

Restaurant Foods

Balance Volumetric

Restaurant, Latino, arroz con leche (rice pudding)	-2	2.3
T.G.I. FRIDAY'S, classic sirloin steak	-3	1.8
APPLEBEE'S, 9 oz house sirloin steak	-3	1.9
Restaurant, Latino, tripe soup	-3	4.5
Restaurant, Latino, arepa (unleavened cornmeal bread)	-4	1.5
Restaurant, family style, sirloin steak	-4	1.8
CRACKER BARREL, grilled sirloin steak	-4	1.6
Restaurant, Latino, black bean soup	-4	3.2
DENNY'S, top sirloin steak	-4	1.8
APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	-4	2.0
Restaurant, Latino, pupusas con queso (pupusas, cheese)	-5	1.3
Restaurant, Chinese, fried rice	-5	2.0
DENNY'S, macaroni & cheese, from kid's menu	-5	2.3
Restaurant, family style, macaroni & cheese, from kids' menu	-6	2.2
Restaurant, Latino, tamale, corn	-7	1.8
Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	-7	2.2
T.G.I. FRIDAY'S, Mac & Cheese, from kid's menu	-8	2.6
CRACKER BARREL, macaroni n' cheese plate, from kid's menu	-8	1.9
Restaurant, Latino, Arroz con habichuelas colorados (Rice and beans)	-8	2.3
Restaurant, Latino, chicken and rice, entree, prepared	-8	1.9
Restaurant, Latino, pupusas del cerdo (pupusas, pork)	-9	1.4
Restaurant, Latino, pupusas con frijoles (pupusas, bean)	-10	1.5
Restaurant, Latino, Arroz con grandules (rice and pigeon peas)	-10	1.8
Restaurant, Latino, empanadas, beef, prepared	-10	1.0
Restaurant, Latino, tamale, pork	-11	1.9
APPLEBEE'S, mozzarella sticks	-11	1.0
Restaurant, Latino, bunuelos (fried yeast bread)	-12	0.7
Restaurant, family style, fried mozzarella sticks	-12	1.0
T.G.I. FRIDAY'S, fried mozzarella	-12	1.0
DENNY'S, mozzarella cheese sticks	-12	1.0
Restaurant, Chinese, beef and vegetables	-15	3.2
APPLEBEE'S, French fries	-16	1.2
CRACKER BARREL, steak fries	-17	1.5
Restaurant, Chinese, egg rolls, assorted	-17	1.3
Restaurant, family style, French fries	-18	1.1
T.G.I. FRIDAY'S, French fries	-19	1.1
DENNY'S, French fries	-19	1.1
Restaurant, Chinese, kung pao chicken	-20	2.6
Restaurant, Chinese, general tso's chicken	-20	1.1
Restaurant, Chinese, lemon chicken	-20	1.5
APPLEBEE'S, chicken fingers, from kids' menu	-20	1.3
Restaurant, family style, chicken fingers, from kid's menu	-21	1.2
T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	-21	1.4
CRACKER BARREL, farm raised catfish platter	-21	1.3
T.G.I. FRIDAY'S, chicken fingers, from kids' menu	-21	1.3
CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	-21	1.2
DENNY'S, golden fried shrimp	-22	1.2
APPLEBEE'S, Double Crunch Shrimp	-22	1.0
Restaurant, family style, shrimp, breaded and fried	-22	1.1
DENNY'S, MOONS & STARS chicken nuggets, from kid's menu	-22	1.1
CRACKER BARREL, country fried shrimp platter	-23	1.0

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
Avg. = -12.3

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

Balance Volumetric