

## Fruits and Fruit Juices

Balance Volumetric

Cherimoya, raw	2	4.4
Papayas, raw	1	7.7
Jackfruit, raw	1	3.5
Mangos, raw	1	5.6
Melon balls, frozen	0	10.1
Papaya nectar, canned	0	5.8
Sapote, mamey, raw	0	2.7
Melons, cantaloupe, raw	0	9.8
Melons, honeydew, raw	0	9.3
Melons, casaba, raw	0	11.9
Mango nectar, canned	0	6.5
Cherries, sour, red, canned, water pack, solids and liquid	0	9.3
Cherries, sour, red, canned, extra heavy syrup pack, solids and liquid	0	2.9
Cherries, sweet, canned, water pack, solids and liquids	0	7.2
Cherries, sweet, canned, juice pack, solids and liquids	0	6.2
Cherries, sweet, canned, light syrup pack, solids and liquid	0	5.0
Cherries, sweet, frozen, sweetened	0	3.7
Maraschino cherries, canned, drained	0	2.0
Cherries, sweet, canned, extra heavy syrup pack, solids and liquid	0	3.3
Cherries, sour, red, canned, heavy syrup pack, solids and liquid	0	3.7
Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquid	0	4.0
Cherries, sour, red, canned, light syrup pack, solids and liquid	0	4.4
Cherries, sweet, raw	0	5.3
Litchis, dried	0	1.2
Cherries, sweet, canned, pitted, heavy syrup, drained	0	4.0
Pineapple juice, frozen concentrate, unsweetened, undiluted	0	1.9
Litchis, raw	0	5.0
Pineapple juice, frozen concentrate, unsweetened, diluted	0	6.5
Cherries, sour, red, raw	0	6.7
Cherries, sour, red, frozen, unsweetened	0	7.2
Dates, deglet noor	0	1.2
Fruit salad, (pineapple and papaya and banana and guava)	0	3.9
Plums, canned, purple, water pack, solids and liquids	0	8.1
Pear nectar, canned, without added ascorbic acid	0	5.6
Pear nectar, canned, with added ascorbic acid	0	5.6
Pineapple, frozen, chunks, sweetened	0	3.9
Acerola, (west indian cherry), raw	0	10.4
Raisins, seedless	0	1.1
Pineapple, canned, extra heavy syrup pack, solids and liquid	0	4.0
Pineapple, canned, heavy syrup pack, solids and liquids	0	4.3
Plantains, cooked	0	2.9
Plantains, cooked	0	2.9
Tangerines, (mandarin oranges), canned, juice pack	0	9.0
Apricots, canned, extra heavy syrup pack, without skin, solids and liquid	0	3.5
Pineapple, canned, juice pack, solids and liquids	0	5.6
Plums, canned, purple, juice pack, solids and liquids	0	5.7
Fruit cocktail, (peach and pineapple and pear and grape and orange)	0	7.2
Acerola juice, raw	0	14.5
Cranberry sauce, canned, sweetened	0	2.2
Prune juice, canned	0	4.7
Pineapple, canned, juice pack, drained	0	5.6
Strawberries, frozen, sweetened, sliced	0	3.5
Tangerines, (mandarin oranges), canned, juice pack, drained	0	8.8
Plums, dried (prunes), uncooked	0	1.4

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
<b>Avg. = -0.8</b>

Pineapple juice, canned, unsweetened, without added ascorbic acid	0	6.3
Pineapple juice, canned, unsweetened, with added ascorbic acid	0	6.3
Pineapple, canned, light syrup pack, solids and liquids	0	6.4
Orange juice, frozen concentrate, unsweetened, undiluted	0	2.1
Pineapple, raw, all varieties	0	6.7
Pears, canned, light syrup pack, solids and liquids	0	5.8
Sapodilla, raw	0	4.0
Orange juice, frozen concentrate, unsweetened, diluted with water	0	7.4
Blueberries, frozen, sweetened	0	4.1
Lemon juice, raw	0	15.1
Strawberries, frozen, sweetened, whole	0	4.3
Apricots, canned, juice pack, with skin, solids and liquids	0	6.9
Peaches, canned, extra heavy syrup pack, solids and liquids	0	3.5
Plantains, raw	0	2.7
Pineapple, canned, water pack, solids and liquids	0	10.4
Apples, dried, sulfured, stewed, with added sugar	0	4.0
Apricots, canned, light syrup pack, with skin, solids and liquids	0	5.3
Tangerines, (mandarin oranges), canned, light syrup pack, solids and liquids	0	5.5
Tangerine juice, frozen concentrate, sweetened, diluted with water	0	7.2
Tangerine juice, frozen concentrate, sweetened, undiluted	0	2.1
Fruit salad, (peach and pear and apricot and pineapple and orange)	0	6.7
Apricots, canned, heavy syrup pack, with skin, solids and liquids	0	4.0
Peach nectar, canned, without added ascorbic acid	0	6.2
Peach nectar, canned, with added ascorbic acid	0	6.2
Orange peel, raw	0	3.4
Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0	5.6
Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0	5.6
Apricots, frozen, sweetened	0	3.4
Apricots, canned, heavy syrup pack, without skin, solids and liquids	0	4.0
Plums, canned, purple, extra heavy syrup pack, solids and liquids	0	3.3
Orange-grapefruit juice, canned, unsweetened	0	7.7
Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0	4.4
Bananas, raw	0	3.7
Applesauce, canned, unsweetened, without added ascorbic acid	0	7.9
Applesauce, canned, unsweetened, with added ascorbic acid	0	7.9
Rhubarb, frozen, cooked, with sugar	0	2.9
Strawberries, canned, heavy syrup pack, solids and liquids	0	3.6
Strawberries, frozen, unsweetened	0	9.5
Grapefruit, sections, canned, light syrup pack, solids and liquids	0	5.6
Oranges, raw, all commercial varieties	0	7.1
Fruit salad, (peach and pear and apricot and pineapple and orange)	0	3.8
Cranberries, raw	0	7.2
Pears, canned, water pack, solids and liquids	0	11.5
Raisins, golden seedless	0	1.1
Raspberries, canned, red, heavy syrup pack, solids and liquids	0	3.7
Plums, dried (prunes), stewed, without added sugar	0	3.1
Apples, dried, sulfured, stewed, without added sugar	0	5.8
Bananas, dehydrated, or banana powder	0	1.0
Tamarinds, raw	0	1.4
Plums, canned, purple, heavy syrup pack, solids and liquids	0	3.7
Boysenberries, canned, heavy syrup	0	3.8
Apples, dried, sulfured, uncooked	0	1.4
Apricots, canned, heavy syrup, drained	0	4.0
Apricots, dried, sulfured, stewed, with added sugar	0	2.9
Fruit cocktail, (peach and pineapple and pear and grape and orange)	0	3.8

Grape juice cocktail, frozen concentrate, diluted with 3 v	0	6.5
Peaches, canned, light syrup pack, solids and liquids	0	6.2
Grape juice cocktail, frozen concentrate, undiluted, with a	0	1.9
Lime juice, raw	0	13.3
Raspberries, frozen, red, sweetened	0	3.2
Blackberries, canned, heavy syrup, solids and liquids	0	3.6
Grapefruit juice, white, canned, sweetened	0	7.2
Oranges, raw, navels	0	6.8
Raisins, seeded	0	1.1
Breadfruit, raw	0	3.2
Pears, canned, extra heavy syrup pack, solids and liquids	0	3.4
Tangerine juice, canned, sweetened	0	6.7
Pears, canned, juice pack, solids and liquids	0	6.7
Apricot nectar, canned, without added ascorbic acid	0	5.9
Apricot nectar, canned, with added ascorbic acid	0	5.9
Cranberry juice, unsweetened	0	7.2
Apricots, dried, sulfured, stewed, without added sugar	0	3.9
Apricots, dried, sulfured, uncooked	0	1.4
Fruit cocktail, (peach and pineapple and pear and grape a	0	4.6
Blueberries, canned, heavy syrup, solids and liquids	0	3.8
Apples, dehydrated (low moisture), sulfured, uncooked	0	1.0
Currants, red and white, raw	0	5.9
Apples, dehydrated (low moisture), sulfured, stewed	0	4.5
Orange juice, chilled, includes from concentrate	0	6.8
Fruit salad, (peach and pear and apricot and pineapple ar	0	4.6
Plums, canned, heavy syrup, drained	0	3.7
Papaya, canned, heavy syrup, drained	0	1.6
Orange juice, chilled, includes from concentrate, fortified	0	7.1
Orange juice, chilled, includes from concentrate, fortified	0	7.1
Grapefruit juice, white, canned, unsweetened	0	8.8
Grapefruit, sections, canned, juice pack, solids and liquid	0	9.0
Grapefruit juice, white, raw	0	8.5
Grapefruit juice, pink, raw	0	8.5
Orange-strawberry-banana juice	0	6.7
Fruit salad, (peach and pear and apricot and pineapple ar	0	5.7
Peaches, canned, juice pack, solids and liquids	0	7.6
Peaches, canned, juice pack, solids and liquids	0	7.6
Plums, canned, purple, light syrup pack, solids and liquid	0	5.3
Apricots, dehydrated (low-moisture), sulfured, stewed	0	2.6
Grapes, red or green (European type, such as Thompson	0	4.8
Apricots, dehydrated (low-moisture), sulfured, uncooked	0	1.0
Grapefruit, raw, pink and red, California and Arizona	0	9.0
Grapefruit, raw, white, California	0	9.0
Plums, dried (prunes), stewed, with added sugar	0	2.7
Grapefruit, sections, canned, water pack, solids and liqui	0	9.3
Orange juice, raw	0	7.4
Fruit cocktail, (peach and pineapple and pear and grape a	0	5.8
Pears, canned, heavy syrup pack, solids and liquids	0	4.5
Apricots, canned, extra light syrup pack, with skin, solids	0	6.8
Prunes, canned, heavy syrup pack, solids and liquids	0	3.2
Tangerine juice, raw	0	7.7
Apple juice, frozen concentrate, unsweetened, undiluted,	0	2.0
Apple juice, frozen concentrate, unsweetened, undiluted,	0	2.0
Grapefruit, raw, white, all areas	0	10.1
Grapes, canned, thompson seedless, water pack, solids a	0	8.3

Orange juice, canned, unsweetened	0	7.1
Sugar-apples, (sweetsop), raw	0	3.5
Oranges, raw, Florida	0	7.2
Fruit, mixed, (prune and apricot and pear), dried	0	1.4
Grapefruit, raw, pink and red and white, all areas	0	10.4
Grapefruit, raw, white, Florida	0	10.4
Grapefruit juice, white, frozen concentrate, unsweetened	0	8.1
Figs, canned, extra heavy syrup pack, solids and liquids	0	3.1
Blueberries, canned, light syrup, drained	0	3.8
Fruit, mixed, (peach and pear and pineapple), canned, heavy syrup	0	4.6
Oranges, raw, with peel	0	5.3
Grapefruit juice, white, frozen concentrate, unsweetened	0	2.3
Fruit cocktail, canned, heavy syrup, drained	0	4.8
Grapefruit, raw, pink and red, Florida	0	11.1
Fruit cocktail, (peach and pineapple and pear and grape and orange)	0	10.4
Prunes, dehydrated (low-moisture), uncooked	0	1.0
Prunes, dehydrated (low-moisture), stewed	0	2.9
Pears, dried, sulfured, stewed, with added sugar	0	2.4
Applesauce, canned, sweetened, with salt	0	4.4
Apple juice, frozen concentrate, unsweetened, diluted with water	0	7.1
Pears, canned, extra light syrup pack, solids and liquids	0	7.1
Apple juice, frozen concentrate, unsweetened, diluted with water	0	7.1
Apples, raw, without skin	-1	6.9
Grapefruit, raw, pink and red, all areas	-1	7.9
Pears, raw	-1	5.7
Persimmons, japanese, raw	-1	4.8
Juice, apple, grape and pear blend, with added ascorbic acid	-1	6.4
Blueberries, raw	-1	5.8
Applesauce, canned, sweetened, without salt (includes US and Canadian)	-1	4.9
Fruit cocktail, (peach and pineapple and pear and grape and orange)	-1	7.4
Figs, canned, heavy syrup pack, solids and liquids	-1	3.8
Pears, dried, sulfured, uncooked	-1	1.3
Pears, dried, sulfured, stewed, without added sugar	-1	2.6
Pears, canned, heavy syrup, drained	-1	4.5
Currants, european black, raw	-1	5.3
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	-1	7.2
Apple juice, canned or bottled, unsweetened, with added ascorbic acid	-1	7.2
Tangerines, (mandarin oranges), raw	-1	6.3
Limes, raw	-1	11.1
Passion-fruit juice, purple, raw	-1	6.5
Oranges, raw, California, valencias	-1	6.8
Kiwifruit, gold, raw	-1	5.6
Peaches, canned, heavy syrup pack, solids and liquids	-1	4.5
Fruit, mixed, (peach and cherry-sweet and -sour and raspberry)	-1	3.4
Peaches, spiced, canned, heavy syrup pack, solids and liquids	-1	4.4
Currants, zante, dried	-1	1.2
Peaches, frozen, sliced, sweetened	-1	3.5
Apples, raw, with skin	-1	6.4
Guanabana nectar, canned	-1	5.6
Guava sauce, cooked	-1	9.3
Figs, canned, light syrup pack, solids and liquids	-1	4.8
Fruit salad, (peach and pear and apricot and pineapple and orange)	-1	11.1
Crabapples, raw	-1	4.4
Strawberries, raw	-1	10.4
Lemon peel, raw	-1	7.1

Grapes, american type (slip skin), raw	-1	5.0
Quinces, raw	-1	5.8
Figs, canned, water pack, solids and liquids	-1	6.3
Peaches, canned, heavy syrup, drained	-1	4.6
Pomegranate juice, bottled	-1	6.2
Pomegranates, raw	-1	4.0
Lime juice, canned or bottled, unsweetened	-1	15.9
Plums, raw	-1	7.2
Boysenberries, frozen, unsweetened	-1	6.7
Soursop, raw	-1	5.0
Loganberries, frozen	-1	6.1
Elderberries, raw	-1	4.6
Peaches, dried, sulfured, stewed, with added sugar	-1	3.2
Gooseberries, canned, light syrup pack, solids and liquids	-1	4.6
Blueberries, frozen, unsweetened	-1	6.5
Peaches, canned, water pack, solids and liquids	-1	13.9
Kumquats, raw	-1	4.7
Peaches, canned, extra light syrup, solids and liquids	-1	7.9
Apricots, canned, water pack, with skin, solids and liquids	-1	12.3
Apples, canned, sweetened, sliced, drained, heated	-1	5.0
Pears, asian, raw	-1	7.9
Blackberries, frozen, unsweetened	-1	5.2
Apples, frozen, unsweetened, unheated	-1	6.9
Lemons, raw, without peel	-1	11.5
Apples, raw, without skin, cooked, boiled	-1	6.3
Apples, frozen, unsweetened, heated	-1	7.1
Loquats, raw	-1	7.1
Figs, dried, uncooked	-1	1.3
Figs, dried, stewed	-1	3.1
Apples, canned, sweetened, sliced, drained, unheated	-1	5.0
Apples, raw, without skin, cooked, microwave	-1	5.9
Peaches, dehydrated (low-moisture), sulfured, uncooked	-1	1.0
Peaches, dehydrated (low-moisture), sulfured, stewed	-1	2.5
Peaches, dried, sulfured, uncooked	-2	1.4
Peaches, dried, sulfured, stewed, without added sugar	-2	4.3
Mammy-apple, (mamey), raw	-2	6.5
Apricots, raw	-2	6.9
Guavas, strawberry, raw	-2	4.8
Lemon juice, canned or bottled	-2	15.9
Watermelon, raw	-2	11.1
Passion-fruit juice, yellow, raw	-2	5.6
Lemon juice, frozen, unsweetened, single strength	-2	15.1
Cranberries, dried, sweetened	-2	1.1
Figs, raw	-2	4.5
Feijoa, raw	-2	6.1
Peaches, raw	-2	8.5
Blackberries, raw	-2	7.7
Raspberries, raw	-2	6.4
Nectarines, raw	-2	7.6
Rhubarb, frozen, uncooked	-3	15.9
Guavas, common, raw	-3	4.9
Blackberry juice, canned	-3	8.8
Kiwifruit, green, raw	-3	5.5
Prickly pears, raw	-4	8.1
Carambola, (starfruit), raw	-4	10.7

Passion-fruit, (granadilla), purple, raw  
 Rhubarb, raw  
 Mulberries, raw  
 Gooseberries, raw  
 Olives, ripe, canned (jumbo-super colossal)  
 Olives, ripe, canned (small-extra large)  
 Plantains, green, fried  
 Plantains, yellow, fried, Latino restaurant  
 Olives, pickled, canned or bottled, green  
 Avocados, raw, California  
 Avocados, raw, all commercial varieties  
 Avocados, raw, Florida

-4	3.4
-5	15.9
-5	7.7
-5	7.6
-6	4.1
-7	2.9
-7	1.1
-7	1.4
-8	2.3
-9	2.0
-10	2.1
-12	2.8

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

**Balance Volumetric**