Breads and Grain	ıs	Pizza	.28	Pickles, sweet	.36	Grapefruit		Beans: kidney, lim	a,
Bagel	.56	Potato Salad	.13	Salad dressings		Fresh	.09	Pinto, red, white	.21
Barley, uncooked		Spaghetti/Meat Sauce	.13	blue cheese	.07	Canned	.07	Bean sprouts	.06
Biscuits	.45	Tossed Salad	.05	caesar	.04	Frozen	.09	Beets, boiled	.07
Bread crumbs	.74	Tuna Casserole	.13	french	.17	Grapefruit-orange		Beet greens, cooked	
Bread sticks	.75	Desserts and Swee	ets	italian	.07	canned	.10	Broccoli	.06
Bread	.53	Apple butter	.46	russian	.07	frozen	.11	Brussel sprouts, cooked	.06
Corn starch	.83	Banana bread	.47	thousand island	.15	Lemon	.08	Cabbage	
English muffin	.51	Brownie with nuts	.50	Pickle relish, swee		Lemonade, frozen	.11	Raw	.05
French toast	.26	Cakes		Soy sauce	.10	Orange		Cooked	.04
Lentils	.19	Angel food	.60	Spaghetti sauce	.09	fresh	.11	Chinese, raw	.03
Macaroni, plain	.23	Coffee	.52	Steak sauce	.21	canned, unsweet		Chinese, cooked	.01
cheese	.20	Fruit	.57	Sweet & Sour sauce		canned, sweet'nd		Carrots	
Muffins	.45	Sponge	.55	Tartar sauce	.04	frozen	.11	raw	.10
Pancakes & waffle		Candies Caramel		Tomato paste	.19	Orange-apricot	.13	cooked	.07
dry mix	.70	Fudge with nuts		Worcestershire sauce	.18	Papaya	.12	Cauliflower	
prepared	.44	Hard	.96	Fruits		Peach nectar	.13	raw	.05
Rice, cooked	.24	Jelly beans	.93	Apples	.13	Pineapple		cooked	.04
Rolls	.60	Lollipops	1.0	Apricots		canned	.14	Celery	.04
Spaghetti, plain	.26	Peanut brittle	.73	Fresh	.13	frozen	.13	Chard, raw	.05
with sauce	.15	Chocolate syrup	.65	Dried	.60	Prune	.19	Corn	
Toast	.70	Cookies		Banana	.20	Tomato	.04	steamed, off cob	
Tortillas, corn	.42	animal	.80	Blackberries	.12	V-8	.04	sweet, creamed	.20
flour	.58	chocolate chip	.59	Blueberries	.13	Sandwiches		canned	.06
Wheat flour	.76	fig bar	.71	Cantaloupe	.08	BLT	.19	Cucumber	.03
Cereals, cold		gingersnap	.80	Cherries, Fresh, swt red		Chicken salad	.24		.04
All Bran	.78	oatmeal & raisin		Dates, dried and pitted	.67	Club	.13	Lettuce	.03
Cheerios	.70	Danish pastries	.46	Figs		Egg salad	.22	Mushrooms Okra	.04
Corn Chex	.89	Doughnuts		Fresh	.18	Hot dog with bun		Onions	.05
Corn Flakes	.84	cake	.52	Dried	.62	Peanut butter & jelly		Parsnips	.18
Fruit and Fiber	.78	jelly filled	.46	Grapes	.14	Tuna salad	.24	Parsnips Peas	.12
Granola	.68	Fruit turnovers	.26	Grapefruit	.10	Snack Foods		Peppers	.05
Grapenuts	.83	Honey	.76	Honeydew	.08	Almonds	.19	Potatoes	.05
Nutri Grain	.86	Ice Cream		Mangoes	.17	Cashews	.26	baked	.21
Product 19	.84	plain cone	.21	Nectarines	.17	Corn chips	.57		
								boiled	15
Puffed Wheat	.77		.30	Oranges	.12	Crackers		boiled	.15
Quaker 100% Natural	.64	bar	.25	Papayas	.10	Graham	.73	hash browns	.29
Quaker 100% Natural Raisin Bran	.64 .75	bar Ice Milk	.25	Papayas Peaches, fresh	.10	Graham Round	.67	hash browns french fries	.29
Quaker 100% Natural Raisin Bran Rice Krispies	.64 .75 .88	bar Ice Milk Jams	.25 .23 .70	Papayas Peaches, fresh Pears, fresh	.10	Graham Round Rye	.67 .50	hash browns french fries chips	.29 .34 .50
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat	.64 .75 .88 .81	bar Ice Milk Jams Jellies	.25	Papayas Peaches, fresh Pears, fresh Persimmons	.10 .10 .15	Graham Round Rye Saltines	.67 .50 .70	hash browns french fries chips Pumpkin	.29 .34 .50
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K	.64 .75 .88 .81	bar Ice Milk Jams Jellies Pies	.25 .23 .70 .70	Papayas Peaches, fresh Pears, fresh Persimmons japanese	.10 .10 .15	Graham Round Rye Saltines Marshmallows	.67 .50 .70 .78	hash browns french fries chips Pumpkin Radishes	.29 .34 .50 .08
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total	.64 .75 .88 .81 .76	bar Ice Milk Jams Jellies Pies apple	.25 .23 .70 .70	Papayas Peaches, fresh Pears, fresh Persimmons japanese native	.10 .10 .15	Graham Round Rye Saltines Marshmallows Mixed nuts	.67 .50 .70 .78 .18	hash browns french fries chips Pumpkin Radishes Sauerkraut	.29 .34 .50 .08 .04
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties	.64 .75 .88 .81	bar Ice Milk Jams Jellies Pies apple blueberry	.25 .23 .70 .70	Papayas Peaches, fresh Pears, fresh Persimmons japanese native Pineapple, fresh	.10 .10 .15 .20 .34 .14	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip	.67 .50 .70 .78 .18	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach	.29 .34 .50 .08
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot	.64 .75 .88 .81 .76 .79	bar Ice Milk Jams Jellies Pies apple blueberry cherry	.25 .23 .70 .70 .37 .34 .38	Papayas Peaches, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh	.10 .10 .15	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter	.67 .50 .70 .78 .18 .10	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans	.29 .34 .50 .08 .04 .04
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits	.64 .75 .88 .81 .76 .79 .80	bar Ice Milk Jams Jellies Pies apple blueberry cherry lemon meringue	.25 .23 .70 .70 .37 .34 .38 .38	Papayas Peaches, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Prunes	.10 .10 .15 .20 .34 .14	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts	.67 .50 .70 .78 .18 .10 .17	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash	.29 .34 .50 .08 .04 .04 .04
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat	.64 .75 .88 .81 .76 .79 .80	bar Ice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan	.25 .23 .70 .70 .37 .34 .38 .38 .23	Papayas Peaches, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Prunes dehydrated	.10 .10 .15 .20 .34 .14 .18	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans	.67 .50 .70 .78 .18 .10 .17 .20	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans	.29 .34 .50 .08 .04 .04 .04
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina	.64 .75 .88 .81 .76 .79 .80	bar Ice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan pumpkin	.25 .23 .70 .70 .37 .34 .38 .38 .23 .23	Papayas Peaches, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Prunes dehydrated dried, uncooked	.10 .10 .15 .20 .34 .14 .18	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios	.67 .50 .70 .78 .18 .10 .17	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked	.29 .34 .50 .08 .04 .04 .04 .11
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal	.64 .75 .88 .81 .76 .79 .80 .11 .14 .11	bar Ice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan pumpkin Preserves	.25 .23 .70 .70 .37 .34 .38 .38 .23 .23	Papayas Peaches, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Prunes dehydrated dried, uncooked Raisins	.10 .15 .20 .34 .14 .18	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecants Pistachios	.67 .50 .70 .78 .18 .10 .17 .20 .20	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked winter, baked	.29 .34 .50 .08 .04 .04 .04 .11
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal RomanMeal	.64 .75 .88 .81 .76 .79 .80 .11 .14 .11 .10	bar Ice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan pumpkin Preserves Sherbet	.25 .23 .70 .70 .37 .34 .38 .38 .23 .23	Papayas Peaches, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Prunes dehydrated dried, uncooked Raisins Raspberries, fresh	.10 .15 .20 .34 .14 .18 .91 .67 .77 .14	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios Popcorn popped, no butter	.67 .50 .70 .78 .18 .10 .17 .20 .20 .19	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked winter, baked winter, boiled	.29 .34 .50 .08 .04 .04 .04 .11
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal RomanMeal Wheat Hearts	.64 .75 .88 .81 .76 .79 .80 .11 .14 .11 .10 .14	bar Ice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan pumpkin Preserves Sherbet Dressings, Sauces	.25 .23 .70 .70 .37 .34 .38 .38 .23 .23	Papayas Peaches, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Prunes dehydrated dried, uncooked Raisins	.10 .15 .20 .34 .14 .18 .91 .67 .77 .14	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios Popcorn popped, no butter	.67 .50 .70 .78 .18 .10 .17 .20 .20 .19	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked winter, baked winter, boiled Tomatoes	.29 .34 .50 .08 .04 .04 .04 .11
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal RomanMeal Wheat Hearts Wheatena	.64 .75 .88 .81 .76 .79 .80 .11 .14 .11 .10 .14 .12	bar Ice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan pumpkin Preserves Sherbet Dressings, Sauces and Condiments	.25 .23 .70 .70 .37 .34 .38 .38 .23 .23 .70 .32	Papayas Peaches, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Prunes dehydrated dried, uncooked Raisins Raspberries, fresh Strawberries, fresh	.10 .15 .20 .34 .14 .18 .91 .67 .77 .14	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios Popcorn popped, no butter Potato chips Pretzels	.67 .50 .70 .78 .18 .10 .17 .20 .20 .19	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked winter, baked winter, boiled Tomatoes	.29 .34 .50 .08 .04 .04 .04 .11
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal RomanMeal Wheat Hearts Wheatena Combination Dish	.64 .75 .88 .81 .76 .79 .80 .11 .14 .11 .10 .14 .12 .12	bar Ice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan pumpkin Preserves Sherbet Dressings, Sauces and Condiments Bacon bits	.25 .23 .70 .70 .37 .34 .38 .38 .23 .70 .32	Papayas Peaches, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Prumes dehydrated dried, uncooked Raisims Kaspberries, fresh Strawberries, fresh Tangerines Watermelon	.10 .15 .20 .34 .14 .18 .91 .67 .77 .14 .08 .12	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios Popcorn popped, no butter Potato chips Pretzels Sunflower seed/no shell	.67 .50 .70 .78 .18 .10 .17 .20 .20 .19	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked winter, baked winter, boiled Tomatoes	.29 .34 .50 .08 .04 .04 .04 .11
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal RomanMeal Wheat Hearts Wheatena Combination Dish Beef Stew	.64 .75 .88 .81 .76 .79 .80 .11 .14 .11 .10 .14 .12 .12 .12	bar lice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan pumpkin Preserves Sherbet and Condiments Bacon bits Barbecue sauce	.25 .23 .70 .70 .37 .34 .38 .38 .23 .70 .32	Papayas Peaches, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Plums, fresh Prunes dehydrated dried, uncooked Raisins Raspberries, fresh Strawberries, fresh Tangerines Watermelon Juices	.10 .10 .15 .20 .34 .14 .18 .91 .67 .77 .14 .08 .12	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios Popcorn popped, no butter Potato chips Pretzels Sunflower seed/no shell Walnuts	.67 .50 .70 .78 .18 .10 .17 .20 .20 .19	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked winter, baked winter, boiled Tomatoes	.29 .34 .50 .08 .04 .04 .04 .11
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal RomanMeal Wheat Hearts Wheatena Combination Dish Beef Stew Burritos	.64 .75 .88 .81 .76 .79 .80 .11 .14 .11 .10 .14 .12 .12 .12 .16 .06 .24	bar Ice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan pumpkin Preserves Sherbet Dressings, Sauces and Condiments Bacon bits Barbecue sauce Catsup	.25 .23 .70 .70 .37 .34 .38 .23 .70 .32 .32	Papayas Peaches, fresh Pears, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Prumes dehydrated dried, uncooked Raisins Strawberries, fresh Strawberries, fresh Strawberries, fresh Strawberries, fresh Strawberries, fresh Unices Watermelon Juices Apple cider	.10 .10 .15 .20 .34 .14 .18 .91 .67 .77 .14 .08 .12 .06	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios Popcorn popped, no butter Potato chips Pretzels Sunflower seed/no shell Walnuts Vegetables	.67 .50 .70 .78 .18 .10 .17 .20 .20 .19 .78 .50 .75 .19	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked winter, baked winter, boiled Tomatoes	.29 .34 .50 .08 .04 .04 .04 .11
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal RomanMeal RomanMeal Wheat Hearts Wheatena Combination Disk Beef Stew Burritos Chicken Pie	.64 .75 .88 .81 .76 .79 .80 .11 .14 .11 .10 .14 .12 .12 .12	bar lice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan pumpkin Preserves Sherbet and Condiments Bacon bits Barbecue sauce	.25 .23 .70 .70 .37 .34 .38 .38 .23 .70 .32	Papayas Peaches, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Prunes dehydrated dried, uncooked Raisims Raspberries, fresh Strawberries, fresh Tangerines Watermelon Juices Apple cider Apple juice	.10 .10 .15 .20 .34 .14 .18 .91 .67 .77 .14 .08 .12	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios Popcorn popped, no butter Potato chips Pretzels Sunflower seed/no shell Walnuts Vegetables Artichoke	.67 .50 .70 .78 .18 .10 .17 .20 .20 .19 78 50 75 19 15	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked winter, baked winter, balled Tomatoes Turnips	.29 .34 .50 .08 .04 .04 .01 .11 .03 .15 .09 .05
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal RomanMeal Wheat Hearts Wheatena Combination Dish Beef Stew Burritos Chicken Pie Chili with beans	.64 .75 .88 .81 .76 .79 .80 .11 .14 .11 .10 .14 .12 .12 .12 .12	bar Lice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan pumpkin Preserves Sherbet Dressings, Sauces and Condiments Bacon bits Barbecue sauce Catsup Cheese sauce Chili sauce	.25 .23 .70 .70 .37 .34 .38 .38 .23 .70 .32 .32 .32 .32 .32	Papayas Peaches, fresh Pears, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Plums dehydrated dried, uncooked Raisins Raspberries, fresh Strawberries, fresh Tangerines Watermelon Juices Apple cider Apple juice Apple juice Apple juice Appricot	.10 .10 .15 .20 .34 .14 .18 .91 .67 .77 .14 .08 .12 .06	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios Popcorn popped, no butter Potato chips Pretzels Sumflower seed/no shell Walnuts Vegetables Artichoke Asparagus	.67 .50 .70 .78 .18 .10 .17 .20 .20 .19 .50 .75 .19 .15	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked winter, baked winter, baled Tomatoes Turnips	.29 .34 .50 .08 .04 .04 .04 .11 .03 .15 .09 .05
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal RomanMeal Wheat Hearts Wheatena Combination Dish Beef Stew Burritos Chilcken Pie Chili with beans Chili with beans	.64 .75 .88 .81 .76 .79 .80 .11 .14 .11 .10 .14 .12 .12 .12 .12 .17 .11 .18	bar Ice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan pumpkin preserves Sherbet Dressings, Sauces and Condiments Bacon bits Barbecue sauce Catsup Cheese sauce	.25 .23 .70 .70 .37 .34 .38 .38 .23 .70 .32 .32	Papayas Peaches, fresh Pears, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Prunes dehydrated dried, uncooked Raisins Raspberries, fresh Strawberries, fresh Tangerines Watermelon Juices Apple juice Apricot nectar	.10 .10 .15 .20 .34 .14 .18 .91 .67 .77 .14 .08 .12 .06	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios Popcorn popped, no butter Potato chips Pretzels Sunflower seed/no shell Walnuts Vegetables Artichoke Asparagus Avocado	.67 .50 .70 .78 .18 .10 .17 .20 .20 .19 	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked winter, baked winter, balled Tomatoes Turnips	.29 .34 .50 .08 .04 .04 .04 .11 .03 .15 .09 .05
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal RomanMeal Wheat Hearts Wheatena Combination Disk Beef Stew Burritos Chicken Pie Chili without beans Chili without beans Coleslaw	.64 .75 .88 .81 .76 .79 .80 .11 .14 .11 .10 .14 .12 .12 .es .06 .24 .17 .11 s.06 .14	bar Ice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan pumpkin Preserves Sherbet Dressings, Sauces and Condiments Bacon bits Barbecue sauce Catsup Cheese sauce Chili sauce Hollandaise Hollsandaise	.25 .23 .70 .70 .37 .34 .38 .38 .23 .70 .32 .32 .32 .32 .32 .32 .32 .32 .32 .32	Papayas Peaches, fresh Pears, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Prumes dehydrated dried, uncooked Raisins Raspberries, fresh Strawberries, fresh Strawberries, fresh Juices Apple eider Apple juice Apple juice Apricot nectar Cranberry	.10 .10 .15 .20 .34 .14 .18 .91 .67 .77 .14 .08 .12 .06	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios Popcorn popped, no butter Potato chips Pretzels Sumflower seed/no shell Walnuts Vegetables Artichoke Asparagus Avocado Bamboo shoots	.67 .50 .70 .78 .18 .10 .17 .20 .20 .19 .50 .75 .19 .15	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked winter, baked winter, baled Tomatoes Turnips  Friends With Diabs  Friends With Diabs  All Herrick AN	.29 .34 .50 .08 .04 .04 .04 .11 .03 .15 .09 .05
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal RomanMeal Wheat Hearts Wheatena Combination Disk Beef Stew Burritos Chicken Pie Chili with beans Chili without beans Coleslaw Fish & Chips, frozen	.64 .75 .88 .81 .76 .79 .80 .11 .14 .12 .12 .12 .12 .18 .06 .14 .18	bar Ice Milk Jams Jellies Pies apple blueberry cherry cherry lemon meringue pecan pumpkin Preserves Sherbet Dressings, Sauces and Condiments Bacon bits Barbecue sauce Catsup Cheese sauce Chili sauce Hollandaise	.25 .23 .70 .70 .37 .34 .38 .23 .23 .70 .32 .19 .13 .25 .06 .24 .08 .10	Papayas Peaches, fresh Pears, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Prunes dehydrated dried, uncooked Raisins Raspberries, fresh Strawberries, fresh Tangerines Watermelon Juices Apple juice Apricot nectar	.10 .10 .15 .20 .34 .14 .18 .91 .67 .77 .14 .08 .12 .06	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios Popcorn popped, no butter Potato chips Pretzels Sunflower seed/no shell Walnuts Vegetables Artichoke Asparagus Avocado Bamboo shoots Beans	.67 .50 .70 .78 .18 .10 .17 .20 .20 .19 	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash Summer, cooked winter, baked winter, baked Tomatoes Turnips	.29 .34 .50 .08 .04 .04 .04 .11 .03 .15 .09 .05
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal RomanMeal RomanMeal Wheat Hearts Wheatena Combination Dish Beef Stew Burritos Chilcken Pie Chili with beans Coleslaw Fish & Chips, frozen Lasagna	.64 .75 .88 .81 .76 .79 .80 .11 .14 .11 .10 .14 .12 .12 .12 .12 .18 .06 .24 .17 .11 .11 .18 .10 .14 .11 .11 .11 .12 .12 .12 .13 .14 .15 .16 .17 .17 .17 .17 .17 .17 .17 .17 .17 .17	bar Ice Milk Jams Jellies Jellies apple blueberry cherry cherry lemon meringue pecan pumpkin Preserves Sherbet Dressings, Sauces and Condiments Bacon bits Barbecue sauce Catsup Cheese sauce Chili sauce Hollandaise Horseradish Mayonnaise	.25 .23 .70 .70 .37 .34 .38 .23 .23 .70 .32 .19 .13 .25 .06 .08 .10	Papayas Peaches, fresh Peaches, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Plums, dehydrated dried, uncooked Raisins Raspberries, fresh Tangerines Watermelon Juices Apple cider Apple juice Apricot nectar Cranberry Grape	.10 .10 .15 .20 .34 .14 .18 .91 .67 .77 .14 .08 .12 .06	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios Popcorn popped, no butter Potato chips Pretzels Sunflower seed/no shell Walnuts Vegetables Artichoke Asparagus Avocado Bamboo shoots Beans Raw green	.67 .50 .70 .78 .18 .10 .17 .20 .20 .19 	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked winter, baked winter, baled Tomatoes Turnips  Friends With Diabs  Friends With Diabs  All Herrick AN	.29 .34 .50 .08 .04 .04 .04 .11 .03 .15 .09 .05
Quaker 100% Natural Raisin Bran Rice Krispies Shredded Wheat Special K Total Wheaties Cereals, hot Corn grits Cream of Wheat Farina Oatmeal RomanMeal Wheat Hearts Wheatena Combination Disk Beef Stew Burritos Chicken Pie Chili with beans Chili without beans Coleslaw Fish & Chips, frozen	.64 .75 .88 .81 .76 .79 .80 .11 .14 .12 .12 .12 .12 .18 .06 .14 .18	bar Ice Milk Jams Jellies Pies apple blueberry cherry lemon meringue pecan pumpkin Preserves Sherbet Dressings, Sauces and Condiments Bacon bits Barbecue sauce Catsup Cheese sauce Chili sauce Hollandaise Horseradish Mayonnaise Mustard	.25 .23 .70 .70 .37 .34 .38 .38 .23 .23 .70 .32 .32 .32 .32 .06 .24 .08 .02 .04	Papayas Peaches, fresh Pears, fresh Persimmons japanese native Pineapple, fresh Plums, fresh Plums, fresh Plums, fresh Prunes dehydrated dried, uncooked Raisins Raspberries, fresh Strawberries, fresh Tangerines Watermelon Juices Apple cider Apple juice Apricot nectar Cranberry Grape Bottled	.10 .10 .15 .20 .34 .14 .18 .91 .67 .77 .14 .08 .12 .06	Graham Round Rye Saltines Marshmallows Mixed nuts Onion dip Peanut butter Peanuts Pecans Pistachios Popcorn popped, no butter Potato chips Pretzels Sunflower seed/no shell Walnuts Vegetables Artichoke Asparagus Avocado Bamboo shoots Beans	.67 .50 .70 .78 .18 .10 .17 .20 .20 .19 	hash browns french fries chips Pumpkin Radishes Sauerkraut Spinach Soybeans Squash summer, cooked winter, baked winter, boiled Tomatoes Turnips  Priends With Dabbe Dipping Valley String Valley NY 18	.29 .34 .50 .08 .04 .04 .04 .11 .03 .15 .09 .05