

NIX THE SIX !! To improve your Omega-3 status.

Cereals, breads & grains

Cookies, oatmeal, prepared from recipe, without raisins	-11.5
Muffins, oat bran	-11.9
Cereals ready-to-eat, HEARTLAND NATURAL CER	-12.0
Cake, yellow, commercially prepared, with vanilla frosting	-12.1
Pie, lemon meringue, commercially prepared	-12.4
BEST FOODS, THOMAS' English Muffins, plain	-12.5
Muffins, wheat bran, toaster-type with raisins	-12.6
Wheat germ, crude	-12.7
Pie crust, cookie-type, prepared from recipe, graham cracker	-12.8
Cereals ready-to-eat, HEARTLAND NATURAL CER	-12.8
Pie, pecan, prepared from recipe	-12.8
Muffins, blueberry, toaster-type, toasted	-12.8
Cookies, oatmeal, commercially prepared, special diet	-13.0
Pie, blueberry, commercially prepared	-13.1
Muffins, blueberry, toaster-type	-13.1
Cereals ready-to-eat, wheat germ, toasted, plain	-13.1
Cookies, chocolate sandwich, with creme filling, regular	-13.2
Crackers, whole-wheat	-13.2
Crackers, whole-wheat, low salt	-13.2
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 margarine	-13.9
Pie crust, cookie-type, prepared from recipe, chocolate	-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	-14.3
Pie, peach	-14.5
Biscuits, plain or buttermilk, commercially baked	-14.7
Muffins, blueberry, prepared from recipe, made with margarine	-14.7
Pancakes, blueberry, prepared from recipe	-14.8
Cookies, chocolate sandwich, with creme filling, special diet	-14.8
Cookies, peanut butter, prepared from recipe	-14.9
Muffins, plain, prepared from recipe, made with low fat margarine	-15.0
Pie crust, standard-type, prepared from recipe, baked	-15.2
Muffins, corn, prepared from recipe, made with low fat margarine	-15.2
Cream puffs, prepared from recipe, shell, with custard filling	-15.3
Pancakes, plain, prepared from recipe	-15.4

not very good effect
bad effect
awful effect

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
Crackers, wheat, sandwich, with peanut butter filling	-16.2
Crackers, standard snack-type, regular	-16.4
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	-16.4
Cookies, brownies, prepared from recipe	-16.4
Cookies, sugar wafers with creme filling, special diet	-16.6
Hush puppies, prepared from recipe	-16.8
Doughnuts, cake-type, wheat, sugared or glazed	-17.1
Strudel, apple	-17.1
Sweet rolls, cinnamon, commercially prepared with margarine	-17.9
Waffles, plain, prepared from recipe	-18.2
Pie crust, cookie-type, prepared from recipe, vanilla	-18.2
Cream puffs, prepared from recipe, shell (includes egg)	-19.3
Cereals ready-to-eat, granola, homemade	-19.9
Cookies, peanut butter sandwich, special dietary	-20.4
Pie crust, standard-type, frozen, ready-to-bake, enriched	-20.7
Rice bran, crude	-21.6
Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY	-24.8
Noodles, chinese, chow mein	-25.4
Puff pastry, frozen, ready-to-bake, baked	-30.6

Vegetables

Potatoes, mashed, prepared from granules, with margarine	-11.2
Onion rings, breaded, par fried, frozen, prepared	-11.2
Tomatillos, raw	-12.1
Potatoes, mashed, prepared from flakes, without margarine	-12.2
Spinach souffle, home-prepared	-12.9
Asparagus, canned, drained solids	-13.4
Tomato products, canned, sauce, with herbs and spices	-13.7

Pepper, ancho, dried	-14.6
Soybeans, green, cooked, boiled, drained, with liquid	-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, strained	-23.7

Coleslaw, home-prepared	-14.4	Soybeans, mature seeds, sprouted, raw	-23.7
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Fruits

Avocados, raw, all commercial varieties	-10.9
Avocados, raw, Florida	-11.7

Dairy & Eggs

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

Meats, Fish & Legumes

Pork, fresh, separable fat, cooked	-10.2
OSCAR MAYER, Luncheon Loaf (spiced)	-10.2
Game meat, squirrel, cooked, roasted	-10.2
OSCAR MAYER, Bologna (chicken, pork, beef)	-10.2
Turkey, fryer-roasters, leg, meat and skin, cooked	-10.2
Pork, cured, ham, patties, unheated	-10.3
Pork, cured, ham, patties, grilled	-10.3
Chicken, broilers or fryers, thigh, meat only, cooked	-10.3
Pork, cured, separable fat (from ham and arm)	-10.3
Pork, cured, separable fat (from ham and arm)	-10.4
OSCAR MAYER, Old Fashioned Loaf	-10.4
Chicken, broilers or fryers, dark meat, meat only, cooked	-10.4
Chicken, broilers or fryers, thigh, meat only, cooked	-10.5
Turkey, fryer-roasters, dark meat, meat only, cooked	-10.6
Sausage, Italian, turkey, smoked	-10.6
Sausage, turkey, hot, smoked	-10.6
Nuts, pilinuts-canarytree, dried	-10.6
OSCAR MAYER, Wieners (cheese hot dogs with)	-10.6
Chicken, roasting, dark meat, meat only, cooked	-10.6
Chicken, capons, meat and skin and giblets and	-10.6
Chicken, broilers or fryers, breast, meat and skin, cooked	-10.7
Chicken, broilers or fryers, neck, meat only, cooked	-10.7
Chicken roll, light meat	-10.7
Turkey, young tom, light meat, meat and skin, cooked	-10.8
Turkey, young tom, breast, meat and skin, cooked	-10.9
Chicken, broilers or fryers, thigh, meat only, cooked	-10.9
Chicken, broilers or fryers, drumstick, meat and skin, cooked	-10.9
Turkey, all classes, breast, meat and skin, cooked	-11.0
Turkey, young tom, meat only, cooked, roasted	-11.0
Chicken, broilers or fryers, drumstick, meat and skin, cooked	-11.1
Chicken, broilers or fryers, back, meat only, cooked	-11.1
Chicken, cornish game hens, meat only, cooked	-11.2

HORMEL Pillow Pak Sliced Turkey Pepperoni	-11.9
Chicken, broilers or fryers, leg, meat and skin, cooked	-11.9
Chicken, broilers or fryers, thigh, meat and skin, cooked	-11.9
Turkey, all classes, meat only, cooked, roasted	-11.9
Nuts, acorns, dried	-11.9
Pork, fresh, variety meats and by-products, tail, cooked	-11.9
Pork, fresh, variety meats and by-products, luncheon	-11.9
Chicken, broilers or fryers, leg, meat and skin, cooked	-12.0
Chicken, broilers or fryers, neck, meat only, cooked	-12.1
Chicken, broilers or fryers, drumstick, meat and skin, cooked	-12.1
Turkey, young hen, meat only, cooked, roasted	-12.2
Turkey, fryer-roasters, wing, meat and skin, cooked	-12.3
Turkey, canned, meat only, with broth	-12.3
Nuts, hazelnuts or filberts	-12.3
Chicken, broilers or fryers, dark meat, meat and skin, cooked	-12.4
Chicken, broilers or fryers, leg, meat and skin, cooked	-12.4
Chicken, broilers or fryers, meat and skin and giblets and	-12.5
Chicken, roasting, meat and skin, cooked, roasted	-12.5
Chicken, stewing, meat only, cooked, stewed	-12.5
Chicken, broilers or fryers, dark meat, meat and skin, cooked	-12.6
Game meat, bear, cooked, simmered	-12.6
Chicken, broilers or fryers, thigh, meat and skin, cooked	-12.7
Chicken, roasting, meat and skin and giblets and	-12.7
Chicken, broilers or fryers, wing, meat and skin, cooked	-12.7
Miso	-12.7
Chicken, broilers or fryers, leg, meat and skin, cooked	-12.7
Turkey, young hen, light meat, meat and skin, cooked	-12.8
Turkey, diced, light and dark meat, seasoned	-12.8
Chicken, broilers or fryers, wing, meat and skin, cooked	-12.8
Chicken, broilers or fryers, drumstick, meat and skin, cooked	-12.8
Turkey, young tom, meat and skin, cooked, roasted	-12.8
Pastrami, turkey	-12.8

Turkey, all classes, light meat, meat and skin, cooked	-11.4	Seeds, sesame flour, partially defatted	-12.9
Crustaceans, shrimp, mixed species, cooked, broiled	-11.5	Nuts, hazelnuts or filberts, dry roasted, without salt	-12.9
Chicken, broilers or fryers, meat and skin, cooked	-11.5	Turkey, young tom, wing, meat and skin, cooked	-12.9
Chicken, stewing, light meat, meat only, cooked	-11.5	Chicken, broilers or fryers, thigh, meat and skin, cooked	-13.0
Nuts, acorn flour, full fat	-11.6	Chicken, broilers or fryers, meat and skin, cooked	-13.0
Chicken, broilers or fryers, meat and skin and giblets	-11.6	Chicken, broilers or fryers, meat and skin and giblets	-13.0
Turkey, fryer-roasters, dark meat, meat and skin, cooked	-11.7	Game meat, opossum, cooked, roasted	-13.0
Chicken, capons, giblets, cooked, simmered	-11.7	Chicken, stewing, dark meat, meat only, cooked	-13.0
Chicken, broilers or fryers, meat and skin and giblets	-11.7	Chicken, broilers or fryers, dark meat, meat and skin, cooked	-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	-11.8	Turkey, fryer-roasters, back, meat only, cooked	-13.1
Chicken, broilers or fryers, light meat, meat and skin, cooked	-11.8	Chicken, broilers or fryers, back, meat and skin, cooked	-13.1
Beef, round, top round, separable lean only, trimmed	-11.8	Chicken, broilers or fryers, thigh, meat and skin, cooked	-13.2
Chicken, broilers or fryers, back, meat only, cooked	-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	-16.0
LOUIS RICH, Turkey Smoked Sausage	-13.4	Turkey, young hen, leg, meat and skin, cooked	-16.1
Turkey, young tom, meat and skin and giblets and skin	-13.5	Peanut flour, low fat	-16.2
Chicken, broilers or fryers, dark meat, meat and skin, cooked	-13.5	Turkey, all classes, dark meat, meat and skin, cooked	-16.2
Turkey, all classes, wing, meat and skin, cooked	-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	-16.3
Turkey, all classes, meat and skin and giblets and skin	-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	-13.7	Chicken, broilers or fryers, skin only, cooked, roasted	-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	-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	-13.9	Veal, variety meats and by-products, heart, cooked	-17.2
Chicken, broilers or fryers, back, meat and skin, cooked	-14.0	Turkey, young hen, back, meat and skin, cooked	-17.2
Beef, variety meats and by-products, lungs, cooked	-14.1	Turkey, all classes, giblets, cooked, simmered	-17.3
Turkey, young hen, wing, meat and skin, cooked	-14.1	Nuts, mixed nuts, dry roasted, with peanuts, with salt	-17.4
LOUIS RICH, Turkey Salami Cotto	-14.2	LOUIS RICH, Turkey Bacon	-17.4
Chicken, broilers or fryers, back, meat and skin, cooked	-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	-17.7
Turkey, fryer-roasters, back, meat and skin, cooked	-14.6	Nuts, almond butter, plain, with salt added	-18.1
Chicken, broilers or fryers, neck, meat and skin, cooked	-14.6	Turkey thigh, pre-basted, meat and skin, cooked	-18.2
Turkey roast, boneless, frozen, seasoned, light	-14.6	Bologna, turkey	-18.4
Turkey, young tom, dark meat, meat only, cooked	-14.9	Turkey, young tom, skin only, cooked, roasted	-18.6
Chicken, stewing, meat and skin, and giblets and skin	-14.9	Beef, variety meats and by-products, kidneys, cooked	-18.8
Turkey, all classes, dark meat, cooked, roasted	-15.0	Frankfurter, turkey	-18.9
Turkey, young hen, meat and skin and giblets and skin	-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	-19.5
Chicken, broilers or fryers, neck, meat and skin, cooked	-15.1	Veal, variety meats and by-products, liver, cooked	-20.2
Chicken, broilers or fryers, neck, meat and skin, cooked	-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, with salt	-20.9

Turkey ham, cured turkey thigh meat	-15.2	Nuts, mixed nuts, oil roasted, with peanuts, with salt	-20.9
LOUIS RICH, Franks (turkey and chicken)	-15.3	Salami, cooked, turkey	-20.9
Turkey, young tom, leg, meat and skin, cooked	-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 (50% moisture)	-21.5
Chicken, cornish game hens, meat and skin, cooked	-15.5	WORTHINGTON FOODS, LOMA LINDA, BIG DAWG	-21.5
Frankfurter, meat, heated	-15.5	Pork, fresh, variety meats and by-products, live	-21.8
Finfish, tuna salad	-15.5	Nuts, almonds, oil roasted, without salt added	-22.3
Chicken, broilers or fryers, skin only, cooked, fresh	-15.6	Nuts, almonds, oil roasted, with salt added	-22.3
Turkey, all classes, leg, meat and skin, cooked	-15.8	Soybeans, mature cooked, boiled, without salt	-22.4
Soybeans, mature seeds, cooked, boiled, with salt	-22.4	Nuts, pecans, oil roasted, without salt added	-30.1
Natto	-22.4	Nuts, pecans, oil roasted, with salt added	-30.1
Veal, variety meats and by-products, liver, cooked	-22.4	Nuts, formulated, wheat-based, flavored, macadamia	-30.1
Peanut butter, smooth style, with salt	-23.0	Peanuts, valencia, oil-roasted, with salt	-30.1
Soybeans, mature seeds, roasted, salted	-23.2	Chicken, heart, all classes, cooked, simmered	-31.5
Soybeans, mature seeds, roasted, no salt added	-23.2	Tofu, fried	-32.1
Nuts, pistachio nuts, dry roasted, without salt added	-23.4	Seeds, cottonseed kernels, roasted (glandless)	-35.2
Nuts, pistachio nuts, dry roasted, with salt added	-23.5	Nuts, pine nuts, pignolia, dried	-35.4
Peanut butter, chunk style, with salt	-23.8	Seeds, sesame butter, tahini, from raw and stored	-35.6
Peanut butter, chunk style, with salt	-23.8	Seeds, sesame seeds, whole, roasted and toasted	-35.9
Tofu, firm, prepared with calcium sulfate and magnesium sulfate	-25.0	Seeds, pumpkin and squash seed kernels, roasted	-36.1
Peanuts, virginia, oil-roasted, with salt	-25.3	Seeds, sesame butter, paste	-36.1
Turkey, heart, all classes, cooked, simmered	-25.4	Nuts, brazilnuts, dried, unblanched	-36.2
Tofu, raw, firm, prepared with calcium sulfate	-25.9	Seeds, sesame seeds, whole, dried	-36.6
Tofu, soft, prepared with calcium sulfate and magnesium sulfate	-26.0	Seeds, pumpkin and squash seed kernels, dried	-37.9
Nuts, pecans, dry roasted, with salt added	-26.2	Seeds, sesame butter, tahini, from roasted and stored	-38.2
Peanuts, all types, oil-roasted, with salt	-26.8	Nuts, pine nuts, pinyon, dried	-38.3
Peanuts, all types, dry-roasted, without salt	-26.8	Bacon, meatless	-38.9
Tofu, raw, regular, prepared with calcium sulfate	-27.1	Seeds, sesame butter, tahini, from unroasted kernels	-39.3
Tofu, dried-frozen (koyadofu)	-27.3	Seeds, sesame seed kernels, dried (decorticated)	-39.4
Tofu, extra firm, prepared with nigari	-27.9	Nuts, butternuts, dried	-40.9
Sausage, meatless	-27.9	Nuts, walnuts, english	-44.4
Nuts, pecans	-28.4	Nuts, walnuts, black, dried	-50.3
Nuts, beechnuts, dried	-29.0	Seeds, watermelon seed kernels, dried	-50.4
Lamb, variety meats and by-products, liver, cooked	-29.2	Pork, fresh, variety meats and by-products, chitterlings	-51.1
Peanuts, spanish, oil-roasted, with salt	-29.3	Seeds, safflower seed kernels, dried	-54.1
Tofu, hard, prepared with nigari	-29.5	Seeds, sunflower seed butter, without salt	-54.2
Poultry salad sandwich spread	-29.6	Seeds, sunflower seed kernels, dry roasted, with salt	-56.2
Tofu, salted and fermented (fuyu), prepared with nigari	-29.7	Seeds, sunflower seed kernels, dried	-57.1
Nuts, hickorynuts, dried	-29.8	Seeds, sunflower seed kernels, oil roasted, with salt	-61.4
Seeds, sesame flour, high-fat	-29.8		

Oils, Sweets, Snacks, Drinks

Salad dressing, home recipe, cooked	-12.1	Snacks, potato chips, plain, made with partially hydrogenated oil	-16.1
Shortening industrial, soybean (hydrogenated)	-12.2	Oil, vegetable safflower, salad or cooking, oleic acid	-16.2
Fat, duck	-12.2	SOKOL, SOLO Poppy Seed Filling	-16.5
Vegetable oil, canola	-12.4	Margarine, regular, hard, soybean (hydrogenated)	-17.9
Snacks, trail mix, tropical	-12.5	Snacks, oriental mix, rice-based	-18.2
Margarine-like spread, approximately 60% fat, 100% vegetable oil	-12.6	Snacks, potato chips, cheese-flavor	-18.7
Frostings, cream cheese-flavor, ready-to-eat	-13.1	Shortening industrial, lard and vegetable oil	-19.0
Vegetable oil, avocado	-13.1	Salad dressing, french, diet, low fat, 5 calories	-19.4
Shortening cake mix, soybean (hydrogenated)	-13.6	Oil, vegetable, almond	-19.7
Candies, M&M MARS, TWIX Caramel Cookie E	-13.6	Baking chocolate, unsweetened, liquid	-20.1

Shortening, multipurpose, soybean (hydrogenated)	-14.7	Margarine-butter blend, 60% corn oil margarine	-20.2
Puddings, rice, ready-to-eat	-14.7	Candies, peanut bar	-20.4
Margarine, regular, hard, coconut (hydrogenated)	-15.6	Snacks, trail mix, regular	-20.6
Margarine, 70% vegetable oil spread, soybean	-21.2	Snacks, potato sticks	-34.4
Fat, chicken	-21.3	Snacks, potato chips, made from dried potatoes	-34.5
Toppings, nuts in syrup	-21.9	Margarine-like spread, (approximately 40% fat)	-34.8
Snacks, potato chips, plain, salted	-22.0	Shortening, special purpose for baking, soybean	-34.8
Margarine-like spread, approximately 60% fat, 1	-22.2	Margarine, soft, soybean (hydrogenated and re	-35.1
Snacks, potato chips, reduced fat	-22.4	Salad dressing, mayonnaise type, regular, with	-35.9
Snacks, trail mix, regular, with chocolate chips,	-23.0	Oil, vegetable, rice bran	-36.0
Shortening frying (regular), soybean (hydrogen	-23.1	Margarine, soft, soybean (hydrogenated) and c	-36.2
Snacks, popcorn, oil-popped	-23.9	Oil, peanut, salad or cooking	-36.2
Snacks, popcorn, oil-popped, white popcorn	-23.9	Oil, soybean, salad or cooking, (hydrogenated)	-36.5
Oil, vegetable, teaseed	-24.3	Margarine-like spread, (approximately 40% fat)	-36.8
Margarine, regular, hard, corn (hydrogenated)	-24.3	Shortening bread, soybean (hydrogenated) and c	-37.0
Snacks, granola bars, hard, peanut	-24.7	Salad dressing, thousand island, commercial, r	-37.1
Margarine, regular, hard, soybean (hydrogenate	-24.9	Shortening, special purpose for cakes and frost	-38.0
Margarine, regular, hard, soybean (hydrogenate	-24.9	Salad dressing, mayonnaise, imitation, soybean	-38.2
Snacks, granola bars, hard, plain	-25.3	Oil, vegetable, sunflower, linoleic, (hydrogenate	-38.9
Snacks, taro chips	-25.6	Salad dressing, blue or roquefort cheese, comr	-39.3
Margarine, regular, hard, soybean (hydrogenate	-25.7	Margarine-like spread, (approximately 40% fat)	-40.9
Snacks, popcorn, cheese-flavor	-25.9	Margarine, soft, corn (hydrogenated and regula	-41.1
Shortening, household, soybean (hydrogenated)	-25.9	Sandwich spread, with chopped pickle, regular,	-41.6
Snacks, corn-based, extruded, chips, plain	-25.9	Salad dressing, italian, commercial, diet, 2 calo	-41.9
Snacks, potato chips, made from dried potatoes	-26.0	Vegetable oil, oat	-42.2
Snacks, corn-based, extruded, chips, barbecue	-26.2	Margarine, soft, soybean (hydrogenated) and p	-42.9
Margarine, 80% fat, stick, includes regular and	-26.5	Margarine, regular, hard, safflower and soybean	-43.3
Shortening household soybean (hydrogenated)	-26.8	Oil, vegetable, sunflower, linoleic (less than 60	-44.8
Candies, sesame crunch	-27.2	Margarine, soft, unspecified oils, with salt adde	-45.3
Margarine, regular, hard, soybean, soybean (hy	-27.4	Salad dressing, russian, with salt	-45.3
Margarine-like spread, approximately 60% fat, s	-27.6	Salad dressing, italian, commercial, regular, wi	-45.6
Salad dressing, thousand island, diet, low calor	-27.7	Salad dressing, mayonnaise, soybean oil, with	-45.9
Snacks, sesame sticks, wheat-based, salted	-28.6	Margarine, soft, soybean (hydrogenated) and s	-46.4
Margarine-like spread, (approximately 40% fat)	-29.0	Oil, sesame, salad or cooking	-46.4
Margarine, soft, soybean (hydrogenated) and c	-30.6	Salad dressing, blue + roquefort cheese, comm	-46.6
Margarine, regular, hard, soybean (hydrogenate	-30.7	Salad dressing, french, commercial, regular, wi	-47.2
Margarine, regular, hard, soybean (hydrogenate	-31.2	Salad dressing, home recipe, vinegar and oil	-47.4
Margarine-like spread, approximately 60% fat, 1	-31.9	Salad dressing, sesame seed	-47.9
Salad dressing, mayonnaise, imitation, soybean	-31.9	Oil, vegetable, walnut	-48.1
Salad dressing, mayonnaise, imitation, soybean	-31.9	Oil, soybean, salad or cooking, (hydrogenated)	-48.1
Margarine, regular, unspecified oils, with salt ac	-32.3	Oil, soybean, salad or cooking	-50.0
Margarine spread, fat-free, bottle	-32.3	Margarine, regular, hard, sunflower and soybean	-50.6
Margarine, regular, hard, corn (hydrogenated a	-32.4	Oil, wheat germ	-54.2
Shortening frying (heavy duty), soybean (hydro	-32.5	Margarine, regular, hard, safflower and soybean	-56.3
Snacks, potato chips, sour-cream-and-onion-fla	-32.5	Salad dressing, french, cottonseed, oil, home r	-57.4
Snacks, potato chips, made from dried potatoes	-32.6	Oil, vegetable, cottonseed, salad or cooking	-58.8
Margarine, soft, unspecified oils, without added	-32.8	Margarine, soft, safflower (hydrogenated and re	-62.2
Margarine, regular, hard, soybean (hydrogenate	-32.8	Oil, vegetable corn, salad or cooking	-64.8
Snacks, potato chips, barbecue-flavor	-33.0	Margarine, soft, sunflower and cottonseed (hyd	-65.9
Margarine-like spread, (approximately 40% fat)	-33.0	Salad dressing, mayonnaise, soybean and saff	-68.3
Snacks, potato chips, made from dried potatoes	-33.1	Margarine, soft, safflower and cottonseed (hydr	-69.1

Margarine, regular, hard, soybean (hydrogenated)	-33.1	Oil, vegetable, poppyseed	-70.6
Oil, vegetable, apricot kernel	-33.1	Oil, vegetable, sunflower, linoleic, (60% and ov	-74.3
Margarine, soft, soybean (hydrogenated), cotto	-33.2	Oil, vegetable, grapeseed	-78.6
Margarine, soft, soybean, soybean (hydrogenat	-34.2	Oil, vegetable safflower, salad or cooking, linole	-84.4

Spices & prepared foods

Infant formula, CARNATION GOOD START, w	-9.3	Fast foods, fish sandwich, with tartar sauce and	-14.9
Child formula, ROSS, PEDIASURE, with iron, r	-9.3	Soup, stockpot, canned, prepared with equal v	-15.0
Spices, anise seed	-9.3	WORTHINGTON FOODS, MORNINGSTAR FA	-15.0
Fast foods, english muffin, with cheese and sa	-9.4	Fast foods, biscuit, with egg and bacon	-15.0
Infant formula, CARNATION GOOD START, w	-9.4	Infant formula, ROSS, SIMILAC PM 60/40, low	-15.1
Soup, cream of asparagus, dehydrated, prepar	-9.6	Soup, chicken mushroom, canned, condensed,	-15.2
Soup, onion, canned, prepared with equal volu	-9.6	Infant formula, ROSS, ALIMENTUM, ready-to-f	-15.3
Gravy, turkey, canned	-9.6	Infant formula, ROSS, ISOMIL SF, with iron, liq	-15.4
Soup, clam chowder, new england, canned, pre	-9.7	Babyfood, meat, chicken, strained	-15.5
Infant formula, ROSS, SIMILAC, with iron, read	-9.8	Soup, chicken broth or bouillon, dehydrated, pr	-15.6
Soup, vegetable, canned, chunky, ready-to-ser	-9.8	Babyfood, meat, turkey, junior	-15.7
Gravy, CUSTOM FOODS, SUPERB Country G	-9.8	Soup, chicken mushroom, canned, prepared wi	-15.9
Babyfood, meat, meat sticks, junior	-9.8	Soup, chicken broth or bouillon, dehydrated, dr	-16.0
Soup, minestrone, canned, condensed, comme	-10.0	Fast foods, biscuit, with egg	-16.0
Soup, onion, canned, condensed, commercial	-10.0	Soup, mushroom, dehydrated, prepared with w	-16.1
Soup, minestrone, canned, prepared with equa	-10.0	Fast foods, fish sandwich, with tartar sauce	-16.2
Infant formula, ROSS, ISOMIL, with iron, ready	-10.1	Soup, mushroom, dehydrated, dry	-16.2
Sauce, NESTLE, TRIO Cheese Sauce Mix, dry	-10.2	Fast foods, french toast sticks	-16.2
Infant formula, ROSS, ISOMIL SF, with iron, re	-10.3	Fast foods, biscuit, with egg and ham	-16.3
Sauce, NESTLE, LJ MINOR Creole Sauce, rea	-10.5	Sauce, NESTLE, ORTEGA Enchilada Sauce, r	-16.4
Infant formula, MEAD JOHNSON, PREGESTIN	-10.6	Babyfood, meat, chicken, junior	-16.6
Babyfood, dinner, chicken stew, toddler	-10.8	Gravy, chicken, canned	-17.1
Sauce, pasta, spaghetti/marinara, ready-to-ser	-11.2	Sauce, homemade, white, medium	-17.4
Soup, cream of chicken, canned, prepared with	-11.5	Sauce, curry, dehydrated, dry	-17.5
Soup, cream of onion, canned, prepared with e	-11.6	Gravy, mushroom, canned	-17.6
Soup, escarole, canned, ready-to-serve	-11.8	Sauce, ready-to-serve, pepper or hot	-17.6
Sauce, NESTLE, LJ MINOR Teriyaki Sauce, re	-11.9	Gravy, NESTLE, TRIO Brown Gravy Mix, dry	-18.5
Gravy, NESTLE, TRIO Country Gravy Mix, dry	-12.2	Infant formula, ROSS, SIMILAC PM 60/40, low	-18.8
Soup, cream of vegetable, dehydrated, prepare	-12.2	STOUFFER'S, Creamed Spinach, frozen	-18.9
Soup, chicken with dumplings, canned, conden	-12.3	Gravy, NESTLE, CHEF-MATE Country Sausag	-19.0
Sauce, cheese, ready-to-serve	-12.3	Sauce, homemade, white, thick	-19.0
Soup, clam chowder, new england, dehydrated	-12.4	Spices, chili powder	-19.1
Soup, cream of vegetable, dehydrated, dry	-12.4	Gravy, NESTLE, TRIO Southern Gravy Mix, dr	-19.1
Sauce, LIPTON, RAGU Old World Style Smoot	-12.5	Soup, cream of asparagus, canned, condensec	-20.0
Soup, chicken with dumplings, canned, prepare	-12.5	Soup, cream of asparagus, canned, prepared v	-20.3
Sauce, NESTLE, CHEF-MATE Golden Cheese	-12.6	Side dishes, potato salad	-21.2
Soup, cream of asparagus, canned, prepared v	-12.6	Soup, cream of mushroom, canned, prepared v	-21.7
Sauce, NESTLE, CHEF-MATE Sharp Cheddar	-13.1	Spices, pepper, red or cayenne	-22.2
Babyfood, vegetables, peas, creamed, strained	-13.2	Infant formula, MEAD JOHNSON, LOFENALAC	-22.5
Fast foods, chicken, breaded and fried, dark me	-13.6	Spices, paprika	-22.6
Fast foods, egg, scrambled	-13.9	Babyfood, meat, turkey sticks, junior	-22.6
Babyfood, dinner, chicken soup, strained	-13.9	Infant formula, MEAD JOHNSON, LOFENALAC	-22.7
Babyfood, meat, chicken sticks, junior	-14.1	Entrees, fish fillet, battered or breaded, and frie	-22.8
Soup, clam chowder, manhattan, canned, prep	-14.2	Infant formula, CARNATION, ALSOY, with iron	-23.4
Fast foods, chicken fillet sandwich, plain	-14.2	Soup, cream of celery, canned, prepared with e	-26.2
Soup, clam chowder, manhattan, canned, cond	-14.5	WORTHINGTON FOODS, MORNINGSTAR FA	-28.3

Sauce, NESTLE, ORTEGA Mild Nacho Cheese	-14.6	Soup, cream of mushroom, canned, prepared v	-32.1
SUNNY FRESH, Pre-Cooked Frozen Egg and	-14.7	Sauce, ready-to-serve, pepper, TABASCO	-32.9
Soup, cream of celery, canned, prepared with e	-14.7	Fast foods, coleslaw	-33.1
Babyfood, meat, turkey, strained	-14.8	Soup, cream of mushroom, canned, condense	-33.9
SUNNY FRESH, Pre-Cooked Frozen Egg, Han	-14.9	Spices, poppy seed	-56.6