-9.0
Smoked link sausage, pork	-7.8	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	-9.1
Pate, truffle flavor	-7.8	Liver cheese, pork	-9.1
Chicken, broilers or fryers, breast, meat and skin, cooked, stuffed	-7.8	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	-9.1
Blood sausage	-7.8	Duck, domesticated, meat and skin, cooked, roasted	-9.1
OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	-7.8	Turkey, fryer-roasters, leg, meat only, cooked, roasted	-9.1
Pickle and pimiento loaf, pork	-7.8	Chicken, broilers or fryers, leg, meat only, cooked, stewed	-9.1
Veal, rib, separable lean only, cooked, braised	-7.8	OSCAR MAYER, Braunschweiger Liver Sausage (sarens tubes)	-9.1
Chicken, broilers or fryers, drumstick, meat only, cooked, stuffed	-7.8	OSCAR MAYER, Wieners (light pork, turkey, beef)	-9.3
Luncheon meat, pork, canned	-7.8	Beans, winged, mature seeds, cooked, boiled, without salt	-9.3
Soy flour, low-fat, crude protein basis (N x 6.25)	-7.8	Winged beans, mature seeds, cooked, boiled, with salt	-9.3
Game meat, deer, raw	-7.8	Duck, young duckling, domesticated, White Pekin, breast, meat only	-9.3
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, whole	-7.8	Beef, round, top round, separable lean and fat, trimmed to 1/2 inch fat, whole	-9.4
Sausage, Polish, pork and beef, smoked	-7.9	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried	-9.4
Frankfurter, pork	-7.9	OSCAR MAYER, Pickle Pimiento Loaf (with chicken)	-9.4
Chicken, broilers or fryers, breast, meat and skin, cooked, fried	-7.9	Ham salad spread	-9.4
Pate, liver, not specified, canned	-8.0	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried	-9.5
Pork, cured, ham, whole, separable lean and fat, roasted	-8.0	Chicken, broilers or fryers, leg, meat only, cooked, roasted	-9.5
Pork, fresh, spareribs, separable lean and fat, cooked, braised	-8.0	Oven-roasted chicken breast roll	-9.6
Beef, variety meats and by-products, thymus, cooked, braised	-8.0	Turkey, fryer-roasters, meat and skin, cooked, roasted	-9.6
HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned	-8.2	Turkey, young hen, light meat, meat only, cooked, roasted	-9.6
Braunschweiger (a liver sausage), pork	-8.2	Duck, young duckling, domesticated, White Pekin, leg, meat only	-9.8
Chicken, broilers or fryers, meat only, stewed	-8.2	OSCAR MAYER, Liver Cheese (pork fat wrapped)	-9.8
Chicken, broilers or fryers, meat only, roasted	-8.3	Chicken, broilers or fryers, leg, meat only, cooked, fried	-9.9
Chicken, broilers or fryers, wing, meat only, cooked, fried	-8.3	Ostrich, inside strip, cooked	-9.9
Turkey, fryer-roasters, wing, meat only, cooked, roasted	-8.3	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried	-9.9
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, whole	-8.4	Pork, cured, feet, pickled	-9.9
Turkey breast, pre-basted, meat and skin, cooked, roasted	-8.4	Game meat, raccoon, cooked, roasted	-9.9
OSCAR MAYER, Sandwich Spread (pork, chicken, beef)	-8.5	Turkey, fryer-roasters, meat and skin and giblets and neck, cooked	-9.9
Turkey, all classes, light meat, cooked, roasted	-8.5	Chicken, canned, meat only, with broth	-10.0
Veal, variety meats and by-products, kidneys, cooked, braised	-8.5	Pork and beef sausage, fresh, cooked	-10.1
Mortadella, beef, pork	-8.6	Chicken, broilers or fryers, dark meat, meat only, cooked, stuffed	-10.1
Nuts, hazelnuts or filberts, blanched	-8.7	Salami, dry or hard, pork	-10.1
Finfish, tuna, light, canned in oil, drained solids	-8.7	Chicken, capons, meat and skin, cooked, roasted	-10.2

Pork, fresh, separable fat, cooked	-10.2	HORMEL Pillow Pak Sliced Turkey Pepperoni	-11.9
OSCAR MAYER, Luncheon Loaf (spiced)	-10.2	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	-11.9
Game meat, squirrel, cooked, roasted	-10.2	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried	-11.9
OSCAR MAYER, Bologna (chicken, pork, beef)	-10.2	Turkey, all classes, meat only, cooked, roasted	-11.9
Turkey, fryer-roasters, leg, meat and skin, cooked, roasted	-10.2	Nuts, acorns, dried	-11.9
Pork, cured, ham, patties, unheated	-10.3	Pork, fresh, variety meats and by-products, tail, cooked, simmered	-11.9
Pork, cured, ham, patties, grilled	-10.3	Pork, fresh, variety meats and by-products, lungs, cooked, broiled	-11.9
Chicken, broilers or fryers, thigh, meat only, cooked, stewed	-10.3	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, battered	-12.0
Pork, cured, separable fat (from ham and arm picnic), roasted	-10.3	Chicken, broilers or fryers, neck, meat only, cooked, fried	-12.1
Pork, cured, separable fat (from ham and arm picnic), unheated	-10.4	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried	-12.1
OSCAR MAYER, Old Fashioned Loaf	-10.4	Turkey, young hen, meat only, cooked, roasted	-12.2
Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	-10.4	Turkey, fryer-roasters, wing, meat and skin, cooked, roasted	-12.3
Chicken, broilers or fryers, thigh, meat only, cooked, fried	-10.5	Turkey, canned, meat only, with broth	-12.3
Turkey, fryer-roasters, dark meat, meat only, cooked, roasted	-10.6	Nuts, hazelnuts or filberts	-12.3
Sausage, Italian, turkey, smoked	-10.6	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried	-12.4
Sausage, turkey, hot, smoked	-10.6	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	-12.4
Nuts, pilinuts-canarytree, dried	-10.6	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried	-12.5
OSCAR MAYER, Wieners (cheese hot dogs with turkey)	-10.6	Chicken, roasting, meat and skin, cooked, roasted	-12.5
Chicken, roasting, dark meat, meat only, cooked, roasted	-10.6	Chicken, stewing, meat only, cooked, stewed	-12.5
Chicken, capons, meat and skin and giblets and neck, cooked, fried	-10.6	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried	-12.6
Chicken, broilers or fryers, breast, meat and skin, cooked, fried	-10.7	Game meat, bear, cooked, simmered	-12.6
Chicken, broilers or fryers, neck, meat only, cooked, simmered	-10.7	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried	-12.7
Chicken roll, light meat	-10.7	Chicken, roasting, meat and skin and giblets and neck, cooked, fried	-12.7
Turkey, young tom, light meat, meat and skin, cooked, roasted	-10.8	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	-12.7
Turkey, young tom, breast, meat and skin, cooked, roasted	-10.9	Miso	-12.7
Chicken, broilers or fryers, thigh, meat only, cooked, roasted	-10.9	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, battered	-12.7
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried	-10.9	Turkey, young hen, light meat, meat and skin, cooked, roasted	-12.8
Turkey, all classes, breast, meat and skin, cooked, roasted	-11.0	Turkey, diced, light and dark meat, seasoned	-12.8
Turkey, young tom, meat only, cooked, roasted	-11.0	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	-12.8
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried	-11.1	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried	-12.8
Chicken, broilers or fryers, back, meat only, cooked, stewed	-11.1	Turkey, young tom, meat and skin, cooked, roasted	-12.8
Chicken, cornish game hens, meat only, cooked, roasted	-11.2	Pastrami, turkey	-12.8
Turkey, all classes, light meat, meat and skin, cooked, roasted	-11.4	Seeds, sesame flour, partially defatted	-12.9
Crustaceans, shrimp, mixed species, cooked, breaded and fried	-11.5	Nuts, hazelnuts or filberts, dry roasted, without salt added	-12.9
Chicken, broilers or fryers, meat and skin, cooked, fried, flour coated	-11.5	Turkey, young tom, wing, meat and skin, cooked, roasted	-12.9
Chicken, stewing, light meat, meat only, cooked, stewed	-11.5	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	-13.0
Nuts, acorn flour, full fat	-11.6	Chicken, broilers or fryers, meat and skin, cooked, fried, battered	-13.0
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried	-11.6	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried	-13.0
Turkey, fryer-roasters, dark meat, meat and skin, cooked, roasted	-11.7	Game meat, opossum, cooked, roasted	-13.0
Chicken, capons, giblets, cooked, simmered	-11.7	Chicken, stewing, dark meat, meat only, cooked, stewed	-13.0
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried	-11.7	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried	-13.0
Nuts, almond paste	-11.7	Nuts, cashew nuts, dry roasted, with salt added	-13.1
Turkey, young hen, breast, meat and skin, cooked, roasted	-11.8	Turkey, fryer-roasters, back, meat only, cooked, roasted	-13.1
Chicken, broilers or fryers, light meat, meat and skin, cooked, fried	-11.8	Chicken, broilers or fryers, back, meat and skin, cooked, fried	-13.1
Beef, round, top round, separable lean only, trimmed to 1/4" fat	-11.8	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	-13.2
Chicken, broilers or fryers, back, meat only, cooked, roasted	-11.8	Bologna, pork and turkey, lite	-13.2

LOUIS RICH, Franks (turkey and chicken cheese)	-13.3	Turkey sticks, breaded, battered, fried	-15.8
OSCAR MAYER, Wieners (pork, turkey)	-13.3	Hummus, home-prepared	-16.0
Chicken spread	-13.4	Turkey, young hen, dark meat, meat only, cooked, roasted	-16.0
LOUIS RICH, Turkey Smoked Sausage	-13.4	Turkey, young hen, leg, meat and skin, cooked, roasted	-16.1
Turkey, young tom, meat and skin and giblets and neck, cooked, roasted	-13.5	Peanut flour, low fat	-16.2
Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	-13.5	Turkey, all classes, dark meat, meat and skin, cooked, roasted	-16.2
Turkey, all classes, wing, meat and skin, cooked, roasted	-13.5	Turkey, fryer-roasters, skin only, cooked, roasted	-16.3
Nuts, cashew butter, plain, with salt added	-13.6	Frankfurter, meat	-16.3
Turkey roll, light and dark meat	-13.6	Turkey, young tom, back, meat and skin, cooked, roasted	-16.3
Turkey, all classes, meat and skin and giblets and neck, cooked, roasted	-13.7	Nuts, almonds, honey roasted, unblanched	-16.4
Pate, chicken liver, canned	-13.7	Turkey patties, breaded, battered, fried	-16.5
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	-13.7	Chicken, broilers or fryers, skin only, cooked, fried, flour	-16.9
Turkey, all classes, meat and skin, cooked, roasted	-13.8	LOUIS RICH, Turkey Bologna	-16.9
Turkey roll, light meat	-13.8	Turkey, all classes, back, meat and skin, cooked, roasted	-16.9
Poultry food products, ground turkey, cooked	-13.8	Chicken, broilers or fryers, skin only, cooked, roasted	-17.1
Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	-13.9	Veal, variety meats and by-products, heart, cooked, braised	-17.2
Chicken, broilers or fryers, back, meat and skin, cooked, stewed	-14.0	Turkey, young hen, back, meat and skin, cooked, roasted	-17.2
Beef, variety meats and by-products, lungs, cooked, braised	-14.1	Turkey, all classes, giblets, cooked, simmered, some giblet flour	-17.3
Turkey, young hen, wing, meat and skin, cooked, roasted	-14.1	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	-17.4
LOUIS RICH, Turkey Salami Cotto	-14.2	LOUIS RICH, Turkey Bacon	-17.4
Chicken, broilers or fryers, back, meat and skin, cooked, roasted	-14.3	Tempeh	-17.5
Chicken, broilers or fryers, giblets, cooked, simmered	-14.3	Turkey, gizzard, all classes, cooked, simmered	-17.5
Nuts, cashew nuts, oil roasted, with salt added	-14.5	Nuts, mixed nuts, without peanuts, oil roasted, with salt added	-17.7
Turkey, fryer-roasters, back, meat and skin, cooked, roasted	-14.6	Nuts, almond butter, plain, with salt added	-18.1
Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	-14.6	Turkey thigh, pre-basted, meat and skin, cooked, roasted	-18.2
Turkey roast, boneless, frozen, seasoned, light and dark meat	-14.6	Bologna, turkey	-18.4
Turkey, young tom, dark meat, meat only, cooked, roasted	-14.9	Turkey, young tom, skin only, cooked, roasted	-18.6
Chicken, stewing, meat and skin, and giblets and neck, cooked, roasted	-14.9	Beef, variety meats and by-products, kidneys, cooked, simmered	-18.8
Turkey, all classes, dark meat, cooked, roasted	-15.0	Frankfurter, turkey	-18.9
Turkey, young hen, meat and skin and giblets and neck, cooked, roasted	-15.0	Soy milk, fluid	-19.3
Chicken, roasting, giblets, cooked, simmered	-15.0	Turkey, young hen, skin only, cooked, roasted	-19.4
Turkey, young hen, meat and skin, cooked, roasted	-15.1	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	-19.5
Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	-15.1	Veal, variety meats and by-products, liver, cooked, braised	-20.2
Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	-15.2	Soybeans, mature seeds, dry roasted	-20.7
LOUIS RICH, Turkey Nuggets/Sticks (breaded)	-15.2	Nuts, almonds, blanched	-20.7
LOUIS RICH, Turkey Salami	-15.2	Chicken, stewing, giblets, cooked, simmered	-20.8
Turkey ham, cured turkey thigh meat	-15.2	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	-20.9
Turkey ham, cured turkey thigh meat	-15.2	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	-20.9
LOUIS RICH, Franks (turkey and chicken)	-15.3	Salami, cooked, turkey	-20.9
Turkey, young tom, leg, meat and skin, cooked, roasted	-15.3	Nuts, almonds, dry roasted, with salt added	-21.2
Turkey, liver, all classes, cooked, simmered	-15.4	Soy flour, full-fat, roasted, crude protein basis (N x 6.25)	-21.5
Chicken, cornish game hens, meat and skin, cooked, roasted	-15.5	WORTHINGTON FOODS, LOMA LINDA, BIG FRANKS, meat	-21.5
Frankfurter, meat, heated	-15.5	Pork, fresh, variety meats and by-products, liver, cooked, braised	-21.8
Finfish, tuna salad	-15.5	Nuts, almonds, oil roasted, without salt added	-22.3
Chicken, broilers or fryers, skin only, cooked, fried, batter	-15.6	Nuts, almonds, oil roasted, with salt added	-22.3
Turkey, all classes, leg, meat and skin, cooked, roasted	-15.8	Soybeans, mature cooked, boiled, without salt	-22.4

Soybeans, mature seeds, cooked, boiled, with salt	-22.4
Natto	-22.4
Veal, variety meats and by-products, liver, cooked, pan-fried	-22.4
Peanut butter, smooth style, with salt	-23.0
Soybeans, mature seeds, roasted, salted	-23.2
Soybeans, mature seeds, roasted, no salt added	-23.2
Nuts, pistachio nuts, dry roasted, without salt added	-23.4
Nuts, pistachio nuts, dry roasted, with salt added	-23.5
Peanut butter, chunk style, with salt	-23.8
Peanut butter, chunk style, with salt	-23.8
Tofu, firm, prepared with calcium sulfate and magnesium chloride	-25.0
Peanuts, virginia, oil-roasted, with salt	-25.3
Turkey, heart, all classes, cooked, simmered	-25.4
Beef, variety meats and by-products, pancreas, cooked, braised	-25.6
Tofu, raw, firm, prepared with calcium sulfate	-25.9
Tofu, soft, prepared with calcium sulfate and magnesium chloride	-26.0
Nuts, pecans, dry roasted, with salt added	-26.2
Peanuts, all types, oil-roasted, with salt	-26.8
Peanuts, all types, dry-roasted, without salt	-26.8
Tofu, raw, regular, prepared with calcium sulfate	-27.1
Tofu, dried-frozen (koyadofu)	-27.3
Tofu, extra firm, prepared with nigari	-27.9
Sausage, meatless	-27.9
Nuts, pecans	-28.4
Nuts, beechnuts, dried	-29.0
Lamb, variety meats and by-products, liver, cooked, pan-fried	-29.2
Peanuts, spanish, oil-roasted, with salt	-29.3
Tofu, hard, prepared with nigari	-29.5
Poultry salad sandwich spread	-29.6
Tofu, salted and fermented (fuyu), prepared with calcium sulfate	-29.7
Nuts, hickorynuts, dried	-29.8
Seeds, sesame flour, high-fat	-29.8
Nuts, pecans, oil roasted, without salt added	-30.1
Nuts, pecans, oil roasted, with salt added	-30.1
Nuts, formulated, wheat-based, flavored, macadamia flavored	-30.1
Peanuts, valencia, oil-roasted, with salt	-30.1
Nuts, formulated, wheat-based, unflavored, with salt added	-31.0
Chicken, heart, all classes, cooked, simmered	-31.5
Tofu, fried	-32.1
Seeds, cottonseed kernels, roasted (glandless)	-35.2
Nuts, pine nuts, pignolia, dried	-35.4
Seeds, sesame butter, tahini, from raw and stone ground kernels	-35.6
Seeds, sesame seeds, whole, roasted and toasted	-35.9
Seeds, pumpkin and squash seed kernels, roasted, with salt added	-36.1
Seeds, sesame butter, paste	-36.1
Nuts, brazilnuts, dried, unblanched	-36.2

Seeds, sesame seeds, whole, dried	-36.6
Seeds, pumpkin and squash seed kernels, dried	-37.9
Seeds, sesame butter, tahini, from roasted and toasted kernels	-38.2
Nuts, pine nuts, pinyon, dried	-38.3
Bacon, meatless	-38.9
Seeds, sesame butter, tahini, from unroasted kernels (non-clayed)	-39.3
Seeds, sesame seed kernels, dried (decorticated)	-39.4
Nuts, butternuts, dried	-40.9
Nuts, walnuts, english	-44.4
Nuts, walnuts, black, dried	-50.3
Seeds, watermelon seed kernels, dried	-50.4
Pork, fresh, variety meats and by-products, chitterlings, cooked	-51.1
Seeds, safflower seed kernels, dried	-54.1
Seeds, sunflower seed butter, without salt	-54.2
Seeds, sunflower seed kernels, dry roasted, with salt added	-56.2
Seeds, sunflower seed kernels, dried	-57.1
Seeds, sunflower seed kernels, oil roasted, with salt added	-61.4

Oils, Sweets, Snacks, Drinks

	Balance Score		Balance Score
Fish oil, salmon	263.1	Toppings, marshmallow cream	-0.2
Fish oil, menhaden	200.0	Ice creams, vanilla, light, soft-serve	-0.2
Fish oil, sardine	165.6	Candies, marshmallows	-0.2
Fish oil, cod liver	139.7	Coffee, instant, with chicory, powder	-0.2
Fish oil, herring	86.0	Carob-flavor beverage mix, powder	-0.2
Tea, brewed, prepared with tap water	2.0	Pectin, unsweetened, dry mix	-0.2
Tea, herb, chamomile, brewed	1.0	Syrups, table blends, cane and 15% maple	-0.2
Tea, instant, unsweetened, lemon-flavored, powder, prepared with water	0.5	Coffee, instant, with sugar, french-flavor, powder	-0.2
Tea, instant, unsweetened, lemon-flavored, powder	0.1	Molasses	-0.2
Alcoholic beverage, creme de menthe, 72 proof	0.1	Syrups, table blends, pancake, with 2% maple	-0.2
Fruit punch drink, frozen concentrate, prepared with water	0.0	Alcoholic beverage, tequila sunrise, canned	-0.2
Pie fillings, canned, cherry	0.0	Puddings, coconut cream, dry mix, regular, prepared with whole milk	-0.2
Lemonade, powder	0.0	Dairy drink mix, chocolate, reduced calorie, with aspartame, prepared with water	-0.2
Alcoholic beverage, whiskey sour, prepared with water, whiskey, and lemon juice	0.0	Puddings, chocolate, dry mix, regular	-0.2
Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0.0	Coffee, instant, with sugar, cappuccino-flavor powder	-0.2
Fruit punch drink, frozen concentrate	0.0	Dairy drink mix, chocolate, reduced calorie, with aspartame, prepared with water	-0.2
Orange drink, canned	0.0	Toppings, pineapple	-0.2
Fruit punch drink, canned	0.0	Pie fillings, canned, apple	-0.2
Grape drink, canned	0.0	Coffee, instant, with sugar, mocha-flavor, powder	-0.2
Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0.0	Cocoa mix, NESTLE, CARNATION No Sugar Added Hot Cocoa	-0.2
Alcoholic beverage, daiquiri, prepared-from-recipe	0.0	Shake, fast food, vanilla	-0.2
Fruit punch-flavor drink, powder, with added sodium, prepared with water	0.0	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups	-0.2
Toppings, strawberry	0.0	Shortening frying (heavy duty), soybean (hydrogenated), lino	-0.2
Alcoholic beverage, whiskey sour, prepared from item 14028	0.0	Shake, fast food, chocolate	-0.2
Candies, M&M MARS, SKITTLES Original Bite Size Candies	0.0	Chocolate-flavor beverage mix, powder	-0.2
Citrus fruit juice drink, frozen concentrate, prepared with water	0.0	Desserts, rennin, chocolate, dry mix	-0.2
Limeade, frozen concentrate, prepared with water	0.0	Coffee, instant, with chicory, prepared with water	-0.3
Jellies	-0.1	Cocoa mix, with aspartame, powder, prepared from item 141	-0.3
Candies, butterscotch	-0.1	Strawberry-flavor beverage mix, powder	-0.3
Syrups, table blends, pancake, with butter	-0.1	Puddings, coconut cream, dry mix, regular, prepared with whole milk	-0.3
Lemonade-flavor drink, powder, prepared with water	-0.1	Alcoholic beverage, liqueur, coffee, 53 proof	-0.3
Chocolate syrup	-0.1	Candies, MOUNDS Candy Bar	-0.3
Whiskey sour mix, bottled, without added potassium and sodium	-0.1	NESTLE, NESTEA Ice Tea, Lemon Flavor, ready-to-drink	-0.3
Lemonade, low calorie, with aspartame, powder	-0.1	Strawberry-flavor beverage mix, powder, prepared with whole milk	-0.3
Frozen yogurts, chocolate, nonfat milk, with low calorie sweetener	-0.1	Sugars, maple	-0.3
Frozen juice novelties, fruit and juice bars	-0.1	Chocolate syrup, prepared with whole milk	-0.3
Alcoholic beverage, pina colada, prepared-from-recipe	-0.1	Ice creams, vanilla, light	-0.3
Pineapple and grapefruit juice drink, canned	-0.1	Alcoholic beverage, liqueur, coffee, 63 proof	-0.3
Sugars, powdered	-0.1	Cocoa mix, powder, prepared with water	-0.3
Desserts, rennin, tablets, unsweetened	-0.1	Cocoa mix, powder	-0.3
Lemonade, frozen concentrate, pink	-0.1	Frozen yogurts, vanilla, soft-serve	-0.3
Sherbet, orange	-0.1	Orange and apricot juice drink, canned	-0.3
Puddings, coconut cream, dry mix, regular	-0.2	Candies, caramels	-0.3
Cranberry juice cocktail, bottled	-0.2	Candies, jellybeans	-0.4

Puddings, chocolate, dry mix, regular, prepared with whole milk	-0.4	Candies, sweet chocolate coated fondant	-0.8
Puddings, vanilla, dry mix, regular, prepared with whole milk	-0.4	Snacks, fruit leather, rolls	-0.9
Chocolate-flavor beverage mix, powder, prepared with whole milk	-0.4	Candies, confectioner's coating, butterscotch	-0.9
Carob-flavor beverage mix, powder, prepared with whole milk	-0.4	Candies, KIT KAT Wafer Bar	-0.9
Clam and tomato juice, canned	-0.4	Orange-flavor drink, breakfast type, with pulp, frozen concentrate	-1.0
Chewing gum	-0.4	Orange-flavor drink, breakfast type, with pulp, frozen concentrate	-1.0
Coffee, instant, decaffeinated, powder	-0.4	Malted drink mix, natural, powder, prepared with whole milk	-1.0
Syrups, maple	-0.4	Coffee, brewed, prepared with tap water	-1.0
Puddings, vanilla, dry mix, regular	-0.4	Candies, milk chocolate coated raisins	-1.0
Cranberry-grape juice drink, bottled	-0.4	Salad dressing, mayonnaise, imitation, milk cream	-1.0
Candies, carob	-0.4	Puddings, chocolate, dry mix, instant	-1.0
Eggnog-flavor mix, powder, prepared with whole milk	-0.4	Shortening confectionery, coconut (hydrogenated) and or palm	-1.1
Puddings, lemon, dry mix, instant, prepared with whole milk	-0.4	Snacks, banana chips	-1.2
Frozen yogurts, chocolate, soft-serve	-0.4	Puddings, coconut cream, dry mix, instant, prepared with whole milk	-1.2
Puddings, vanilla, dry mix, instant, prepared with whole milk	-0.4	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	-1.2
Ice creams, vanilla	-0.4	Puddings, coconut cream, dry mix, instant, prepared with 2% milkfat	-1.2
Malted drink mix, chocolate, with added nutrients, powder, prepared with water	-0.5	Candies, M&M MARS, MARS MILKY WAY Bar	-1.2
Fruit punch juice drink, frozen concentrate, prepared with water	-0.5	Candies, NESTLE, 100 GRAND Bar	-1.2
Malted drink mix, chocolate, powder, prepared with whole milk	-0.5	Ice creams, vanilla, light, no sugar added	-1.3
Ice creams, chocolate	-0.5	Puddings, vanilla, dry mix, regular, with added oil	-1.3
Ice creams, french vanilla, soft-serve	-0.5	Candies, NESTLE, AFTER EIGHT Mints	-1.3
Coffee, instant, decaffeinated, powder, prepared with water	-0.5	Candies, milk chocolate, with rice cereal	-1.3
Snacks, fruit leather, bars	-0.5	Candies, WHATCHAMACALLIT Candy Bar	-1.4
Candies, fudge, chocolate, prepared-from-recipe	-0.5	Coffee and cocoa (mocha) powder, with whitener and low caffeine	-1.4
Malted drink mix, natural, with added nutrients, powder, prepared with water	-0.5	Snacks, rice cakes, brown rice, multigrain	-1.4
Ice creams, vanilla, rich	-0.5	Snacks, rice cakes, brown rice, multigrain, unsalted	-1.4
Beef broth and tomato juice, canned	-0.5	Candies, semisweet chocolate, made with butter	-1.5
Puddings, vanilla, dry mix, instant	-0.5	Candies, semisweet chocolate, made with butter	-1.5
Malted drink mix, chocolate, with added nutrients, powder	-0.5	Candies, confectioner's coating, white	-1.5
Puddings, lemon, dry mix, instant	-0.6	Snacks, corn-based, extruded, cones, plain	-1.5
Shake, fast food, strawberry	-0.6	Baking chocolate, M&M MARS, "M&M's" Semisweet Chocolate	-1.6
Shortening, confectionery, fractionated palm	-0.6	Candies, milk chocolate	-1.7
Malted drink mix, chocolate, powder	-0.6	Puddings, coconut cream, dry mix, instant	-1.7
Alcoholic beverage, pina colada, canned	-0.6	Puddings, lemon, dry mix, regular, with added oil, potassium sorbate	-1.7
Ice creams, chocolate, rich	-0.6	Candies, semisweet chocolate	-1.8
Alcoholic beverage, liqueur, coffee with cream, 34 proof	-0.6	Gelatin, drinking, orange-flavor, powder, prepared with water	-1.8
Candies, ROLO Caramels in Milk Chocolate	-0.6	Snacks, beef jerky, chopped and formed	-1.8
Coffee substitute, cereal grain beverage, powder, prepared with water	-0.6	Gelatin, drinking, orange-flavor, powder	-1.8
Candies, M&M MARS, 3 MUSKETEERS Bar	-0.6	Oil, vegetable, babassu	-1.8
Coffee, instant, regular, powder	-0.7	Candies, sweet chocolate	-1.8
Puddings, chocolate, dry mix, instant, prepared with whole milk	-0.7	Vegetable oil, palm kernel	-1.9
Malt beverage	-0.7	Cocoa, dry powder, unsweetened, processed with alkali	-1.9
Puddings, banana, dry mix, instant	-0.7	Cocoa, dry powder, unsweetened	-1.9
Syrups, chocolate, fudge-type	-0.7	Malted drink mix, natural, powder	-1.9
Malted drink mix, natural, with added nutrients, powder	-0.7	Snacks, pretzels, hard, whole-wheat	-2.1
Candies, SPECIAL DARK Chocolate Bar	-0.8	Vegetable oil, coconut	-2.1

Cocoa mix, NESTLE, CARNATION Rich Chocolate Hot Cocoa	-2.1	Snacks, tortilla chips, nacho-flavor, made with enriched masa	-6.5
Snacks, corn cakes	-2.2	Snacks, tortilla chips, plain	-6.6
Snacks, rice cakes, brown rice, plain	-2.5	Candies, 5TH AVENUE Candy Bar	-6.7
Rice beverage, RICE DREAM, canned	-2.6	Snacks, beef sticks, smoked	-6.8
Snacks, rice cakes, brown rice, buckwheat	-2.6	Candies, M&M MARS, STARBURST Fruit Chews	-6.8
Snacks, granola bars, hard, chocolate chip	-2.7	Snacks, pork skins, barbecue-flavor	-6.9
Fat, beef tallow	-2.8	Candies, NESTLE, BABY RUTH Bar	-6.9
Snacks, pretzels, hard, plain, salted	-2.9	Snacks, cornnuts, plain	-7.0
Egg custards, dry mix	-2.9	Candies, M&M MARS, TWIX Peanut Butter Cookie Bars	-7.0
Cocoa mix, NESTLE, CARNATION Hot Cocoa Mix With Marshmallows	-3.0	Snacks, cornnuts, nacho-flavor	-7.1
Oil, vegetable, cocoa butter	-3.1	Snacks, granola bars, hard, almond	-7.2
Oil, vegetable, ucuhuba butter	-3.3	Candies, M&M MARS, MARS Almond Bar	-7.4
Snacks, popcorn, cakes	-3.3	Margarine spread, fat-free, tub	-7.5
Candies, REESE'S PIECES Candy	-3.3	Frostings, coconut-nut, ready-to-eat	-7.5
Baking chocolate, unsweetened, squares	-3.4	Puddings, lemon, ready-to-eat	-7.8
Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	-3.4	Snacks, popcorn, caramel-coated, with peanuts	-7.9
Fat, mutton tallow	-3.5	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	-7.9
Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	-3.6	Candies, sugar-coated almonds	-7.9
Coffee substitute, cereal grain beverage, prepared with water	-3.6	Candies, MR. GOODBAR Chocolate Bar	-8.0
Snacks, rice cakes, brown rice, rye	-3.7	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	-8.0
Vegetable oil, sunflower, oleic (70% and over)	-3.9	Snacks, crisped rice bar, chocolate chip	-8.0
Candies, milk chocolate, with almonds	-3.9	Candies, milk chocolate coated peanuts	-8.2
Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	-4.0	Oil, olive, salad or cooking	-8.3
Candies, NESTLE, RAISINETS Chocolate Covered Raisins	-4.0	Candies, NESTLE, CHUNKY Bar	-8.4
Snacks, granola bars, soft, uncoated, chocolate chip	-4.2	Shortening frying (heavy duty), palm (hydrogenated)	-8.5
Coffee substitute, cereal grain beverage, powder	-4.2	Snacks, popcorn, caramel-coated, without peanuts	-8.5
Oil, vegetable, cupu assu	-4.3	Shortening frying (heavy duty), beef tallow and cottonseed	-8.7
Snacks, tortilla chips, nacho-flavor, reduced fat	-4.3	Candies, NESTLE, DEMET'S TURTLES Candy	-8.7
Baking chocolate, mexican, squares	-4.5	Puddings, vanilla, ready-to-eat	-8.8
Snacks, popcorn, air-popped	-4.7	Margarine, regular, hard, lard (hydrogenated)	-9.1
Puddings, banana, dry mix, instant, with added oil	-4.8	Puddings, chocolate, ready-to-eat	-9.2
Frostings, vanilla, creamy, ready-to-eat	-5.0	Shortening, household, lard and vegetable oil	-9.6
Frostings, chocolate, creamy, ready-to-eat	-5.1	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	-9.7
Oil, vegetable, sheanut	-5.2	Puddings, tapioca, ready-to-eat	-9.8
Snacks, granola bars, soft, uncoated, chocolate chip, graham cracker	-5.3	Oil, vegetable, palm	-10.1
Puddings, banana, dry mix, regular, with added oil	-5.5	Snacks, granola bars, soft, uncoated, peanut butter	-10.2
Snacks, corn-based, extruded, onion-flavor	-5.8	Lard	-10.2
Frostings, glaze, prepared-from-recipe	-5.8	Candies, REESE'S Peanut Butter Cups	-10.3
Candies, NESTLE, BUTTERFINGER Bar and Dessert Toppings	-5.8	Fat, goose	-10.3
Candies, M&M MARS, SNICKERS Bar	-6.0	Snacks, granola bars, soft, uncoated, plain	-10.7
Candies, caramels, chocolate-flavor roll	-6.0	Vegetable oil, mustard	-10.7
Snacks, pork skins, plain	-6.1	Candies, confectioner's coating, peanut butter	-10.7
Snacks, tortilla chips, ranch-flavor	-6.2	Snacks, granola bars, soft, uncoated, peanut butter and chocolate	-10.9
Candies, NESTLE, OH HENRY! Bar	-6.3	Oil, vegetable, hazelnut	-11.4
Snacks, granola bars, soft, uncoated, raisin	-6.4	Snacks, granola bars, soft, uncoated, nut and raisin	-11.4
Snacks, tortilla chips, taco-flavor	-6.4	Salad dressing, russian, low calorie, with salt	-12.1

Salad dressing, home recipe, cooked	-12.1	Shortening, household, soybean (hydrogenated)-cottonseed	-25.9
Shortening industrial, soybean (hydrogenated) and cottonseed	-12.2	Snacks, corn-based, extruded, chips, plain	-25.9
Fat, duck	-12.2	Snacks, potato chips, made from dried potatoes, light	-26.0
Vegetable oil, canola	-12.4	Snacks, corn-based, extruded, chips, barbecue-flavor	-26.2
Snacks, trail mix, tropical	-12.5	Margarine, 80% fat, stick, includes regular and hydrogenated	-26.5
Margarine-like spread, approximately 60% fat, tub, soybean	-12.6	Shortening household soybean (hydrogenated) and palm	-26.8
Frostings, cream cheese-flavor, ready-to-eat	-13.1	Candies, sesame crunch	-27.2
Vegetable oil, avocado	-13.1	Margarine, regular, hard, soybean, soybean (hydrogenated),	-27.4
Shortening cake mix, soybean (hydrogenated) and cottonseed	-13.6	Margarine-like spread, approximately 60% fat, stick, soybean	-27.6
Candies, M&M MARS, TWIX Caramel Cookie Bars	-13.6	Salad dressing, thousand island, diet, low calorie, 10 calories	-27.7
Shortening, multipurpose, soybean (hydrogenated) and palm	-14.7	Snacks, sesame sticks, wheat-based, salted	-28.6
Puddings, rice, ready-to-eat	-14.7	Margarine-like spread, (approximately 40% fat), soybean (hy	-29.0
Margarine, regular, hard, coconut (hydrogenated and regular	-15.6	Margarine, soft, soybean (hydrogenated) and cottonseed (hy	-30.6
Snacks, potato chips, plain, made with partially hydrogenated	-16.1	Margarine, regular, hard, soybean (hydrogenated) and corn	-30.7
Oil, vegetable safflower, salad or cooking, oleic, over 70% (p	-16.2	Margarine, regular, hard, soybean (hydrogenated and regula	-31.2
SOKOL, SOLO Poppy Seed Filling	-16.5	Margarine-like spread, approximately 60% fat, tub, soybean	-31.9
Margarine, regular, hard, soybean (hydrogenated) and cotton	-17.9	Salad dressing, mayonnaise, imitation, soybean	-31.9
Snacks, oriental mix, rice-based	-18.2	Salad dressing, mayonnaise, imitation, soybean	-31.9
Snacks, potato chips, cheese-flavor	-18.7	Margarine, regular, unspecified oils, with salt added	-32.3
Shortening industrial, lard and vegetable oil	-19.0	Margarine spread, fat-free, bottle	-32.3
Salad dressing, french, diet, low fat, 5 calories per teaspoon,	-19.4	Margarine, regular, hard, corn (hydrogenated and regular)	-32.4
Oil, vegetable, almond	-19.7	Shortening frying (heavy duty), soybean (hydrogenated), lino	-32.5
Baking chocolate, unsweetened, liquid	-20.1	Snacks, potato chips, sour-cream-and-onion-flavor	-32.5
Margarine-butter blend, 60% corn oil margarine and 40% but	-20.2	Snacks, potato chips, made from dried potatoes, cheese-flav	-32.6
Candies, peanut bar	-20.4	Margarine, soft, unspecified oils, without added salt	-32.8
Snacks, trail mix, regular	-20.6	Margarine, regular, hard, soybean (hydrogenated) and palm	-32.8
Margarine, 70% vegetable oil spread, soybean and soybean	-21.2	Snacks, potato chips, barbecue-flavor	-33.0
Fat, chicken	-21.3	Margarine-like spread, (approximately 40% fat), soybean (hy	-33.0
Toppings, nuts in syrup	-21.9	Snacks, potato chips, made from dried potatoes, sour-cream	-33.1
Snacks, potato chips, plain, salted	-22.0	Margarine, regular, hard, soybean (hydrogenated) and palm	-33.1
Margarine-like spread, approximately 60% fat, tub, unspecifi	-22.2	Oil, vegetable, apricot kernel	-33.1
Snacks, potato chips, reduced fat	-22.4	Margarine, soft, soybean (hydrogenated), cottonseed (hydro	-33.2
Snacks, trail mix, regular, with chocolate chips, salted nuts a	-23.0	Margarine, soft, soybean, soybean (hydrogenated), and cotto	-34.2
Shortening frying (regular), soybean (hydrogenated) and cott	-23.1	Snacks, potato sticks	-34.4
Snacks, popcorn, oil-popped	-23.9	Snacks, potato chips, made from dried potatoes, plain	-34.5
Snacks, popcorn, oil-popped, white popcorn	-23.9	Margarine-like spread, (approximately 40% fat), soybean (hy	-34.8
Oil, vegetable, teaseed	-24.3	Shortening, special purpose for baking, soybean (hydrogena	-34.8
Fat, turkey	-24.3	Margarine, soft, soybean (hydrogenated and regular), with sa	-35.1
Margarine, regular, hard, corn (hydrogenated)	-24.3	Salad dressing, mayonnaise type, regular, with salt	-35.9
Snacks, granola bars, hard, peanut	-24.7	Oil, vegetable, rice bran	-36.0
Margarine, regular, hard, soybean (hydrogenated)	-24.9	Margarine, soft, soybean (hydrogenated) and cottonseed	-36.2
Margarine, regular, hard, soybean (hydrogenated), cottonseed	-24.9	Oil, peanut, salad or cooking	-36.2
Snacks, granola bars, hard, plain	-25.3	Oil, soybean, salad or cooking, (hydrogenated)	-36.5
Snacks, taro chips	-25.6	Margarine-like spread, (approximately 40% fat), unspecified	-36.8
Margarine, regular, hard, soybean (hydrogenated) and cotton	-25.7	Shortening bread, soybean (hydrogenated) and cottonseed	-37.0
Snacks, popcorn, cheese-flavor	-25.9	Salad dressing, thousand island, commercial, regular, with sa	-37.1

Shortening, special purpose for cakes and frostings, soybean	-38.0
Salad dressing, mayonnaise, imitation, soybean without cholesterol	-38.2
Oil, vegetable, sunflower, linoleic, (hydrogenated)	-38.9
Salad dressing, blue or roquefort cheese, commercial, regular	-39.3
Margarine-like spread, (approximately 40% fat), soybean (hydrogenated)	-40.9
Margarine, soft, corn (hydrogenated and regular)	-41.1
Sandwich spread, with chopped pickle, regular, unspecified color	-41.6
Salad dressing, italian, commercial, diet, 2 calories per teaspoon	-41.9
Vegetable oil, oat	-42.2
Margarine, soft, soybean (hydrogenated) and palm (hydrogenated)	-42.9
Margarine, regular, hard, safflower and soybean (hydrogenated)	-43.3
Oil, vegetable, sunflower, linoleic (less than 60%)	-44.8
Margarine, soft, unspecified oils, with salt added	-45.3
Salad dressing, russian, with salt	-45.3
Salad dressing, italian, commercial, regular, without salt	-45.6
Salad dressing, mayonnaise, soybean oil, with salt	-45.9
Vegetable oil, soybean lecithin	-45.9
Margarine-like spread, (approximately 40% fat), corn (hydrogenated)	-46.1
Margarine, soft, soybean (hydrogenated) and safflower	-46.4
Oil, sesame, salad or cooking	-46.4
Salad dressing, blue + roquefort cheese, commercial, regular	-46.6
Salad dressing, french, commercial, regular, with salt	-47.2
Salad dressing, home recipe, vinegar and oil	-47.4
Salad dressing, sesame seed	-47.9
Oil, vegetable, walnut	-48.1
Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	-48.1
Oil, soybean, salad or cooking	-50.0
Margarine, regular, hard, sunflower and soybean (hydrogenated)	-50.6
Oil, wheat germ	-54.2
Oil, vegetable, tomatoseed	-54.9
Margarine, regular, hard, safflower and soybean (hydrogenated)	-56.3
Salad dressing, french, cottonseed, oil, home recipe	-57.4
Oil, vegetable, cottonseed, salad or cooking	-58.8
Margarine, soft, safflower (hydrogenated and regular)	-62.2
Oil, vegetable corn, salad or cooking	-64.8
Margarine, soft, sunflower and cottonseed (hydrogenated) and safflower	-65.9
Salad dressing, mayonnaise, soybean and safflower oil, with salt	-68.3
Margarine, soft, safflower and cottonseed (hydrogenated) and safflower	-69.1
Oil, vegetable, poppyseed	-70.6
Oil, vegetable, sunflower, linoleic, (60% and over)	-74.3
Oil, vegetable, grapeseed	-78.6
Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)	-84.4

Spices & prepared foods

	Balance Score		Balance Score
Soup, stock, fish, home-prepared	37.1	Sauce, stroganoff, dehydrated, dry	-0.3
Soup, shark fin, restaurant-prepared	33.8	Babyfood, fruit, applesauce and pineapple, junior	-0.3
Spices, oregano, ground	10.2	Babyfood, juice, orange and apricot	-0.3
Basil, fresh	9.0	Gravy, mushroom, dehydrated, dry	-0.3
Spearmint, dried	8.2	Fast foods, chili con carne	-0.3
Spices, marjoram, dried	7.6	Babyfood, fruit, prunes with tapioca, without ascorbic acid, st	-0.3
Spices, tarragon, dried	7.5	Babyfood, juice, apple and prune	-0.3
Spearmint, fresh	6.5	Babyfood, fruit, pears and pineapple, strained	-0.3
Peppermint, fresh	5.2	Soup, cheese, canned, prepared with equal volume water, co	-0.3
Spices, cloves, ground	4.7	Babyfood, dessert, cherry vanilla pudding, junior	-0.3
Spices, thyme, fresh	3.6	Babyfood, dessert, dutch apple, junior	-0.4
Spices, basil, dried	3.4	Babyfood, juice, orange and apple and banana	-0.4
Capers, canned	2.8	Soup, cheese, canned, condensed, commercial	-0.4
Spices, sage, ground	2.2	Babyfood, cereal, rice, with mixed fruit, junior	-0.4
Spices, saffron	1.4	Babyfood, apple-banana juice	-0.4
Fast foods, enchirito, with cheese, beef, and beans	1.0	Soup, cheese, canned, prepared with equal volume milk, cor	-0.4
Babyfood, vegetables, squash, strained	0.9	Babyfood, fruit, apple and blueberry, junior	-0.4
Spices, thyme, dried	0.7	Babyfood, fruit, applesauce with banana, junior	-0.4
Sauce, fish, ready-to-serve	0.6	Soup, cream of shrimp, canned, prepared with equal volume	-0.5
Babyfood, vegetables, green beans, junior	0.5	Soup, vegetable beef, dehydrated, prepared with water	-0.5
Babyfood, vegetables, spinach, creamed, strained	0.3	Babyfood, vegetables, garden vegetable, strained	-0.5
Babyfood, fruit, mango with tapioca, strained	0.2	Babyfood, juice, apple	-0.5
Spices, mustard seed, yellow	0.2	HORMEL Chili with Beans, canned entree	-0.5
Mustard, prepared, yellow	0.2	Soup, vegetable beef, dehydrated, dry	-0.5
Vanilla extract	0.0	Babyfood, vegetables, sweet potatoes, strained	-0.5
Sauce, spaghetti, dehydrated, dry	0.0	Babyfood, fruit, pears, junior	-0.5
Babyfood, fruit, bananas with tapioca, strained	-0.1	Soup, cream of shrimp, canned, prepared with equal volume	-0.5
Sauce, NESTLE, LJ MINOR Sweet N' Sour Glaze, ready-to-s	-0.1	STAGG SILVERADO Chili with Beans, canned entree	-0.5
HORMEL Vegetarian Chili with Beans, canned entree	-0.1	Babyfood, juice, apple and peach	-0.5
Babyfood, dessert, dutch apple, strained	-0.1	Soup, cream of shrimp, canned, condensed	-0.6
Babyfood, fruit, bananas with tapioca, junior	-0.1	Fast foods, scallops, breaded and fried	-0.6
Spices, poultry seasoning	-0.2	Babyfood, dessert, cherry vanilla pudding, strained	-0.6
Babyfood, dessert, fruit pudding, orange, strained	-0.2	Soup, beef broth, cubed, dry	-0.6
Soup, clam chowder, manhattan style, canned, chunky, read	-0.2	Spices, bay leaf	-0.6
Babyfood, juice, orange and pineapple	-0.2	Spices, cardamom	-0.6
Sauce, spaghetti with mushrooms, dehydrated, dry	-0.2	Babyfood, fruit, pears and pineapple, junior	-0.6
Gravy, onion, dehydrated, dry	-0.2	STAGG Country Chili with Beans, canned entree	-0.6
Soup, consomme with gelatin, dehydrated, dry	-0.2	Gravy, au jus, canned	-0.6
Babyfood, fruit, applesauce and pineapple, strained	-0.2	Babyfood, dessert, fruit pudding, pineapple, strained	-0.6
Gravy, chicken, dry	-0.2	Soup, minestrone, dehydrated, prepared with water	-0.6
Rosemary, fresh	-0.3	Spices, nutmeg, ground	-0.7
Spices, rosemary, dried	-0.3	Babyfood, juice, orange	-0.7
Babyfood, potatoes, toddler	-0.3	Babyfood, fruit, apple and raspberry, with sugar, junior	-0.7
Babyfood, fruit, applesauce and pineapple, junior	-0.3	Babyfood, dinner, macaroni and cheese, strained	-0.7

Babyfood, juice, mixed fruit	-0.7	Babyfood, dinner, pasta with vegetables	-1.3
Babyfood, vegetable, green beans and potatoes	-0.7	Babyfood, fruit, peaches with sugar, strained	-1.3
Soup, leek, dehydrated, prepared with water	-0.7	Babyfood, dinner, macaroni and cheese, junior	-1.3
Soup, oxtail, dehydrated, prepared with water	-0.7	Fast foods, hush puppies	-1.3
Babyfood, fruit, applesauce and apricots, strained	-0.8	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND	-1.3
Babyfood, cereal, rice, with applesauce and bananas, strained	-0.8	Fast foods, burrito, with beef	-1.3
Babyfood, dessert, fruit pudding, pineapple, junior	-0.8	Soup, minestrone, canned, chunky, ready-to-serve	-1.3
Babyfood, juice, apple and grape	-0.8	Sauce, NESTLE, ORTEGA Picante Sauce, ready-to-serve	-1.3
Gravy, CUSTOM FOODS, SUPERB Instant Au Jus Mix, dry	-0.8	HEALTHY CHOICE Beef Macaroni, frozen entree	-1.4
Babyfood, fruit and vegetable, apple & sweet potato	-0.8	Soup, tomato vegetable, dehydrated, prepared with water	-1.4
Soup, beef, canned, chunky, ready-to-serve	-0.8	Gravy, HEINZ, HEINZ Home Style Savory Brown Gravy, can	-1.4
Soup, beef broth or bouillon, powder, prepared with water	-0.9	Soup, pea, green, canned, prepared with equal volume milk,	-1.4
Babyfood, fruit, applesauce, strained	-0.9	Babyfood, meat, lamb, junior	-1.4
Soup, chili beef, canned, prepared with equal volume water,	-0.9	Soup, beef broth or bouillon canned, ready-to-serve	-1.4
Babyfood, vegetables, beets, strained	-0.9	Soup, pea, green, mix, dehydrated, prepared with water	-1.4
Soup, chili beef, canned, prepared with equal volume water,	-0.9	Fast foods, tostada, with beans, beef, and cheese	-1.4
STAGG Dynamite Chili with Beans, canned entree	-0.9	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTE	-1.4
Babyfood, juice, apple and cherry	-0.9	Babyfood, meat, lamb, strained	-1.5
Soup, vegetable beef, prepared with equal volume water, con	-0.9	NESTLE, CHEF-MATE Corned Beef Hash, canned entree	-1.5
Spices, garlic powder	-1.0	Babyfood, dinner, macaroni and tomato and beef, junior	-1.5
Gravy, CUSTOM FOODS, SUPERB Instant Pork Gravy Mix,	-1.0	Fast foods, chimichanga, with beef, cheese, and red chili pep	-1.5
Soup, beef broth or bouillon, powder, dry	-1.0	Soup, tomato vegetable mix, dehydrated, dry form	-1.5
Soup, beef mushroom, canned, condensed, commercial	-1.0	Fast foods, burrito, with beans	-1.6
STAGG Classic Chili with Beans, canned entree	-1.0	Spices, dill weed, fresh	-1.6
Soup, gazpacho, canned, ready-to-serve	-1.0	Fast foods, onion rings, breaded and fried	-1.6
Soup, bean with bacon, dehydrated, prepared with water	-1.0	Spices, parsley, dried	-1.7
Soup, beef mushroom, canned, prepared with equal volume	-1.0	Soup, oyster stew, canned, condensed, commercial	-1.7
Gravy, CUSTOM FOODS, RED LABEL Au Jus Base, dry	-1.0	Soup, oyster stew, canned, prepared with equal volume water	-1.7
Soup, chili beef, canned, condensed, commercial	-1.0	Fast foods, burrito, with beans and chili peppers	-1.7
Fast foods, cheeseburger, regular, single patty, with condime	-1.0	Babyfood, cookies, arrowroot	-1.7
Gravy, pork, dry	-1.0	Soup, PROGRESSO HEALTHY CLASSICS BEEF BARLEY,	-1.7
Gravy, CUSTOM FOODS, SUPERB Instant Brown Gravy Mi	-1.1	Babyfood, cereal, mixed, with applesauce and bananas, juni	-1.7
Soup, oyster stew, canned, prepared with equal volume milk	-1.1	HORMEL Turkey Chili with Beans, canned entree	-1.7
Soup, vegetable beef, canned, condensed, commercial	-1.1	Gravy, CUSTOM FOODS, SUPERB Peppered Old-Fashione	-1.7
Babyfood, fruit, pears, strained	-1.1	Sauce, NESTLE, LJ MINOR Lemon Sauce, ready-to-serve	-1.7
Babyfood, dinner, beef noodle, junior	-1.1	Gravy, CUSTOM FOODS, SUPERB Old-Fashioned BISCUIT	-1.8
Gravy, beef, canned	-1.1	Soup, PROGRESSO HEALTHY CLASSICS SPLIT PEA, can	-1.8
Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned	-1.2	Soup, pea, green, canned, prepared with equal volume water	-1.8
Spices, onion powder	-1.2	Babyfood, pretzels	-1.9
HORMEL Roast Beef Hash, canned entree	-1.2	Spices, pumpkin pie spice	-1.9
Spices, coriander leaf, dried	-1.2	Babyfood, teething biscuits	-1.9
Soup, bean with bacon, dehydrated, dry mix	-1.2	Fast foods, burrito, with beans, cheese, and chili peppers	-1.9
HORMEL Corned Beef Hash, canned entree	-1.2	Soup, pea, green, mix, dehydrated, dry form	-1.9
Beef stew, canned entree	-1.2	Chili con carne with beans, canned entree	-1.9
Fast foods, shrimp, breaded and fried	-1.2	Soup, lentil with ham, canned, ready-to-serve	-2.0
Babyfood, vegetables, carrots, strained	-1.3	Fast foods, burrito, with beef and chili peppers	-2.0

Sauce, CUSTOM FOODS, SUPERB Instant Nacho Cheese	-2.0	Babyfood, vegetables, corn, creamed, junior	-2.6
GREEN GIANT, Broccoli in Cheese Flavored Sauce, frozen	-2.0	Soup, pea, split with ham, canned, chunky, ready-to-serve	-2.6
Fast foods, frijoles with cheese	-2.0	Soup, pepperpot, canned, condensed, commercial	-2.6
Babyfood, dessert, custard pudding, vanilla, junior	-2.0	Zwieback	-2.6
Fast foods, enchilada, with cheese	-2.0	Spices, dill seed	-2.7
Spices, cinnamon, ground	-2.0	Babyfood, cereal, rice, with bananas, dry	-2.7
Babyfood, carrots and beef, strained	-2.0	Babyfood, dinner, vegetables and lamb, strained	-2.7
Babyfood, dinner, vegetables and beef, strained	-2.0	Entrees, pizza with cheese	-2.7
Fast foods, burrito, with beans and meat	-2.1	Fast foods, biscuit, with ham	-2.7
Babyfood, dinner, beef noodle, strained	-2.1	Soup, onion, dehydrated, prepared with water	-2.7
Babyfood, meat, beef, junior	-2.1	Soup, pea, split with ham, canned, condensed, commercial	-2.8
Sauce, hollandaise, with butter fat, dehydrated, dry	-2.1	Fast foods, sundae, hot fudge	-2.8
Babyfood, meat, veal, strained	-2.1	Soup, pea, split with ham, canned, prepared with equal volume	-2.8
Babyfood, apples with ham, strained	-2.1	Fast foods, hamburger, regular, single patty, plain	-2.8
Gravy, NESTLE, TRIO Turkey Gravy Mix, dry	-2.1	Fast foods, tostada, with beans and cheese	-2.8
Sauce, CUSTOM FOODS, SUPERB Instant Cheddar Cheese	-2.1	Babyfood, vegetables, corn, creamed, strained	-2.9
Spices, ginger, ground	-2.1	Fast foods, cheeseburger, regular, single patty, with condiments	-2.9
Soup, black bean, canned, prepared with equal volume water	-2.1	Babyfood, vegetables, green beans, creamed, junior	-2.9
Fast foods, taco	-2.1	Fast foods, cheeseburger, large, single patty, with condiments	-2.9
Babyfood, cereal, mixed, with applesauce and bananas, strained	-2.1	Babyfood, dinner, beef stew, toddler	-2.9
Babyfood, vegetables, carrots, junior	-2.2	Babyfood, dinner, macaroni and tomato and beef, strained	-3.0
Gravy, CUSTOM FOODS, SUPERB Instant Beef Gravy Mix, dry	-2.2	Babyfood, vegetables, mix vegetables junior	-3.0
Babyfood, cookies	-2.2	Soup, chicken vegetable, dehydrated, prepared with water	-3.0
Babyfood, vegetables, peas, strained	-2.2	Fast foods, hotdog, with chili	-3.1
Fast foods, ice milk, vanilla, soft-serve, with cone	-2.2	Babyfood, dessert, custard pudding, vanilla, strained	-3.1
Fast foods, chimichanga, with beef and red chili peppers	-2.2	Fast foods, cookies, animal crackers	-3.1
Soup, NISSIN, OODLES OF NOODLES TOP RAMEN Ramen	-2.2	Sauce, teriyaki, dehydrated, dry	-3.1
HORMEL, DINTY MOORE Beef Stew, canned entree	-2.2	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	-3.1
Babyfood, dinner, vegetables and beef, junior	-2.2	Soup, chicken vegetable, dehydrated, dry	-3.1
Babyfood, dinner, spaghetti and tomato and meat, junior	-2.3	Soup, beef noodle, dehydrated, prepared with water	-3.1
Fast foods, potatoes, hashed brown	-2.3	Spices, pepper, black	-3.2
Fast foods, chimichanga, with beef	-2.3	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	-3.2
Soup, tomato, dehydrated, dry	-2.3	LIPTON, Alfredo Egg Noodles in a Creamy Sauce, dry mix	-3.2
Soup, black bean, canned, condensed, commercial	-2.3	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARLIC	-3.3
Soup, tomato, dehydrated, prepared with water	-2.3	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	-3.3
Soup, onion mix, dehydrated, dry form	-2.3	Fast foods, corn on the cob with butter	-3.3
WORTHINGTON FOODS, MORNINGSTAR FARMS, Spicy Italian	-2.4	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, condensed	-3.3
Sauce, plum, ready-to-serve	-2.4	SUNNY FRESH, Breakfast "Stuff-Its", Pre-Cooked Frozen Egg	-3.4
Sauce, NESTLE, LJ MINOR Italian Sauce, ready-to-serve	-2.4	Soup, beef noodle mix, dehydrated, dry form	-3.4
Fast foods, burrito, with beans, cheese, and beef	-2.5	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	-3.4
Sauce, NESTLE, CHEF-MATE Hot Dog Chili Sauce, ready-to-serve	-2.5	HORMEL Chili, No Beans, canned entree	-3.4
Soup, cream of potato, canned, prepared with equal volume water	-2.5	Spices, turmeric, ground	-3.4
Fast foods, tostada, with beef and cheese	-2.5	NESTLE, CHEF-MATE Chili with Beans, canned entree	-3.4
Babyfood, meat, veal, junior	-2.5	Fast foods, sundae, caramel	-3.4
Soup, pepperpot, canned, prepared with equal volume water	-2.6	Fast foods, ham and cheese sandwich	-3.5
Babyfood, dinner, vegetables and lamb, junior	-2.6	Soup, tomato beef with noodle, canned, condensed, commercial	-3.5

Soup, tomato beef with noodle, canned, prepared with equal	-3.5	Soup, chicken rice, canned, chunky, ready-to-serve	-4.7
Fast foods, hotdog, plain	-3.6	Fast foods, taco salad with chili con carne	-4.8
Fast foods, cookies, chocolate chip	-3.6	Gravy, turkey, dry	-4.8
Fast foods, burrito, with beans and cheese	-3.6	Soup, bean with frankfurters, canned, prepared with equal volume water	-4.8
Soup, PROGRESSO HEALTHY CLASSICS CREAM OF BROTH	-3.6	Horseradish, prepared	-4.8
Babyfood, meat, beef, strained	-3.6	Babyfood, vegetable, butternut squash and corn	-4.9
Sauce, ready-to-serve, salsa	-3.7	Spices, fennel seed	-4.9
Babyfood, dinner, vegetables and ham, strained	-3.7	Babyfood, dinner, apples and chicken, strained	-4.9
Soup, cream of chicken, dehydrated, dry	-3.8	Soup, cream of potato, canned, prepared with equal volume water	-5.0
Fast foods, enchilada, with cheese and beef	-3.8	Sauce, sour cream, dehydrated, dry	-5.0
Infant formula, MEAD JOHNSON, PORTAGEN, with iron, protein	-3.8	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE	-5.1
Soup, PROGRESSO HEALTHY CLASSICS GARLIC AND POTATO	-3.8	Soup, clam chowder, new england, canned, prepared with equal volume water	-5.2
Babyfood, dinner, turkey and rice, junior	-3.8	Babyfood, dinner, vegetables and chicken, junior	-5.2
Sandwiches and burgers, hamburger, large, single meat patty	-3.9	Spices, curry powder	-5.2
Sauce, CUSTOM FOODS, RED LABEL All Purpose Italian Sauce	-3.9	Babyfood, oatmeal cereal with fruit, dry, instant, toddler	-5.2
Soup, cream of chicken, dehydrated, prepared with water	-3.9	Babyfood, meat, pork, strained	-5.3
Fast foods, pancakes with butter and syrup	-3.9	Fast foods, nachos, with cheese	-5.3
Fast foods, roast beef sandwich, plain	-3.9	Soup, chicken gumbo, canned, condensed, commercial	-5.3
Infant formula, MEAD JOHNSON, PORTAGEN, with iron, protein	-3.9	Soup, chicken vegetable, canned, chunky, ready-to-serve	-5.4
Babyfood, cereal, barley, dry	-4.0	Pepperoni pizza, frozen	-5.4
Fast foods, sundae, strawberry	-4.0	Soup, bean with pork, canned, prepared with equal volume water	-5.4
Babyfood, cereal, rice, dry	-4.1	Fast foods, nachos, with cheese and jalapeno peppers	-5.5
Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE	-4.1	Babyfood, dinner, turkey and rice, strained	-5.5
Babyfood, cereal, mixed, with bananas, dry	-4.1	Babyfood, dinner, vegetables chicken, strained	-5.5
Gravy, NESTLE, TRIO Au Jus Gravy Mix, dry	-4.1	Babyfood, dinner, vegetables, turkey, and barley	-5.6
Gravy, unspecified type, dry	-4.1	Fast foods, taco salad	-5.6
Soup, tomato, canned, prepared with equal volume milk, condensed	-4.2	Soup, chicken broth, canned, prepared with equal volume water	-5.6
Babyfood, cereal, mixed, dry	-4.2	Soup, chicken gumbo, canned, prepared with equal volume water	-5.7
Soup, beef noodle, canned, condensed, commercial	-4.2	Fast foods, biscuit, with sausage	-5.7
Babyfood, dinner, chicken noodle, junior	-4.2	Spices, coriander seed	-5.9
Babyfood, vegetables, mix vegetables strained	-4.2	Entrees, pizza with pepperoni	-6.0
Soup, tomato bisque, canned, prepared with equal volume milk	-4.3	Soup, chicken with rice, canned, prepared with equal volume water	-6.0
NESTLE, CHEF-MATE Chili without Beans, canned entree	-4.3	Soup, CAMPBELL'S Chicken Noodle, canned, condensed	-6.0
Entrees, pizza with cheese, meat, and vegetables	-4.4	Babyfood, dinner, chicken noodle, strained	-6.0
Soup, beef noodle, canned, prepared with equal volume water	-4.4	Soup, chicken noodle mix, dehydrated, dry form	-6.1
Fast foods, hotdog, with corn flour coating (corndog)	-4.4	Babyfood, apples and turkey, strained	-6.1
STAGG Ranchhouse Chili with Beans, canned entree	-4.4	Sausage and pepperoni pizza, frozen	-6.1
Babyfood, dinner, vegetables and bacon, strained	-4.5	Soup, chicken noodle, dehydrated, prepared with water	-6.1
Soup, crab, canned, ready-to-serve	-4.5	Sauce, hoisin, ready-to-serve	-6.1
Soup, scotch broth, canned, condensed, commercial	-4.5	Babyfood, cereal, high protein, dry	-6.2
Fast foods, burrito, with fruit (apple or cherry)	-4.6	Babyfood, dinner, vegetables and bacon, junior	-6.2
Soup, cream of potato, canned, condensed	-4.6	Soup, chicken rice, dehydrated, prepared with water	-6.3
Babyfood, dinner, vegetables and turkey, strained	-4.6	Soup, chicken with rice, canned, condensed, commercial	-6.3
Babyfood, cereal, oatmeal, with bananas, dry	-4.6	Fast foods, potato, french fried in vegetable oil	-6.3
Fast foods, danish pastry, fruit or cinnamon	-4.7	Soup, turkey noodle, canned, condensed, commercial	-6.4
Babyfood, dinner, broccoli and chicken, strained	-4.7	Sauce, cheese, dehydrated, dry	-6.4

Soup, turkey noodle, canned, prepared with equal volume water	-6.4	Soup, turkey vegetable, canned, condensed, commercial	-7.8
Soup, chicken noodle, canned, prepared with equal volume water	-6.5	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, powder	-8.0
Babyfood, dinner, vegetables and ham, junior	-6.5	Soup, turkey vegetable, canned, prepared with equal volume water	-8.0
Soup, tomato bisque, canned, prepared with equal volume water	-6.6	Soup, cream of celery, dehydrated, prepared with water	-8.0
Babyfood, dinner, sweet potatoes and chicken, strained	-6.7	Soup, chicken broth cubes, dehydrated, prepared with water	-8.0
Soup, chicken noodle, with meatballs, canned, chunky, ready-to-serve	-6.8	Sauce, bearnaise, dehydrated, dry	-8.0
Soup, mushroom with beef stock, canned, condensed, commercial	-6.8	Gravy, NESTLE, TRIO Chicken Gravy Mix, dry	-8.1
Soup, vegetable with beef broth, canned, prepared with equal volume water	-6.8	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder	-8.1
Soup, cream of onion, canned, prepared with equal volume water	-6.8	SUNNY FRESH, Frozen Bagel French Toast with Maple Syrup	-8.1
Fast foods, chicken, breaded and fried, boneless pieces, with skin	-6.8	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-serve	-8.2
Babyfood, dinner, vegetables and turkey, junior	-6.8	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-serve	-8.2
Babyfood, dinner, green beans and turkey, strained	-6.8	Infant formula, MEAD JOHNSON, GERBER, with iron, ready-to-serve	-8.2
Soup, mushroom with beef stock, canned, prepared with equal volume water	-6.9	Soup, cauliflower, dehydrated, dry mix	-8.2
Fast foods, danish pastry, cheese	-6.9	Fast foods, english muffin, with egg, cheese, and sausage	-8.2
Sauce, hollandaise, with vegetable oil, dehydrated, dry	-6.9	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, liquid	-8.2
Babyfood, cereal, oatmeal, dry	-6.9	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid	-8.2
Sauce, NESTLE, TRIO Nacho Cheese Sauce Mix, dry	-6.9	Infant formula, MEAD JOHNSON, GERBER, with iron, liquid	-8.2
Soup, chicken, canned, chunky, ready-to-serve, commercial	-6.9	Sauce, NESTLE, LJ MINOR Sweet N' Sour Sauce, ready-to-serve	-8.2
Toddler formula, MEAD JOHNSON NEXT STEP SOY, prepared with water	-6.9	Toddler formula, MEAD JOHNSON NEXT STEP SOY, prepared with water	-8.2
Soup, vegetable with beef broth, canned, condensed, commercial	-7.0	Infant formula, MEAD JOHNSON, GERBER, with iron, powder	-8.3
Fast foods, nachos, with cinnamon and sugar	-7.0	Breakfast items, biscuit with egg and sausage	-8.3
Babyfood, cereal, high protein, with apple and orange, dry	-7.0	Soup, mushroom barley, canned, condensed, commercial	-8.4
Soup, chicken vegetable, canned, condensed, commercial	-7.0	Fast foods, biscuit, with egg, cheese, and bacon	-8.4
Babyfood, cereal, with eggs, strained	-7.1	Soup, cream of celery, dehydrated, dry	-8.4
Soup, chicken vegetable, canned, prepared with equal volume water	-7.1	Spices, allspice, ground	-8.4
Fast foods, chicken, breaded and fried, boneless pieces, with skin	-7.1	Spices, celery seed	-8.5
Soup, tomato, canned, prepared with equal volume water, commercial	-7.1	Babyfood, cereal, egg yolks and bacon, junior	-8.5
Sauce, NESTLE, QUE BUENO Jalapeno Cheese Sauce, ready-to-serve	-7.2	Fast foods, chicken, breaded and fried, boneless pieces, with skin	-8.5
Infant formula, CARNATION FOLLOW-UP, with iron, liquid concentrate	-7.3	Chicken pot pie, frozen entree	-8.5
Soup, cream of chicken, prepared with equal volume milk, commercial	-7.3	Soup, chicken noodle, canned, chunky, ready-to-serve	-8.6
Gravy, CUSTOM FOODS, SUPERB Instant Chicken Gravy Mix	-7.3	Infant formula, ROSS, SIMILAC NATURAL CARE, low iron, powder	-8.6
Fast foods, chicken, breaded and fried, boneless pieces, with skin	-7.3	Soup, vegetarian vegetable, canned, condensed, commercial	-8.6
Soup, tomato, canned, condensed, commercial	-7.4	Babyfood, meat, ham, strained	-8.6
Soup, turkey, chunky, ready-to-serve	-7.4	Soup, vegetarian vegetable, canned, prepared with equal volume water	-8.7
Soup, tomato rice, canned, prepared with equal volume water	-7.5	Fast foods, cheeseburger, regular, double patty and bun, with skin	-8.7
Infant formula, CARNATION FOLLOW-UP, with iron, powder	-7.6	Infant formula, ROSS, SIMILAC SPECIAL CARE 24, with iron, powder	-8.7
Soup, clam chowder, manhattan style, dehydrated, dry	-7.6	Gravy, CUSTOM FOODS, SUPERB Instant Turkey Gravy Mix	-8.7
Spices, chervil, dried	-7.6	Babyfood, cereal, with egg yolks, junior	-8.8
Tostada with guacamole	-7.6	Spices, mace, ground	-8.9
Infant formula, MEAD JOHNSON, NUTRAMIGEN, with iron, powder	-7.7	Spices, caraway seed	-8.9
Soup, chicken broth cubes, dehydrated, dry	-7.7	Soup, mushroom barley, canned, prepared with equal volume water	-9.0
Infant formula, CARNATION FOLLOW-UP, with iron, ready-to-serve	-7.7	Babyfood, cereal, with egg yolks, strained	-9.0
Infant formula, MEAD JOHNSON, NUTRAMIGEN, with iron, powder	-7.7	Babyfood, meat, ham, junior	-9.1
Sauce, barbecue sauce	-7.7	Fast foods, nachos, with cheese, beans, ground beef, and pinto beans	-9.2
Soup, cauliflower, dehydrated, prepared with water	-7.8	Fast foods, chicken, breaded and fried, boneless pieces, plain	-9.2
Spices, cumin seed	-7.8	Soup, clam chowder, new england, canned, condensed, commercial	-9.3

Infant formula, CARNATION GOOD START, with iron, liquid	-9.3	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	-14.6
Child formula, ROSS, PEDIASURE, with iron, ready-to-feed	-9.3	SUNNY FRESH, Pre-Cooked Frozen Egg and Cheese Biscuits	-14.7
Spices, anise seed	-9.3	Soup, cream of celery, canned, prepared with equal volume water, con	-14.7
Fast foods, english muffin, with cheese and sausage	-9.4	Babyfood, meat, turkey, strained	-14.8
Infant formula, CARNATION GOOD START, with iron, ready-to-feed	-9.4	SUNNY FRESH, Pre-Cooked Frozen Egg, Ham and Cheese Biscuits	-14.9
Soup, cream of asparagus, dehydrated, prepared with water	-9.6	Fast foods, fish sandwich, with tartar sauce and cheese	-14.9
Soup, onion, canned, prepared with equal volume water, condensed	-9.6	Soup, stockpot, canned, prepared with equal volume water, condensed	-15.0
Gravy, turkey, canned	-9.6	WORTHINGTON FOODS, MORNINGSTAR FARMS Breakfast Biscuits	-15.0
Soup, clam chowder, new england, canned, prepared with equal volume water	-9.7	Fast foods, biscuit, with egg and bacon	-15.0
Infant formula, ROSS, SIMILAC, with iron, ready-to-feed	-9.8	Infant formula, ROSS, SIMILAC PM 60/40, low iron, ready-to-feed	-15.1
Soup, vegetable, canned, chunky, ready-to-serve, commercial	-9.8	Soup, chicken mushroom, canned, condensed, commercial	-15.2
Gravy, CUSTOM FOODS, SUPERB Country Gravy Mix, dry	-9.8	Infant formula, ROSS, ALIMENTUM, ready-to-feed	-15.3
Babyfood, meat, meat sticks, junior	-9.8	Infant formula, ROSS, ISOMIL SF, with iron, liquid concentrate	-15.4
Soup, minestrone, canned, condensed, commercial	-10.0	Babyfood, meat, chicken, strained	-15.5
Soup, onion, canned, condensed, commercial	-10.0	Soup, chicken broth or bouillon, dehydrated, prepared with water	-15.6
Soup, minestrone, canned, prepared with equal volume water	-10.0	Babyfood, meat, turkey, junior	-15.7
Infant formula, ROSS, ISOMIL, with iron, ready-to-feed	-10.1	Soup, chicken mushroom, canned, prepared with equal volume water	-15.9
Sauce, NESTLE, TRIO Cheese Sauce Mix, dry	-10.2	Soup, chicken broth or bouillon, dehydrated, dry	-16.0
Infant formula, ROSS, ISOMIL SF, with iron, ready-to-feed	-10.3	Fast foods, biscuit, with egg	-16.0
Sauce, NESTLE, LJ MINOR Creole Sauce, ready-to-serve	-10.5	Soup, mushroom, dehydrated, prepared with water	-16.1
Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, ready-to-feed	-10.6	Fast foods, fish sandwich, with tartar sauce	-16.2
Babyfood, dinner, chicken stew, toddler	-10.8	Soup, mushroom, dehydrated, dry	-16.2
Sauce, pasta, spaghetti/marinara, ready-to-serve	-11.2	Fast foods, french toast sticks	-16.2
Soup, cream of chicken, canned, prepared with equal volume water	-11.5	Fast foods, biscuit, with egg and ham	-16.3
Soup, cream of onion, canned, prepared with equal volume water	-11.6	Sauce, NESTLE, ORTEGA Enchilada Sauce, ready-to-serve	-16.4
Soup, escarole, canned, ready-to-serve	-11.8	Babyfood, meat, chicken, junior	-16.6
Sauce, NESTLE, LJ MINOR Teriyaki Sauce, ready-to-serve	-11.9	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Biscuits	-16.7
Gravy, NESTLE, TRIO Country Gravy Mix, dry	-12.2	Sauce, NESTLE, LJ MINOR All Purpose Stir Fry Sauce, ready-to-serve	-17.0
Soup, cream of vegetable, dehydrated, prepared with water	-12.2	Gravy, chicken, canned	-17.1
Soup, chicken with dumplings, canned, condensed, commercial	-12.3	Sauce, homemade, white, medium	-17.4
Sauce, cheese, ready-to-serve	-12.3	Sauce, curry, dehydrated, dry	-17.5
Soup, clam chowder, new england, dehydrated, dry	-12.4	WORTHINGTON FOODS, MORNINGSTAR FARMS GARDEN OF EARTHES Biscuits	-17.5
Soup, cream of vegetable, dehydrated, dry	-12.4	WORTHINGTON FOODS, NATURAL TOUCH, GARDEN OF EARTHES Biscuits	-17.5
Sauce, LIPTON, RAGU Old World Style Smooth Pasta Sauce	-12.5	Gravy, mushroom, canned	-17.6
Soup, chicken with dumplings, canned, prepared with equal volume water	-12.5	Sauce, ready-to-serve, pepper or hot	-17.6
Sauce, NESTLE, CHEF-MATE Golden Cheese Sauce, ready-to-serve	-12.6	Gravy, NESTLE, TRIO Brown Gravy Mix, dry	-18.5
Soup, cream of asparagus, canned, prepared with equal volume water	-12.6	Infant formula, ROSS, SIMILAC PM 60/40, low iron, powder, ready-to-feed	-18.8
Sauce, NESTLE, CHEF-MATE Sharp Cheddar Cheese Sauce	-13.1	STOUFFER'S, Creamed Spinach, frozen	-18.9
Babyfood, vegetables, peas, creamed, strained	-13.2	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	-19.0
Fast foods, chicken, breaded and fried, dark meat (drumstick)	-13.6	Sauce, homemade, white, thick	-19.0
Fast foods, egg, scrambled	-13.9	Spices, chili powder	-19.1
Babyfood, dinner, chicken soup, strained	-13.9	Gravy, NESTLE, TRIO Southern Gravy Mix, dry	-19.1
Babyfood, meat, chicken sticks, junior	-14.1	Soup, cream of asparagus, canned, condensed, commercial	-20.0
Soup, clam chowder, manhattan, canned, prepared with equal volume water	-14.2	Soup, cream of asparagus, canned, prepared with equal volume water	-20.3
Fast foods, chicken fillet sandwich, plain	-14.2	Side dishes, potato salad	-21.2
Soup, clam chowder, manhattan, canned, condensed, commercial	-14.5	Soup, cream of mushroom, canned, prepared with equal volume water	-21.7

Spices, pepper, red or cayenne	-22.2
Infant formula, MEAD JOHNSON, LOFENALAC, with iron, p	-22.5
Spices, paprika	-22.6
Babyfood, meat, turkey sticks, junior	-22.6
Infant formula, MEAD JOHNSON, LOFENALAC, with iron, p	-22.7
Entrees, fish fillet, battered or breaded, and fried	-22.8
Infant formula, CARNATION, ALSOY, with iron, ready-to-fee	-23.4
Soup, cream of celery, canned, prepared with equal volume	-26.2
WORTHINGTON FOODS, MORNINGSTAR FARMS Deli Fra	-28.3
Soup, cream of mushroom, canned, prepared with equal volu	-32.1
Sauce, ready-to-serve, pepper, TABASCO	-32.9
Fast foods, coleslaw	-33.1
Soup, cream of mushroom, canned, condensed, commercial	-33.9
Spices, poppy seed	-56.6