

Pork Products

Balance Volumetric

	Balance	Volumetric
Pork, cured, bacon, cooked, pan-fried	0	0.6
Pork, fresh, variety meats and by-products, spleen, cooked	-2	2.2
Pork, fresh, loin, center rib (chops), boneless, separable lean	-2	1.5
Pork, cured, ham, extra lean (approximately 4% fat), canned	-3	2.4
Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	-3	1.8
Pork, fresh, composite of trimmed retail cuts (loin and shoulder)	-3	1.6
Pork, fresh, loin, sirloin (chops), boneless, separable lean	-3	1.9
Pork, cured, ham, boneless, extra lean (approximately 5% fat)	-3	2.3
HORMEL, Cure 81 Ham	-3	3.1
Pork, cured, canadian-style bacon, grilled	-3	1.8
Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	-3	1.7
Pork, fresh, loin, center rib (roasts), boneless, separable lean	-3	1.6
Pork, fresh, loin, sirloin (chops), bone-in, separable lean	-3	1.7
HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	-4	2.3
Pork, fresh, loin, country-style ribs, separable lean only, cooked	-4	1.3
HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	-4	2.0
Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean	-4	2.5
Pork, fresh, loin, center rib (chops), boneless, separable lean	-4	1.3
Pork, cured, ham, low sodium, lean and fat, cooked	-4	1.9
Pork, cured, ham, extra lean and regular, canned, roasted	-4	2.0
Pork, fresh, loin, whole, separable lean only, cooked, broiled	-4	1.6
HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic	-4	2.8
Pork, fresh, loin, center rib (roasts), boneless, separable lean	-4	1.3
Pork, fresh, loin, sirloin (chops), boneless, separable lean	-4	1.7
Pork, fresh, loin, top loin (chops), boneless, separable lean	-4	2.0
Pork, fresh, loin, center rib (chops), boneless, separable lean	-4	1.6
Pork, fresh, loin, whole, separable lean only, cooked, roasted	-4	1.6
Pork, cured, ham, boneless, extra lean and regular, roasted	-4	2.0
Pork, fresh, shoulder, arm picnic, separable lean only, cooked	-4	1.5
Pork, cured, ham, boneless, low sodium, extra lean and regular	-4	2.0
HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	-4	2.8
Pork, fresh, loin, whole, separable lean only, cooked, broiled	-4	1.6
HORMEL Canadian Style Bacon	-5	2.7
Pork, cured, ham with natural juices, spiral slice, boneless	-5	2.4
Pork, fresh, loin, sirloin (roasts), boneless, separable lean	-5	1.7
Pork, fresh, loin, center rib (chops), boneless, separable lean	-5	1.3
Pork, fresh, composite of trimmed retail cuts (loin and shoulder)	-5	1.4
Pork, fresh, loin, sirloin (chops), boneless, separable lean	-5	1.8
Pork, fresh, loin, sirloin (roasts), boneless, separable lean	-5	1.6
Pork, fresh, loin, sirloin (chops), bone-in, separable lean	-5	1.4
Pork, fresh, leg (ham), rump half, separable lean only, cooked	-5	1.6
Pork, fresh, loin, sirloin (chops), boneless, separable lean	-5	1.6
Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean	-5	2.3
Pork, cured, ham -- water added, rump, bone-in, separable lean	-5	2.8
Pork, fresh, loin, top loin (roasts), boneless, separable lean	-5	1.9
Pork, fresh, loin, sirloin (chops), bone-in, separable lean	-5	1.6
Pork, fresh, loin, top loin (chops), boneless, separable lean	-5	1.9
Pork, cured, ham with natural juices, spiral slice, meat or bone-in	-5	2.6
Pork, cured, ham with natural juices, spiral slice, meat or bone-in	-5	2.6
Pork, cured, ham, boneless, regular (approximately 11% fat)	-5	1.9
Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean	-5	1.8
Pork, fresh, loin, country-style ribs, separable lean and fat	-5	1.0
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	-5	1.4
Pork, fresh, loin, top loin (chops), boneless, separable lean	-5	1.9

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
Avg. = -6.8

Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, boneless	-5	1.3
Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, boneless	-5	2.1
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, boneless	-5	1.3
Pork, fresh, leg (ham), whole, separable lean only, cooked, boneless	-6	1.6
Pork, Shoulder breast, boneless, separable lean and fat, cooked, boneless	-6	2.1
Pork, fresh, loin, tenderloin, separable lean only, cooked, boneless	-6	2.3
Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, boneless	-6	2.1
Pork, fresh, loin, whole, separable lean and fat, cooked, boneless	-6	1.4
Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, boneless	-6	1.2
Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, boneless	-6	1.5
Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean and fat, cooked, boneless	-6	1.7
Pork, fresh, loin, tenderloin, separable lean and fat, cooked, boneless	-6	2.3
Pork, fresh, loin, whole, separable lean and fat, cooked, boneless	-6	1.3
Pork, cured, ham, whole, separable lean only, roasted	-6	2.1
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, boneless	-6	1.4
Pork, fresh, composite of trimmed retail cuts (leg, loin, shank, and shoulder), separable lean and fat, cooked, boneless	-6	1.4
Pork, fresh, leg (ham), shank half, separable lean only, cooked, boneless	-6	1.5
Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean and fat, cooked, boneless	-6	2.0
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, boneless	-6	1.4
Pork, cured, ham, slice, bone-in, separable lean and fat, cooked, boneless	-6	1.9
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, boneless	-6	1.3
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, boneless	-6	1.5
Pork, cured, shoulder, blade roll, separable lean and fat, cooked, boneless	-6	1.2
Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, boneless	-6	1.7
Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, cooked, boneless	-6	2.9
Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, boneless	-6	2.9
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, boneless	-6	1.5
Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, cooked, boneless	-6	2.9
Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, boneless	-6	2.1
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, boneless	-6	1.1
Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, cooked, boneless	-6	2.9
Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, cooked, boneless	-6	2.8
Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, boneless	-6	1.3
Pork, fresh, variety meats and by-products, tongue, cooked, boneless	-6	1.2
Pork, cured, ham, regular (approximately 13% fat), canned	-6	1.5
Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, boneless	-6	1.3
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, boneless	-7	1.9
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, boneless	-7	1.7
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, boneless	-7	1.4
Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, cooked, boneless	-7	2.3
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, boneless	-7	1.4
Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, boneless	-7	1.3
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, boneless	-7	1.7
Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, boneless	-7	2.8
Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, boneless	-7	1.6
Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, boneless	-7	1.8
Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, boneless	-7	1.3
Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, boneless	-7	1.3
Pork, cured, ham, shank, bone-in, separable lean and fat, cooked, boneless	-7	1.8
Pork, cured, ham and water product, rump, bone-in, separable lean and fat, cooked, boneless	-7	2.5
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, boneless	-7	1.6
Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, boneless	-7	1.7
Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, boneless	-7	1.5
Pork, cured, ham -- water added, whole, boneless, separable lean and fat, cooked, boneless	-7	2.8
Pork, cured, ham and water product, slice, bone-in, separable lean and fat, cooked, boneless	-7	2.7

Pork, cured, ham, shank, bone-in, separable lean only, un	-7	2.7
HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-F	-7	3.0
Pork, cured, ham -- water added, slice, boneless, separa	-7	2.8
Pork, cured, ham -- water added, slice, boneless, separa	-7	2.8
Pork, fresh, loin, center rib (chops), bone-in, separable le	-7	1.3
Pork, cured, shoulder, arm picnic, separable lean only, ro	-7	2.0
Pork, fresh, loin, top loin (chops), boneless, separable lea	-7	1.7
Pork, cured, ham, shank, bone-in, separable lean only, h	-7	2.4
Pork, fresh, shoulder, blade, boston (roasts), separable le	-7	1.2
Pork, cured, feet, pickled	-7	2.4
Pork, fresh, variety meats and by-products, kidneys, cool	-7	2.2
Pork, fresh, ground, cooked	-7	1.1
Pork, fresh, leg (ham), whole, separable lean and fat, coc	-7	1.2
Pork, fresh, loin, center loin (chops), bone-in, separable l	-7	1.7
Pork, fresh, loin, center loin (chops), bone-in, separable l	-7	1.7
Pork, cured, ham, slice, bone-in, separable lean only, un	-7	2.6
Pork, cured, ham with natural juices, slice, bone-in, sepa	-7	2.2
Pork, cured, ham, rump, bone-in, separable lean only, he	-7	2.5
Pork, cured, ham, rump, bone-in, separable lean only, un	-7	2.7
Pork, cured, ham -- water added, whole, boneless, separa	-7	2.6
Pork, cured, ham, slice, bone-in, separable lean only, hea	-7	2.3
Pork, fresh, enhanced, shoulder, (Boston butt), blade (ste	-7	1.5
Pork, cured, ham and water product, slice, boneless, sepa	-7	2.7
Pork, fresh, loin, top loin (chops), boneless, separable lea	-7	1.7
Pork, cured, ham -- water added, slice, boneless, separa	-7	2.7
Pork, cured, ham and water product, slice, boneless, sepa	-7	2.7
Pork, cured, ham -- water added, rump, bone-in, separa	-7	2.1
Pork, fresh, loin, blade (roasts), bone-in, separable lean c	-8	1.5
Pork, fresh, variety meats and by-products, ears, frozen,	-8	2.0
Pork, fresh, loin, center rib (roasts), bone-in, separable le	-8	1.6
Pork, cured, ham -- water added, shank, bone-in, separa	-8	2.6
Pork, fresh, loin, center rib (chops), boneless, separable l	-8	1.2
Pork, fresh, variety meats and by-products, feet, cooked,	-8	1.4
Pork, fresh, shoulder, (Boston butt), blade (steaks), sepa	-8	1.4
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean	-8	1.4
Pork, fresh, shoulder, arm picnic, separable lean and fat,	-8	1.0
Pork, fresh, loin, center loin (chops), bone-in, separable l	-8	1.6
Pork, fresh, loin, country-style ribs, separable lean only, c	-8	1.3
Pork, cured, ham, whole, separable lean and fat, roasted	-8	1.4
Pork, fresh, spareribs, separable lean and fat, cooked, br	-8	0.8
Pork, cured, ham -- water added, slice, bone-in, separabl	-8	2.5
Pork, fresh, loin, center rib (chops), bone-in, separable le	-8	1.6
Pork, fresh, loin, center rib (chops), bone-in, separable le	-8	1.5
Pork, cured, ham with natural juices, rump, bone-in, sepa	-8	2.4
Pork, cured, ham and water product, slice, bone-in, sepa	-8	2.1
Pork, fresh, variety meats and by-products, chitterlings, c	-8	1.4
Pork, cured, ham and water product, whole, boneless, se	-8	2.7
Pork, cured, ham and water product, whole, boneless, se	-8	2.7
Pork, cured, ham and water product, shank, bone-in, sep	-8	2.5
Pork, cured, ham with natural juices, slice, bone-in, sepa	-9	1.9
Pork, cured, ham with natural juices, shank, bone-in, sep	-9	1.7
Pork, fresh, enhanced, shoulder, (Boston butt), blade (ste	-9	1.3
Pork, fresh, spareribs, separable lean and fat, cooked, ro	-9	0.9
Pork, cured, shoulder, arm picnic, separable lean and fat,	-9	1.2
Pork, fresh, loin, country-style ribs, separable lean and fa	-9	1.2

Pork, cured, breakfast strips, cooked	-9	0.7
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, broiled	-9	1.2
Pork, cured, bacon, cooked, broiled, pan-fried or roasted, separable lean and fat, cooked	-9	0.6
Pork, cured, bacon, cooked, baked	-9	0.6
Pork, cured, ham and water product, rump, bone-in, separable lean and fat, cooked	-9	1.8
Pork, cured, ham, rump, bone-in, separable lean and fat, cooked	-9	1.9
Pork, cured, bacon, cooked, microwaved	-9	0.7
Pork, cured, ham, slice, bone-in, separable lean and fat, cooked	-9	1.9
Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked	-9	1.4
Pork, oriental style, dehydrated	-9	0.5
Pork, cured, ham, shank, bone-in, separable lean and fat, cooked	-9	1.9
Pork, cured, ham and water product, shank, bone-in, unheated	-9	2.9
Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, cooked	-9	2.0
Pork, cured, ham, rump, bone-in, separable lean and fat, cooked	-9	1.9
Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, cooked	-10	1.9
Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked	-10	1.3
USDA Commodity, pork, canned	-10	1.7
Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, cooked	-10	1.7
Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked	-10	1.3
Pork, cured, ham, patties, grilled	-10	1.0
Pork, cured, separable fat (from ham and arm picnic), roasted	-10	0.6
Pork, cured, ham and water product, shank, bone-in, separable lean and fat, cooked	-11	1.4
Pork, fresh, variety meats and by-products, lungs, cooked	-12	3.4
Pork, fresh, variety meats and by-products, tail, cooked	-12	0.8
Pork, fresh, backribs, separable lean and fat, cooked, roasted	-12	1.2
Pork, fresh, separable fat, cooked	-17	0.5
Pork, fresh, variety meats and by-products, heart, cooked	-20	2.3
Pork, fresh, variety meats and by-products, pancreas, cooked	-20	1.5
Pork, fresh, variety meats and by-products, liver, cooked	-22	2.0

Balance Volumetric

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