1989

Nutritional rating system for foods

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Ellyne, Darcie Kay, M.S.

San Jose State University, 1989

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NUTRITIONAL RATING SYSTEM FOR FOODS

A Thesis

Presented to

The Faculty of the Department of Nutrition and Food Science

San Jose State University

In Partial Fulfillment

of the Requirements for the Degree

Master of Science in Nutritional Science

Darcie K. Ellyne

December, 1989

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ABSTRACT

Nutritional Rating System for Foods

by Darcie Ellyne

This thesis includes two parts. The first part describes the revision of a nutritional rating system for foods (NRSF) based on current dietary standards. Using values calculated in the revised NRSF, the second part presents nutritional profiles of foods in bar graph format.

The NRSF expanded on the concept of nutrient density by comparing it to a standard nutrient density. A cumulative score of nutrient density ratios was computed for each food. Criteria were calculated for excessive components which were used to downgrade the score. Foods in the Nutritionist III database were rated from one to six.

Graphic representation of nutrients in foods was used to describe nutrient levels as "excellent," "good," "adequate," "fair," or "poor." The NRSF serves as a simple yet comprehensive tool for nutrition education.

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Acknowledgement

I gratefully acknowledge the expertise and the guidance of my graduate committee of Norma Jean Downes, Rose Y. Tseng, and Mary Ann Sullivan, with whom I have consulted throughout the course of my thesis. John Shifflet played an instrumental role in the computer programming, and his dedication and his computer talent were decisive factors in the accomplishment of the revision of the Nutritional Rating System for Foods. In addition to those persons who contributed expertise in the areas of nutrition, writing, and computers, I acknowledge the support of Girish Apte, my friends, and my family who loved me throughout the completion of my thesis.

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Preface

This revision of the Nutritional Rating System for Foods (NRSF) included two phases of research. Chapter One is a review and critique of the original system which is the foundation for the research described in the following chapters. Chapter One is written in American Psychological Association format. The first phase of the research is reported in Chapter Two which describes the development of the revised system and the results of rating 1,865 foods in the Nutritionist III™ computer database. Chapter Three, the second phase, is a graphic presentation of the NRSF for selected foods. Chapters Two and Three are written in publication format for submission as separate articles to the Journal of The American Dietetic Association.

CHAPTER 1

Introduction and Review of Literature

Dietary guidance systems are designed to direct consumers in the selection of foods in order to achieve healthy food practices. The Basic Four Food Group Guide has endured in popularity due to its simplicity (Haughton, Gussow, & Dodds, 1987); however, because of the complexity of new products on the market, it lacks the capability of translating recommendations into specific food choices. Food quality is positively influenced by the amounts of vitamins, minerals, and protein in a food and is negatively influenced by excessive calories, fats, and sodium. Therefore, there is a need for a food grouping or guidance system which addresses these food components (Cronin, Shaw, Krebs-Smith, Marsland, & Light, 1987; Gillespie, 1987; Krebs-Smith, Smicklas-Wright, Guthrie, & Krebs-Smith, 1987; Haughton et al., 1987). A tool for the selection of an adequate diet remains a high priority among nutrition educators (Gillespie, 1987), and a comprehensive rating system would fill this gap.

Many approaches have been taken to define food quality and/or to rate individual foods (Guthrie, 1977; Tseng, Sullivan, & Downes, 1986). Some researchers examined the relationship of nutrients in food to a measure of the human nutrient requirement (Burroughs, 1975; National Dairy Council, 1987), such as the United States Recommended Daily Allowances (U.S. RDA). The value of this approach is limited by the necessity to define serving portions.

Concern about over-nutrition caused Lachance (1975) to examine nutritional quality in terms of a Calorie for Nutrient Index where calories in a serving of food were divided by the average percentage of the U.S. RDA contribution of selected nutrients in a serving. Jacobson (1985) devised a rating system which added points to a food score for positive attributes and subtracted for negative attributes.

The Index of Nutritional Quality (INQ) incorporated both ratios: nutrient-to-nutrient requirement and nutrient-to-calorie content (Wittwer, Sorenson, Wyse, & Hansen, 1977). The INQ is a method of indicating the nutritional quality of a food by examining the relationship of one nutrient in a food sample to a nutrient standard which is then compared to the relationship of calories in that food sample to a standard energy base. The INQ is defined by the following formula:

$$\text{INQ} = \frac{\text{Amount of nutrient in a food sample} / \text{U.S. RDA for that nutrient}}{\text{Number of calories in a food sample} / \text{energy requirement of 2,300 kcal}}$$

One benefit of relating nutrient content to calories is that no definition of a food serving size is required; however, there is also a disadvantage. A substantial dietary portion of some nutrients, such as iron, is obtained from relatively high calorie foods (e.g., meats) whereas other nutrients, such as vitamins A and C, are obtained almost entirely from relatively low calorie fruits and vegetables. Each nutrient tends toward an individualized nutrient-to-calorie ratio in foods. Guthrie (1977) suggested that a single number (for each of the

eight nutrients required in nutrition labeling) which characterizes this relationship would be a "logical extension" (p.17) of the INQ approach. Since INQ is often presented graphically as a food nutrient profile (Hansen, 1973), comparison of several different nutrient densities may be misleading because each nutrient is best obtained from foods with different caloric values. A Nutritional Rating System for Foods developed by Tseng et al. (1986) expanded on the concept of nutrient density (Hansen, 1973; Wittwer et al., 1977) and used a standard nutrient density for selected nutrients for comparison with INQs.

A Nutritional Rating System for Foods (NRSF)

The NRSF (Tseng et al., 1986) is a method of calculating the nutritional quality of foods based on a comparison of INQ to a Standard Nutrient Density (SND) which was developed based on the average nutrient-to-calorie ratio of foods that are good sources of each specific nutrient. The data for computation of the SND were derived from the National Food Supply Table (Marston & Friend, 1978). The SND was calculated from the nutrient and calorie content of foods in 13 food groups available for consumption in 1977 (Marston & Friend, 1978). The food groups were combined to yield six major groups from which two or three "leading food groups" were identified as the major sources for each nutrient. For each of eight key nutrients, an SND was defined. The SND for each nutrient is a ratio of the sum of the percentages of that nutrient contributed by the "leading food groups" to the sum of the percentages of calories supplied by the same "leading food groups."

$$\text{SND} = \frac{\text{Percent of nutrient contributed by "leading food groups"}}{\text{Percent of calories contributed by "leading food groups"}}$$

Thus, the SND is a measure of the nutrient-to-calorie ratio of the major dietary sources of each nutrient in foods available to be consumed in 1977.

To calculate the NRSF for each food in a database, the INQs for all eight nutrients ($n1...n8$) were calculated, compared to the SND for the respective nutrient, and expressed as a percentage (%SND). A cumulative %SND score was calculated for each food according to the following equation:

$$\text{cumulative \%SND score} = \left(\frac{\text{INQ}_{n1}}{\text{SND}_{n1}} \times 100 + \frac{\text{INQ}_{n2}}{\text{SND}_{n2}} \times 100 + \dots \frac{\text{INQ}_{n8}}{\text{SND}_{n8}} \times 100 \right)$$

The cumulative %SND score for each food was then rated on a scale of one to six based on either cumulative score or single nutrient score. If a food was found to contain excessive amounts of saturated fat, total sucrose, or sodium, it was downgraded one class for each excessive factor.

Since all foods are rated on a single scale, with six representing the lowest quality foods, and one representing the highest quality foods, the NRSF is beneficial as an adjunct to a food grouping system that classifies foods. Nutritionists recommend that users be able to identify foods by group and have adequate information to compare the foods within each group (Gillespie, 1987). Thus, the NRSF provides a means of indicating food quality within food groups, and it provides consumers and nutritionists with a simple yet comprehensive

tool for selecting or assessing foods.

Weaknesses of the NRSF

One weakness of the original rating system was the use of a standard calculated from the National Food Supply Table (Marston & Friend, 1978). Calculations were based on 1977 disappearance data which do not accurately reflect the current dietary pattern in the United States (U.S.). Yearly changes in food supply figures outdate the SND.

In addition, because of a limited database, the original system rated foods based on eight nutrients (protein, vitamin A, vitamin C, thiamin, riboflavin, niacin, calcium, and iron), many of which are used in the fortification of foods. Because of this, the NRSF tended to favor highly fortified foods, such as cereals, and neglected to recognize other nutrients which may be low or marginal in the U.S. diet. Although present food composition data are most complete for the above eight nutrients (Hepburn, 1987), the increased availability of accurate food composition data and more complete databanks help to alleviate the problem of missing nutrient data which has plagued nutritional scientists for many years.

Since publication of the original paper, Gillespie (1987) reported that nutritionists rated energy levels, total fat, and sodium as the top three food components which should be addressed in dietary guidance. Although total caloric intake was not specifically addressed in the original rating system, clearly the most nutrient dense foods were those with the best rating and would ideally be the ones consumed, especially in reduced calorie diets.

The excessive factors used to downgrade foods in the original rating system included saturated fat, total sucrose, and sodium. The use of saturated fat is valuable in assessing the atherogenic properties of food since saturated fats (with the exception of stearic acid [Bonanome & Grundy, 1988]) are known to increase both low-density lipoprotein (LDL) and total serum cholesterol levels (Committee on Diet and Health, 1989; Kris-Etherton et al., 1988). Current recommendations (Committee on Diet and Health, 1989) place limits on total dietary fat as well as saturated fats. In addition to the association with heart disease, diets high in total fat are often associated with development of specific cancers (Committee on Diet and Health, 1989). High fat diets also contribute to obesity which can have an unfavorable effect on plasma lipid levels. A reduction in total dietary fat intake generally leads to a reduction of saturated fatty acid intake as well (Committee on Diet and Health, 1989; Kris-Etherton et al., 1988).

Added simple sugar contributes empty calories and can have a detrimental effect when it replaces foods containing essential vitamins, minerals, or protein in a diet. Also, excessive consumption of sugar contributes to dental caries (Committee on Diet and Health, 1989). During the past decade, the types of sugars in foods have changed. Corn sweeteners have replaced some sucrose (Guthrie, 1989) and thereby outdated the use of sucrose as an excessive factor in the original rating system. Data on added sugar would be valuable to include in the NRSF, especially to moderate the rating of highly fortified ready-to-eat breakfast cereals and beverages. Many other high-sugar

foods are commonly associated with a high fat content and/or low nutrient content. They received a low food rating by the NRSF, which was not true of highly fortified cereals.

Excessive consumption of sodium in the United States has been associated with hypertension in salt-sensitive individuals (Committee on Diet and Health, 1989). The major sources of sodium in the U.S. diet are from processed foods and the discretionary use of salt (Whitney & Hamilton, 1987). Although recommendations vary (Committee on Diet and Health, 1989), moderation of dietary salt is an important guide for the public. The inclusion of sodium as an excessive factor in the NRSF remains beneficial. However, since sodium content is not related to food energy, its inclusion in the NRSF was not based on INQ value.

The purpose of this study was to revise the NRSF (Tseng et al., 1986) by modifying the SND according to current Food and Nutrition Board (FNB) recommendations (Committee on Diet and Health, 1989), and to recalculate food ratings using current and expanded dietary information.

CHAPTER 2

JOURNAL ARTICLE

**Nutritional Rating System for Foods:
Revision Based on the 1989 Food and Nutrition
Board Recommendations**

Nutritional Rating System for Foods:
Revision Based on the 1989 Food and Nutrition
Board Recommendations

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Nutritional Rating System for Foods: Revision

Based on the 1989 Food and Nutrition Board Recommendations

Abstract

A nutritional rating system for foods (NRSF) was revised using 1989 guidelines of the Food and Nutrition Board. The system expands on the concept of nutrient density by comparing nutrient density in a food to a Standard Nutrient Density (SND). The SND was revised using a "model" diet described in terms of the American Diabetes Association Exchange Lists for Meal Planning and using current dietary standards. A cumulative score for the nutrients in a food was computed by adding the ratios which result from comparison of the Index of Nutritional Quality (INQ) to SND for 16 specified nutrients in the food. Based on their cumulative scores, foods in the Nutritionist III™ computer database were rated on a scale of one to six. Criteria were established to set excessive levels for total fat and sodium which were used to downgrade foods on the scale. Potentially atherogenic foods were also identified. The NRSF provides a means of indicating food quality within food groups and serves as a simple, yet comprehensive tool for the selection of foods. The rating can be used for nutrition labeling, point-of-purchase information, and nutrition education/counseling with food guides.

Resume

A nutritional rating system for foods (NRSF) was revised based on current nutrition information including the 1989 guidelines of the Food and Nutrition Board. The system results in a cumulative score for the nutrients in a food and can be used for nutrition labeling, point-of-purchase information and nutrition education.

Nutritional Rating System for Foods: Revision

Based on the 1989 Food and Nutrition Board Recommendations

Introduction

A simple, yet comprehensive, food rating system to assist consumers in making food choices, to aid nutritionists in diet analyses, and to facilitate food labeling has eluded nutritional scientists. Dietary guidance systems are designed to direct consumers in the selection of types of foods in order to achieve healthy food practices. The Basic Four Food Group Guide has endured in popularity due to its simplicity (1); however, it lacks the capability of translating recommendations into specific food choices. Since food quality is positively influenced by the amounts of vitamins, minerals, and protein in the food, and negatively influenced by excessive calories, fats, and sodium, a system which addresses these components is necessary (1-4). According to Gillespie (3), maximum levels for calories, total fat and sodium are rated by nutritionists as the top three food components which should be addressed in dietary guidance. Nutritionists also recommend that users be able to identify foods by group and have adequate information or the means to compare foods within each group (3). A tool for "selecting an adequate diet" remains a high priority among nutrition educators (3) and a comprehensive rating system for foods would effectively fill this gap.

Methods of rating foods or describing the nutritional quality of foods have been reviewed (5,6). One classification scheme is based on contribution of

nutrients to a daily nutrient requirement (7-9); however, the principal limitation of methods which use this scheme is the task of defining serving size. The comparison of nutrients to calories eliminates the need to define serving portions and is the approach taken by the Index of Nutritional Quality (INQ). INQ is described as the relationship of a nutrient in a food sample to a nutrient standard compared to the relationship of calories in that food sample to a standard energy base (10).

$$\text{INQ} = \frac{\text{Amount of nutrient in a food sample / United States Recommended Daily Allowances (U.S. RDA) for that nutrient}}{\text{Number of calories in a food sample / energy requirement of 2,300 kcal}}$$

A Nutritional Rating System for Foods (NRSF) developed by Tseng, Sullivan, and Downes (6) expanded on the concept of nutrient density (10-12). For each selected nutrient in a food, the nutrient density was measured using the INQ (10) and was then compared to a Standard Nutrient Density (SND) for the same nutrient. The sum of the INQ/SND ratios for selected nutrients (expressed as a percentage of SND) resulted in a cumulative score for individual foods. Cumulative scores were distributed into six "nutrient benefit" classes and the excessive factors of saturated fat, total sucrose, and sodium were used to downgrade foods. Thus, the NRSF was described as a measure of relative overall nutritional quality. It is capable of indicating food quality within food groups and serves as a simple yet comprehensive tool for the selection of foods.

The original rating system is outdated. The SND was based on nutrient densities of foods identified in a 1977 Food Supply Table (13), the number of nutrients used to evaluate foods was limited by an incomplete database, and factors used to downgrade foods are no longer consistent with dietary recommendations (14). The purpose of this study was to revise the NRSF (6) by modifying the SND according to 1989 Food and Nutrition Board (FNB) recommendations (14) and to recalculate food ratings with current and expanded dietary information.

Method

The process of revising the nutritional rating system for foods included three major phases: 1) revision of the SND; 2) determination of criteria for excessive components; and, 3) scoring and classification of foods. To revise the SND, we replaced the 1977 Food Supply Table (13) with a "model diet" as a new dietary standard. In addition, we selected foods from a computer database to compile a permanent list of foods organized according to the 1986 Exchange Lists for Meal Planning (15); and we calculated the new SND values for 16 selected nutrients.

The 1986 Exchange Lists for Meal Planning (15) and the Nutritionist III™ (N3) database and nutrient analysis computer program¹ were used in the revision of the NRSF. The N3 software program has a current database of 1,950 items with nutrient data predominantly taken from the United States Department of Agriculture (USDA) nutrient database. The N3 database easily

converts to a data interchange format file and was translated into a spreadsheet or database for calculating the NRSF.

The Revision of the SND

The concept of the SND is fundamental to the NRSF; it is based on the INQ, defined above. The SND is a fixed standard for each nutrient against which food INQs may be compared. The SND represents the mean nutrient density of the best foods in the food groups that are known to make the greatest contribution of that nutrient in the diet. Since we often obtain a nutrient from more than one serving of several groups of foods, a weighting according to the number of servings consumed from each food group is essential for derivation of the SND.

The Model diet. In order to calculate the SND, it was necessary to first determine the relative nutrient and calorie contributions of food groups in a model diet. Table 1 shows the 2,300 kcal model diet, calculated using the exchange system, which was designed to satisfy current dietary recommendations. The distribution of exchange servings in the model diet is based on the following FNB recommendations (14): less than 30% of the total calories derived from fat, greater than 55% of the calories derived from carbohydrate, and no more than twice the Recommended Dietary Allowances for protein (Table 1). In addition, the model diet exceeds the five servings of fruit and vegetables and the six servings of bread recommended by the FNB. Two servings of milk in the model diet satisfy dietary guidance for dairy products (2,16). The model diet was intended to be both optimal and realistic.

Selection of representative foods. The 1986 Exchange Lists for Meal Planning (15) are based on foods commonly consumed in the United States (U.S.) as determined by the Total Diet Study (17). We used the Exchange Lists as the basis for selecting a permanent list of representative foods from the N3 database to calculate the SND. Our representative foods included one of approximately every type of food in the Exchange Lists and were chosen based on three criteria: 1) foods which were generally fresh or the least processed; 2) foods which were more commonly consumed; and, 3) foods whose food composition data came from the USDA. The selected foods were entered by exchange category into the N3 diet program according to standard exchange portions and were then converted into a spreadsheet for calculation.

Calculation of the SND. Subsequent to the original study, more accurate and more complete nutrient data have become available. Thus, we were able to increase the nutrients represented in the rating system from eight to 16 and include the following nutrients which are likely to be marginal in the U.S. diet: vitamin A, vitamin C, vitamin B6, folacin, calcium, iron, magnesium, and zinc (16); in addition, manganese and copper identified by Pennington, Young, and Wilson (18) and potassium which was recognized in the FNB report (14) were included along with the essential nutrients thiamin, niacin, riboflavin, total tocopherol, and protein. Since there are no U.S. RDAs for copper, manganese, and potassium, the top values of the "Estimated Safe and Adequate Daily Dietary Intakes" (ESADDI) from the 1989 Recommended Dietary Allowances were used for copper and manganese (19). There is only a minimum level of

dietary intake designated for potassium in the 1989 ESADDI; so, the top value (rounded) of the 1980 ESADDI was used for potassium (20).

To calculate the SND, we sorted the representative foods in each exchange category by nutrient content from greatest to least for each of the 16 nutrients based on nutrient density. We defined the "best" food sources of each nutrient as the top 10 representative foods in each exchange category. We then calculated the average nutrient and the average calorie content per exchange serving of the "best" foods in each exchange category. For the 16 selected nutrients, we expressed the average nutrient amount per exchange serving in the best foods as a percentage of the U.S. RDA (or ESADDI) and the calories contributed by the "best" foods as a percentage of 2,300 kcal.

$$\% \text{ nutrient} = \frac{\bar{x} \text{ nutrient content of the "best" foods}}{\text{U.S. RDA (or ESADDI) for that nutrient}} \times 100$$

$$\% \text{ kcal} = \frac{\bar{x} \text{ calorie content of the "best" foods}}{2,300 \text{ kcal}} \times 100$$

The % nutrient and % kcal values per exchange serving for each exchange category are listed in Table 2.

Next, for each nutrient we multiplied the % nutrient and % kcal values in Table 2 by the number of exchange servings (#svg) in the model diet (Table 1) to determine the actual nutrient and calorie contribution of each exchange category in the diet when using the "best" food sources. Thus, the #svg in a model diet serves as a weighting for the SND calculation.

Since dietary intake for each nutrient is derived from specific food groups, we established the leading exchange categories of foods which contributed the bulk of each nutrient in a diet. We defined "leading exchange categories" for each nutrient as those categories with a weighted % nutrient contribution (#svg x % nutrient) that equalled or exceeded the mean weighted % nutrient contribution of all six weighted exchange categories. The "leading exchange categories" were identified for each nutrient (Table 3). For example, to determine the "leading exchange categories" for vitamin A, the % nutrient and % calories per exchange in Table 2 were multiplied by the #svg in the "model diet" (Table 1) for each respective exchange category. The mean weighted % nutrient for vitamin A was calculated and found to be 220%. The weighted fruit and vegetable exchanges were the only categories which qualified as "leading exchange categories" [(#svg x % nutrient) equalled 361.44% and 689.40% respectively]. They exceeded the mean weighted % nutrient contributed by all weighted exchange categories.

The final step to calculate the SND for a nutrient was to total the weighted % nutrient values (#svg x % nutrient) for the "leading exchange categories" and to total the weighted % kcal values (#svg x % kcal) for the "leading exchange categories."

$$\text{SND} = \frac{\text{Sum of (\#svg x \% nutrient) for "leading exchange categories"}}{\text{Sum of (\#svg x \% kcal) for "leading exchange categories"}}$$

In our example, the weighted percentages of vitamin A contributed by the top 10 foods in the "leading exchange categories" were added together to achieve a value of 1,050.84% vitamin A, and the weighted percentages of calories contributed by the "leading exchange categories" totaled 28.56% kcal. The SND for vitamin A was based on the final ratio (1,050.84% / 28.56%) and was rounded to one decimal place (36.8). Table 3 lists the calculated SNDs and the "leading exchange categories" for each nutrient.

Calculation of Criteria for Excessive Components

Sodium. The current dietary recommendation for sodium is a maximum of 2,400 mg/day or 6 gm of table salt/day (14). Since sodium intake is not related to the calorie content of foods, sodium was calculated on a weight basis of foods consumed. A sodium/calorie ratio tends to mask the high sodium content of some high calorie foods. The weight of the 2,300 kcal diet was assessed by calculating the average food weight of each exchange group and multiplying the weight by the number of servings in the model diet. Thus 2,500 gm was the average weight for our model diet.

We established the criterion for excessive sodium by calculating the average contribution of sodium for all representative foods in each exchange category. Then, in the same way that we determined "leading exchange categories," we determined that the bread, meat, and fat exchanges, when weighted by the number of servings in the model diet, contributed more than the mean amounts for dietary sodium and were considered major dietary contributors of sodium. The final ratio was calculated as 73% of dietary sodium

obtained from 29% of the food weight (73%/29%) or 2.4 mg sodium/gm. Foods exceeding 2.4 mg sodium/gm food were designated as possessing excessive sodium and were downgraded.

Total fat. Current dietary recommendations state that fat should contribute less than 30% of the total daily calories (14, 21-25). In a 2,300 kcal diet, this level would be less than 77 gm of dietary fat. Since fat is not derived from fruit or vegetable exchanges, we subtracted the calorie contribution of these groups in the model diet and recalculated the fat density of the diet to better establish guidelines for individual fat-containing foods. Using our model diet (Table 1), 75 gm of fat would be obtained from 1,667 kcal and yield a fat density of 40.49% which was rounded to 40%. Foods exceeding this limit of 40% kcal from fat were downgraded.

Atherogenicity of food. The atherogenicity of food depends on its effect on low-density lipoprotein (LDL) levels in the body (26). Both fatty acid composition and total dietary fat are major factors affecting LDL levels. We reasoned that it is beneficial to indicate the atherogenicity of foods which exceed the total fat criteria of 40% so the public could distinguish fat quality. We flagged highly saturated, and therefore atherogenic, foods with an "S" in the final rating. The FNB (14) recommendation for fat is that less than 10% of the calories come from saturated fats, 10% from polyunsaturated fats, and greater than 10% from monounsaturated fats or an approximate ratio of 1:1:1, respectively. To calculate the criterion for flagging atherogenic foods, we determined the ratio of the sum of polyunsaturated and monounsaturated fatty

acids to saturated fatty acids [(P+M)/S] (16). Foods with a fatty acid ratio less than two were flagged.

Scoring and Classification of Foods

The calculation of the NRSF for 1,865 foods required powerful database software. Using the N3 food database, we created a new database of the calculated values. The INQ, as previously defined, was calculated for each food for the 16 nutrients (n1...n16). The value for the INQ was divided by the SND for each respective nutrient and expressed as a percentage of the SND (%SND). The sum of all sixteen %SNDs in a food was determined to achieve a cumulative score for each food.

$$\text{cumulative \%SND score} = \left(\frac{\text{INQ}_{n1}}{\text{SND}_{n1}} \times 100 + \frac{\text{INQ}_{n2}}{\text{SND}_{n2}} \times 100 + \dots \frac{\text{INQ}_{n16}}{\text{SND}_{n16}} \times 100 \right)$$

Examples of the calculations of INQs, %SNDs, and cumulative %SND scores for selected foods are shown in Table 4. For items in the database where calories equalled zero (i.e., mineral water), no value was obtained since it was neither mathematically valid nor important for the rating. Missing data were recorded as missing and tallied for each food.

The cumulative %SND scores were the basis for an initial rating of foods from a high of one to a low of six. The distribution of cumulative %SND scores was assessed, and we found that the same cut-off levels were appropriate as in the original paper (Table 5).

After rating each food from one to six according to its cumulative %SND score, we then downgraded the rating if the food exceeded criteria for either total fat or sodium or both. Foods were downgraded one class per excessive factor, and six was designated as the lowest possible rating. A food was disqualified from the rating if it had a cumulative %SND score in a nutrient benefit class lower than one and had an excess of five values of missing data in the N3 database (approximately 30%). We believed that the lack of data would cause a low rating which would be confusing.

Results

Of the 1,950 items in the N3 database, 1,865 foods and beverages were rated. After downgrading for sodium and fat criteria, the numbers of foods which were rated from one to six were as follows: 436, 379, 185, 144, 123, and 152, respectively. A total of 446 foods were disqualified from the rating since they had a cumulative SND of less than 375 (initial rating of one) and had more than 30% missing data. Many of the manufacturers' data were incomplete in the N3 database. Table 6 shows the final rating of 200 selected foods.

All fats and oils fell into the lowest categories and were stratified from highest to lowest by the presence of vitamin A, vitamin E, sodium, and/or saturated fat. Examples of foods that were downgraded for fat and flagged with an "S" were whole milk dairy products, beef, duck, pork, luncheon deli meats, and coconut. Fatty fish, poultry, nuts, and vegetable oils were not flagged with an "S" (Table 6).

Discussion

One advantage of the revised NRSF is that it reflects current dietary recommendations for foods. The foods in the highest nutrient benefit class satisfy the FNB dietary advice on foods to select in order to obtain a high carbohydrate, lowfat diet (14). Although the rating does discriminate on the basis of nutrient content, selection of foods from the highest nutrient benefit class does not guarantee dietary adequacy. Dietary adequacy is associated with the consumption of a "variety" of foods (1,2,22); however, the term "variety" is vague. In an effort to define the meaning of "variety" associated with dietary adequacy, Krebs-Smith and associates (4) determined that choosing fewer but more nutrient dense foods from each of seven major food groups was as beneficial in terms of dietary adequacy as choosing foods from each of 19 minor food groups. An increase of food variety within food groups to achieve an adequate diet was considered unlikely to alter disease risk (27). Krebs-Smith and associates (4) found that an increased variety did not account for variation in intake of calories, fat, and sodium, all of which influence disease risk. Since dietary adequacy is not necessarily obtained from variety alone, the ability of the NRSF to identify the most nutrient dense foods within a group (e.g., the Four Food groups, commodity listings, or on grocery store shelves, etc.) and reflect the presence or absence of excessive factors in the diet makes it a valuable dietary tool. The NRSF relies on the ability of the user to identify foods by groups and is most effectively used as an adjunct to a simple food guide.

Use of the Exchange System and the Model Diet

The Exchange Lists for Meal Planning (15) served as a food grouping system, a source for standardized food portions, and a tool to calculate a diet to meet current dietary recommendations. Although the Exchange Lists are not organized according to specific micronutrients, our use of the top 10 foods to define the "best" food sources for each nutrient within each exchange category permitted the representation of nutritionally similar subgroups of foods. For example citrus fruits were represented as sources of vitamin C within the fruit exchange, legumes were represented as sources of iron in the bread exchange, and cheeses were represented as sources of calcium in the meat exchange. Thus, nutritionally similar subgroups were represented in the calculation of the SND. Average INQ profiles of food subgroups within the original Exchange Lists have been described (28); however, utilizing specified subgroups within the exchange lists presented no advantage in the calculation of the SND. The use of the medium fat macronutrient values in the calculation of the "model diet" allowed all low-, medium-, and high-fat meats and milk products from the exchange lists to be specified in our representative foods in each exchange category for calculation of the SND.

We used the exchange system and the model diet as a means of weighting the nutrient densities of foods in the calculation of the SND. The NRSF method provides flexibility so that dietary representation of exchange groups in the model diet can be changed and additional standards calculated for different diets. The impact of dietary distribution is important for weighting a

food group according to its contribution to the diet. The SND modifies the INQ to best reflect the actual nutritional value of food in the diet. For example, vitamin E is obtained predominantly from dietary fats. The SND for vitamin E would be higher in a diet containing 10 fat exchanges vs. six fat exchanges and consequently would result in a lower %SND (INQ/SND ratio). The reduced contribution of %SND for vitamin E to the cumulative score for a food signifies less nutritional impact due to the increased availability of the nutrient in the diet. For general purposes, we believe that comparison of the INQ to an SND which is weighted by an optimal dietary distribution provides the best yardstick for a food rating system.

Excessive Factors

Fat had the most profound effect in the rating system. In addition to reducing nutrient density, which resulted in lower cumulative %SND scores, fat served as an excessive factor used to downgrade foods. For those foods with more than 40% of their calories from fat, determination of their atherogenic potential with the application of the $[(P + M) / S]$ ratio helped to qualify their fat content. Based on current knowledge (14), the use of this ratio has an advantage over other indicators (29-31) which fail to recognize the benefit of monounsaturated fats.

Since all dietary fats and oils achieved low ratings of five or six, their dietary importance may be misconstrued. The authors do not intend for fats to be avoided just because they are rated in the lowest nutrient benefit class. Consumers must distinguish between foods within each group rather than

eliminate groups of foods. To avoid misinterpretation, it would be beneficial to classify fats in a separate category. Windham and associates (32) classified fats on the basis of saturated fatty acids, polyunsaturated fatty acids, monounsaturated fatty acids, cholesterol, and sodium. We think that with the addition of vitamin A and vitamin E to these components, a special scale may be designed for classifying fats.

According to the FNB (14), major food sources of sodium come from cured meats, luncheon meats, pickles, cheeses, commercially prepared foods, canned foods, and quick breads. The NRSF criterion for sodium flagged all of these foods; in addition, it flagged yeast breads. Windham and associates (32) also determined that yeast breads have excessive sodium. Sodium added in processing and preservation was identified; canned items such as tuna and spinach were downgraded for sodium while their low sodium counterparts were not (Table 6).

Effects of Processing

The effects of processing on the nutritional value of foods were reflected in the NRSF (Table 6). Differences in nutrient benefit class represent broad/overall differences in nutritional quality, while specific nutritional differences can be identified by examining the cumulative score and/or the %SND for nutrients in a food (Table 4). Graphic presentation of %SND makes it easy to identify nutritional strengths and weaknesses in a food. This benefit of the NRSF is described in Part II of Nutritional Rating System for Foods (33).

Highly fortified sugar-filled breakfast cereals received cumulative scores in nutrient benefit class 1; however, many cereals were downgraded for sodium content. The high scores due to fortification magnify the overall nutritional value of these foods. This dilemma has previously been reported (34). Without a method of flagging highly fortified foods or for flagging excessive amounts of added sugar, the problem remains unresolved.

Applications for the Rating System and Recommendations for the Future

This simple numerical rating is beneficial for labeling and point-of-purchase supermarket programs. Space is often limited for nutrition information, and the single digit rating easily summarizes the food value in understandable terms for the consumer. In order to obtain the maximum benefit of the NRSF as a consumer guide, there must be improved availability of manufacturer nutrient data for more accurate determination of overall nutrient benefit of prepared food items.

The NRSF can be easily adapted to a computerized nutrient analysis program and may be used in patient nutrition assessment and education along with a food guide. Since some nutrient analysis software programs include food cost, the addition of a cost-benefit factor would enhance the rating system, especially for its use in menu planning for public programs (i.e., school lunch program) and in assisting low-income shoppers. The qualitative and quantitative application of the NRSF make it a versatile tool for the selection of an adequate diet.

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Notes

1. N-squared computing, analytical software. 3040 Commercial St. SE, Suite 240, Salem, Oregon 97302.

Table 1.
Model diet: 2,300 kcal using the 1986 Exchange Lists for Meal Planning

exchange group	#svg ^a	cho	gm pro	fat	kcal	%kcal
milk, low fat	2	24	16	10	250	10.80
vegetable	6	30	12	0	168	7.26
fruit	8	120	0	0	480	20.73
bread	10	150	30	10 ^b	810	34.99
meat, medium fat	4	0	28	20	292	12.61
fat	7	0	0	35	315	13.61
total		324	86	75	2315	
total calories		1296	344	675	2315	
% calories		55.98	14.86	29.16	100.00	

^aNumber of exchange servings.

^bValue of 1 gm fat/ bread exchange was used to replace "trace".

Table 2. % Nutrient^a and % kcal^b for "best" food sources per exchange serving

exchange category	nutrient standard units	vit A IU	vit C mg	vit E mg	vit B6 mg	thia mg	ribo mg	U.S. RDA ^c				calc mg	mag mg	prot gm	pot mg	ESADDI ^d		cop mg
								niac mg	fol ug	zinc mg	iron mg					5	mg	
milk - % % kcal	nutrient % kcal	9.24	3.83	1.37	5.50	6.67	25.29	1.15	3.95	8.47	0.89	33.69	8.79	14.31	7.66	nd ^e	nd	nd
		4.77	4.99	4.85	4.90	4.91	4.97	4.99	5.17	4.76	5.05	4.99	4.99	4.77	4.69	nd	nd	
veg - % % kcal	nutrient % kcal	114.90	86.50	6.34	8.50	5.33	7.06	5.95	15.56	3.27	6.78	7.39	7.78	3.91	5.83	8.00	5.67	1.14
		1.16	1.10	1.21	1.25	1.26	1.27	1.26	1.12	1.04	1.15	1.09	1.19	1.23	1.25	1.09	1.09	
fruit - % % kcal	nutrient % kcal	45.18	108.95	1.98	8.00	7.33	4.12	4.30	7.69	1.67	3.89	2.90	4.78	1.91	6.16	15.80	4.00	2.75
		2.70	2.43	2.45	2.65	2.69	2.72	2.64	2.56	2.75	2.62	2.52	2.51	2.73	2.61	2.49	2.75	
bread - % % kcal	nutrient % kcal	8.99	10.88	11.19	15.00	13.33	8.82	8.25	14.06	6.67	8.33	4.24	10.44	8.12	6.04	18.20	5.67	3.57
		3.28	3.26	3.13	3.36	3.34	3.21	3.46	3.28	3.37	3.47	3.50	3.48	3.29	3.59	3.34	3.57	
meat - % % kcal	nutrient % kcal	33.92	6.42	3.27	8.50	13.33	15.88	13.75	3.67	65.33	16.11	16.63	5.81	13.11	2.51	3.80	20.00	2.97
		3.82	3.07	3.44	2.46	3.16	3.37	2.74	3.12	2.78	3.01	3.73	2.79	2.70	2.42	3.46	2.97	
fat - % % kcal	nutrient % kcal	3.59	0.82	35.00	1.50	2.67	1.76	1.80	1.24	2.00	2.56	1.59	4.61	2.43	1.01	2.00	4.00	2.17
		1.75	1.92	1.97	2.06	2.06	1.97	1.96	1.99	2.01	1.97	2.05	2.05	2.07	2.05	1.90	2.17	

$$a\% \text{ nutrient} = \frac{\bar{x} \text{ nutrient content of the "best" foods}}{\text{U.S. RDA (or ESADDI) for that nutrient}} \times 100$$

$$b\% \text{ kcal} = \frac{\bar{x} \text{ energy content of the "best" foods}}{2,300 \text{ kcal}} \times 100$$

c United States Recommended Daily Allowances
d Estimated Safe and Adequate Daily Dietary Intake
e nd = no data

Table 3. SND values and "leading exchange categories"

nutrient	SND ^a	"leading exchange categories" ^b
vit A	36.8	fr, vg
vit C	53.5	fr, vg
vit E	7.9	bd, fa
vit B6	3.9	fr, bd
thiamin	3.6	fr, bd, mt
riboflavin	3.6	mi, bd, mt
niacin	3.0	bd, mt
folacin	4.9	vg, fr, bd
zinc	7.3	bd, mt
iron	3.5	bd, vg, mt
calcium	5.7	mi, vg, mt
potassium	2.3	vg, fr, bd
magnesium	5.7	vg, bd
manganese	5.8	fr, bd
copper	2.9	bd, mt
protein	3.0	bd, mt

^aStandard Nutrient Density

^bbd = bread; fa = fat; fr = fruit; mi = milk;
mt = meat; vg = vegetable

Table 4. Ratings of selected foods

nutrient	vit A (36.8)	vit C (53.5)	vit E (7.9)	B6 (3.9)	thia (3.6)	ribo (3.6)	niac (3.0)	fol (4.9)	zinc (7.3)	iron (3.5)	calc (5.7)	pot (2.3)	mag (5.7)	mang (5.8)	cop (2.9)	prot (3.0)	cum %SND score ^b	%tot fat ^c	sod mg/gm ^d	final rate ^e
bananas-raw-peeled																				
INQ	0.4	3.8	0.4	7.2	0.7	1.5	0.7	1.2	0.3	0.4	0.2	1.8	1.8	0.8	1.3	0.4				
%SND	1.1	7.1	5.1	184.6	19.4	41.7	23.3	24.5	4.1	11.4	3.5	78.3	31.6	13.8	44.8	13.3	507.6	4.7	0.0	1
bread-white-soft																				
INQ	0.0	0.0	0.5	0.2	2.7	1.6	1.6	0.8	0.4	1.4	1.1	0.2	0.5	0.5	0.6	1.1				
%SND	0.0	0.0	6.3	5.1	75.0	44.4	53.3	16.3	5.5	40.0	19.3	8.7	8.8	8.6	20.7	36.7	348.7	13.2	5.2	3
cauliflower-raw-chopped																				
INQ	0.3	114.2	0.4	11.1	4.9	3.2	3.0	15.8	1.1	3.1	2.8	6.1	3.4	3.9	1.5	2.9				
%SND	0.8	213.5	5.1	284.6	136.1	80.9	100.0	322.4	15.1	88.6	49.1	265.2	59.6	67.2	51.7	96.7	1844.6	6.8	0.1	1
egg-hard-large-no shell																				
INQ	1.5	0.0	nd ^f	0.8	0.7	2.4	0.0	1.7	1.4	1.7	0.8	0.3	0.4	0.2	1.5	2.7				
%SND	4.1	0.0	nd	20.5	19.4	66.7	0.0	34.7	19.2	48.6	14.0	13.0	7.0	3.4	51.7	90.0	392.3	63.6	1.4	2 s
ham-can-extra lean-4% fat																				
INQ	0.0	7.7	0.4	3.7	11.6	2.5	4.1	0.2	2.5	0.9	0.1	1.0	0.9	0.1	0.4	5.5				
%SND	0.0	14.4	5.1	94.9	322.2	69.4	136.7	4.1	34.2	25.7	1.8	43.5	15.8	1.7	13.8	183.3	966.6	32.2	11.3	2
lentils-whole-cooked																				
INQ	0.1	0.0	1.4	6.6	1.0	0.8	0.7	2.0	1.5	2.6	0.5	1.0	nd	nd	3.0	2.7				
%SND	0.3	0.0	17.7	169.2	27.8	22.2	23.3	40.8	20.5	74.3	8.8	43.5	nd	nd	103.4	90.0	641.8	0	0.3	1
milk-2% fat-lowfat-fluid																				
INQ	1.9	0.7	0.2	1.0	1.2	4.5	0.2	0.6	1.2	0.1	5.6	1.3	1.6	nd	nd	2.4				
%SND	5.2	1.3	2.5	25.6	33.3	125.0	6.7	12.2	16.4	2.9	98.2	56.5	28.1	nd	nd	80.0	493.9	34.8	0.5	1

aSND = $\frac{\text{Sum of (\#svg x \% nutrient) for "leading exchange categories"}}{\text{Sum of (\#svg x \% kcal) for "leading exchange categories"}}$

bCumulative %SND score = $\left(\frac{\text{INQ}_{n1}}{\text{INQ}_{n1}} \times 100 + \frac{\text{SND}_{n1}}{\text{INQ}_{n2}} \times 100 + \dots + \frac{\text{SND}_{n16}}{\text{INQ}_{n16}} \times 100 \right)$

cuy" designates initial rating downgraded 1 class for %total fat exceeding 40% kcal.

d1y" designates initial rating downgraded 1 class for sodium level that exceeds 2.4 mg/gm food.

e1y" designates [(P-M)/S] < 2

fnd=no data

Table 5. Initial rating criteria based on cumulative %SND score

nutrient benefit class		cumulative %SND score ^a
highest	1	> 375
	2	> 300 and <375
	3	> 225 and <300
	4	> 150 and <225
	5	> 75 and <150
lowest	6	< 75

^acumulative % SND score =

$$\left(\frac{INQ_{n1}}{SND_{n1}} \times 100 + \frac{INQ_{n2}}{SND_{n2}} \times 100 + \dots \frac{INQ_{n16}}{SND_{n16}} \times 100 \right)$$

Table 6. The final rating for foods

food	final rating	food	final rating
** breads		** dairy (continued)	
bread-whole wheat-firm	2 ^a	milk-whole-3.3% fat-fluid	2 ^{Sb}
muffin-English-plain	2 ^a	cheese-cottage-4%-lar curd	3 ^a
tortilla-corn	2	ice milk-van-hard-4.3% fat	3
bread-French-enriched	3 ^a	ice milk-van-soft-2.6% fat	3
bread-rye-American-light	3 ^a	yogurt-fruit flavor-lowfat	3
bread-white-soft	3 ^a	yogurt-plain-whole	3 ^{Sb}
muffin-bran-home recipe	3 ^a	milk-condensed-sweet-can	4
roll-hamburger/hotdog	3 ^a	cheese-camembert-wedge	4 ^{Sc}
bagel-egg	4	cheese-mozzarella-skim ml	4 ^{Sc}
muffin-blueberry-home rec	5 ^a	ice cream-van-hard-10% fat	5 ^b
biscuits-prepared/mix	6 ^{Sc}	cheese-American-processed	5 ^{Sc}
** cereals/breakfast cereal		cheese-cheddar-inch cubes	5 ^{Sc}
cereal-cream/wheat-reg-hot	1	cheese-mozzarella-who milk	5 ^{Sc}
cereal-Ralston-cooked	1	cheese-Swiss	5 ^{Sc}
cereal-All Bran	2 ^a	cream-half & half-fluid	5 ^{Sb}
cereal-Cap'n Crunch	2 ^a	cheese-cream	6 ^{Sc}
cereal-Cheerios	2 ^a	cream-whipping-heavy	6 ^{Sb}
cereal-Corn Flakes-Kellogg's	2 ^a	** desserts	
cereal-farina-cook-enriched	3	cake-angelfood-mix/prep	5 ^a
cereal-100% natural-plain	4 ^{Sb}	cookie-fig bar	5 ^a
** combination foods		sherbet-orange-2% fat	5
burrito-beans/cheese	3 ^a	brownie-commercial/prep	6 ^a
pizza-pepperoni-baked	3 ^a	cookie-choc chip-home recipe	6 ^b
salad-three bean-Del Monte	3 ^a	cookie-sugar-mix	6 ^c
beans/pork/frankfurter-can	3 ^{Sc}	doughnuts-cake-plain	6 ^c
hamburger-bacon and cheese	5 ^c	doughnuts-yeast-glazed	6 ^b
salad-potato	5 ^c	pie-blueberry-home recipe	6 ^c
hot dog-plain with bun	5 ^{Sc}	cake-pound-home recipe	6 ^{Sb}
** dairy		** eggs	
milk-2% fat-lowfat-fluid	1	egg-white-raw-large	1
milk-nonfat-fluid	1	egg-hard-large-no shell	2 ^{Sb}
yogurt-plain-nonfat	1	egg-whole-raw-large	2 ^{Sb}
cheese-cottage-lowfat-1%	2 ^a	egg-fried in butter-large	4 ^{Sc}
cheese-cottage-lowfat-2%	2 ^a	egg-scrambled-milk/butter	4 ^{Sc}

^aDowngraded 1 class for excessive sodium.

^bDowngraded 1 class for excessive total fat.

^cDowngraded 2 classes for both, excessive sodium and excessive total fat.

^e"S" designates [(P+M)/S] < 2

Table 6. The final rating for foods (continued)

food	final rating	food	final rating
** fast foods		** fruits (continued)	
Taco Bell-tostada-regular	2a	orange juice-raw	1
McDonalds-hamburger	3a	oranges-raw-all varieties	1
McDonalds-cheeseburger	4SC	pineapple juice-can	1
McDonalds-Egg McMuffin	4SC	strawberries-raw-whole	1
Taco Bell-taco-regular	4SC	avocado-raw-california	2b
McDonald-Big Mac hamburger	5c	avocado-raw-florida	2b
Burger King-crois-egg/che	5SC	figs-raw	2
McDonalds-Filet o Fish	6C	grapefruit juice-can-sweet	2
		prune juice-can & bottle	2
** fats & oils		prunes-dried-uncooked	2
veg oil-soybean/cottonseed	5b	apricots-can/juice	3
vegetable oil-soybean	5b	apricots-can/light syrup	3
margarine-imit-40% fat	6C	apricots-frozen-sweetened	3
margarine-reg-hard-pat	6C	blueberries-raw	3
mayonnaise-soy-commercial	6C	cherries-sweet-raw	3
vegetable oil-corn	6b	figs-dried-uncooked	3
vegetable oil-olive	6b	apples-raw-unpeeled	4
vegetable oil-safflower	6b	apricots-can-heavy syrup	4
animal fat-lard-pork	6Sb	fruit cocktail-can/syrup	4
butter-regular-tablespoon	6SC	peaches-can/heavy syrup	4
butter-unsalted-pat	6Sb	strawberries-froz-sliced	4
		applesauce-can-sweetened	5
** fish		** grain products	
fish-oyster-east-ckd-moist	1	flour-whole wheat-stirred	1
fish-oysters-raw-meat only	1	rice-white-long grain-cook	1
fish-red snapper-ckd-dry	1	rice-white-parboil-cooked	1
fish-shark-raw	1	flour-wheat-enr-sifted	3
fish-trout-rainbow-ckd-dry	1	macaroni-cook-tender-cold	3
fish-tuna-diet-low sodium	1	noodles-egg-enr-cooked	3
fish-herring-Atlantic-raw	2b	rice-white-instant-hot	3
fish-lobster-ckd-moist	2a	spaghetti-cook-tender-hot	3
fish-mackerel-ckd-dry heat	2b	pancakes-plain-home recipe	4a
fish-salmon-smoked	2a	pretzel-thin-twisted	5a
fish-tuna-can/oil-drained	4a		
** fruits		** legumes	
apricot-raw-without pit	1	beans-navy pea-dry-cooked	1
apricots-dried-cooked-uns	1	beans-small white-boiled	1
bananas-raw-peeled	1	lentils-whole-cooked	1
melons-cantaloupe-raw	1	peas-split-dry-cooked	1
melons-honeydew-raw	1	beans-garbanzo-can	2a
orange juice-can	1	beans-red kidney-can	2a
orange juice-froz-diluted	1	beans-refried beans	2a

Table 6. The final rating for foods (continued)

food	final rating	food	final rating
** meat/luncheon meats		** poultry (continued)	
pork-tenderloin-lean-roast	1	chicken-wing-roasted	3b
pot roast-arm-beef-cooked	1	chicken-back-stewed	4b
roast beef-bottom-lean	1		
steak-round-lean-broiled	1	** sugar/sweets	
venison-roasted	1	molasses-cane-blackstrap	1
ham-can-extra lean-4% fat	2a	syrup-corn-table-ligh/dark	1
hamb patty-beef/extra lean	2Sb	candy-milk chocolate-plain	5b
lamb-chop/rib-lean-broiled	2Sb	jams/preserves-regular	5
pork-chop-lean-broiled	2Sb	syrup-choc flavored-fudge	5
roast beef-rib-lean	2Sb	jellies-regular	6
steak-rib-cooked	2Sb	sugar-white-granulated	6
veal-cutlet-med fat-broil	2Sb		
barbecue loaf-pork/beef	3Sc	** vegetables	
bologna-pork	4Sc	beans-green-froz-french	1
corned beef-canned	4Sc	broccoli-froz-boil-drain	1
italian sausage-pork-link	4Sc	broccoli-raw	1
salami-cooked-beef	4Sc	carrot-raw-shred-scraped	1
sausage-link-pork-cooked	4Sc	carrots-can-low sodium	1
bacon-pork-broiled/fried	5Sc	cauliflower-froz-boil	1
bratwurst-pork-cooked-link	5Sc	cauliflower-raw-chopped	1
frankfurter-hot dog-no bun	6Sc	corn-kernels from 1 ear	1
		mushrooms-raw-chopped	1
** nuts & seeds		peas-green-froz-boil-drain	1
nuts-almonds-shelled-chop	2b	potato-boil-peel after	1
nuts-peanuts-oil roasted	2b	spinach-can-low sodium	1
nuts-peanuts-Spanish-dried	2b	spinach-raw-chopped	1
seeds-sunflower-dried	2b	squash-acorn-baked	1
nut-walnut-persian/English	3b	sweet potato-bake-peel	1
nuts-mixed-dry roasted	3b	tomato puree-can-low sodium	1
seeds-sesame-dried-whole	2b	tomato-raw-red-ripe	1
peanut butter-smooth type	3c	beans-snap-yellow/wax-can	2a
nuts-coconut-raw-shred	5Sb	corn-froz-boil-kernels	2
		potato-mash-raw-prep/milk	2a
** poultry		potato-scallop-home recipe	2a
chick-breast-no skin-roast	1	spinach-can-solids/liquid	2a
chicken-leg-no skin-roast	1	squash-zucchini-italia-can	2a
turk-breast-no skin-roast	1	corn-sweet-cream style-can	3a
turkey-dark meat-no skin	1	potato-french fried-froz	3
chick-thigh-no skin-roast	2b	potato-french fried-raw	4Sb
chicken-leg-roasted	2b	potato puffs-froz-heated	5Sc
duck-no skin-roasted	2Sb	potato-scallop-mix-prep	5Sc
chicken roll-light	3c	potato chips-salt added	6c
chicken-breast-fri/batter	3c		

CHAPTER THREE

JOURNAL ARTICLE

Nutritional Rating System for Foods:
Graphic Representation of Food Quality

Nutritional Rating System for Foods:
Graphic Representation of Food Quality

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Nutritional Rating System for Foods:
Graphic Representation of Food Quality

Abstract

Graphs are presented of the nutritional profiles of selected foods based on the Nutritional Rating System for Foods (NRSF). The nutritional value of foods is quantitatively depicted as a percentage of Standard Nutrient Density (%SND). The assignment of nutritionally descriptive adjectives to %SND levels permits the amount of each nutrient in a food to be described as either "excellent," "good," "adequate," "fair," or "poor." Because the %SNDs in a food are a comparison of the nutrient density of a food to the nutrient density of the best food sources of the nutrient, the %SND can be presented on a single scale with accompanying adjectives. This is a major advantage over the Index of Nutritional Quality (INQ) which requires a separate scale for vitamins A and C to be presented graphically with accompanying adjectives. The %SND profiles can be used for labeling and other educational purposes.

Resume

Nutritional profiles of selected foods were graphed according to the Nutritional Rating System for Foods' method of calculating food quality. Each profile characterizes the nutritional value of food for 16 nutrients in the diet.

Nutritional Rating System for Foods:
Graphic Representation of Food Quality

Introduction

Graphic presentation of food components is an effective method of conveying information on the nutritional aspects of foods and/or diets (1-4). The fact that most people are visually oriented (5) accounts for the success of this technique. The Index of Nutritional Quality (INQ)¹ (3, 6-11) is a method of indicating food quality in terms of nutrient density. The INQ is readily presented in bar-graph format and allows nutritional strengths and weaknesses to be identified "at a glance" (7,10).

The INQ results in disproportionate values for vitamins A and C compared to other nutrients in a food. To account both for the disparity between INQs of vitamins A and C and other nutrients, and to better indicate the nutritional quality of foods, a "quantitative basis for nutritionally descriptive adjectives" (p. 243) was suggested (10). For all nutrients except vitamins A and C, INQ values were divided into categories which were described with adjectives: INQ < 0.5 = poor, INQ 0.5 to .89 = fair, INQ 0.9 to 1.5 = adequate, INQ 1.51 to 4.9 = good, and INQ > 5.0 = excellent. The respective scale for vitamins A and C was: < 0.5, 0.5 to .89, 0.9 to 4.9, 5.0 to 19.0, and > 20 (Table 1). This method indicates that in a food, an INQ of 4.5 for vitamin C would be considered "adequate" whereas the same INQ for thiamin would be considered "good." In the graphic presentation of INQ, this bi-level scale is not clearly defined and may lead to misrepresentation of food quality. Foods may appear

to be better sources of vitamin C, for example, than is actually the case.

An advantage of the Nutritional Rating System for Foods (NRSF) is the simplified assessment of overall nutritional quality, characterized by a single digit rating for each food (11,12). The NRSF is beneficial for labeling and for assisting in determining the most nutritious foods within groups; however, the single scale rating may be too simplistic for some users who prefer to gain a better understanding of the nutritional attributes of foods.

The calculation of the NRSF was based on individual ratios of nutrient densities for 16 selected nutrients (12). In the NRSF, the INQ was compared to a Standard Nutrient Density² (SND) for each nutrient. The SND was calculated from the best food sources of each nutrient in specific exchange groups which were weighted on the basis of their representation in a "model" diet. Comparison of the INQ to the SND indicates the nutrient density in a food relative to the combined nutrient densities of the best foods provided in optimal dietary proportion. For each of 16 selected nutrients ($n_1...n_{16}$) in the NRSF, this relationship is expressed as a percentage of SND (%SND)³. When %SND for a nutrient is over 100%, the food has a better nutrient-to-calorie ratio than the nutrient-to-calorie ratio obtained from the best food sources for that nutrient obtained in optimal dietary proportion. Thus, graphic presentation of %SND yields a nutrient profile that characterizes the nutritional value of a food. The purpose of this study was to develop %SND nutrient profiles for foods and present them in a bar-graph format with nutrient score descriptions.

Method

A nutritional profile in bar-graph format was generated from the %SND values derived in the calculation of the NRSF (12). In order to evaluate a cross-section of foods, one commonly consumed item was selected from each of the minor food groups listed by Krebs-Smith and associates (13). However, for the meat category we selected both beef steak and ham. No items were selected from the alcohol and sweets categories. In their place, we selected a cheeseburger with bacon as a commonly consumed combination food and canned fruit cocktail and tomato sauce as commonly consumed processed foods. A total of 20 foods was evaluated.

Calculations of INQs and %SNDs were made according to the method described in Part I, Nutritional Rating System for Foods (12). Data were transferred to a spreadsheet to generate rotated bar graphs of the INQ profile and the %SND profile for each selected food. In addition, we determined the following %SND values to characterize the nutritionally descriptive adjectives for foods reported for INQ by Wyse and Hansen (10): %SND < 10% = poor, %SND 10.0 to 19.9 = fair, %SND 20.0 to 49.9 = adequate, %SND 50 to 89.9 = good, and %SND $\geq$ 90% = excellent. We placed these adjectives on the X axis of each graph to increase the usefulness of the nutritional profile for foods.

Results and Discussion

An INQ of greater than one indicates that the relationship of that nutrient on a per-calorie-basis is greater than the relationship of the United States Recommended Daily Allowances (U.S. RDA) or Estimated Safe and Adequate

Daily Dietary Intake (ESADDI) for that nutrient to the standard energy base of 2,300 kcal. Vitamins A and C are typically associated with low calorie foods and tend to be more nutrient dense per calorie than are other nutrients. As a result, the graphing of the INQ for vitamins A and C requires a scale which differs from other nutrients in order to indicate the same nutritional attributes such as "excellent," "good," etc. (Table 1). In addition to the difficulty in presentation and assessment of nutritional quality "at a glance," vitamins A and C may be present in appreciable quantity in some foods that would not be considered "good" sources such as ham (Figure 1).

As an example, the INQ for cantaloupe (Figure 2) shows a higher nutrient density for vitamin C than for vitamin A. However, when the data is presented as %SND rather than INQ, cantaloupe becomes an "excellent" source of vitamin A and only a "good" source of vitamin C. Although many of the adjectives that describe the nutritional quality of foods are similar for the INQ and %SND, the modification of the nutrient density by the SND results in a value which better reflects the nutritional impact of the food in a diet.

A %SND of 100 for a nutrient is comparable to the nutrient density of the "best" food sources of that respective nutrient. For example, examination of the profile for lowfat milk (Figure 8) indicates that it has a nutrient density for riboflavin which is better than the nutrient density of the best food sources (125%). The nutrient density for calcium in the lowfat milk is nearly equal to the nutrient density of the best food sources of calcium (98%), and the nutrient density for protein is 80% of the nutrient density of the best food sources.

Nutrient densities in different foods may be compared to distinguish nutritional attributes. For example, if the %SNDs are compared for sources of protein such as chicken (Figure 4), ham (Figure 1), lentils (Figure 7), milk (Figure 8), and hamburger with bacon and cheese (Figure 6) we see a decline in the nutrient density for protein, respectively. We believe that the NRSF %SND profiles are best used in conjunction with a food grouping or food classification scheme in order to distinguish the nutritional quality of foods.

Figures 3-8 provide examples of %SND profiles which can be used for nutrition education and/or food labeling purposes. Graphic representation of %SND is not limited to individual foods; meals or daily food intake may also be graphed on the same scale.

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Notes

$$1. \quad \text{INQ} = \frac{\text{Amount of nutrient in a food sample /} \\ \text{U.S. RDA (or ESADDI) for that nutrient}}{\text{Number of calories in a food sample /} \\ \text{energy requirement of 2,300 kcal}}$$

$$2. \quad \text{SND} = \frac{\text{Sum of (\#svg} \times \% \text{ nutrient)} \\ \text{for "leading exchange categories"}}{\text{Sum of (\#svg} \times \% \text{ kcal)} \\ \text{for "leading exchange categories"}}$$

$$3. \quad \% \text{SND} = \left(\frac{\text{INQ}_{n1}}{\text{SND}_{n1}} \right) \times 100$$

Table 1. Nutrient score descriptions

	poor	fair	adequate	good	excellent
NRSF					
% SND ^a	<10.0	10.0 - 19.9	20.0 - 49.9	50.0 - 89.9	≥90
INQ ^b					
nutrients ^c	<0.5	0.5 - 0.89	0.9 - 1.5	1.51 - 4.9	>5
vit A & C	<0.5	0.5 - 0.89	0.9 - 4.9	5.0 - 19.9	>20

$$^a\%SND = (INQ/SND) \times 100$$

$$^bINQ = \frac{\text{Amount of nutrient in a food sample / U.S. RDA (or ESADDI) for that nutrient}}{\text{Amount of calories in a food sample / energy requirement of 2,300 kcal}}$$

^cAll nutrients with the exception of vitamins A and C.

Figure 1. INQ and %SND profiles for ham

Figure 2. INQ and %SND profiles for cantaloupe

Cauliflower-raw-chopped %SND profile

Figure 3. %SND profile for cauliflower

Chicken-breast-no skin-roast %SND profile

Figure 4. %SND profile for chicken

Fruit cocktail-can/syrup %SND profile

Figure 5. %SND profile for fruit cocktail

Hamburger-bacon and cheese %SND profile

Figure 6. %SND profile for hamburger with bacon and cheese

Figure 7. %SND profile for lentils

Figure 8. %SND profile for milk

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Appendix A

Calculated Cumulative %SND Scores, Excessive
Factors, and Final Rating for 1,865 Foods in the
Nutritionist III Database

The Nutritional Rating of 1,865 Foods in the Nutritionist III Database

Food	Data missing	Cummulative %SND	Initial score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
** BABY FOOD							
BABY-BARLEY CEREAL/MILK	2	1261.3	1	26.1	0.5		1
BABY-BEANS-GREEN	1	1065.8	1	0.0	0.0		1
BABY-BEANS-GREEN-BUTTERED	3	1121.2	1	20.0	0.0		1
BABY-BEETS	0	757.3	1	0.0	0.8		1
BABY-CARROTS	0	1260.7	1	0.0	0.4		1
BABY-COOKIES	3	1089.3	1	28.9	1.9		1
BABY-GARDEN VEGETABLES	1	1047.7	1	8.2	0.3		1
BABY-LIVER	1	3211.3	1	34.1	0.7		1
BABY-MACARONI/TOMATO/BEEF	1	411.6	1	16.9	0.2		1
BABY-MIXED CEREAL/MILK	2	1128.2	1	28.1	0.5		1
BABY-MIXED VEGETABLES	5	382.8	1	0.0	0.1		1
BABY-OATMEAL CEREAL/MILK	2	1183.0	1	32.7	0.5		1
BABY-ORANGE APPLE JUICE	2	404.9	1	6.9	0.0		1
BABY-ORANGE APRICOT JUICE	2	501.5	1	0.0	0.1		1
BABY-ORANGE JUICE	0	498.5	1	6.4	0.0		1
BABY-PEARS & PINEAPPLE	1	397.8	1	0.0	0.0		1
BABY-PEAS	1	829.5	1	8.2	0.0		1
BABY-PEAS-CREAMED	2	452.9	1	30.0	0.1		1
BABY-RICE CEREAL/MILK	2	1139.2	1	27.3	0.5		1
BABY-SPINACH-CREAMED	1	1095.0	1	32.8	0.5		1
BABY-SQUASH	1	866.9	1	12.9	0.0		1
BABY-SWEET POTATOES	1	541.7	1	0.0	0.2		1
BABY-VEAL & VEGETABLES	2	460.1	1	36.0	0.2		1
BABY-VEGETABLES & LIVER	4	979.5	1	8.2	0.2		1
BABY-APPLE BETTY	4	313.7	2	0.0	0.1		2
BABY-BEEF & EGG NOODLES	1	334.5	2	30.0	0.3		2
BABY-BEEF LASAGNA	3	378.3	1	24.5	4.5 Y		2
BABY-BEEF STEW	3	547.6	1	19.3	3.5 Y		2
BABY-CHICKEN	1	454.0	1	53.5 Y	0.5		2
BABY-CHICKEN & NOODLES	1	329.7	2	24.0	0.2		2
BABY-ORANGE PRUNE JUICE	2	354.9	2	4.1	0.0		2
BABY-PEARS	1	309.9	2	0.0	0.0		2
BABY-VEGETABLES & BEEF	1	302.8	2	36.0	0.2		2
BABY-BEEF	1	540.5	1	45.0 Y	0.8		2 S
BABY-HAM	1	556.5	1	45.0 Y	0.4		2 S
BABY-LAMB	1	593.8	1	40.4 Y	0.6		2 S
BABY-PORK	1	503.5	1	51.4 Y	0.4		2 S
BABY-TURKEY	1	560.0	1	47.8 Y	0.6		2 S
BABY-VEAL	1	568.4	1	43.5 Y	0.6		2 S
BABY-APPLE JUICE	0	290.2	3	0.0	0.0		3
BABY-APPLE PEACH JUICE	2	277.5	3	0.0	0.0		3
BABY-APPLESAUCE	1	267.4	3	0.0	0.0		3
BABY-BANANAS & TAPIOCA	1	255.6	3	0.0	0.1		3
BABY-CORN-CREAMED	1	282.3	3	5.6	0.4		3
BABY-CREAM OF CHICKEN SOU	4	243.7	3	28.1	0.2		3
BABY-DUTCH APPLE	1	288.9	3	14.2	0.2		3
BABY-EGG YOLKS	1	323.2	2	76.0 Y	0.4		3
BABY-MACARONI & CHEESE	2	275.7	3	31.7	0.7		3
BABY-MANGO & TAPIOCA	3	247.1	3	3.9	0.0		3
BABY-MIXED FRUIT JUICE	2	298.7	3	0.0	0.0		3
BABY-PRUNES & TAPIOCA	1	274.3	3	0.0	0.0		3
BABY-APPLE BLUEBERRY	4	161.6	4	5.3	0.0		4
BABY-APPLE PRUNE JUICE	5	207.9	4	0.0	0.1		4

Food	Data missing	Cummulative %SND score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
BABY-CEREAL & EGG YOLKS	1	214.3	4	30.0	0.3	4
BABY-CHICKEN STEW	2	337.6	2	45.0 Y	4.0 Y	4
BABY-CHOC CUSTARD PUDDING	2	176.3	4	18.8	0.2	4
BABY-COTTAGE CHEESE/PINE	3	164.2	4	9.0	0.5	4
BABY-FRUIT DESSERT	1	150.9	4	0.0	0.1	4
BABY-ORANGE PUDDING	2	153.8	4	11.7	0.0	4
BABY-PAPAYA/APPLE/TAPIOCA	4	205.4	4	0.0	0.0	4
BABY-PEACH COBBLER	3	217.0	4	0.0	0.1	4
BABY-PEACHES	2	189.6	4	0.0	0.1	4
BABY-PRETZELS	2	225.2	3	3.8	2.7 Y	4
BABY-TEETHING BISCUITS	4	253.8	3	10.5	3.6 Y	4
BABY-TURKEY & RICE	4	190.1	4	25.7	0.2	4
BABY-VAN CUSTARD PUDDING	1	176.5	4	22.5	0.3	4
BABY-COOKIE-ARROWROOT	4	219.6	4	33.8	3.7 Y	5
BABY-PLUMS & TAPIOCA	1	123.7	5	0.0	0.1	5
BABY-ZWIEBACK	4	117.4	5	21.0	2.3	5
** BEVERAGES						
COFFEE SUBSTITUTE-PREPARE	6	539.3	1	0.0	0.0	1
COFFEE-BREWED	1	1373.6	1	0.0	0.0	1
COFFEE-INSTANT-PREPARED	1	1461.0	1	0.0	0.0	1
OVALTINE-CHOC-PREP/MILK	1	936.5	1	34.8	0.9	1
OVALTINE-MALT-PREP/MILK	1	929.5	1	32.9	0.8	1
POSTUM-INST GRAIN BEV-DRY	7	622.5	1	0.2	1.0	1
SANKA-DECAF-COFFEE-PREPED	14	500.0	1	0.0	0.0	1
TEA-HERB-BREWED	0	3708.0	1	0.0	0.0	1
TEA-INSTANT-PREP-UNSWEET	1	4010.4	1	0.0	0.0	1
CARN INST BREAK-CHOC-ENV	1	978.6	1	6.9	3.8 Y	2
CARN INST BREAK-EGGNOG-EN	1	956.9	1	0.0	5.8 Y	2
CARN INST BREAK-VAN-ENV	1	974.3	1	0.0	4.1 Y	2
CHOC BEV POWD/NONFAT-DRY	2	385.4	1	9.0	5.2 Y	2
HOT COCOA-PREP/MILK-HOME	3	321.6	2	37.4	0.5	2
BEER-LIGHT	1	261.4	3	0.0	0.0	3
BEER-NATURAL LIGHT	1	241.6	3	0.0	0.1	3
CHOC BEV DRINK-NO MILK-DR	1	245.9	3	8.0	2.1	3
BEER-BUDWEISER	1	175.7	4	0.0	0.1	4
BEER-MICHELOB	1	167.0	4	0.0	0.1	4
BEER-REGULAR	1	187.2	4	0.0	0.1	4
FRUIT PUNCH DRINK-CAN	1	216.5	4	0.0	0.2	4
WINE-CALIF/RED-GLASS	2	159.4	4	0.0	0.1	4
WINE-RED-TABLE	1	204.3	4	0.0	0.6	4
TEA-INSTANT-PREP-SWEETENE	2	129.1	5	1.0	0.0	5
WINE COOLER-WHITE WINE/7U	3	101.0	5	0.0	0.1	5
WINE-MUSCATEL/PORT-GLASS	2	91.0	5	0.0	0.0	5
WINE-ROSE-TABLE	2	131.4	5	0.0	0.0	5
WINE-WHITE-TABLE	1	149.0	5	0.0	0.6	5
CLUB SODA	4	0.0	6	0.0	0.2	6
COCKTAIL-DAIQUIRI	2	20.4	6	0.5	0.1	6
COCKTAIL-HIGHBALL	4	6.0	6	0.0	0.1	6
COCKTAIL-MANHATTAN	2	29.9	6	0.0	0.0	6
COCKTAIL-MARTINI	3	1.8	6	0.0	0.0	6
COCKTAIL-TOM COLLINS	4	18.4	6	0.0	0.2	6
COLA-TYPE-SODA	1	23.6	6	0.0	0.0	6
CREAM SODA	2	17.1	6	0.0	0.1	6
DIET SOFT DRINK	3	0.0	6	0.0	0.1	6
DR. PEPPER TYPE COLA	2	14.7	6	0.0	0.1	6
GATORADE-THIRST QUENCHER	0	68.4	6	0.0	0.4	6

Food	Data missing	Cumulative %SND score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
GINGER ALE-SODA	2	45.4	6	0.0	0.1	6
GRAPE-SODA	3	36.9	6	0.0	0.2	6
LEMON LIME SODA-7UP	0	30.5	6	0.0	0.1	6
LIQUEURS-CREME DE MENTHE	3	6.9	6	0.7	0.1	6
PERRIER-MINERAL WATER	1	0.0	6	0.0	0.0	6
PINA COLADA-HOME RECIPE	4	57.8	6	9.3	0.1	6
ROOT BEER-SODA	2	17.8	6	0.0	0.1	6
TEA-BREWED	2	0.0	6	0.0	0.0	6
TONIC WATER-QUININE SODA	4	0.0	6	0.0	0.0	6
WATER	1	0.0	6	0.0	0.0	6
WHIS/GIN/RUM/VOD-100 PROO	0	3.4	6	0.0	0.0	6
WHIS/GIN/RUM/VOD-80 PROOF	1	13.2	6	0.0	0.0	6
WHIS/GIN/RUM/VOD-86 PROOF	0	3.4	6	0.0	0.0	6
WHIS/GIN/RUM/VOD-90 PROOF	1	0.0	6	0.0	0.0	6
WHIS/GIN/RUM/VOD-94 PROOF	0	3.4	6	0.0	0.0	6
WINE-DESSERT	2	68.0	6	0.0	0.1	6
** BREADS						
BREAD-MIXED GRAIN	1	426.2	1	13.0	4.1 Y	2
BREAD-MIXED GRAIN-TOASTED	1	410.3	1	13.0	4.8 Y	2
BREAD-WHEAT-FIRM-TOASTED	1	423.4	1	16.0	7.3 Y	2
BREAD-WHEAT-SOFT-TOASTED	1	428.9	1	16.0	7.3 Y	2
BREAD-WHOLE WHEAT-FIRM	1	441.4	1	16.0	6.4 Y	2
BREAD-WHOLE WHEAT-SOFT	1	441.4	1	16.0	6.4 Y	2
MUFFIN-ENGLISH-PLAIN	2	436.5	1	7.4	6.4 Y	2
MUFFIN-ENGLISH-PLAIN-TOAS	2	419.9	1	7.4	7.8 Y	2
MUFFIN-OAT BRAN/BLEUBERRY	2	317.5	2	25.7	1.7	2
MUFFIN-OAT BRAN/RAISIN	2	350.4	2	19.3	1.8	2
TORTILLA-CORN	3	322.7	2	15.3	1.8	2
BREAD-FRENCH-ENRICHED	1	329.5	2	12.5	5.5 Y	3
BREAD-PUMPERNICKEL	3	366.5	2	12.1	5.4 Y	3
BREAD-RAISIN-ENRICHED	2	345.2	2	12.8	3.8 Y	3
BREAD-RYE-AMERICAN-LIGHT	1	360.1	2	12.5	7.0 Y	3
BREAD-VIENNA-ENRICHED	1	329.5	2	12.5	5.5 Y	3
BREAD-WHEAT-TOAST-HOME RE	1	355.0	2	21.8	4.1 Y	3
BREAD-WHITE-FIRM	0	356.5	2	13.2	5.1 Y	3
BREAD-WHITE-SOFT	0	348.7	2	13.2	5.2 Y	3
BREAD-WHITE-SOFT-CRUMBS	0	356.5	2	13.2	5.1 Y	3
BREAD-WHITE-SOFT-CUBES	0	346.2	2	13.3	5.1 Y	3
BREAD-WHITE-SOFT-TOASTED	0	333.6	2	13.2	5.9 Y	3
BREAD-WHOLE WHEAT-HOME RE	1	366.1	2	21.8	3.6 Y	3
ROLL-HAMBURGER/HOTDOG	1	321.9	2	16.5	6.0 Y	3
BAGEL-EGG	2	259.4	3	7.8	3.6 Y	4
BAGEL-WATER	2	259.4	3	7.8	3.6 Y	4
BREAD-CRACKED WHEAT	4	295.7	3	11.9	4.3 Y	4
BREAD-ITALIAN-ENRICHED	4	241.6	3	0.0	5.1 Y	4
BREAD-WHITE-FIRM-TOASTED	0	283.3	3	13.8	5.8 Y	4
MUFFIN-BRAN-HOME REC	2	361.2	2	40.8 Y	4.2 Y	4
ROLL-BROWN & SERVE-ENR	1	261.8	3	21.2	5.5 Y	4
ROLL-CLOVERLEAF-HOME REC	1	243.7	3	22.5	5.5 Y	4
ROLL-CLOVERLEAF/PAN-ENR	1	275.8	3	21.2	5.5 Y	4
ROLL-HARD-ENRICHED	1	255.7	3	11.6	6.2 Y	4
ROLL-WHOLE WHEAT-HOMEMADE	5	290.8	3	10.0	5.6 Y	4
BREAD-CORN-HOME REC	2	184.7	4	32.8	2.8 Y	5
MUFFIN-BLEUBERRY-HOME REC	5	187.2	4	32.7	6.3 Y	5
ROLL-SUBMARINE/HOAGIE-ENR	5	212.2	4	9.2	5.6 Y	5
BISCUITS-HOME RECIPE	5	157.4	4	42.9 Y	6.2 Y	6

Food	Data missing	Cummulative %SND score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
BISCUITS-PREPARED/MIX	0	222.9	4	43.7 Y	7.9 Y	6 S
** CEREALS/BREAKFAST CE						
CEREAL-C.W. POST-PLAIN	3	860.7	1	31.7	1.7	1
CEREAL-C.W. POST/RAISINS	3	875.6	1	29.7	1.6	1
CEREAL-CREAM/WHEAT-INSTAN	5	513.0	1	3.5	0.0	1
CEREAL-CREAM/WHEAT-PACKET	2	855.4	1	2.7	1.6	1
CEREAL-CREAM/WHEAT-REG-HO	5	509.8	1	3.4	0.0	1
CEREAL-FROSTED MINI WHEAT	1	1219.0	1	2.5	0.3	1
CEREAL-MALT O MEAL-COOK	6	758.9	1	2.2	0.0	1
CEREAL-MAYPO-COOK-HOT	2	1114.5	1	12.7	0.0	1
CEREAL-OAT BRAN/QUAKER	6	530.3	1	20.0	0.2	1
CEREAL-OATMEAL-APPLE/CINN	5	941.0	1	10.7	1.5	1
CEREAL-OATMEAL-BRAN/RAISI	1	1281.2	1	10.8	1.3	1
CEREAL-OATMEAL-COOKED	1	443.9	1	14.9	0.0	1
CEREAL-OATMEAL-INST-PACKE	3	1432.2	1	14.7	1.6	1
CEREAL-OATMEAL-MAPLE-PACK	5	840.5	1	10.5	1.8	1
CEREAL-OATMEAL-RAW	2	398.3	1	14.8	0.0	1
CEREAL-OATMEAL-SPICE-PACK	1	944.8	1	9.7	1.7	1
CEREAL-RALSTON-COOKED	3	486.4	1	5.4	0.0	1
CEREAL-ROMAN MEAL-COOKED	4	557.4	1	6.1	0.0	1
CEREAL-SUPER SUGAR CRISP	3	914.5	1	2.2	0.9	1
CEREAL-WHEAT GERM-SUGAR	3	1055.0	1	19.2	0.0	1
CEREAL-WHEAT GERM-TOASTED	0	1498.3	1	25.3	0.0	1
CEREAL-WHEAT-PUFFED-PLAIN	2	394.0	1	2.0	0.0	1
CEREAL-WHEAT-PUFFED-SUGAR	2	866.8	1	0.0	1.5	1
CEREAL-WHEAT-SHRED-BISCUI	0	438.8	1	3.3	0.0	1
CEREAL-WHEAT-WHOLE MEAL	3	466.0	1	8.2	2.2	1
CEREAL-WHEATENA-COOKED	3	408.7	1	7.3	0.0	1
CEREAL-WHOLE WHEAT NATURA	3	525.0	1	5.4	0.0	1
CEREAL-100% BRAN	4	2375.4	1	16.7	6.9 Y	2
CEREAL-ALL BRAN	1	2033.0	1	6.5	11.3 Y	2
CEREAL-ALPHA BITS	3	888.6	1	4.9	7.7 Y	2
CEREAL-APPLE JACKS	2	1010.6	1	0.8	4.4 Y	2
CEREAL-BRAN BUDS	1	1926.3	1	8.3	6.1 Y	2
CEREAL-BRAN CHEX	2	1233.3	1	8.1	9.3 Y	2
CEREAL-BRAN FLAKES-KELLOG	2	1505.3	1	5.0	9.3 Y	2
CEREAL-BRAN FLAKES-POST	2	1303.7	1	4.7	9.2 Y	2
CEREAL-BRAN FLAKES-RALSTO	1	1308.5	1	4.0	9.3 Y	2
CEREAL-CAP'N CRUNCH	3	1270.7	1	19.6	7.5 Y	2
CEREAL-CAP'N CRUNCH/BERRY	5	1154.9	1	17.9	6.9 Y	2
CEREAL-CHEERIOS	1	1012.5	1	14.7	10.8 Y	2
CEREAL-COCOA KRISPIES	3	847.5	1	3.2	7.6 Y	2
CEREAL-COCOA PEBBLES	3	824.2	1	11.9	4.8 Y	2
CEREAL-CORN BRAN	5	1591.0	1	9.4	8.6 Y	2
CEREAL-CORN CHEX	1	701.4	1	0.8	9.5 Y	2
CEREAL-CORN FLAKES-KELLOG	1	826.3	1	0.7	12.4 Y	2
CEREAL-CORN-SHREDDED-SUGA	1	667.0	1	0.0	9.9 Y	2
CEREAL-CRACKLIN BRAN	2	1005.7	1	34.6	8.1 Y	2
CEREAL-CRACKLIN OAT BRAN	4	885.8	1	32.7	4.9 Y	2
CEREAL-CRISPY WHEAT/RAISI	4	979.0	1	4.2	4.7 Y	2
CEREAL-FORTIFIED OAT FLAK	3	1253.9	1	3.6	8.9 Y	2
CEREAL-FROST FLAKE-KELLOG	2	855.9	1	0.7	8.1 Y	2
CEREAL-FROST FLAKE-RALSTO	2	697.3	1	3.0	6.5 Y	2
CEREAL-FROST RICE KRISPIE	1	853.4	1	0.8	8.4 Y	2
CEREAL-FRUIT LOOPS	2	994.4	1	4.1	5.1 Y	2
CEREAL-GRAPE NUTS	3	960.5	1	1.0	7.0 Y	2

Food	Data missing	Cumulative %SND score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
CEREAL-GRAPE NUTS FLAKES	2	1104.3	1	2.8	7.7 Y	2
CEREAL-HONEY BRAN	2	1073.5	1	5.3	5.8 Y	2
CEREAL-HONEY NUT CHEERIOS	3	956.4	1	5.8	9.1 Y	2
CEREAL-HONEYCOMB	3	853.5	1	4.2	7.5 Y	2
CEREAL-KING VITAMAN	2	2983.0	1	12.7	7.7 Y	2
CEREAL-KIX	3	967.2	1	5.3	12.0 Y	2
CEREAL-LIFE-PLAIN/CINNAMO	4	1324.1	1	4.4	5.2 Y	2
CEREAL-LUCKY CHARMS	3	885.7	1	8.6	7.1 Y	2
CEREAL-NUTRI GRAIN-BARLEY	2	978.5	1	1.8	6.8 Y	2
CEREAL-NUTRI GRAIN-CORN	2	913.7	1	5.6	6.6 Y	2
CEREAL-NUTRI GRAIN-RYE	2	977.9	1	1.9	6.8 Y	2
CEREAL-NUTRI GRAIN-WHEAT	2	1034.7	1	2.8	6.8 Y	2
CEREAL-OAT BRAN/KELLOGG	5	1085.6	1	9.0	9.5 Y	2
CEREAL-OATS-PUFFED-SUGAR	2	960.8	1	9.0	11.8 Y	2
CEREAL-PRODUCT 19	2	3646.5	1	1.4	11.5 Y	2
CEREAL-RAISIN BRAN-KELLOG	3	1095.2	1	5.8	7.3 Y	2
CEREAL-RAISIN BRAN-POST	3	1340.9	1	5.6	6.5 Y	2
CEREAL-RAISIN BRAN-RALSTO	2	997.7	1	1.5	8.7 Y	2
CEREAL-RICE CHEX	2	681.7	1	0.9	8.4 Y	2
CEREAL-RICE KRISPIES	0	865.0	1	1.6	12.0 Y	2
CEREAL-RICE-PUFFED-SUGAR	1	326.7	2	0.0	0.8	2
CEREAL-SPECIAL K	2	1076.0	1	0.9	9.3 Y	2
CEREAL-SUGAR CORN POPS	2	874.6	1	0.8	3.6 Y	2
CEREAL-SUGAR SMACKS	2	909.3	1	4.6	2.6 Y	2
CEREAL-TASTEEOS	2	937.7	1	6.7	7.6 Y	2
CEREAL-TEAM	3	765.6	1	3.8	6.2 Y	2
CEREAL-TOASTIES	3	792.1	1	0.5	10.5 Y	2
CEREAL-TOTAL	1	4062.3	1	5.4	12.4 Y	2
CEREAL-TRIX	3	830.1	1	3.3	6.4 Y	2
CEREAL-WHEAT CHEX	2	962.2	1	5.9	6.7 Y	2
CEREAL-WHEAT FLAKES-SUGAR	0	1068.2	1	0.0	12.3 Y	2
CEREAL-WHEAT-ROLLED-COOKE	3	329.3	2	5.0	2.2	2
CEREAL-WHEATIES	0	1069.9	1	4.5	12.5 Y	2
CEREAL-CORN GRITS-ENRICHE	2	297.7	3	3.1	0.0	3
CEREAL-FARINA-COOK-ENR	3	282.4	3	1.6	0.0	3
CEREAL-OAT BRAN-R&S/HOT	2	298.9	3	9.0	0.4	3
CEREAL-CREAM OF RICE-COOK	3	192.6	4	0.7	0.0	4
CEREAL-GRANOLA-HOMEMADE	2	297.2	3	50.1 Y	0.1	4
CEREAL-GRANOLA-NATURE VAL	5	207.9	4	35.1	2.0	4
CEREAL-RICE-PUFFED-PLAIN	1	150.9	4	1.6	0.0	4
CEREAL-100% NATURAL-PLAIN	3	297.2	3	41.2 Y	0.4	4 S
CEREAL-CORN FLAKES-RALSTO	0	180.4	4	0.9	9.6 Y	5
CEREAL-CORN GRITS-UNENR	2	143.6	5	3.1	0.0	5
CEREAL-CRISPY RICE	3	214.8	4	0.8	7.3 Y	5
** COMBINATION FOODS						
PEAS/CARROTS-CAN-LOW SOD	1	997.8	1	6.5	0.0	1
PEAS/CARROTS-FROZ-BOIL	0	1080.6	1	8.1	0.7	1
PEAS/ONIONS-FROZ-BOIL	7	481.2	1	4.1	0.0	1
SALAD-COLESLAW	1	380.7	1	31.5	0.2	1
SALAD-GREEN SALAD-TOSSED	1	1739.8	1	4.5	0.3	1
VEGETABLES-MIXED-CAN-DRAI	2	940.7	1	4.8	1.5	1
VEGETABLES-MIXED-FROZ-BOI	1	684.3	1	2.3	0.3	1
BEANS/PORK/SWEET SAUCE-CAN	0	426.6	1	11.8	3.4 Y	2
BEANS/PORK/TOM SAUCE-CAN	0	695.9	1	9.5	4.4 Y	2
PEAS/CARROTS-CAN	0	1099.1	1	6.5	2.6 Y	2
PEAS/ONIONS-CAN	3	641.6	1	6.8	4.4 Y	2

Food	Data missing	Cummulative %SND	Initial score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
PIZZA-CHEESE-BAKED	1	412.2	1	20.6	5.3 Y	2	
SALAD-FRUIT-CAN/WATER	3	363.6	2	1.9	0.0	2	
SAND-SUBMARINE/ROAST BEEF	1	383.9	1	28.5	3.9 Y	2	
SANDWICH-STEAK	1	380.0	1	27.6	3.9 Y	2	
SANDWICH-SUBMARINE/COLDCU	1	408.7	1	36.7	7.2 Y	2	
SPAGHETTI/TOM/CHE-CAN	6	377.6	1	9.5	3.8 Y	2	
BURRITO-BEANS/CHEESE	1	371.9	2	27.9	6.3 Y	3	
PIZZA-CHEESE/MEAT/VEG	1	366.1	2	26.2	4.8 Y	3	
PIZZA-PEPPERONI-BAKED	1	329.5	2	34.6	3.8 Y	3	
SALAD-THREE BEAN-DEL MONT	4	310.8	2	2.2	3.6 Y	3	
SANDWICH-HAM/CHEESE	1	331.9	2	39.5	5.3 Y	3	
SANDWICH-ROAST BEEF/PLAIN	1	368.8	2	35.9	5.7 Y	3	
BEANS/PORK/FRANKFURTER-CA	0	378.8	1	41.6 Y	4.3 Y	3 S	
BEEF & VEGETABLE STEW	4	402.0	1	45.0 Y	4.1 Y	3 S	
CHILI WITH BEANS-CANNED	4	432.4	1	44.0 Y	5.2 Y	3 S	
CHIMICHANGA-BEEF	1	395.0	1	41.7 Y	5.2 Y	3 S	
ENCHIRITO-CHEESE/BEEF/BEA	1	458.3	1	42.1 Y	6.5 Y	3 S	
MEAT LOAF-CELERY/ONIONS	0	314.1	2	58.7 Y	1.2	3 S	
SALAD-CHEF SALAD-HAM/CHEE	0	540.0	1	58.3 Y	2.8 Y	3 S	
SANDWICH-ROAST BEEF/CHEES	1	415.0	1	40.3 Y	9.3 Y	3 S	
MIXED FRUIT-CAN/SYRUP	4	217.6	4	1.3	0.0	4	
MIXED FRUIT-FROZ-SWEET	3	177.0	4	1.7	0.0	4	
SALAD-FRUIT-CAN/JUICE	4	208.4	4	0.4	0.1	4	
ENCHILADA-CHEESE	1	310.1	2	53.2 Y	4.8 Y	4 S	
SALAD-TACO	1	356.3	2	47.7 Y	3.9 Y	4 S	
SPINACH SOUFFLE	2	341.2	2	76.0 Y	5.6 Y	4 S	
TACO	1	330.3	2	50.1 Y	4.7 Y	4 S	
HAMBURGER-BACON AND CHEES	2	254.9	3	53.0 Y	4.4 Y	5	
SALAD-POTATO	1	230.3	3	51.5 Y	5.3 Y	5	
HOT DOG-PLAIN WITH BUN	1	296.3	3	53.9 Y	6.8 Y	5 S	
NACHOS-CHEESE	1	238.5	3	49.6 Y	7.2 Y	5 S	
** DAIRY							
CHEESE-COTTAGE-UNCREAMED	3	420.2	1	4.5	0.1	1	
MILK-1% FAT-LOWFAT-FLUID	2	587.2	1	22.9	0.5	1	
MILK-1%-MILK SOLIDS ADDED	2	596.5	1	20.6	0.5	1	
MILK-1%-PROTEIN FORTIFIED	2	587.7	1	21.8	0.6	1	
MILK-2% FAT-LOWFAT-FLUID	2	493.9	1	34.8	0.5	1	
MILK-2%-MILK SOLIDS ADDED	2	500.2	1	33.9	0.5	1	
MILK-2%-PROTEIN FORTIFIED	2	509.4	1	32.0	0.6	1	
MILK-BUTTERMILK-FLUID	2	580.1	1	19.6	1.1	1	
MILK-CHOCOLATE-1% LOWFAT	3	393.6	1	14.2	0.6	1	
MILK-EVAPORATED-SKIM-CAN	2	643.2	1	2.3	1.1	1	
MILK-NONFAT-FLUID	1	711.6	1	4.6	0.5	1	
MILK-NONFAT-PROTEIN FORT	1	752.2	1	5.6	0.6	1	
MILK-NONFAT-SOLIDS ADDED	1	755.2	1	6.1	0.5	1	
WHEY-ACID-FLUID	3	774.6	1	3.4	0.5	1	
WHEY-SWEET-FLUID	3	592.5	1	12.2	0.5	1	
YOGURT-PLAIN-LOWFAT	3	552.5	1	22.0	0.7	1	
YOGURT-PLAIN-NONFAT	3	683.0	1	2.9	0.8	1	
CHEESE-COTTAGE-LOWFAT-1%	3	431.7	1	12.6	4.1 Y	2	
CHEESE-COTTAGE-LOWFAT-2%	3	389.9	1	19.3	4.1 Y	2	
MILK-BUTTERMILK-DRIED	2	603.2	1	13.5	5.2 Y	2	
MILK-CHOCOLATE-2% LOWFAT	3	348.5	2	25.1	0.6	2	
MILK-MALTED-CHOCOLATE	3	308.0	2	35.1	0.6	2	
MILK-MALTED-NATURAL	3	368.2	2	37.9	0.8	2	
MILK-NONFAT-INST-ENVELOPE	3	701.6	1	1.8	5.5 Y	2	

Food	Data missing	Cummulative %SND score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
MILK-NONFAT-INSTANT-DRIED	3	701.6	1	1.8	5.5 Y	2
MILK-SOY-FLUID	1	853.0	1	52.2 Y	0.1	2
WHEY-ACID-DRY	3	889.9	1	1.8	9.7 Y	2
WHEY-SWEET-DRY	3	680.2	1	2.8	10.7 Y	2
MILK-GOAT-WHOLE-FLUID	0	397.0	1	54.1 Y	0.5	2 S
MILK-WHOLE-3.3% FAT-FLUID	0	524.5	1	48.9 Y	0.5	2 S
MILK-WHOLE-LOW SODIUM	4	445.6	1	51.0 Y	0.0	2 S
CHEESE-COTTAGE-4%-LAR CUR	1	309.2	2	39.2	4.0 Y	3
CHEESE-COTTAGE-4%-SM CURD	1	309.2	2	39.3	4.0 Y	3
ICE MILK-VAN-HARD-4.3% FA	2	230.8	3	27.5	0.8	3
ICE MILK-VAN-SOFT-2.6% FA	2	295.8	3	18.6	0.9	3
MILK-CHOCOLATE-WHOLE	3	293.1	3	36.7	0.6	3
MILKSHAKE-CHOCOLATE-THICK	3	240.6	3	20.5	1.1	3
MILKSHAKE-VANILLA-THICK	3	245.5	3	24.4	1.0	3
YOGURT-FRUIT FLAVOR-LOWFA	3	287.0	3	9.5	0.6	3
CHEESE-RICOTTA-SKIM MILK	4	303.2	2	51.6 Y	1.2	3 S
MILK-EVAPORATED-WHOLE-CAN	1	355.3	2	50.9 Y	1.1	3 S
MILK-SHEEP-WHOLE-FLUID	5	349.7	2	58.6 Y	0.4	3 S
MILK-WHOLE-DRY	1	395.3	1	48.5 Y	3.7 Y	3 S
YOGURT-PLAIN-WHOLE	3	373.3	2	47.8 Y	0.5	3 S
MILK-CONDENSED-SWEET-CAN	1	204.4	4	24.4	1.3	4
CHEESE-CAMEMBERT-WEDGE	1	302.6	2	72.8 Y	8.4 Y	4 S
CHEESE-MOZZARELLA-SKIM ML	1	321.5	2	56.4 Y	4.7 Y	4 S
CHEESE-PARMESAN-GRATED	2	348.4	2	59.2 Y	18.6 Y	4 S
CHEESE-RICOTTA-WHOLE MILK	2	228.0	3	67.1 Y	0.8	4 S
MILK-INDIAN BUFFALO-WHOLE	3	292.2	3	64.1 Y	0.5	4 S
CHEESE-BRIE	5	225.7	3	74.4 Y	6.4 Y	5
CHEESE-COTTAGE-WITH FRUIT	3	201.9	4	24.8	4.0 Y	5
CHEESE-MONTEREY	5	236.4	3	72.8 Y	5.4 Y	5
ICE CREAM-VAN-HARD-10% FA	1	189.2	4	47.8 Y	0.9	5
ICE CREAM-VAN-SOFT SERVE	2	157.3	4	53.7 Y	0.9	5
MILK-IMITATION	3	223.4	4	49.9 Y	0.8	5
CHEESE FOOD-AMERICAN-PROC	5	247.8	3	67.5 Y	12.0 Y	5 S
CHEESE SPREAD-PROCESSED	3	276.7	3	66.1 Y	13.6 Y	5 S
CHEESE-AMERICAN-PROCESSED	0	230.8	3	75.2 Y	14.5 Y	5 S
CHEESE-BLUE	1	256.0	3	73.4 Y	14.1 Y	5 S
CHEESE-BLUE-CRUMBLD	1	254.2	3	73.2 Y	14.0 Y	5 S
CHEESE-BRICK	1	233.3	3	72.1 Y	5.7 Y	5 S
CHEESE-CHEDDAR-CUT PIECES	1	242.3	3	74.2 Y	6.3 Y	5 S
CHEESE-CHEDDAR-INCH CUBES	1	252.3	3	74.0 Y	6.2 Y	5 S
CHEESE-CHEDDAR-SHREDDED	1	242.3	3	74.2 Y	6.2 Y	5 S
CHEESE-COLBY	2	227.2	3	73.1 Y	6.1 Y	5 S
CHEESE-EDAM	1	278.7	3	70.2 Y	9.8 Y	5 S
CHEESE-GOUDA	3	256.4	3	69.3 Y	8.3 Y	5 S
CHEESE-LIMBURGER	3	272.7	3	74.7 Y	8.1 Y	5 S
CHEESE-MOZZARELLA-WHO MIL	3	231.0	3	68.9 Y	3.8 Y	5 S
CHEESE-MUENSTER	1	243.1	3	73.7 Y	6.4 Y	5 S
CHEESE-PIMENTO-PROCESSED	2	227.2	3	75.0 Y	14.5 Y	5 S
CHEESE-PROVOLONE	1	270.1	3	68.0 Y	8.9 Y	5 S
CHEESE-ROQUEFORT	1	275.3	3	74.5 Y	18.3 Y	5 S
CHEESE-SWISS	0	297.3	3	65.4 Y	2.6 Y	5 S
CHEESE-SWISS-PROCESSED	4	268.1	3	67.2 Y	13.9 Y	5 S
CHEESE-TILSIT	5	252.7	3	69.0 Y	7.6 Y	5 S
CREAM-COFFEE-TABLE-LIGHT	1	154.9	4	88.9 Y	0.4	5 S
CREAM-HALF & HALF-FLUID	2	176.8	4	79.4 Y	0.4	5 S
CREAM-SOUR-HALF & HALF	3	172.9	4	81.0 Y	0.4	5 S
MILK-EGGNOG-COMMERCIAL	2	205.0	4	50.0 Y	0.5	5 S

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MILK-HUMAN-WHOLE-MATURE	0	171.1	4	56.9 Y	0.2	5 S
CREAM-IMIT-FROZ-LIQUID	3	40.4	6	66.0 Y	0.8	6
ICE CREAM-VAN-HARD-16% FA	2	103.2	5	61.1 Y	0.7	6
CHEESE-CREAM	1	98.5	5	89.9 Y	3.0 Y	6 S
CHEESE-NEUFCHATEL	3	123.3	5	80.8 Y	4.0 Y	6 S
CREAM-IMITATION-POWDERED	3	59.5	6	58.5 Y	1.8	6 S
CREAM-SOUR-CULTURED	3	107.5	5	88.0 Y	0.5	6 S
CREAM-WHIP-IMIT-FROZ	3	6.6	6	71.5 Y	0.2	6 S
CREAM-WHIP-IMIT-PRESSURIZ	3	5.5	6	76.3 Y	0.6	6 S
CREAM-WHIP-IMITATION-POWD	3	101.1	5	59.2 Y	0.7	6 S
CREAM-WHIP-PRESSURIZED	4	67.3	6	77.7 Y	1.3	6 S
CREAM-WHIPPING-HEAVY	2	47.8	6	96.6 Y	0.4	6 S
CREAM-WHIPPING-LIGHT	2	58.0	6	95.1 Y	0.3	6 S
** DESSERTS						
PUDDING-CORN	2	450.8	1	44.2 Y	0.6	2 S
CAKE-GINGERBREAD-MIX/PREP	3	150.2	4	20.6	1.4	4
CAKE-PINE UPSIDE DOWN-HOM	1	165.3	4	34.7	2.4	4
ICE CREAM SUNDAE-CARAMEL	1	167.4	4	27.2	1.2	4
ICE CREAM SUNDAE-HOT FUDG	1	201.0	4	31.4	1.1	4
ICE CREAM SUNDAE-STRAW	1	188.4	4	28.1	0.6	4
TOASTER PASTRIES	2	262.0	3	26.4	4.6 Y	4
CAKE-ANGELFOOD-MIX/PREP	1	200.9	4	0.8	2.7 Y	5
CAKE-SPONGE-HOME RECIPE	1	200.1	4	15.0	2.5 Y	5
COOKIE-FIG BAR	1	169.2	4	16.2	3.2 Y	5
PIE-APPLE-HOME REC	1	141.5	5	37.9	1.5	5
PIE-LEMON MERINGUE-HOME	1	130.1	5	33.6	1.9	5
PIE-PUMPKIN-HOME REC	5	183.9	4	49.1 Y	2.1	5
SHERBET-ORANGE-2% FAT	3	88.4	5	12.7	0.5	5
BROWNIE-COMMERCIAL/PREP	1	101.6	5	37.4	2.5 Y	6
BROWNIES/NUTS-HOME RECIPE	5	94.8	5	56.8 Y	2.5 Y	6
CAKE-CHEESECAKE-COMMERCIA	2	92.5	5	57.1 Y	2.2	6
CAKE-DEVILS FOOD/ICING-MI	5	125.2	5	30.6	2.6 Y	6
CAKE-MARBLE-STREUSEL/ICIN	1	130.6	5	39.4	4.3 Y	6
CAKE-SHEET-NO ICING-HOME	2	125.6	5	34.3	4.4 Y	6
CAKE-WHITE/CHOC ICING-HOM	1	124.9	5	36.5	2.8 Y	6
CAKE-YELLOW/ICING-HOME RE	1	127.6	5	38.3	2.8 Y	6
COOKIE-CHOC CHIP-HOME REC	1	138.3	5	52.1 Y	2.1	6
COOKIE-CHOCOLATE CHIP-MIX	1	114.7	5	43.6 Y	3.6 Y	6
COOKIE-GINGERSNAP-HOME RE	1	119.5	5	42.4 Y	2.8 Y	6
COOKIE-OATMEAL/RAISIN-MIX	1	126.8	5	38.0	2.9 Y	6
COOKIE-PEANUT BUTTER-MIX	1	188.6	4	47.5 Y	5.7 Y	6
COOKIE-PLAIN-MIX	2	89.3	5	45.0 Y	5.4 Y	6
COOKIE-SANDWICH-CHOC/VAN	1	136.5	5	40.5 Y	6.3 Y	6
COOKIE-SUGAR-MIX	1	107.1	5	43.6 Y	5.5 Y	6
COOKIE-VANILLA WAFER	5	111.1	5	29.2	2.5 Y	6
CUPCAKE-DEVILS FOOD/ICING	5	125.7	5	30.0	2.6 Y	6
DANISH PASTRY-CHEESE	1	173.9	4	62.7 Y	3.5 Y	6
DANISH PASTRY-CINNAMON	1	149.3	5	43.1 Y	3.7 Y	6
DANISH PASTRY-FRUIT	1	147.3	5	42.7 Y	3.5 Y	6
DANISH PASTRY-PLAIN	5	133.1	5	49.0 Y	3.8 Y	6
DOUGHNUTS-CAKE-PLAIN	1	134.2	5	49.9 Y	5.6 Y	6
DOUGHNUTS-YEAST-GLAZED	4	113.6	5	49.2 Y	2.3	6
PIE-BLUEBERRY-HOME REC	5	130.9	5	41.5 Y	2.7 Y	6
PIE-CHERRY-HOME REC	5	128.6	5	38.6	3.0 Y	6
PIE-CHOC CREAM-HOME REC	1	188.3	4	51.5 Y	2.7 Y	6
PIE-MINCE-HOME REC	5	134.0	5	39.4	4.5 Y	6

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PIE-PEACH-HOME REC	5	128.0	5	36.5	2.7 Y	6
PIECRUST-HOME RECIPE-BAKE	5	91.4	5	60.0 Y	6.1 Y	6
TURNOVER-APPLE	1	118.2	5	49.8 Y	3.8 Y	6
TURNOVER-CHERRY	1	109.7	5	50.9 Y	4.4 Y	6
TURNOVER-LEMON	2	143.4	5	48.6 Y	3.4 Y	6
BROWNIES/CHOC ICING-FROZE	2	117.4	5	42.9 Y	2.4	6 S
CAKE-POUND-HOME RECIPE	5	96.4	5	56.2 Y	1.8	6 S
FRUIT PIE-FRIED	1	91.4	5	48.7 Y	3.8 Y	6 S
** DIPS & SAUCES						
GRAVY-BEEF-CANNED	3	410.0	1	39.9	0.5	1
DIP-JALAPENO BEAN-FRITOS	3	514.8	1	30.0	5.8 Y	2
SAUCE-SOY	1	1016.8	1	0.0	57.2 Y	2
SAUCE-SOY-TAMARI	3	1034.6	1	1.6	55.8 Y	2
SAUCE-STROGANOFF-MIX/PREP	7	461.5	1	35.5	6.2 Y	2
SAUCE-TERIYAKI-BOTTLED	1	512.3	1	0.0	38.3 Y	2
SAUCE-TOMATO-CAN-SALT ADD	4	1104.4	1	5.0	6.0 Y	2
SAUCE-TOMATO-MUSHROOM-CAN	4	1054.0	1	3.3	4.5 Y	2
SAUCE-TOMATO-ONIONS-CAN	4	887.3	1	4.2	5.5 Y	2
SAUCE-TOMATO-SPANISH-CAN	8	834.2	1	7.2	4.7 Y	2
SAUCE-WORCESTERSHIRE	7	794.4	1	0.0	9.8 Y	2
TOMATO CATSUP	2	381.2	1	0.0	10.4 Y	2
TOMATO CATSUP-HEINZ LITE	7	480.0	1	0.0	7.3 Y	2
TOMATO CATSUP-LOW SODIUM	7	480.0	1	0.0	6.0 Y	2
GRAVY-BROWN-MIX-PREP/WATE	5	246.0	3	20.3	0.5	3
GRAVY-MUSHROOM-CANNED	3	415.5	1	48.5 Y	5.7 Y	3
SAUCE-MARINARA-CANNED	4	497.2	1	44.1 Y	6.3 Y	3
SAUCE-TACO-CANNED	7	602.4	1	57.2 Y	8.0 Y	3
SAUCE-PICANTE-CANNED	7	644.2	1	50.0 Y	13.6 Y	3 S
SAUCE-SALSA/CHILIES-CANNE	7	673.3	1	63.0 Y	6.9 Y	3 S
SAUCE-WHITE-MIX/MILK	5	380.4	1	50.4 Y	3.0 Y	3 S
SAUCE-SPAGHETTI-CANNED	4	298.9	3	39.4	5.0 Y	4
GRAVY-CHICKEN-CANNED	3	235.0	3	64.8 Y	5.8 Y	5
SAUCE-WHITE-MED-ENRICHED	4	161.2	4	68.9 Y	3.2 Y	6
** EGGS						
EGG-SUBSTITUTE-LIQUID	6	612.9	1	35.4	1.8	1
EGG-WHITE-RAW-LARGE	0	686.0	1	0.0	1.6	1
EGG-DUCK-WHOLE-FRESH-RAW	3	436.5	1	66.7 Y	1.5	2
EGG-SUBSTITUTE-POWDER	7	411.8	1	26.4	8.0 Y	2
EGG-HARD-LARGE-NO SHELL	1	392.3	1	63.6 Y	1.4	2 S
EGG-WHOLE-RAW-LARGE	0	417.0	1	60.1 Y	1.3	2 S
EGG-POACHED-WHOLE-LARGE	1	384.1	1	63.2 Y	2.9 Y	3 S
EGG-YOLK-RAW-LARGE	0	330.8	2	78.1 Y	0.4	3 S
OMELET-HAM AND CHEESE	2	354.3	2	62.5 Y	3.4 Y	4
EGG-FRIED IN BUTTER-LARGE	1	338.0	2	69.5 Y	3.1 Y	4 S
EGG-SCRAMBLED-MILK/BUTTER	1	355.9	2	67.1 Y	2.4 Y	4 S
** FAST FOODS						
TACO BELL-TOSTADA-REGULAR	1	410.3	1	39.8	3.8 Y	2
ARBYS-ROAST BEEF SANDWICH	1	368.8	2	35.9	5.7 Y	3
JACK/BOX-BREAK JACK SAND	3	369.2	2	38.9	8.6 Y	3
MCDONALDS-HAMBURGER	1	328.2	2	33.4	5.3 Y	3
TACO BELL-BEAN BURRITO	3	269.4	3	31.5	1.6	3
TACO BELL-BEEF BURRITO	1	373.7	2	35.7	6.8 Y	3
JACK/BOX-JUMBO JACK HAMBUR	3	313.7	2	47.4 Y	4.6 Y	4
MCDONALD-QP HAMBURGER W/C	2	303.4	2	50.8 Y	5.9 Y	4 S

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MCDONALDS-CHEESEBURGER	1	301.5	2	43.0 Y	5.5 Y	4 S
MCDONALDS-EGG MCMUFFIN	1	336.2	2	46.5 Y	5.4 Y	4 S
MCDONALDS-QP HAMBURGER	2	329.2	2	45.0 Y	4.0 Y	4 S
TACO BELL-TACO-REGULAR	1	330.3	2	50.1 Y	4.7 Y	4 S
JACK/BOX-JUMBO JACK/CHEES	3	299.1	3	50.2 Y	6.1 Y	5
KENTUCKY FRIED-CHICKEN DI	1	274.8	3	49.0 Y	4.2 Y	5
KENTUCKY FRIED-EXTRA CRIS	1	268.8	3	51.8 Y	4.0 Y	5
MCDONALD'S-FRENCH FRIES	2	207.1	4	47.1 Y	1.6	5
MCDONALD'S-HOT CAKES-SYRU	2	181.8	4	20.0	3.6 Y	5
MCDONALD-BIG MAC HAMBURGE	2	274.9	3	51.9 Y	4.4 Y	5
BURG KING-CROI/EGG/CHE/HA	1	238.7	3	63.7 Y	7.1 Y	5 S
BURGER KING-CROIS-EGG/CHE	1	229.3	3	60.2 Y	4.3 Y	5 S
JACK/BOX-MOBY JACK	3	189.3	4	51.4 Y	5.9 Y	6
JACK/BOX-ONION RINGS-BAG	3	155.5	4	59.0 Y	3.7 Y	6
MCDONALDS-FILET O FISH	2	171.8	4	53.1 Y	7.2 Y	6
MCDONALD-BISCUIT-EGG/SAUS	1	216.8	4	59.9 Y	6.3 Y	6 S
** FATS & OILS						
SAL DRESS-FRENCH-LOW CAL	10	542.1	1	37.0	7.8 Y	2
SAL DRESS-RUSSIAN-LOW CAL	11	534.3	1	27.3	8.7 Y	2
SAL DRESS-BLUE CHE-LOW CA	6	1186.7	1	90.0 Y	11.1 Y	3
SAL DRESS-ITALIAN-LOW CAL	7	917.0	1	85.5 Y	7.9 Y	3
SAL DRESS-MAYO-LOW CAL	6	425.7	1	90.0 Y	2.8 Y	3
SAL DRESS-THOU ISL-LOW CA	6	451.7	1	59.3 Y	10.0 Y	3
MAYONNAISE-IMITATION-MILK	14	470.1	1	49.6 Y	5.0 Y	3 S
SAL DRESS-HOME REC-COOKED	6	587.5	1	53.8 Y	7.3 Y	3 S
VEG OIL-SOYBEAN/COTTONSEE	2	170.4	4	101.8 Y	0.0	5
VEGETABLE OIL-SOYBEAN	2	185.6	4	101.8 Y	0.0	5
MARGARINE-CORN-REG-HARD	4	125.5	5	101.2 Y	9.4 Y	6
MARGARINE-CORN-REG-SOFT	4	96.4	5	101.5 Y	10.8 Y	6
MARGARINE-CORN/SOY-UNSALT	4	144.2	5	101.8 Y	0.0	6
MARGARINE-IMIT-40% FAT	4	141.9	5	103.0 Y	9.6 Y	6
MARGARINE-LIQUID-REG-SOY	5	22.4	6	100.9 Y	7.8 Y	6
MARGARINE-REG-HARD-PAT	2	128.9	5	101.0 Y	9.4 Y	6
MARGARINE-REG-HARD-STICK	2	128.9	5	100.8 Y	9.5 Y	6
MARGARINE-REG-HARD-UNSALT	4	124.0	5	101.8 Y	0.0	6
MARGARINE-REG-SOFT-UNSALT	4	104.0	5	101.5 Y	0.3	6
MARGARINE-SAFFLOWER-SOFT	4	107.8	5	101.5 Y	10.8 Y	6
MARGARINE-SAFFLOWER/SOY	5	10.3	6	101.2 Y	9.4 Y	6
MARGARINE-SOY-SOFT-UNSALT	5	10.3	6	101.5 Y	0.3	6
MARGARINE-SPREAD-60% FAT	4	91.9	5	100.8 Y	9.9 Y	6
MARGARINE-UNSPEC INGR-SOF	3	107.4	5	101.7 Y	10.8 Y	6
MARGARINE-UNSPEC-REG-HARD	2	128.9	5	100.7 Y	9.4 Y	6
MARGARINE-UNSPEC-SOFT-TUB	2	107.4	5	101.3 Y	10.8 Y	6
MARGARINE-WHIPPED	2	96.7	5	102.9 Y	10.8 Y	6
MAYONNAISE-SOY-COMMERCIAL	5	137.0	5	100.1 Y	5.6 Y	6
SAL DRESS-GARLIC-MIX-PREP	3	6.8	6	99.7 Y	13.9 Y	6
SAL DRESS-MAYONNAISE TYPE	5	136.8	5	77.0 Y	7.1 Y	6
SAL DRESS-RUSSIAN	5	174.9	4	92.4 Y	8.7 Y	6
SAL DRESS-THOUSAND ISLAND	5	196.6	4	85.6 Y	7.0 Y	6
VEGETABLE OIL-CORN	3	135.4	5	101.8 Y	0.0	6
VEGETABLE OIL-OLIVE	2	26.6	6	101.8 Y	0.0	6
VEGETABLE OIL-PEANUT	2	40.5	6	101.8 Y	0.0	6
VEGETABLE OIL-SAFFLOWER	3	62.0	6	101.8 Y	0.0	6
ANIMAL FAT-LARD-PORK	4	2.5	6	99.8 Y	0.0	6 S
BUTTER-REGULAR-PAT	0	12.5	6	101.5 Y	8.2 Y	6 S
BUTTER-REGULAR-STICK	0	13.8	6	101.8 Y	8.3 Y	6 S

Food	Data missing	Cummulative %SND score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
BUTTER-REGULAR-TABLESPOON	0	13.8	6	102.6 Y	8.3 Y	6 S
BUTTER-UNSALTED-PAT	0	13.8	6	101.5 Y	0.1	6 S
BUTTER-WHIPPED-PAT	0	13.8	6	102.7 Y	8.2 Y	6 S
BUTTER-WHIPPED-STICK	0	13.8	6	101.8 Y	8.3 Y	6 S
BUTTER-WHIPPED-TABLESPOON	0	17.2	6	101.9 Y	8.3 Y	6 S
BUTTER-WHIPPED-UNSALT-PAT	0	13.8	6	102.7 Y	0.1	6 S
** FISH						
FISH-CLAM-CAN-SOLID/LIQU	8	900.7	1	23.4	0.5	1
FISH-CLAMS-CKD-MOIST HEAT	6	1423.8	1	11.8	1.1	1
FISH-CLAMS-RAW-MEAT ONLY	5	1480.8	1	11.9	0.6	1
FISH-COD-COOKED-DRY HEAT	3	625.7	1	7.4	0.8	1
FISH-CRAYFISH-CKD-MOIST	6	792.1	1	10.7	0.7	1
FISH-FLATFISH-CKD-DRY HEA	4	584.6	1	11.8	1.1	1
FISH-GROUPER-CKD-DRY HEAT	5	466.9	1	10.0	0.5	1
FISH-HADDOCK-BREADED-FRIE	5	384.8	1	32.1	1.8	1
FISH-HADDOCK-COOK-DRY HEA	3	742.2	1	7.5	0.9	1
FISH-HALIBUT-BROIL/BUTTER	8	469.8	1	37.0	1.3	1
FISH-HALIBUT-BROILED-DRY	4	769.1	1	18.8	0.7	1
FISH-LOBSTER-NORTHERN/RAW	9	1135.5	1	9.0	0.0	1
FISH-MULLET-CKD-DRY HEAT	4	478.3	1	29.3	0.7	1
FISH-OCEAN PERCH-CKD-DRY	6	537.2	1	15.6	1.0	1
FISH-OCTOPUS-RAW	7	861.2	1	11.3	0.0	1
FISH-OYSTER-EAST-CKD-MOIS	5	6188.5	1	32.4	2.2	1
FISH-OYSTER-EASTERN-CANNE	5	6246.2	1	32.5	1.1	1
FISH-OYSTERS-PACIFIC-RAW	5	1933.6	1	25.6	1.1	1
FISH-OYSTERS-RAW-MEAT ONL	2	6329.0	1	32.3	1.1	1
FISH-PERCH-COOKED-DRY HEA	9	499.2	1	9.1	0.8	1
FISH-PIKE-COOKED-DRY HEAT	5	487.7	1	7.0	0.5	1
FISH-POLLOCK-ATLANTIC-RAW	3	796.8	1	9.6	0.9	1
FISH-POLLOCK-CKD-DRY HEAT	4	482.0	1	8.9	1.1	1
FISH-RED SNAPPER-CKD-DRY	5	412.3	1	12.1	0.6	1
FISH-RED SNAPPER-RAW	5	411.7	1	12.1	0.6	1
FISH-ROCKFISH-CKD-DRY HEA	4	551.5	1	15.0	0.8	1
FISH-SALMON-BROIL/BUTTER	8	508.6	1	36.6	1.2	1
FISH-SCALLOPS-RAW	5	514.7	1	7.7	1.6	1
FISH-SHARK-RAW	4	422.0	1	31.1	0.8	1
FISH-SHRIMP-CKD-MOIST HEA	3	729.8	1	9.9	2.2	1
FISH-SHRIMP-MEAT-CAN	3	653.1	1	14.7	1.7	1
FISH-SMELT-COOKED-DRY HEA	7	544.5	1	22.4	0.8	1
FISH-SOLE/FLOUNDER-BAKED	4	587.9	1	11.8	1.1	1
FISH-SQUID-RAW	3	1469.8	1	13.6	0.4	1
FISH-SWORDFISH-BROIL/MARG	10	495.5	1	31.0	0.0	1
FISH-SWORDFISH-COOKED-DRY	3	751.4	1	29.8	1.1	1
FISH-TROUT-RAINBOW-CKD-DR	5	523.3	1	25.5	0.3	1
FISH-TUNA-BLUEFIN-CKD-DRY	6	725.1	1	30.6	0.5	1
FISH-TUNA-DIET-LOW SODIUM	1	911.3	1	13.7	0.4	1
FISH-TUNA-YELLOWFIN-RAW	6	862.6	1	7.9	0.4	1
FISH-WHITING-CKD-DRY HEAT	3	551.8	1	13.1	1.3	1
FISH-ABALONE-RAW	8	464.4	1	6.5	3.0 Y	2
FISH-CRAB MEAT-KING-CAN	6	1029.9	1	21.3	5.0 Y	2
FISH-CRAB-ALASKA KING-RAW	5	1034.5	1	6.5	8.4 Y	2
FISH-CRAB-BLUE-CANNED	7	904.1	1	11.2	3.3 Y	2
FISH-CRAB-BLUE-CKD-MOIST	9	732.9	1	15.6	2.8 Y	2
FISH-CRAB-DUNGENESS-RAW	5	1059.4	1	10.2	3.0 Y	2
FISH-CRAB-STEAMED-PIECES	4	1137.1	1	14.3	10.7 Y	2
FISH-GEFILTEFISH-W/BROTH	4	467.7	1	18.8	5.2 Y	2

Food	Data missing	Cumulative %SND score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
FISH-HERRING-ATLANTIC-RAW	2	487.6	1	51.6 Y	0.9	2
FISH-HERRING-BROIL	4	453.4	1	51.6 Y	1.1	2
FISH-LOBSTER-CKD-MOIST	2	1351.6	1	5.4	3.8 Y	2
FISH-MACKEREL-ATLANTIC-CA	0	660.9	1	36.5	3.8 Y	2
FISH-MACKEREL-ATLANTIC-RA	2	542.7	1	60.9 Y	0.9	2
FISH-MACKEREL-CKD-DRY HEA	3	450.5	1	60.9 Y	0.8	2
FISH-MUSSEL-BLUE-CKD-MOIS	9	429.5	1	23.3	3.7 Y	2
FISH-MUSSELS-BLUE-RAW	9	534.3	1	23.4	2.9 Y	2
FISH-MUSSELS-MEAT ONLY	9	590.9	1	20.8	2.9 Y	2
FISH-ROE-RAW-EGGS	9	498.6	1	41.5 Y	0.0	2
FISH-SALMON-PINK-CAN	1	633.1	1	39.2	5.5 Y	2
FISH-SALMON-SMOKED	2	607.8	1	33.2	7.8 Y	2
FISH-SCALLOPS-STEAMED	12	456.4	1	11.3	2.6 Y	2
FISH-SHAD-BAKE/MARG/BACON	7	443.5	1	50.6 Y	0.8	2
FISH-SQUID-COOKED-FRIED	4	881.6	1	38.4	3.1 Y	2
FISH-TUNA-LIGHT-CAN/WATER	7	524.0	1	3.5	3.6 Y	2
FISH-TUNA-WHITE-CAN/WATER	8	522.7	1	16.2	3.9 Y	2
FISH-ANCHOVY-FILLET-CAN	5	930.6	1	41.6 Y	36.8 Y	3
FISH-CLAMS-BREADED-FRIED	6	554.8	1	49.9 Y	3.6 Y	3
FISH-CRAB CAKE	9	478.7	1	43.6 Y	3.3 Y	3
FISH-EEL-COOKED-DRY HEAT	5	326.5	2	57.1 Y	0.7	3
FISH-OYSTERS-FRIED	5	2133.4	1	57.7 Y	4.2 Y	3
FISH-SARDINE-CAN/TOM SAUC	1	535.2	1	60.2 Y	4.1 Y	3
FISH-SARDINES-CAN/OIL	2	558.1	1	49.7 Y	5.0 Y	3
FISH-SALMON PATTY	3	274.2	3	46.7 Y	1.0	4
FISH-SHRIMP-FRENCH FRIED	4	335.4	2	45.4 Y	3.4 Y	4
FISH-TUNA-CAN/OIL-DRAINED	4	285.7	3	37.2	3.5 Y	4
FISH-CATFISH-FRIED-BREADE	4	263.4	3	52.4 Y	2.8 Y	5
FISH-SCALLOPS-BREAD-FRIED	5	261.1	3	45.7 Y	4.8 Y	5
FISH-HERRING-PICKLED	4	154.6	4	61.8 Y	8.7 Y	6
FISH-STICK-BREAD-FROZ-COO	2	224.8	4	40.5 Y	5.8 Y	6
** FROZEN DINNERS						
BEEF BURGUNDY-FROZ DINNER	7	378.1	1	31.3	2.9 Y	2
CABBAGE ROLL/TOM SAUC-HOR	3	1788.3	1	27.4	4.5 Y	2
CHICK PARMIGIANA-LIGH/ELE	7	381.1	1	20.8	3.0 Y	2
CHICKEN-GLAZED-LIGHT/ELEG	8	406.4	1	15.7	2.9 Y	2
CHICKEN/DUMPLINGS-HORMEL	2	403.3	1	37.7	4.1 Y	2
LASAGNA FLOREN-LIGHT/ELEG	7	389.3	1	16.1	3.1 Y	2
SCALLOP POTATOES/HAM-HORM	3	383.4	1	35.4	5.1 Y	2
SEAFOOD GUMBO-HORMEL	3	926.9	1	9.0	5.1 Y	2
TURKEY & GRAVY-FROZEN	6	434.3	1	35.4	5.5 Y	2
RATATUILLE-STOUFFER	8	469.9	1	45.0 Y	9.3 Y	3
TURKEY-KING-RICE/BUDG GOU	8	542.0	1	41.5 Y	2.6 Y	3
BEEF CUBES/WINE SAUCE-HOR	3	945.8	1	62.5 Y	3.7 Y	3 S
PORK LOIN/GRAVY-HORMEL	3	3215.0	1	49.5 Y	4.7 Y	3 S
RIBS/BARBECUE SAUCE-HORME	3	425.8	1	55.0 Y	6.2 Y	3 S
SAUSAGE/GRAVY-HORMEL	3	393.6	1	49.3 Y	4.2 Y	3 S
SWEDISH MEATBALLS-HORMEL	3	1407.8	1	61.6 Y	5.8 Y	3 S
SWISS STEAK/GRAVY-HORMEL	3	606.6	1	50.3 Y	3.9 Y	3 S
BEEF STEW-HORMEL	2	328.8	2	40.4 Y	3.7 Y	4 S
** FRUITS						
APRICOT-RAW-WITHOUT PIT	1	551.0	1	7.3	0.0	1
APRICOTS-CAN-WATER-DIET	4	485.9	1	3.4	0.0	1
APRICOTS-CAN/WATER	1	642.1	1	5.4	0.0	1
APRICOTS-DRIED-COOKED-UNS	1	443.9	1	1.7	0.0	1

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APRICOTS-DRIED-UNCOOKED	1	441.5	1	1.7	0.1	1
BANANAS-RAW-PEELED	0	507.6	1	4.7	0.0	1
BLACKBERRIES-FROZEN-UNSW	1	605.4	1	6.0	0.0	1
BLACKBERRIES-RAW	1	690.0	1	6.8	0.0	1
BOYSENBERRIES-FROZEN-UNSW	1	670.3	1	4.8	0.0	1
CARAMBOLA-RAW	3	517.6	1	9.4	0.0	1
CARISSA-RAW	5	464.0	1	19.5	0.1	1
CHERRIES-SOUR-CAN/WATER	1	521.6	1	2.5	0.1	1
CHERRIES-SOUR-FROZEN-UNSW	1	390.8	1	8.5	0.0	1
ELDERBERRIES-RAW	5	449.2	1	6.3	0.1	1
FRUIT COCKTAIL-CAN-DIET	4	644.6	1	2.8	0.0	1
GOOSEBERRIES-RAW	2	463.5	1	11.7	0.0	1
GRAPEFRUIT JUICE-CAN-UNSW	0	392.7	1	2.3	0.0	1
GRAPEFRUIT JUICE-RAW	1	415.4	1	2.3	0.0	1
GRAPEFRUIT-CAN/WATER	1	436.6	1	2.5	0.0	1
GRAPEFRUIT-RAW-PINK & RED	0	518.0	1	2.9	0.0	1
GRAPEFRUIT-RAW-WHITE	0	469.1	1	2.8	0.0	1
GRAPES-RAW-AMERICAN TYPE	1	392.4	1	5.0	0.0	1
GUAVA SAUCE-COOKED	3	662.4	1	3.4	0.0	1
GUAVAS-COMMON-RAW	2	835.5	1	10.8	0.0	1
KIWIFRUIT-RAW	6	411.5	1	6.7	0.1	1
KUMQUATS-RAW	4	376.4	1	1.5	0.1	1
LEMON JUICE-CAN & BOTTLE	1	609.1	1	12.1	0.2	1
LEMON JUICE-FROZEN	1	639.6	1	13.4	0.0	1
LEMON JUICE-RAW	1	548.9	1	0.0	0.0	1
LEMON PEEL-RAW	5	51246.4	1	0.0	0.0	1
LEMONS-RAW-PEELED	3	641.6	1	9.0	0.0	1
LEMONS-RAW-UNPEELED	3	1666.3	1	13.1	0.0	1
LIME JUICE-CAN & BOTTLE	1	452.4	1	10.1	0.2	1
LIMES-RAW	4	495.1	1	5.8	0.0	1
LOGANBERRIES-FROZEN	1	697.7	1	5.2	0.0	1
LONGANS-RAW	4	424.0	1	0.0	0.0	1
MANGOS-RAW	2	422.7	1	3.8	0.0	1
MELON BALLS-FROZEN	1	975.2	1	7.0	0.3	1
MELONS-CANTALOUPE-RAW	0	812.5	1	7.0	0.1	1
MELONS-CASABA-RAW	5	521.0	1	3.4	0.1	1
MELONS-HONEYDEW-RAW	2	529.8	1	2.5	0.1	1
MULBERRIES-RAW	6	579.3	1	8.1	0.1	1
ORANGE GRAPEFRUIT JUIC-CA	1	414.0	1	2.0	0.0	1
ORANGE JUICE-CAN	0	629.7	1	3.1	0.0	1
ORANGE JUICE-FROZ CONC-CA	1	483.8	1	1.2	0.0	1
ORANGE JUICE-FROZ-DILUTED	0	489.9	1	1.1	0.0	1
ORANGE JUICE-RAW	0	597.7	1	4.1	0.0	1
ORANGES-RAW-ALL VARIETIES	0	539.2	1	2.3	0.0	1
ORANGES-RAW-SECTIONS	0	539.3	1	2.3	0.0	1
PAPAYAS-RAW	2	509.8	1	3.3	0.0	1
PASSION FRUIT JUICE-YELLO	7	427.6	1	2.7	0.1	1
PEACHES-CAN/WATER PACK	1	487.6	1	2.2	0.0	1
PEACHES-DRIED-UNCOOKED	1	378.7	1	2.9	0.1	1
PEACHES-HALVES-CAN-DIET	4	489.1	1	3.5	0.1	1
PEACHES-RAW-SLICED	1	398.8	1	2.0	0.0	1
PEACHES-RAW-WHOLE	1	402.4	1	1.9	0.0	1
PEACHES-SLICES-CAN-DIET	4	489.1	1	3.5	0.1	1
PINEAPPLE GRAPEFRUIT JUIC	2	657.1	1	0.9	0.2	1
PINEAPPLE JUICE-CAN	1	501.6	1	1.3	0.0	1
PINEAPPLE JUICE-FROZ-DILU	2	472.3	1	0.6	0.0	1
PINEAPPLE-CAN/SYRUP-BITS	0	544.3	1	2.0	0.0	1

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PINEAPPLE-CAN/WATER-BITS	0	924.1	1	2.6	0.0	1
PINEAPPLE-RAW-DICED	0	704.3	1	7.7	0.0	1
PITANGA-RAW	6	452.2	1	13.5	0.0	1
PRICKLYPEARS-RAW	6	546.9	1	11.4	0.1	1
PUMMELO-RAW-SECTIONS	2	454.4	1	1.0	0.0	1
RASPBERRIES-RAW	1	663.1	1	10.0	0.0	1
ROSELLE-RAW	6	566.8	1	11.6	0.1	1
STRAWBERRIES-FROZ-UNSWEET	0	644.9	1	2.8	0.0	1
STRAWBERRIES-RAW-WHOLE	0	788.2	1	11.0	0.0	1
TANGERINES-CAN/JUICE	5	436.6	1	0.6	0.1	1
TANGERINES-RAW-PEELED	2	470.8	1	3.9	0.0	1
WATERMELON-RAW	1	545.7	1	12.3	0.0	1
AVOCADO-RAW-CALIFORNIA	1	389.8	1	88.2 Y	0.1	2
AVOCADO-RAW-FLORIDA	1	548.6	1	71.7 Y	0.1	2
BLACKBERRIES-CAN/SYRUP	1	302.2	2	1.4	0.0	2
BREADFRUIT-RAW	3	300.1	2	2.0	0.0	2
CHERRIES-SWEET-CAN/WATER	2	320.4	2	2.4	0.0	2
FIGS-RAW	1	328.2	2	3.6	0.0	2
FRUIT COCKTAIL-CAN/WATER	3	358.2	2	1.3	0.0	2
GRAPEFRUIT JUICE-CAN-SWEE	0	346.5	2	1.8	0.0	2
GRAPEFRUIT JUICE-FROZ CON	0	342.0	2	3.0	0.0	2
GRAPEFRUIT JUICE-FROZ-DIL	0	346.6	2	2.9	0.0	2
GRAPEFRUIT-CAN/JUICE	4	331.2	2	2.1	0.1	2
GRAPES-RAW-EUROPEAN TYPE	1	313.6	2	7.3	0.0	2
GRAPES-THOMPSON-CAN/WATER	3	315.4	2	2.4	0.1	2
LIME JUICE-RAW	2	368.1	2	3.4	0.0	2
LYCHEES-RAW	3	369.3	2	6.0	0.0	2
NECTARINES-RAW	1	373.4	2	8.3	0.0	2
ORANGE JUICE-DEHY-PREPARE	5	357.6	2	0.0	0.0	2
PEACHES-DRIED-COOKED-UNSW	1	366.9	2	2.9	0.0	2
PEARS-CAN/WATER-DIET	5	312.9	2	0.0	0.0	2
PINEAPPLE-CAN/WATER-DIET	3	331.8	2	1.9	0.0	2
PINEAPPLE-FROZEN-SWEETENE	1	318.4	2	1.1	0.0	2
PLANTAINS-COOKED	2	309.5	2	1.4	0.1	2
PLANTAINS-RAW	2	337.0	2	2.7	0.0	2
PLUMS-PURPLE-CAN/WATER	1	304.8	2	0.2	0.0	2
PLUMS-RAW-JAPANESE/HYBRID	1	337.4	2	10.3	0.0	2
PRUNE JUICE-CAN & BOTTLE	2	318.3	2	0.4	0.0	2
PRUNES-DRIED-COOKED	1	353.9	2	1.9	0.0	2
PRUNES-DRIED-UNCOOKED	1	333.8	2	1.9	0.0	2
QUINCES-RAW	4	307.8	2	1.5	0.0	2
SOURSOP-RAW-PULP	5	335.6	2	4.1	0.1	2
TANGERINE JUICE-RAW	3	322.5	2	4.2	0.0	2
APRICOTS-CAN/JUICE	3	298.2	3	0.7	0.0	3
APRICOTS-CAN/LIGHT SYRUP	1	253.5	3	0.7	0.0	3
APRICOTS-FROZEN-SWEETENED	2	234.7	3	0.9	0.0	3
BANANA FLAKES-DEHY OR POW	2	287.8	3	4.7	0.0	3
BLUEBERRIES-FROZEN-UNSWEE	1	262.6	3	11.4	0.0	3
BLUEBERRIES-RAW	1	293.6	3	6.0	0.1	3
BOYSENBERRIES-CAN/SYRUP	1	226.6	3	1.2	0.0	3
CHERRIES-SWEET-CAN/JUICE	3	268.0	3	0.3	0.0	3
CHERRIES-SWEET-RAW	1	293.4	3	11.9	0.0	3
FIGS-CAN/WATER	3	290.5	3	1.8	0.0	3
FIGS-DRIED-UNCOOKED	1	268.0	3	4.1	0.1	3
GOOSEBERRIES-CAN/SYRUP	1	269.9	3	2.4	0.0	3
GRAPE JUICE-CAN & BOTTLE	1	243.2	3	1.1	0.0	3
GRAPEFRUIT JUICE-DEHY-PRE	5	285.6	3	0.0	0.0	3

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GRAPEFRUIT-CAN/LIGHT SYRU	0	263.0	3	1.5	0.0	3
LOQUATS-RAW	3	299.4	3	3.6	0.0	3
PEARS-RAW-BARTLET-UNPEELE	1	241.8	3	6.1	0.0	3
PEARS-RAW-BOSC-UNPEELED	1	240.9	3	6.1	0.0	3
PEARS-RAW-D'ANJOU-UNPEELE	1	243.5	3	6.1	0.0	3
PERSIMMONS-RAW-JAPANESE	2	278.9	3	2.4	0.0	3
PINEAPPLE-CAN/JUICE	3	257.3	3	1.3	0.0	3
PLUMS-PURPLE-CAN/JUICE	4	251.5	3	0.4	0.0	3
PRUNES-CAN/SYRUP	3	243.2	3	1.7	0.0	3
PRUNES-DRIED-COOKED-SUGAR	1	284.9	3	1.6	0.0	3
RASPBERRIES-FROZ-SWEET	1	252.7	3	1.4	0.0	3
TAMARINDS-RAW	5	290.1	3	1.8	0.5	3
TANGERINE JUICE-CAN-SWEET	2	280.1	3	3.6	0.0	3
TANGERINES-CAN/LIGHT SYRU	4	239.4	3	1.5	0.1	3
APPLE JUICE-CANNED/BOTTLE	1	181.4	4	2.2	0.0	4
APPLE-RAW-PEELED	0	150.0	4	5.0	0.0	4
APPLES-DRIED-COOKED-UNSW	1	159.4	4	1.2	0.2	4
APPLES-DRIED-UNCOOKED	2	157.5	4	1.2	0.9	4
APPLES-FROZEN-UNSW-HEATED	1	191.7	4	6.2	0.0	4
APPLES-FROZEN-UNSW-UNHEAT	1	183.7	4	6.1	0.0	4
APPLES-RAW-PEELED-BOILED	1	158.8	4	6.0	0.0	4
APPLES-RAW-SLICED-UNPEELE	0	182.8	4	5.5	0.0	4
APPLES-RAW-UNPEELED	0	172.3	4	5.4	0.0	4
APPLESAUCE-CAN-UNSWEETENE	1	170.3	4	1.0	0.0	4
APRICOT NECTAR-CAN	3	201.0	4	1.4	0.0	4
APRICOTS-CAN-HEAVY SYRUP	1	189.4	4	0.8	0.0	4
CHERRIES-SOUR-CAN/SYRUP	1	193.9	4	0.9	0.1	4
CHERRIES-SWEET-FROZ-SWEET	3	151.3	4	1.3	0.0	4
DATES-NATURAL-DRIED-CHOP	1	222.8	4	1.5	0.0	4
DATES-NATURAL-DRIED-WHOLE	1	222.8	4	1.5	0.0	4
FIGS-CAN/HEAVY SYRUP	3	171.3	4	1.0	0.0	4
FRUIT COCKTAIL-CAN/JUICE	4	222.6	4	0.2	0.0	4
FRUIT COCKTAIL-CAN/SYRUP	3	159.1	4	0.9	0.1	4
GRAPE JUICE-FROZ CONC	1	171.6	4	1.6	0.1	4
GRAPE JUICE-FROZ-DILUTED	1	174.4	4	1.6	0.0	4
GRAPES-THOMPSON-CAN/SYRUP	3	161.5	4	1.3	0.1	4
PEACHES-CAN/HEAVY SYRUP	1	157.1	4	1.2	0.1	4
PEACHES-FROZ-SLICED-SWEET	2	194.3	4	1.3	0.1	4
PEACHES-SPICED-CAN/SYRUP	3	176.5	4	1.2	0.0	4
PEARS-CAN/JUICE	4	163.8	4	1.2	0.0	4
PEARS-CAN/WATER	1	220.2	4	0.9	0.0	4
PEARS-DRIED-UNCOOKED	3	200.5	4	2.2	0.1	4
PERSIMMONS-DRIED-JAPANESE	4	199.7	4	1.9	0.0	4
PINEAPPLE ORANGE JUICE	3	217.7	4	0.0	0.0	4
PLUMS-RAW-PRUNE TYPE	1	212.5	4	0.0	0.0	4
RAISINS-SEEDLESS	1	223.0	4	1.4	0.1	4
RAISINS-SEEDLESS-PACKET	1	223.0	4	1.4	0.1	4
RASPBERRIES-CAN/SYRUP	1	189.4	4	1.2	0.0	4
STRAWBERRIES-CAN/SYRUP	1	208.3	4	2.5	0.0	4
STRAWBERRIES-FROZ-SLICED	0	199.0	4	1.2	0.0	4
STRAWBERRIES-FROZ-WHOLE	0	221.5	4	1.6	0.0	4
APPLE JUICE-FROZEN-DILUTE	2	144.7	5	2.0	0.1	5
APPLES-CAN-SWEET-HEATED	1	128.0	5	5.8	0.0	5
APPLESAUCE-CAN-SWEETENED	1	117.3	5	2.2	0.0	5
BLUEBERRIES-CAN/SYRUP	1	141.5	5	3.4	0.0	5
CRANAPPLE JUICE-CAN	5	86.1	5	0.6	0.1	5
CRANBERRY JUICE-BOTTLED	2	126.7	5	0.8	0.0	5

Food	Data missing	Cummulative %SND score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
PAPAYA NECTAR-CAN	1	98.4	5	2.4	0.1	5
PEACH NECTAR-CAN	3	148.0	5	0.4	0.1	5
PEAR NECTAR-CAN	3	101.7	5	0.2	0.0	5
PEARS-CAN/HEAVY SYRUP	1	111.1	5	1.6	0.1	5
PLUMS-PURPLE-CAN/SYRUP	1	139.8	5	1.0	0.2	5
RHUBARB-FROZ-COOKED-SUGAR	1	135.0	5	0.4	0.0	5
RHUBARB-RAW-COOKED-SUGAR	1	133.1	5	0.0	0.0	5
CRANBERRY SAUCE-CAN-SWEET	2	43.6	6	0.9	0.3	6
** GRAIN PRODUCTS						
CORNMEAL-DEGERM-ENR-COOKE	2	471.9	1	0.0	1.1	1
FLOUR-CAROB	1	670.8	1	3.3	0.3	1
FLOUR-POTATO	7	397.3	1	2.0	0.3	1
FLOUR-SESAME-LOWFAT	4	1054.4	1	4.7	0.4	1
FLOUR-SOYBEAN-LOWFAT	7	524.6	1	17.0	0.0	1
FLOUR-WHOLE WHEAT-STIRRED	1	418.6	1	4.5	0.0	1
RICE BRAN	10	1009.8	1	4.5	0.2	1
RICE-WHITE-LONG GRAIN-COO	0	402.3	1	0.0	0.0	1
RICE-WHITE-PARBOIL-COOKED	1	423.8	1	0.0	0.0	1
CORN GERM-TOASTED	3	683.6	1	49.2 Y	0.0	2
CORNMEAL-DEGERM-UNENR-COO	2	363.2	2	0.0	1.1	2
CRACKERS-SALTINES	1	600.3	1	18.0	13.4 Y	2
FLOUR-BUCKWHEAT-LIGHT-SIF	1	311.6	2	2.6	0.0	2
WAFFLES-FROZEN	2	384.4	1	30.8	6.9 Y	2
CORNMEAL-DEGERMED-ENR-DRY	1	263.4	3	3.6	0.0	3
CRACKERS-GRAHAM-PLAIN	1	303.3	2	16.4	4.7 Y	3
CRACKERS-RY KRISP-NATURAL	3	341.5	2	4.0	8.8 Y	3
CRACKERS-RY KRISP-SEASONE	3	302.1	2	18.0	12.1 Y	3
CRACKERS-RY KRISP-SESAME	2	344.0	2	25.2	11.5 Y	3
CROUTONS-HERB SEASONED	4	356.3	2	0.0	12.4 Y	3
FLOUR-WHEAT-CAKE-SIFTED	1	272.6	3	2.6	0.0	3
FLOUR-WHEAT-ENR-SIFTED	1	285.7	3	2.1	0.0	3
FLOUR-WHEAT-ENR-UNSIFTED	1	285.7	3	2.0	0.0	3
MACARONI-COOK-TENDER-COLD	1	270.3	3	0.0	0.0	3
MACARONI-COOKED-FIRM-HOT	1	250.3	3	4.7	0.0	3
MACARONI-COOKED-TENDER-HO	1	266.6	3	5.8	0.0	3
NOODLES-EGG-ENR-COOKED	3	292.2	3	9.0	0.0	3
RICE-WHITE-INSTANT-HOT	1	297.2	3	0.0	0.1	3
RICE-WHITE-LONG GRAIN-RAW	1	225.4	3	1.3	0.0	3
RICE-WHITE-PARBOILED-RAW	2	228.5	3	1.3	0.1	3
SPAGHETTI-COOK-TENDER-HOT	2	271.1	3	5.8	0.0	3
SPAGHETTI-COOKED-FIRM-HOT	2	250.6	3	4.7	0.0	3
CORNMEAL-BOLTED-DRY FORM	2	207.8	4	8.2	0.0	4
CORNMEAL-UNBOLTED-DRY	3	189.4	4	10.3	0.0	4
CRACKERS-SESAME & WHEAT	1	251.1	3	38.1	9.1 Y	4
CRACKERS-WHEAT SNACKS	1	252.8	3	38.7	6.4 Y	4
FLOUR-RICE	5	178.0	4	0.8	0.1	4
FRENCH TOAST-HOME RECIPE	2	253.4	3	39.6	4.0 Y	4
PANCAKES-BUCKWHEAT-MIX	3	265.7	3	32.7	5.9 Y	4
PANCAKES-PLAIN-HOME RECIP	2	275.5	3	30.0	5.9 Y	4
PANCAKES-PLAIN-MIX	2	235.8	3	33.1	5.9 Y	4
BARLEY-PEARL-LIGHT-UNCOOK	3	149.9	5	2.6	0.0	5
CORNMEAL-DEGERM-UNENR-DRY	1	146.9	5	3.6	0.0	5
CRACKERS-ANIMAL	1	163.6	4	20.8	4.0 Y	5
CRACKERS-CHEDDAR SNACKS	1	217.9	4	32.5	8.9 Y	5
CRACKERS-CHEESE & CHIVES	1	213.3	4	34.7	8.9 Y	5
CRACKERS-GRAHAM-SUG/HONEY	1	177.0	4	21.9	4.7 Y	5

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CRACKERS-OYSTER	1	212.4	4	25.3	11.9 Y	5
CRACKERS-RICH & CRISP	1	164.6	4	39.1	6.5 Y	5
CRACKERS-RYE SNACKS	1	201.0	4	37.4	7.3 Y	5
PRETZEL-DUTCH-TWISTED	1	202.5	4	15.0	16.1 Y	5
PRETZEL-THIN-STICK	1	179.0	4	8.3	16.1 Y	5
PRETZEL-THIN-TWISTED	1	184.4	4	8.1	16.1 Y	5
FRENCH TOAST-WITH BUTTER	1	274.7	3	47.4 Y	3.8 Y	5 S
CORN CHIPS	4	114.8	5	53.1 Y	5.8 Y	6
CRACKERS-CHEESE	4	223.2	4	54.7 Y	12.0 Y	6
CRACKERS-CHEESE SNACKS	1	197.9	4	41.8 Y	9.2 Y	6
CRACKERS-SNACKERS	1	163.0	4	41.1 Y	6.7 Y	6
TORTILLA CHIPS-DORITOS	1	167.0	4	42.7 Y	6.4 Y	6
WAFFLES-ENR-HOME RECIPE	2	213.5	4	46.3 Y	5.9 Y	6
** INFANT FORMULA						
FORM-IOFENALAC-MEAD	0	445.0	1	36.0	0.3	1
FORM-NUTRAMIGEN-MEAD	0	545.4	1	36.0	0.3	1
FORM-PREGESTIMIL-MEAD	1	405.1	1	36.0	0.3	1
FORM-MEAT BASE-GERBER	0	818.5	1	45.0 Y	0.3	2
FORM-NURSOY-WYETH	0	415.0	1	49.5 Y	0.2	2
FORM-SIMILAC SC-20 CAL	0	979.0	1	49.5 Y	0.3	2
FORM-SIMILAC SC-24 CAL	0	1003.2	1	48.7 Y	0.3	2
FORM-SIMILAC-LBW-24 CAL	0	394.7	1	48.7 Y	0.4	2
FORM-SMA-24 CAL-WYETH	0	396.6	1	48.7 Y	0.2	2
FORM-ADVANCE-ROSS	1	534.9	1	45.0 Y	0.3	2 S
FORM-ENFAMIL-20 CAL/OUNCE	0	392.1	1	49.5 Y	0.2	2 S
FORM-ENFAMIL-24 CAL/OUNCE	1	380.3	1	48.7 Y	0.3	2 S
FORM-ENFAMIL-PREM-20 CAL	0	412.0	1	45.0 Y	0.3	2 S
FORM-ISOMIL SF-ROSS	0	404.6	1	49.5 Y	0.3	2 S
FORM-ISOMIL-ROSS	0	407.4	1	49.5 Y	0.3	2 S
FORM-PROSOBEE-MEAD	0	460.6	1	49.5 Y	0.3	2 S
FORM-SIMILAC-27 CAL/OUNCE	0	378.5	1	46.7 Y	0.4	2 S
FORM-SOY PROTEIN BASE-ROS	0	671.4	1	82.5 Y	0.3	2 S
FORM-SIMILAC-13 CAL/OUNCE	0	368.5	2	48.5 Y	0.2	3
FORM-SMA-13 CAL-WYETH	0	365.7	2	48.5 Y	0.1	3
FORM-SMA-20 CAL-WYETH	0	362.6	2	49.5 Y	0.1	3
FORM-SMA-27 CAL-WYETH	0	374.7	2	46.7 Y	0.2	3
FORM-ENFAMIL-POWDER-DRY	1	374.4	2	50.3 Y	1.7	3 S
FORM-ENFAMIL-PREM-24 CAL	0	373.9	2	45.0 Y	0.3	3 S
FORM-SIMILAC PM 60/40	0	309.8	2	49.5 Y	0.2	3 S
FORM-SIMILAC-20 CAL/OUNCE	0	353.6	2	49.5 Y	0.2	3 S
FORM-SIMILAC-24 CAL/OUNCE	0	358.7	2	48.7 Y	0.4	3 S
** LEGUMES						
BEANS-BLACK-COOK-BOIL	1	609.8	1	3.6	0.0	1
BEANS-GREAT NORTH-DRY-COO	3	565.2	1	4.3	0.1	1
BEANS-LIMA-RAW-BOIL-DRAIN	1	751.2	1	2.3	0.2	1
BEANS-NAVY PEA-DRY-COOKED	3	554.2	1	4.0	0.1	1
BEANS-SMALL WHITE-BOILED	1	600.3	1	4.1	0.0	1
COWPEAS-BOIL/RESIDUAL LIQ	0	591.8	1	6.6	0.0	1
LENTILS-WHOLE-COOKED	2	641.8	1	0.0	0.3	1
PEAS-SPLIT-DRY-COOKED	5	438.8	1	3.9	0.0	1
TEMPEH-SOYBEAN PRODUCTS	1	636.5	1	34.5	0.1	1
BEANS-BAKED BEANS-CANNED	2	523.8	1	4.4	4.0 Y	2
BEANS-GARBANZO-CAN	3	424.0	1	16.5	4.0 Y	2
BEANS-RED KIDNEY-CAN	1	564.1	1	3.9	3.3 Y	2
BEANS-REFRIED BEANS	5	488.2	1	9.0	4.2 Y	2

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FRIJOLES-BEANS WITH CHEES	1	502.0	1	31.0	5.3 Y	2
BEANS-BAKED BEANS-HOME RE	1	361.0	2	30.6	4.2 Y	3
** MEAT/LUNCHEON MEATS						
BEEF-HEART-COOKED-SIMMERE	1	1099.0	1	29.0	0.6	1
BEEF-LIVER-FRIED/MARG	0	2439.6	1	33.3	1.1	1
CHORIZO-PORK/BEEF-LINK	14	167181.4	1	0.0	0.0	1
LAMB-LEG-LEAN-ROASTED	4	610.0	1	34.6	0.7	1
PORK-KIDNEYS-BRAISED	1	1389.0	1	28.1	0.8	1
PORK-LIVER-BRAISED	0	1979.0	1	23.9	0.5	1
PORK-TENDERLOIN-LEAN-ROAS	0	915.3	1	26.0	0.7	1
POT ROAST-ARM-BEEF-COOKED	2	541.2	1	38.9	0.7	1
ROAST BEEF-BOTTOM-LEAN	1	521.5	1	39.2	0.5	1
STEAK-ROUND-LEAN-BROILED	0	694.8	1	29.1	0.6	1
STEAK-ROUND-LEAN/FAT	0	613.2	1	37.7	0.6	1
VENISON-DRIED-SALTED	10	712.8	1	5.7	0.0	1
VENISON-ROASTED	6	762.8	1	13.6	0.7	1
BEEF-DRIED-CURED-CHIPPED	5	668.3	1	21.3	34.7 Y	2
CORNERD BEEF LOAF-JELLIED	2	424.5	1	36.2	9.5 Y	2
HAM-CAN-EXTRA LEAN-4% FAT	0	966.6	1	32.2	11.3 Y	2
HAM-EXTRA LEAN-5%FAT-ROAS	0	800.8	1	34.3	12.0 Y	2
HAM-LEAN ONLY-ROASTED	2	783.2	1	31.6	13.3 Y	2
LAMB-SHOULDER-LEAN-ROAST	4	526.9	1	41.5 Y	0.7	2
RABBIT-STEWED-NO SKIN	9	441.8	1	42.0 Y	0.4	2
VEAL-RIB-ROASTED-NO BONE	4	434.7	1	54.8 Y	0.8	2
BEEF-LEAN-SIMMER/ROAST	1	536.5	1	41.4 Y	0.7	2 S
BRISKET-LEAN-COOKED	2	443.9	1	47.8 Y	0.7	2 S
HAMB PATTY-BEEF/EXTRA LEA	0	400.8	1	57.6 Y	0.7	2 S
LAMB-CHOP/RIB-LEAN-BROILE	3	537.7	1	45.0 Y	0.7	2 S
PORK-CHOP-LEAN-BROILED	0	594.8	1	53.8 Y	0.7	2 S
PORK-LOIN-LEAN-ROASTED	0	578.0	1	49.1 Y	0.7	2 S
PORK-LOIN-LEAN/FAT-ROAST	0	411.4	1	64.1 Y	0.6	2 S
PORK-SHOULDER-LEAN-ROASTE	0	520.2	1	55.4 Y	0.8	2 S
PORK-TONGUE-BRAISED	4	460.8	1	61.8 Y	1.1	2 S
POT ROAST-BLADE-BEEF-COOK	2	435.8	1	51.0 Y	0.7	2 S
ROAST BEEF-BOTTOM-LEAN/FA	1	419.6	1	51.1 Y	0.5	2 S
ROAST BEEF-RIB-LEAN	1	443.1	1	51.9 Y	0.7	2 S
STEAK-RIB-COOKED	2	511.3	1	46.4 Y	0.7	2 S
STEAK-SIRLOIN-LEAN-BROILE	0	532.9	1	44.9 Y	0.7	2 S
STEAK-TENDERLOIN-BROILED	2	593.7	1	40.9 Y	0.6	2 S
VEAL-CUTLET-MED FAT-BROIL	5	475.8	1	43.8 Y	0.8	2 S
LAMB-LEG-LEAN/FAT-ROASTED	4	362.7	2	61.3 Y	0.7	3
BARBECUE LOAF-PORK/BEEF	3	484.9	1	46.1 Y	13.3 Y	3 S
BRAUNSCHWEIGER-SAUS-PORK	1	559.4	1	80.0 Y	11.4 Y	3 S
CANADIAN BACON-PORK-GRILL	1	708.1	1	41.0 Y	15.4 Y	3 S
HAM-CAN-PORK-ROAST-13% FA	0	552.4	1	60.5 Y	9.4 Y	3 S
HAM-MINCED-PORK	2	386.4	1	71.0 Y	12.4 Y	3 S
HAM-REG-LUNCH MEAT-11% FA	0	659.7	1	51.9 Y	13.1 Y	3 S
HAM-REG-ROASTED-PORK	1	735.3	1	45.5 Y	15.0 Y	3 S
HAMB PATTY-BEEF/LEAN	0	363.0	2	61.2 Y	0.8	3 S
HAMBURGER-GROUND-REG-BAKE	2	309.0	2	65.6 Y	0.6	3 S
HAMBURGER-GROUND-REG-FRIE	2	323.7	2	66.5 Y	0.8	3 S
LIVER CHEESE-PORK	1	873.9	1	76.1 Y	12.2 Y	3 S
PORK-CHOP-LEAN/FAT-BROILE	0	374.6	2	70.7 Y	0.7	3 S
SPARERIBS-PORK-BRAISED	1	331.5	2	68.3 Y	0.9	3 S
STEAK-SIRLOIN-LEAN/FAT	0	352.7	2	64.4 Y	0.6	3 S
LAMB-SHOULD-LEAN/FAT-ROAS	4	252.2	3	72.6 Y	0.7	4

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BEEF-LEAN/FAT-SIMM/ROAST	0	276.0	3	69.4 Y	0.6	4 S
BEERWURST-BEER SALAMI-POR	2	372.6	2	72.7 Y	12.3 Y	4 S
BOLOGNA-PORK	1	362.6	2	72.2 Y	11.8 Y	4 S
CORNEB BEEF-CANNED	0	329.4	2	53.7 Y	10.1 Y	4 S
HAM & CHEESE LOAF/ROLL	2	373.6	2	70.7 Y	13.4 Y	4 S
HAM & CHEESE SPREAD	2	321.9	2	67.6 Y	11.9 Y	4 S
HAM-CAN-CHOPPED-LUNCH MEA	1	361.3	2	71.1 Y	13.7 Y	4 S
ITALIAN SAUSAGE-PORK-LINK	3	333.3	2	71.3 Y	9.2 Y	4 S
ROAST BEEF-RIB-LEAN/FAT	1	232.9	3	74.5 Y	0.6	4 S
SALAMI-COOKED-BEEF	1	303.9	2	71.7 Y	11.6 Y	4 S
SALAMI-DRY OR HARD-PORK	4	356.7	2	74.0 Y	22.6 Y	4 S
SAUSAGE-LINK-PORK-COOKED	2	317.8	2	75.9 Y	12.9 Y	4 S
SAUSAGE-PATTY-PORK-COOKED	2	318.2	2	75.7 Y	12.9 Y	4 S
BACON-PORK-BROILED/FRIED	0	258.0	3	77.4 Y	16.0 Y	5 S
BRATWURST-PORK-COOKED-LIN	3	281.6	3	77.3 Y	5.6 Y	5 S
CHITTERLINGS-PORK-SIMMER	4	169.0	4	85.3 Y	0.4	5 S
HAM SALAD SPREAD	3	271.8	3	65.5 Y	9.1 Y	5 S
HEADCHEESE-PORK	2	256.2	3	67.0 Y	12.5 Y	5 S
KIELBASA-PORK/BEEF	2	241.0	3	78.5 Y	10.8 Y	5 S
LAMB-CHOP-LEAN/FAT-BROILE	3	221.5	4	80.0 Y	0.7	5 S
OLIVE LOAF-PORK	3	295.4	3	62.9 Y	14.8 Y	5 S
PIMENTO/PICKLE LOAF-PORK	3	276.0	3	72.8 Y	13.9 Y	5 S
POLISH SAUSAGE-PORK	2	252.5	3	79.3 Y	8.8 Y	5 S
THURINGER/CERVELAT-PORK	2	247.9	3	77.4 Y	14.5 Y	5 S
DEVEILED HAM-CANNED	5	170.4	4	80.0 Y	12.3 Y	6
BEERWURST-BEER SALAMI-BEE	2	182.1	4	83.4 Y	9.3 Y	6 S
CHEESEFURTER-PORK/BEEF	3	207.3	4	79.8 Y	10.8 Y	6 S
FRANKFURTER-HOT DOG-NO BU	1	180.4	4	81.6 Y	11.2 Y	6 S
KNOCKWURST-PORK/BEEF-LINK	3	215.6	4	81.4 Y	10.1 Y	6 S
MORTADELLA-PORK/BEEF	2	204.7	4	73.0 Y	12.5 Y	6 S
PEPPERONI-PORK/BEEF	4	189.5	4	80.7 Y	20.4 Y	6 S
VIENNA SAUS-CAN-BEEF/PORK	2	143.0	5	80.6 Y	9.5 Y	6 S
** MISCELLANEOUS						
BAKING POWDER-LOW SODIUM	8	3352.8	1	0.0	0.0	1
GELATIN-DRY-ENVELOPE	7	482.2	1	0.0	1.1	1
YEAST-BAKER-DRY-ACT-PACKE	4	3968.3	1	0.0	0.1	1
YEAST-BREWERS-DRY	4	5363.2	1	0.0	1.1	1
BAKING POWD/CALC SULFATE	9	1477.2	1	0.0	113.1 Y	2
BAKING POWDER-HOME USE	8	485.8	1	0.0	113.0 Y	2
BAKING POWDER/PHOSPHATE	8	1949.8	1	0.0	112.9 Y	2
CHOCOLATE-BITTER/BAKING	3	406.0	1	93.1 Y	0.0	2
PICKLE-DILL-CUCUMBER-MED	3	1540.0	1	0.0	14.3 Y	2
FRUIT BAR-OAT BRAN/F&N	2	275.2	3	24.0	0.1	3
PICKLE-FRESH PACK-CUCUMBE	5	152.7	4	0.0	6.7 Y	5
CHEWING GUM-WRIGLEYS	2	12.3	6	0.0	0.0	6
PICKLE-SWEET/GHERKIN-SMAL	4	50.0	6	0.0	8.5 Y	6
** NUTS & SEEDS						
NUTS-ALMOND-SHELLED-SLIVE	0	423.9	1	79.8 Y	0.1	2
NUTS-ALMONDS-SHELLED-CHOP	0	421.1	1	79.8 Y	0.1	2
NUTS-CASHEWS-DRY ROASTED	1	398.5	1	72.6 Y	0.1	2
NUTS-CASHEWS-OIL ROASTED	0	411.8	1	75.4 Y	0.2	2
NUTS-MIXED-OIL ROASTED	0	396.7	1	82.2 Y	0.1	2
NUTS-PEANUTS-OIL ROASTED	0	447.6	1	76.4 Y	0.1	2
NUTS-PEANUTS-SPANISH-DRIE	0	448.1	1	78.1 Y	0.2	2
NUTS-SOYBEAN KERNELS-ROAS	2	464.0	1	47.6 Y	0.0	2

Food	Data missing	Cumulative %SND score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
SEEDS-PUMPKIN/SQUASH-DRIE	4	469.8	1	76.3 Y	0.2	2
SEEDS-SESAME-DRIED-WHOLE	0	843.3	1	78.0 Y	0.1	2
SEEDS-SESAME-ROASTED-WHOL	7	568.5	1	76.0 Y	0.1	2
SEEDS-SUNFLOWER-DRIED	2	763.9	1	78.3 Y	0.0	2
SEEDS-SUNFLOWER-OIL ROAST	2	513.7	1	84.1 Y	0.0	2
NUT-FILBERT/HAZEL-DRI-CHO	1	333.2	2	89.1 Y	0.0	3
NUT-WALNUT-PERSIAN/ENGLIS	0	340.4	2	86.7 Y	0.1	3
NUTS-ALMOND BUTTER-PLAIN	1	303.3	2	84.3 Y	0.1	3
NUTS-BRAZIL-DRIED-SHELLED	2	332.8	2	90.8 Y	0.0	3
NUTS-MIXED-DRY ROASTED	0	355.8	2	77.9 Y	0.1	3
NUTS-PEANUTS-OIL-SALTED	0	447.6	1	76.3 Y	4.3 Y	3
NUTS-PECANS-DRIED-HALVES	0	319.8	2	91.2 Y	0.0	3
NUTS-PISTACHIO-DRIED	3	343.0	2	75.4 Y	0.1	3
NUTS-WALNUT-BLACK-DRI-CHO	3	321.1	2	83.8 Y	0.0	3
NUTS-WALNUTS-FINELY GROWN	3	326.6	2	83.9 Y	0.0	3
PEANUT BUTTER-SMOOTH TYPE	1	379.3	1	77.5 Y	4.7 Y	3
NUTS-PISTACHIO-DRY ROASTE	5	249.9	3	78.4 Y	0.1	4
PEANUT BUTTER-CHUNK STYLE	1	327.7	2	76.4 Y	4.9 Y	4
NUTS-COCONUT CREAM-RAW	4	152.9	4	94.5 Y	0.0	5 S
NUTS-COCONUT MILK-RAW	3	181.1	4	93.3 Y	0.1	5 S
NUTS-COCONUT-RAW-SHRED	1	185.1	4	85.2 Y	0.2	5 S
NUTS-MACADAMIA-DRIED	5	116.5	5	94.6 Y	0.0	6
NUTS-MACADAMIA-OIL ROASTE	4	97.6	5	96.4 Y	0.1	6
NUTS-COCONUT-DRI-FLAKE-CA	3	134.0	5	64.4 Y	0.2	6 S
NUTS-COCONUT-DRIED-SHRED	3	127.2	5	63.7 Y	2.6 Y	6 S
** POULTRY						
CHICK-BREAST-NO SKIN-ROAS	0	790.1	1	19.5	0.7	1
CHICKEN-BREAST-FRIED/FLOU	0	610.8	1	35.9	0.8	1
CHICKEN-BREAST-NO SKIN-FR	0	755.4	1	22.6	0.8	1
CHICKEN-BREAST-ROASTED	0	631.7	1	35.7	0.7	1
CHICKEN-BREAST-STEWED	0	497.4	1	36.3	0.6	1
CHICKEN-GIBLETS-SIMMERED	0	1281.6	1	27.3	0.6	1
CHICKEN-GIZZARD-SIMMERED	1	674.4	1	21.5	0.7	1
CHICKEN-HEART-SIMMERED	1	896.5	1	38.6	0.5	1
CHICKEN-LEG-NO SKIN-ROAST	0	534.9	1	39.6	0.9	1
CHICKEN-LEG-NO SKIN-STEW	0	476.1	1	39.2	0.8	1
CHICKEN-LIVER-SIMMERED	0	1994.0	1	31.4	0.5	1
TURK-BREAST-NO SKIN-ROAST	1	809.3	1	4.9	0.5	1
TURKEY-DARK MEAT-NO SKIN	1	557.7	1	34.7	0.8	1
TURKEY-GIBLETS-SIMMERED	0	1204.0	1	27.3	0.6	1
TURKEY-GIZZARD-SIMMERED	1	689.6	1	21.4	0.5	1
TURKEY-LIGHT-NO SKIN-ROAS	1	673.2	1	18.5	0.6	1
TURKEY-LIGHT/DARK-NO SKIN	1	615.2	1	26.3	0.7	1
TURKEY-LIVER-SIMMERED	0	1682.8	1	31.6	0.6	1
CHICK-THIGH-NO SKIN-ROAST	0	475.9	1	46.7 Y	0.9	2
CHICKEN-CAPON-ROASTED	0	487.8	1	45.7 Y	0.5	2
CHICKEN-DRUMSTICK-FRIED	0	408.1	1	50.4 Y	0.9	2
CHICKEN-GIBLETS-FRI/FLOUR	0	1084.7	1	43.7 Y	1.1	2
CHICKEN-LEG-ROASTED	0	420.3	1	52.3 Y	0.9	2
CHICKEN-LIVER PATE-CAN	7	676.5	1	58.8 Y	0.0	2
CHICKEN-THIGH-FRIED/FLOUR	0	402.9	1	51.6 Y	0.9	2
TURK HAM-CURED THIGH MEAT	9	493.0	1	35.5	10.0 Y	2
TURKEY LOAF-BREAST	3	794.6	1	12.9	14.3 Y	2
DUCK-NO SKIN-ROASTED	1	580.3	1	50.0 Y	0.7	2 S
GOOSE-NO SKIN-ROASTED	4	484.7	1	48.0 Y	0.8	2 S
CHICKEN ROLL-LIGHT	5	415.7	1	41.8 Y	5.8 Y	3

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CHICKEN-BACK-FRIED/FLOUR	0	325.9	2	56.4 Y	0.9	3
CHICKEN-BONELESS-CAN-BROT	5	461.5	1	43.5 Y	5.0 Y	3
CHICKEN-BREAST-FRI/BATTER	0	427.7	1	45.6 Y	2.8 Y	3
CHICKEN-WING-ROASTED	0	324.8	2	60.2 Y	0.8	3
TURKEY ROLL-LIGHT	6	530.1	1	43.9 Y	4.9 Y	3
GOOSE-FLESH & SKIN-ROASTE	2	338.8	2	64.6 Y	0.7	3 S
TURKEY PASTRAMI	6	468.7	1	46.4 Y	10.5 Y	3 S
TURKEY ROLL-LIGHT/DARK	6	503.5	1	42.4 Y	5.8 Y	3 S
CHICKEN-BACK-STEWED	0	279.3	3	62.9 Y	0.6	4
CHICKEN-WING-FRIED/FLOUR	0	293.2	3	61.9 Y	0.8	4
CHICKEN-WING-STEWED	0	284.4	3	60.6 Y	0.7	4
DUCK-FLESH & SKIN-ROASTED	1	276.5	3	75.9 Y	0.6	4 S
** SOUPS						
SOUP-CHICK NOODLE-LOW SOD	7	403.6	1	23.7	0.1	1
SOUP-PEA-GREEN-LOW SODIUM	1	394.6	1	16.1	0.1	1
SOUP-TURKEY NOODLE-LOW SO	2	441.4	1	25.9	0.2	1
SOUP-VEG BEEF-CAN-LOW SOD	7	483.4	1	21.8	0.2	1
SOUP-BEAN/BACON-CAN-WATER	1	402.8	1	30.9	3.8 Y	2
SOUP-BEEF BROTH-CAN-READY	7	1051.9	1	29.7	3.3 Y	2
SOUP-BEEF BROTH-DEHY-CUBE	7	452.7	1	21.0	216.0 Y	2
SOUP-BEEF NOODLE-CAN-WATE	1	420.2	1	33.0	3.9 Y	2
SOUP-BEEF-CHUNKY-CAN	2	431.3	1	27.1	3.6 Y	2
SOUP-BLACK BEAN-CAN-WATER	1	536.3	1	11.7	4.8 Y	2
SOUP-CHICK BROTH-CAN/WATE	2	928.1	1	32.0	3.2 Y	2
SOUP-CHICKEN NOODLE-CAN	1	432.4	1	29.4	4.6 Y	2
SOUP-CHICKEN-CHUNKY-CAN	2	389.8	1	33.5	3.5 Y	2
SOUP-CHICKEN/RICE-CAN	5	461.6	1	22.6	3.7 Y	2
SOUP-CHILI-BEEF-CAN-WATER	2	432.7	1	35.2	4.1 Y	2
SOUP-CLAM-MANHATTAN-WATER	1	566.1	1	26.6	7.4 Y	2
SOUP-CLAM-NEW ENGLAND-MIL	1	384.0	1	36.5	4.0 Y	2
SOUP-CONSOMME-CAN-WATER	1	1058.0	1	0.0	2.6 Y	2
SOUP-CRAB-CAN	6	525.8	1	17.9	5.1 Y	2
SOUP-CREAM/POTATO-CAN-MIL	1	390.6	1	39.2	4.3 Y	2
SOUP-GAZPACHO-CAN	6	528.7	1	35.3	4.8 Y	2
SOUP-LENTIL/HAM-CAN	5	413.6	1	17.9	5.3 Y	2
SOUP-MINESTRONE-CAN-WATER	1	487.1	1	27.2	3.8 Y	2
SOUP-ONION-CAN-WATER	1	444.3	1	27.4	4.4 Y	2
SOUP-ONION-DEHY-PACKET	2	378.2	1	18.2	89.6 Y	2
SOUP-ONION-DEHY-WATER	2	378.2	1	18.3	3.5 Y	2
SOUP-PEA-GREEN-CAN-MILK	1	385.6	1	26.5	4.1 Y	2
SOUP-PEA-GREEN-CAN-WATER	1	394.6	1	16.1	4.0 Y	2
SOUP-PEA-SPLIT-CAN-WATER	1	388.6	1	21.0	4.0 Y	2
SOUP-TOMATO BISQUE-LOW SO	2	309.7	2	18.4	0.1	2
SOUP-TOMATO-CAN-MILK	1	489.5	1	33.8	3.8 Y	2
SOUP-TOMATO-CAN-WATER	1	571.1	1	20.1	3.6 Y	2
SOUP-TURKEY NOODLE-CAN	2	441.4	1	25.9	3.3 Y	2
SOUP-TURKEY VEGETABLE-CAN	2	402.5	1	36.7	3.8 Y	2
SOUP-TURKEY-CHUNKY-CAN	2	606.7	1	29.2	3.9 Y	2
SOUP-VEGETABLE BEEF-CAN	1	523.0	1	21.7	3.9 Y	2
SOUP-VEGETARIAN-CAN-WATER	1	493.8	1	24.1	3.4 Y	2
SOUP-VICHYSOISE-CAN-MILK	1	390.6	1	39.2	4.3 Y	2
SOUP-CHICKEN NOODLE-DEHY	1	361.8	2	19.9	5.1 Y	3
SOUP-CLAM-ENGLAND-WATER	1	352.7	2	27.3	3.8 Y	3
SOUP-ESCAROLE-CAN	8	839.2	1	60.3 Y	15.6 Y	3
SOUP-TOM BISQUE-CAN-MILK	2	332.7	2	30.0	4.4 Y	3
SOUP-TOMATO VEG-DEHY-WATE	4	337.9	2	14.3	4.5 Y	3

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SOUP-OYSTER STEW-CAN-MILK	2	955.0	1	53.3 Y	4.2 Y	3 S
SOUP-OYSTER STEW-CAN-WATE	2	1691.7	1	58.4 Y	4.1 Y	3 S
SOUP-PEPPERPOT-CAN-WATER	2	379.5	1	40.5 Y	4.0 Y	3 S
SOUP-CHICKEN/DUMPLINGS-CA	1	348.4	2	51.3 Y	3.6 Y	4
SOUP-TOMATO BEEF/NOODLE	2	284.1	3	27.6	3.8 Y	4
SOUP-TOMATO RICE-CAN-WATE	2	284.9	3	20.4	3.3 Y	4
SOUP-CREAM/ASPARAGUS-CAN	2	358.6	2	45.7 Y	4.2 Y	4 S
SOUP-CREAM/CELERY-CAN-MIL	1	306.9	2	52.8 Y	4.1 Y	4 S
SOUP-CREAM/CHICK-CAN-WATE	1	229.2	3	57.2 Y	4.0 Y	5
SOUP-CHEESE-CAN-MILK	2	283.8	3	57.2 Y	4.1 Y	5 S
SOUP-CREAM/CHICK-CAN-MILK	1	287.8	3	54.2 Y	4.2 Y	5 S
SOUP-CREAM/MUSHROOM-MILK	2	258.1	3	60.3 Y	4.3 Y	5 S
SOUP-CREAM/MUSHROOM-WATER	2	189.9	4	62.5 Y	4.2 Y	6
** SPICES						
ALLSPICE-GROUND	5	441.8	1	30.6	0.5	1
BASIL-GROUND	5	1517.7	1	13.5	0.0	1
BAY LEAF-CRUMBLED	5	815.7	1	22.5	0.0	1
CARAWAY SEED	6	638.0	1	39.9	0.0	1
CHERVIL-DRIED	9	2094.4	1	18.0	0.0	1
CINNAMON-GROUND	5	871.4	1	10.5	0.4	1
CORIANDER LEAF-DRIED	7	1700.8	1	13.5	1.7	1
DILL WEED-DRIED	6	1583.7	1	13.2	2.0	1
FENNEL SEED	6	765.6	1	38.6	1.0	1
FENUGREEK SEED	5	728.2	1	18.0	0.5	1
GINGER-GROUND	6	408.7	1	16.5	0.6	1
MARJORAM-DRIED	5	1569.0	1	18.0	0.8	1
OREGANO-GROUND	7	1054.5	1	27.0	0.1	1
PEPPER-BLACK	6	831.9	1	12.6	0.5	1
POULTRY SEASONING	5	758.0	1	19.8	0.3	1
PUMPKIN PIE SPICE	5	445.0	1	31.5	0.6	1
SAVORY-GROUND	7	1164.8	1	18.0	0.2	1
TARRAGON-GROUND	6	1242.7	1	21.6	0.6	1
THYME-GROUND	6	2264.9	1	22.5	0.7	1
TURMERIC-GROUND	6	762.3	1	24.8	0.5	1
ANISE SEED	10	718.8	1	42.4 Y	0.0	2
CELERY SEED	8	857.1	1	56.3 Y	1.5	2
CLOVES-GROUND	5	426.7	1	54.0 Y	2.4	2
CORIANDER SEED	7	710.1	1	57.6 Y	0.6	2
CUMIN SEED	5	1159.4	1	52.9 Y	1.9	2
CURRY POWDER	5	804.8	1	42.0 Y	0.5	2
DILL SEED	6	824.5	1	46.5 Y	0.0	2
MUSTARD SEED-YELLOW	6	458.0	1	57.0 Y	0.1	2
PAPRIKA	5	1451.4	1	40.5 Y	0.5	2
PARSLEY-DRIED	4	2111.4	1	9.0	3.3 Y	2
PEPPER-RED OR CAYENNE	5	747.2	1	46.5 Y	0.6	2
POPPY SEED	6	450.7	1	75.0 Y	0.4	2
ROSEMARY-DRIED	6	730.5	1	40.5 Y	0.8	2
SAGE-GROUND	5	1146.0	1	40.5 Y	1.1	2 S
CHILI POWDER	5	832.8	1	49.5 Y	10.0 Y	3
SESAME SEED-DECORTICATED	5	312.1	2	83.2 Y	0.4	3
SALT-TABLE SALT	3	0.0	6	0.0	387.6 Y	6
** SUGAR/CANDY						
MOLASSES-CANE-BLACKSTRAP	7	976.5	1	0.0	0.9	1
SORGHUM	9	666.7	1	0.0	0.1	1
SYRUP-CORN-TABLE-LIGH/DAR	3	472.9	1	0.0	0.7	1

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SYRUP-CHOC FLAVORED-THIN	1	232.1	3		3.7	0.5	3
CANDY-CHOC COATED PEANUTS	5	212.1	4		67.5 Y	0.6	5
CANDY-MILK CHOCOLATE-PLAI	3	156.1	4		55.9 Y	1.0	5
JAMS/PRESERVES-REGULAR	4	79.2	5		0.0	0.1	5
SYRUP-CHOC FLAVORED-FUDGE	5	148.7	5		36.0	0.7	5
CANDY-KIT KAT BAR	4	111.1	5		47.1 Y	0.9	6
CANDY-PEANUT BUTTER CUP	3	197.7	4		52.3 Y	3.2 Y	6
HONEY-STRAINED/EXTRACTED	2	30.1	6		0.0	0.1	6
JAMS/PRESERVES-REG-PACKET	4	64.5	6		0.0	0.1	6
JELLIES-REGULAR	5	56.1	6		0.0	0.2	6
JELLIES-REGULAR-PACKET	5	38.9	6		0.0	0.2	6
SUGAR-EQUAL-PACKET	1	0.0	6		0.0	0.0	6
SUGAR-WHITE-GRANULATED	5	3.4	6		0.0	0.0	6
** VEGETABLES							
ADZUKI BEANS-BOILED	3	486.6	1		0.7	0.1	1
ALFALFA SEEDS-SPROUTED-RA	1	1298.9	1		20.7	0.1	1
ARTICHOKES-BOIL-DRAIN	1	861.0	1		3.4	0.7	1
ASPARAGUS-CAN-LOW SODIUM	1	2603.7	1		12.2	0.0	1
ASPARAGUS-FROZ-BOIL-SPEAR	0	1907.3	1		13.5	0.0	1
ASPARAGUS-FROZ-BOIL-TIPS	0	1918.5	1		13.6	0.0	1
ASPARAGUS-RAW-BOIL-SPEARS	0	2228.3	1		11.5	0.0	1
ASPARAGUS-RAW-BOIL-TIPS	0	2228.3	1		11.5	0.0	1
BALSAM PEAR LEAFY TIP-BOI	4	2594.9	1		5.4	0.1	1
BALSAM PEAR PODS-BOIL	6	920.4	1		8.2	0.1	1
BAMBOO SHOOTS-BOIL-DRAIN	6	1346.2	1		15.6	0.0	1
BAMBOO SHOOTS-CAN-DRAIN	6	420.4	1		18.7	0.1	1
BAMBOO SHOOTS-RAW	6	987.4	1		9.9	0.1	1
BEANS-FRENCH-COOKED-BOILE	1	448.6	1		5.3	0.1	1
BEANS-GREEN-CAN-LOW SODIU	2	1057.4	1		4.8	0.0	1
BEANS-GREEN-DIET-LOW SOD	3	986.8	1		5.9	0.0	1
BEANS-GREEN-FROZ-FRENCH	0	1163.3	1		4.5	0.1	1
BEANS-LIMA-CAN-LOW SODIUM	2	554.4	1		3.6	0.0	1
BEANS-LIMA-FROZ-BOIL-DRAI	0	618.8	1		3.1	0.5	1
BEANS-LIMA-THIN-FROZ-BOIL	0	724.9	1		2.6	0.3	1
BEANS-MUNG-SPROUTED-BOIL	1	2100.1	1		3.8	0.1	1
BEANS-MUNG-SPROUTED-RAW	0	1481.5	1		5.6	0.1	1
BEANS-NAVY-SPROUTED-BOIL	5	873.6	1		9.3	0.0	1
BEANS-SNAP-GREEN-BOIL-CUT	0	1164.5	1		4.5	0.1	1
BEANS-SNAP-GREEN-RAW-BOIL	0	1140.9	1		7.4	0.0	1
BEANS-SNAP-WAX-FROZ-BOIL	1	1154.7	1		4.5	0.1	1
BEANS-SNAP-WAX-RAW-BOIL	1	1135.8	1		7.4	0.0	1
BEET GREENS-BOIL-DRAIN	2	3197.0	1		6.5	2.4	1
BEETS-CAN-DIET-LOW SODIUM	1	766.7	1		2.2	0.5	1
BEETS-SLICED-BOIL-DRAIN	1	924.3	1		1.4	0.5	1
BEETS-WHOLE-BOIL-DRAIN	1	919.8	1		1.5	0.5	1
BROCCOLI-FROZ-BOIL-DRAIN	0	1513.2	1		3.7	0.2	1
BROCCOLI-RAW	0	1969.5	1		11.2	0.3	1
BROCCOLI-RAW-BOIL-DRAIN	0	2085.8	1		8.6	0.1	1
BRUSSEL SPROUTS-FROZ-BOIL	0	1399.2	1		8.5	0.2	1
BRUSSEL SPROUTS-RAW-BOIL	0	1325.2	1		12.0	0.2	1
CABBAGE-CELERY-RAW	0	2488.8	1		11.2	0.1	1
CABBAGE-COMMON-BOIL-DRAIN	0	1209.9	1		10.7	0.2	1
CABBAGE-COMMON-RAW-SHRED	0	1401.2	1		6.8	0.2	1
CABBAGE-COMMON-RAW-SLICED	0	1474.1	1		6.7	0.2	1
CABBAGE-RED-RAW-SHREDDED	0	1253.2	1		8.5	0.1	1
CABBAGE-SAVOY-RAW-SHREDDE	4	994.8	1		3.3	0.3	1

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CABBAGE-WHITE MUSTARD-BOI	4	2846.7	1	12.1	0.3	1
CABBAGE-WHITE MUSTARD-RAW	4	2622.9	1	14.0	0.6	1
CARROT JUICE-CAN	1	1524.4	1	3.3	0.3	1
CARROT-RAW-SHRED-SCRAPED	0	1531.3	1	3.8	0.3	1
CARROT-RAW-WHOLE-SCRAPED	0	1561.5	1	4.1	0.3	1
CARROTS-BOIL-DRAIN-SLICED	0	1516.9	1	3.6	0.7	1
CARROTS-CAN-LOW SODIUM	0	1807.7	1	7.1	0.4	1
CARROTS-FROZEN-BOIL-DRAIN	0	1315.9	1	2.8	0.6	1
CAULIFLOWER-FROZ-BOIL	0	1293.1	1	10.3	0.2	1
CAULIFLOWER-RAW-BOIL-DRAI	0	1653.5	1	6.6	0.1	1
CAULIFLOWER-RAW-CHOPPED	0	1844.6	1	6.8	0.1	1
CELERY-PASCAL-RAW-DICED	0	1352.1	1	7.0	0.9	1
CELERY-PASCAL-RAW-STALK	0	1349.1	1	7.5	0.9	1
CHARD-SWISS-BOIL-DRAIN	4	2473.5	1	3.6	1.8	1
CHARD-SWISS-RAW	4	2727.1	1	12.0	2.1	1
CHICORY GREENS-RAW-CHOPPE	6	1493.1	1	11.6	0.5	1
CHIVES-FREEZE DRIED	6	892.8	1	9.0	0.0	1
CHIVES-RAW-CHOPPED	4	1780.6	1	18.0	0.0	1
COLLARDS-RAW-BOIL-DRAIN	1	1878.2	1	9.7	0.2	1
CORN-KERNELS FROM 1 EAR	0	427.4	1	10.6	0.2	1
CORN-KERNELS&COB-FROZ-BOI	0	494.3	1	7.0	0.0	1
CORN-SWEET-CAN-LOW SODIUM	1	401.0	1	6.5	0.0	1
COWPEAS-BLACKEYE-FROZ-BOI	0	640.9	1	4.5	0.1	1
COWPEAS-BLACKEYE-RAW-BOIL	0	618.3	1	6.6	0.0	1
CRESS-GARDEN-RAW	6	1966.7	1	20.3	0.2	1
CUCUMBER-RAW-SLICED	0	1164.9	1	9.0	0.0	1
CUCUMBER-RAW-WHOLE	0	1207.5	1	9.0	0.0	1
DANDELION GREENS-BOILED	8	1405.4	1	16.2	0.4	1
EGGPLANT-BOILED-DRAINED	1	872.2	1	7.3	0.0	1
ENDIVE-RAW-CHOPPED	1	3183.4	1	11.3	0.2	1
GARLIC-RAW-CLOVE	4	439.2	1	4.5	0.3	1
GOURD-WHITE FLOWERED-BOIL	6	721.9	1	1.2	0.0	1
KALE-FROZEN-BOIL-DRAIN	1	1608.7	1	14.8	0.1	1
KALE-RAW-BOIL-DRAIN	1	1553.2	1	11.4	0.2	1
KOHLRABI-BOIL-DRAIN	4	920.2	1	3.4	0.2	1
KOHLRABI-RAW	3	1193.0	1	3.3	0.2	1
LEEKS-BOIL-DRAIN	5	493.1	1	5.9	0.1	1
LEEKS-RAW	5	518.2	1	4.4	0.2	1
LENTILS-SPROUTED-RAW	0	885.1	1	4.8	0.1	1
LETTUCE-BUTTERHEAD-HEAD	0	2502.3	1	15.4	0.1	1
LETTUCE-BUTTERHEAD-LEAVES	0	2360.9	1	13.5	0.1	1
LETTUCE-ICEBERG-RAW-CHOP	0	1818.5	1	13.2	0.1	1
LETTUCE-ICEBERG-RAW-HEAD	0	1816.1	1	13.1	0.1	1
LETTUCE-ICEBERG-RAW-LEAVE	0	1818.6	1	13.2	0.1	1
LETTUCE-LOOSELEAF-RAW	2	2485.4	1	14.4	0.1	1
LETTUCE-ROMAINE-RAW-SHRED	4	3159.6	1	13.5	0.1	1
MUSHROOMS-BOIL-DRAIN	0	3043.6	1	18.0	0.0	1
MUSHROOMS-CAN-DRAIN	8	743.2	1	12.0	0.0	1
MUSHROOMS-RAW-CHOPPED	0	2464.5	1	15.0	0.0	1
MUSTARD GREENS-BOIL-DRAIN	5	1645.6	1	14.6	0.2	1
OKRA-RAW-BOIL-DRAIN	1	1713.8	1	5.0	0.1	1
ONIONS-MATURE-BOIL-DRAIN	0	711.5	1	5.3	0.1	1
ONIONS-MATURE-RAW-CHOPPED	0	647.0	1	7.0	0.0	1
ONIONS-YOUNG GREEN	3	1571.0	1	5.0	0.0	1
PARSLEY-RAW-CHOPPED	0	3366.4	1	9.0	0.4	1
PARSNIPS-SLICED-BOIL-DRAI	2	513.8	1	3.3	0.1	1
PEAS-EDIBLE PODDED-RAW	3	1249.0	1	4.3	0.0	1

Food	Data missing	Cummulative %SND	Initial score	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
PEAS-GREEN-CAN-DRAINED	0	653.5	1	4.4	2.2	1
PEAS-GREEN-CAN-LOW SODIUM	0	653.5	1	4.4	0.0	1
PEAS-GREEN-FROZ-BOIL-DRAI	0	807.4	1	3.1	0.9	1
PEAS-SWEET-CAN/WATER-DIET	3	770.5	1	6.3	0.0	1
PEPPERS-HOT CHILI-CANNED	8	589.5	1	3.7	0.0	1
PEPPERS-HOT CHILI-RAW	1	1643.5	1	4.5	0.1	1
PEPPERS-SWEET-BOIL-DRAIN	1	1630.1	1	16.6	0.0	1
PIMIENTOS-CAN & JAR	8	777.0	1	17.4	0.0	1
POTATO SKIN-BAKED	2	641.1	1	0.5	0.2	1
POTATO-BAKED-FLESH & SKIN	1	527.3	1	0.8	0.1	1
POTATO-BAKED-PEEL AFTER	1	483.8	1	1.0	0.1	1
POTATO-BOIL-PEEL AFTER	1	501.5	1	1.1	0.0	1
POTATO-BOIL-PEEL BEFORE	1	455.8	1	1.1	0.1	1
POTATO-CAN-DRAINED	2	490.1	1	3.0	0.0	1
POTATO-O'BRIEN-HOME REC	1	458.7	1	14.3	2.2	1
PUMPKIN-BOIL-DRAIN-MASHED	6	807.1	1	3.1	0.0	1
PUMPKIN-CAN	2	1577.8	1	7.5	0.1	1
PUMPKIN-RAW-CUBES	6	911.3	1	3.6	0.0	1
RADISH-DAIKON-SLICED-BOIL	6	618.1	1	12.6	0.1	1
RADISHES-RAW	1	1296.2	1	30.8	0.2	1
RUTABAGAS-BOIL-DRAIN	1	827.6	1	5.0	0.2	1
SEAWEED-LAVER (NORI)-RAW	1	2442.0	1	7.2	0.5	1
SOYBEAN-DRY-COOKED	7	385.2	1	39.6	0.0	1
SPINACH-CAN-DRAINED	0	3305.1	1	19.2	0.3	1
SPINACH-CAN-LOW SODIUM	0	2921.0	1	17.8	0.8	1
SPINACH-FROZ-BOIL-CHOPPED	0	3008.5	1	6.8	0.9	1
SPINACH-LEAF-FROZ-BOIL	0	3010.4	1	6.8	0.9	1
SPINACH-RAW-BOIL-DRAIN	0	4795.1	1	10.3	0.7	1
SPINACH-RAW-CHOPPED	0	4898.5	1	15.0	0.8	1
SQUASH-ACORN-BAKED	2	759.1	1	2.3	0.0	1
SQUASH-BUTTERNUT-BAKED	2	960.8	1	2.0	0.0	1
SQUASH-HUBBARD-BOIL-MASH	2	819.3	1	11.3	0.1	1
SQUASH-SUMMER-BOIL-SLICED	1	1314.7	1	14.0	0.0	1
SQUASH-WINTER-BAKE-MASH	1	913.0	1	14.7	0.0	1
SQUASH-ZUCCHINI-FROZ-BOIL	1	1231.1	1	7.0	0.0	1
SQUASH-ZUCCHINI-RAW-BOIL	1	1554.3	1	3.2	0.0	1
SQUASH-ZUCCHINI-RAW-SLICE	1	1767.9	1	8.5	0.0	1
SUCCOTASH-BOIL-DRAIN	3	465.2	1	6.2	0.2	1
SWEET POTATO-BAKE-PEEL	0	797.7	1	1.0	0.1	1
SWEET POTATO-BOIL-MASHED	0	636.6	1	2.5	0.1	1
SWEET POTATO-CAN-MASHED	2	629.6	1	1.8	0.8	1
TOMATO JUICE-LOW SODIUM	0	1607.2	1	3.0	0.1	1
TOMATO PASTE-CAN-LOW SOD	3	1277.3	1	9.5	0.7	1
TOMATO PUREE-CAN-LOW SOD	2	1079.5	1	2.6	0.2	1
TOMATO-CAN-LOW SODIUM-DIE	3	1253.0	1	11.3	0.1	1
TOMATO-RAW-RED-RIPE	0	1269.3	1	9.8	0.1	1
TOMATO-RED-CAN-WHOLE	2	1271.4	1	11.3	1.6	1
TOMATO-RED-RAW-BOIL	0	1173.2	1	9.7	0.1	1
TURNIP GREENS-FROZ-BOIL	0	2079.1	1	12.7	0.1	1
TURNIP GREENS-RAW-BOIL	0	3303.3	1	10.3	0.3	1
TURNIPS-BOIL-DRAIN-DICED	2	883.1	1	4.0	0.5	1
V-8 VEG JUICE-LOW SODIUM	7	760.0	1	0.0	0.2	1
WATERCRESS-RAW	3	3918.5	1	9.0	0.4	1
ASPARAGUS-CAN-SPEARS	2	2159.8	1	29.3	3.7 Y	2
BEANS-LIMA-CAN	2	554.4	1	3.6	2.5 Y	2
BEANS-SNAP-GREEN-CAN-CUTS	0	1093.8	1	4.5	2.5 Y	2
BEANS-SNAP-YELLOW/WAX-CAN	1	1145.5	1	4.8	2.5 Y	2

Food	Data missing	Cummulative %SND score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
BEETS-CAN-SLICED-DRAIN	1	770.2	1	4.0	2.8 Y	2
BEETS-CAN-WHOLE	1	766.7	1	2.2	2.6 Y	2
CARROTS-CAN-SLICED-DRAIN	0	1839.2	1	7.4	2.4 Y	2
CORN-CREAM-CAN-LOW SODIUM	0	363.6	2	5.2	0.0	2
CORN-FROZ-BOIL-KERNELS	0	366.5	2	0.8	0.1	2
CORN-SWEET-CAN-DRAINED	0	406.2	1	11.2	2.9 Y	2
CORN-SWEET-CAN-VACUUM PAC	0	406.6	1	5.8	2.7 Y	2
GINGER ROOT-RAW-SLICED	5	367.4	2	9.5	0.1	2
NUTS-CHESTNUTS-CHINESE-RA	3	340.7	2	4.5	0.0	2
PEPPERS-HOT-RED-DRIED	5	1050.0	1	0.0	10.0 Y	2
PEPPERS-JALAPENO-CAN-CHOP	4	1231.6	1	22.3	14.6 Y	2
POTATO-MASH-RAW-PREP/MILK	0	478.1	1	6.8	3.0 Y	2
POTATO-SCALLOP-HOME REC	1	497.6	1	38.7	3.4 Y	2
SAUERKRAUT-CANNED	2	1276.0	1	6.8	6.6 Y	2
SEAWEED-SPIRULINA-DRIED	7	1774.7	1	23.9	10.5 Y	2
SNAP-E-TOM-DEL MONTE-JUIC	6	962.4	1	0.0	5.3 Y	2
SOYBEANS-GREEN-BOIL-DRAIN	7	375.2	1	40.6 Y	0.0	2
SOYBEANS-SPROUTED-STEAMED	2	820.8	1	49.5 Y	0.1	2
SPINACH-CAN-SOLIDS/LIQUID	0	2921.0	1	17.8	3.2 Y	2
SQUASH-ZUCCHINI-ITALIA-CA	4	738.7	1	3.5	3.7 Y	2
TOFU-FRIED	1	405.4	1	67.4 Y	0.1	2
TOMATO JUICE-CAN	0	1607.2	1	3.0	3.6 Y	2
TOMATO PASTE-CAN-SALT ADD	3	1277.3	1	9.5	7.9 Y	2
TOMATO PUREE-CAN-SALT ADD	2	1079.5	1	2.6	4.0 Y	2
TOMATO-RED-CAN-STEWED	2	907.2	1	4.8	2.5 Y	2
TOMATO-STEW-COOK-HOME REC	0	463.5	1	33.7	3.7 Y	2
TOMATO/GREEN CHILIES-CAN	3	1042.1	1	4.4	4.0 Y	2
V-8 VEGETABLE JUICE	7	694.4	1	0.0	3.4 Y	2
VEGETABLE JUICE-CAN	2	1634.7	1	4.5	3.6 Y	2
YAM-MOUNTAIN-HAWAII-STEAM	5	331.4	2	0.9	0.1	2
YAMS-BOIL OR BAKE-DRAIN	2	358.9	2	1.0	0.1	2
CORN-SWEET-CREAM STYLE-CA	0	363.6	2	5.2	2.9 Y	3
NUTS-CHESTNUTS-ROASTED	5	261.8	3	4.5	0.0	3
POTATO-FRENCH FRIED-FROZ	1	242.4	3	35.5	0.3	3
POTATO-MASHED-MILK/BUTTER	0	334.4	2	36.0	3.0 Y	3
PUMPKIN PIE MIX-CAN	4	297.5	3	1.1	2.1	3
WATERCHESTNUTS-CHINESE-CA	4	290.7	3	1.0	0.1	3
SWEET POTATO-CANDIED	2	200.2	4	21.3	0.7	4
POTATO-FRENCH FRIED-RAW	3	244.2	3	46.7 Y	2.2	4 S
POTATO-HASHED BROWN-FROZ	2	229.2	3	47.4 Y	0.3	4 S
POTATO PUFFS-FROZ-HEATED	1	231.8	3	42.2 Y	7.4 Y	5 S
POTATO-HASH BROWN-PREP-RA	2	206.3	4	59.9 Y	0.2	5 S
POTATO-SCALLOP-MIX-PREP	3	229.1	3	41.6 Y	3.4 Y	5 S
POTATO CHIPS-SALT ADDED	0	209.7	4	60.7 Y	4.7 Y	6
POTATO PANCAKES-HOME REC	1	123.9	5	22.9	5.1 Y	6
POTATO-HUSH PUPPIES	1	171.3	4	40.8 Y	12.4 Y	6

Foods Disqualified for Having > 30% Missing Data and a Cumulative %SND Score < 375

Food	Data missing	Cumulative %SND score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
FISH-BLUEFISH-BAKED/BUTTE	8	337.5	2	29.6	1.0	2
FISH-BLUEFISH-BROILED	9	315.0	2	29.5	1.0	2
FISH-CARP-COOKED-DRY HEAT	6	370.6	2	39.8	0.6	2
FISH-SEA BASS-CKD-DRY HEA	8	350.6	2	18.7	0.9	2
FISH-STURGEON-COOKED	9	327.4	2	34.5	1.1	2
FISH-TILEFISH-CKD-DRY HEA	8	318.0	2	28.7	0.6	2
MOLASSES-CANE-LIGHT	7	355.5	2	0.0	0.1	2
PASSION FRUIT-PURPLE-RAW	7	315.1	2	6.5	0.3	2
PEPPER-WHITE	7	323.1	2	6.4	0.1	2
SAUCE-TOMATO-HERB/CHE-CAN	8	368.6	2	29.5	0.0	2
SEEDS-BREADFRUIT-ROASTED	10	334.0	2	11.7	0.0	2
SOUP-CHICK-CHUNKY-LOW SOO	7	357.5	2	26.1	0.3	2
SWEETBREADS-CALF-BRAISED	12	346.7	2	17.0	0.0	2
WATERCHESTNUTS-CHINESE-RA	6	325.8	2	0.8	0.1	2
BEANS-GARBANZO-DRY-RAW	7	277.7	3	12.0	0.3	3
BEANS-PINTO-FROZ-BOIL	8	249.9	3	2.6	0.0	3
BEEF STROGANOFF-FROZ DIN	7	347.8	2	37.5	4.6 Y	3
BEEF TERIYAKI-LIGHT/ELEG	7	328.4	2	11.3	2.8 Y	3
CHICKEN CHOW MEIN-CANNED	6	346.9	2	0.0	2.9 Y	3
CHICKEN CHOW MEIN-HOME RE	6	340.0	2	35.3	2.9 Y	3
EGG-SUBSTITUTE-FROZEN	7	339.0	2	62.6 Y	2.0	3
FISH-SALMON-CKD-MOIST HEA	10	265.7	3	36.7	0.6	3
FISH-SURIMI	9	240.4	3	8.3	1.4	3
FISH-TROUT-BROOK-COOKED	6	312.8	2	51.4 Y	0.8	3
GARLIC POWDER	7	284.8	3	2.0	0.4	3
GEL-D ZERTA-LOW CAL-PREP	15	293.3	3	0.0	0.0	3
GRAVY-TURKEY-CANNED	8	283.8	3	36.9	0.0	3
GUAVAS-STRAWBERRY-RAW	6	247.9	3	6.7	0.3	3
NUTS-CHESTNUTS-CHINESE-DR	8	253.7	3	4.5	0.1	3
ONION POWDER	6	290.3	3	2.6	0.5	3
ORANGE GRAPEFRUIT JUICE	6	255.2	3	0.0	0.0	3
PANCAKES-SOY-25% SOY FLOU	7	287.9	3	25.1	0.0	3
PASSION FRUIT JUICE-PURPL	9	297.4	3	0.9	0.0	3
POTATO-HASHED-DEHY-PREP	7	234.2	3	25.1	2.3	3
PUDD-CHOC-SUG FREE/2% MIL	10	269.9	3	27.0	2.3	3
SAL DRESS-SWEET & SOUR	12	371.6	2	9.3	4.5 Y	3
SANDWICH-CLUB	8	229.1	3	31.7	0.0	3
SEEDS-PUMPKIN/SQUASH-ROAS	9	288.3	3	39.2	0.2	3
SHALLOTS-RAW	8	277.0	3	1.3	0.1	3
SOUP-VEGETABLE-CAN-LOW SO	7	241.0	3	0.0	0.2	3
TOFU-OKARA	7	260.6	3	20.2	0.1	3
TOFU-SOYBEAN CURD	7	361.0	2	52.3 Y	0.1	3
ALE-MILD-AMERICAN	6	159.6	4	0.0	0.1	4
BEEF BURGUNDY-LIGHT/ELEG	7	286.3	3	15.7	4.8 Y	4
BEEF JULIENNE-LIGHT/ELEG	7	273.8	3	24.2	4.1 Y	4
BEEF STROGANOFF-LIGHT/ELE	7	288.0	3	20.8	3.1 Y	4
BEEF-RAVIOLIOS-CANNED	6	277.2	3	18.6	4.6 Y	4
BREAD-OATMEAL/BRAN	8	294.3	3	20.0	3.9 Y	4
BREAD-PITA	7	242.9	3	4.9	5.7 Y	4
BULGUR-DRY-COMMERCIAL	6	194.1	4	3.6	0.0	4
CABBAGE ROLLS-FROZ DIN	7	274.3	3	32.1	4.5 Y	4
CHERIMOYA-RAW	8	196.2	4	3.8	0.0	4
CHICK-SWEET/SOUR/BUDG GOU	8	160.9	4	18.0	2.2	4
CHICKEN SPREAD-CANNED	9	244.6	3	54.7 Y	0.0	4

Food	Data missing	Cummulative %SND	Initial score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
CHICKEN-BARBECUE-LIGH/ELE	7	289.0	3	18.0	4.0 Y	4	
CHICKEN-THIN SLICED/SMOKE	8	245.1	3	60.0 Y	0.0	4	
CHOP SUEY/BEEF & PORK-HOM	6	355.0	2	51.0 Y	4.2 Y	4	
DAIRY QUEEN-BANANA SPLIT	8	160.6	4	25.0	0.0	4	
FISH DIVAN-LEAN CUISINE	14	193.2	4	33.3	2.2	4	
FISH-ABALONE-COOKED-FRIED	9	299.6	3	32.3	5.9 Y	4	
FISH-BASS-STRIPED-BROILED	7	263.3	3	50.5 Y	0.7	4	
FISH-LOBSTER THERMIDOR	8	242.1	3	59.1 Y	2.3	4	
FISH-WHITE PERCH-FRI-FILE	8	293.2	3	44.2 Y	0.0	4	
FLOUR-WHEAT-SELF RISING	6	289.9	3	2.0	10.8 Y	4	
HAM-FROZ DIN-BANQUET	7	258.0	3	29.8	5.6 Y	4	
HORSERADISH-PREPARED	12	291.8	3	0.0	11.0 Y	4	
LASAGNA-3 CHEESE/BUDG GOU	9	266.4	3	38.3	2.7 Y	4	
LASAGNA-SAUSAGE/BUDG GOUR	10	349.3	2	63.4 Y	3.4 Y	4	
LASAGNA-STOUFFER	7	294.8	3	32.7	4.0 Y	4	
MACARONI/CHEESE-LIGHT/ELE	7	251.7	3	27.0	4.0 Y	4	
MAYONNAISE-LIGHT-LOW CAL	14	292.4	3	90.0 Y	0.0	4	
MUFFIN-SOY	7	202.1	4	33.3	0.0	4	
MUSTARD-LOW SODIUM	11	296.9	3	45.0 Y	0.2	4	
MUSTARD-YELLOW-PREPARED	10	255.2	3	18.0	13.0 Y	4	
NUTS-BUTTERNUTS-DRIED	8	247.8	3	83.8 Y	0.0	4	
NUTS-PECANS-OIL ROASTED	7	235.1	3	93.5 Y	0.0	4	
PERSIMMONS-RAW-NATIVE	11	167.4	4	2.8	0.0	4	
POMEGRANATES-RAW	7	210.7	4	4.0	0.0	4	
POPCORN-POPPED-PLAIN	7	196.6	4	0.0	0.0	4	
PUDD-CHOC-COOKED-MIX/MILK	7	152.0	4	22.5	1.3	4	
PUDD-CHOC-INST-MIX/MILK	7	167.9	4	19.4	1.2	4	
PUDD-TAPIOCA CREAM-HOME	6	184.5	4	32.7	1.6	4	
PUDD-VAN (BLANCMANGE)-HOM	7	170.2	4	31.6	0.7	4	
RICE-BROWN-LONG-COOKED-HO	6	160.1	4	4.7	0.0	4	
RICE-BROWN-UNCLE BEN'S	6	191.5	4	7.4	0.0	4	
SALAD-CARROT RAISIN-HOME	8	158.7	4	34.1	0.0	4	
SALAD-TUNA	7	298.6	3	56.6 Y	2.1	4	
SAPOTES-RAW	6	204.4	4	4.0	0.1	4	
SAUCE-BARBECUE	6	250.0	3	21.5	8.1 Y	4	
SAUCE-CHILI-BOTTLED	7	242.8	3	0.0	13.4 Y	4	
SEAFOOD NEWBERG/BUDG GOUR	9	157.3	4	30.9	2.3	4	
SHAKE'N BAKE	7	257.1	3	33.1	34.6 Y	4	
SHRIMP CREOLE-LIGHT/ELEG	7	281.1	3	9.0	3.7 Y	4	
SOUP-CORN-CAN-LOW SODIUM	7	154.7	4	23.6	0.1	4	
SPAGHETTI-LIGHT/ELEG	7	277.1	3	24.8	2.4 Y	4	
SPAGHETTI/TOM/MEAT-CAN	6	225.2	3	34.6	4.9 Y	4	
SPAGHETTI/TOM/MEAT-HOME	7	281.5	3	32.7	4.1 Y	4	
STUFFING-MIX-CHICKEN FLAV	7	242.4	3	8.8	17.2 Y	4	
TACO BELL-BEEFY TOSTADA	7	284.8	3	46.4 Y	0.8	4	
TACO SHELLS	7	166.5	4	38.9	0.0	4	
TORTILLA-FLOUR	7	175.4	4	17.1	0.0	4	
TURKEY-SLICED-LIGHT/ELEG	7	271.7	3	19.6	4.5 Y	4	
TURKEY-THIN SLICED/SMOKED	8	292.3	3	54.0 Y	0.0	4	
VEAL PARMIGIANA-FROZ DIN	7	347.9	2	42.6 Y	4.6 Y	4	
WAFFLES-OAT BRAN/NO CHOL	8	276.4	3	32.7	5.6 Y	4	
FISH-POMPANO-CKD-DRY HEAT	8	243.8	3	51.8 Y	0.8	4 S	
LIVERWURST/LIVER SAUS-POR	8	305.8	2	78.4 Y	11.9 Y	4 S	
MACE-GROUND	6	290.5	3	61.9 Y	0.6	4 S	
ARBYS-BEEF/CHEESE SANDWIC	10	246.8	3	44.0 Y	7.3 Y	5	
ARBYS-CLUB SANDWICH	10	227.5	3	48.2 Y	6.4 Y	5	
ARBYS-HAM/CHEESE SANDWICH	10	283.4	3	40.3 Y	8.8 Y	5	

Food	Data missing	Cummulative %SND score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
BEANS-KIDNEY-CAN-LOW SOD	15	93.3	5	0.0	0.0	5
BEEF/GREEN PEPPERS-STOUF	7	234.6	3	44.0 Y	4.4 Y	5
BREAD-BOSTON BROWN-CAN	7	172.4	4	9.5	2.5 Y	5
BREADCRUMBS-DRY-GRATED	6	223.0	4	11.5	7.4 Y	5
BULGUR-CANNED-SEASONED	6	183.8	4	14.7	4.6 Y	5
CAKE-COFFEE-MIX/PREP	6	169.8	4	27.4	4.3 Y	5
CAKE-FRUIT-DARK-HOME REC	7	125.0	5	32.7	1.5	5
CAKE-STRAWBERRY SHORTCAKE	8	123.3	5	23.3	0.0	5
CANDY-BIT O HONEY	10	107.1	5	26.8	0.0	5
CANDY-PEANUT BRITTLE	7	96.6	5	32.2	0.3	5
CEREAL-CORN FLAKE-LOW SOD	6	90.8	5	0.9	0.1	5
CEREAL-CRISP RICE-LOW SOD	6	127.7	5	0.9	0.1	5
CEREAL-HEARTLAND NATURAL	6	187.8	4	31.9	2.6 Y	5
CHEESE-ROMANO	9	247.2	3	62.5 Y	12.1 Y	5
CHICK BURGUNDY-CLASS LITE	15	113.3	5	18.8	0.0	5
CHICKEN/BROCCOLI-LIGH/ELE	7	207.4	4	34.1	3.0 Y	5
CHURCHS CHICK-WHITE MEAT	7	226.4	3	63.3 Y	5.0 Y	5
CRACKERS-RYE WAFERS	6	218.9	4	0.0	8.8 Y	5
CROISSANT-ROLL-SARA LEE	6	264.0	3	50.4 Y	5.4 Y	5
CUSTARD-BAKED	7	213.0	4	44.3 Y	0.8	5
DAIRY QUEEN-CONE-REGULAR	8	125.1	5	27.4	0.0	5
DAIRY QUEEN-DIP CONE-REG	8	115.7	5	39.0	0.0	5
DAIRY QUEEN-FLOAT	8	81.0	5	21.8	0.0	5
DAIRY QUEEN-MALT-REGULAR	8	142.1	5	30.0	0.0	5
DAIRY QUEEN-SUNDAE-REGULA	8	108.7	5	21.7	0.0	5
FISH ALMONDINE-FROZ DIN	7	234.5	3	64.8 Y	3.4 Y	5
FISH FLORENTINE-LEAN CUIS	14	172.4	4	33.8	3.2 Y	5
FISH-BASS-BLACK-BAKED	7	222.9	4	60.8 Y	0.6	5
FISH-BASS-STRIPED-OVEN FR	15	130.0	5	39.0	0.0	5
FISH-CRAB-IMITATION-SURIM	9	208.7	4	11.5	8.4 Y	5
FISH-CRAB-IMPERIAL	8	252.5	3	46.5 Y	7.3 Y	5
FISH-HERRING-CAN-PLAIN	12	208.9	4	58.8 Y	0.0	5
FISH-LOBSTER NEWBURG	10	204.2	4	49.2 Y	2.3	5
FISH-PERCH-BREADED-FRIED	9	215.3	4	50.8 Y	1.5	5
FISH-SALMON RICE LOAF	15	116.7	5	33.2	0.0	5
FISH-SMELT-ATLANTIC-CAN	13	213.3	4	60.8 Y	0.0	5
FISH-WHITEFISH-BAKE/STUFF	8	211.3	4	58.6 Y	1.9	5
FLOUR-CORN-SIFTED	7	92.3	5	6.4	0.0	5
FROG LEGS-FRIED/FLOUR	9	157.9	4	61.6 Y	0.0	5
FROZ YOGURT-FRUIT VARIETY	7	131.2	5	8.3	0.0	5
JAM/PRESERVE-STRAW-LOW CA	14	89.7	5	0.0	0.9	5
JELLO-GEL-SUGAR FREE-PREP	15	146.7	5	0.0	0.5	5
MACARONI & CHEESE-ENR-CAN	7	186.8	4	39.1	3.0 Y	5
MANICOTTI-CHE/ME/BUDG GOU	10	233.3	3	52.0 Y	3.2 Y	5
MCDONALD'S-CHICK MCNUGGET	8	240.5	3	50.9 Y	4.6 Y	5
MUFFIN-CORN-HOME REC	6	168.4	4	28.8	4.8 Y	5
MUFFIN-PLAIN-HOME REC	6	178.6	4	30.0	4.4 Y	5
MUSTARD-BROWN-PREPARED	11	294.4	3	62.4 Y	13.1 Y	5
NOODLES-SOBA-BUCKWHEAT-DR	13	99.5	5	5.5	0.0	5
PEPPER STEAK-RICE/BUD GOU	8	160.3	4	27.0	2.8 Y	5
PIE-BANANA CREAM-HOME REC	7	123.8	5	37.9	1.9	5
PIE-BOSTON CREAM-HOME REC	7	94.1	5	25.7	1.9	5
PUDD-CHOC-HOME REC	7	129.3	5	28.0	0.6	5
PUDD-RICE/RAISINS	7	137.9	5	19.1	0.7	5
PUDD-VAN-SUG FREE/2% MILK	11	208.8	4	20.0	2.9 Y	5
RICE-BROWN-LONG-COOK-COLD	6	116.1	5	4.7	0.0	5
RICE-SPANISH-HOME RECIPE	7	186.3	4	17.8	3.2 Y	5

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SALAD-CRAB	7	207.4	4	52.8 Y	0.0	5
SALAD-WALDORF GELATIN	14	75.4	5	3.4	0.6	5
SAPODILLA-RAW	7	139.6	5	12.0	0.1	5
SAUCE-TERIYAKI-MIX/WATER	11	216.0	4	6.3	16.9 Y	5
SHORTENING-VEGETABLE-SOY	14	157.0	4	101.8 Y	0.0	5
SIRLOIN TIP-VEG/BUDG GOUR	8	162.3	4	52.2 Y	2.0	5
SPAGHETTI/TOM/CHE-HOME RE	7	218.6	4	31.2	3.8 Y	5
STUFFING-MIX-DRY FORM	7	185.9	4	8.9	13.3 Y	5
SUGAR-BROWN-PRESSED DOWN	6	104.5	5	0.0	0.3	5
SYRUP-PANCAKE-KARO	6	112.5	5	0.0	1.7	5
TACO BELL-BURRITO SUPREME	7	218.5	4	43.3 Y	1.6	5
TANG-INST DRINK-ORANGE-DR	7	136.2	5	0.0	0.5	5
TUNA NOODLE-STOUFFER	8	265.5	3	40.5 Y	4.1 Y	5
TURF & SURF-CLASSIC LITE	15	136.7	5	28.8	0.0	5
VEAL STEAK-CLASSIC LITE	15	106.7	5	25.7	0.0	5
WAFFLES-ENR-MIX/EGG & MIL	7	192.5	4	35.1	6.8 Y	5
WENDYS-DOUBLE HAMBURGER	7	276.1	3	53.7 Y	3.4 Y	5
WENDYS-SINGLE HAMBURGER	7	232.6	3	49.8 Y	3.9 Y	5
WENDYS-TRIPLE HAMBURGER	7	293.9	3	54.0 Y	3.4 Y	5
CHEESE-FONTINA	6	186.2	4	72.2 Y	0.0	5 S
CHEESE-GRUYERE	6	230.7	3	70.5 Y	3.4 Y	5 S
CHILI CON CARNE/BEANS-CAN	7	244.1	3	42.4 Y	5.3 Y	5 S
PEANUT BUTTER-OLD FASHION	7	232.5	3	76.7 Y	4.7 Y	5 S
PORK-FEET-SIMMERED	8	151.2	4	57.6 Y	0.0	5 S
SAUCE-CHEESE-MIX/MILK	6	284.0	3	50.1 Y	5.6 Y	5 S
ANIMAL FAT-COOKING-CHICKE	14	3.8	6	100.2 Y	0.0	6
APPLE BUTTER	11	41.5	6	4.9	0.0	6
ARBYS-TURKEY DELUXE	10	214.2	4	42.4 Y	5.2 Y	6
ARTHUR TREACHER-CHICK SAN	6	205.6	4	41.8 Y	4.5 Y	6
BACON BITS	8	223.5	4	52.4 Y	27.5 Y	6
BAKING SODA	8	0.0	6	0.0	273.7 Y	6
BEANS-ADZUKI-CAN-SWEET	11	61.6	6	0.1	2.2	6
BEANS-REFRIED-SAUSAGE-CAN	14	69.4	6	60.3 Y	3.1 Y	6
BEEF CANNELLONI-LEAN CUIS	14	112.8	5	34.6	3.5 Y	6
BEEF DINNER-SWANSON	15	93.3	5	25.3	3.3 Y	6
BEEF PASTA SHELLS-STOUFFE	14	107.1	5	34.1	5.2 Y	6
BEEF POTPIE-HOME RECIPE	7	179.2	4	52.4 Y	2.8 Y	6
BEEF SIRLOIN TIPS-LE MENU	15	96.7	5	41.5 Y	3.4 Y	6
BISQUICK MIX-DRY	14	28.9	6	30.0	12.5 Y	6
BRANDY-CALIFORNIA	15	10.3	6	0.0	0.0	6
BRANDY/COGNAC-PONY	16	0.0	6	0.0	0.0	6
BREAD STICK-VIENNA TYPE	7	87.1	5	9.3	15.7 Y	6
BREAD-CRISP-BREAKFAST/WAS	14	56.3	6	25.0	5.0 Y	6
BREAD-CRISP/WHOLE GRAIN	15	26.7	6	0.0	0.6	6
BREAD-MELBA TOAST/LOW SOD	15	73.3	6	0.0	1.1	6
BREAD-MELBA TOAST/PLAIN	15	73.3	6	0.0	6.4 Y	6
BREAD-MELBA TOAST/WHEAT	15	73.3	6	0.0	6.4 Y	6
BREAD-OAT BRAN/NO CHOL	15	50.0	6	10.9	4.5 Y	6
BURGER KING-WHOP HAMBURGE	7	134.8	5	51.4 Y	3.8 Y	6
CAKE-CHEESE-WEIGHT WATCHE	15	40.0	6	30.0	0.0	6
CAKE-SHEET/UNCOOKED ICING	6	65.6	6	28.3	2.3	6
CANDY-ALMOND JOY	14	24.7	6	46.5 Y	0.0	6
CANDY-CARAMELS-PLAIN/CHOC	6	68.7	6	23.5	2.6 Y	6
CANDY-CHOCOLATE-SEMISWEET	7	53.7	6	63.8 Y	0.0	6
CANDY-FONDANT-UNCOATED	7	13.2	6	8.6	2.1	6
CANDY-FUDGE-CHOC-PLAIN	6	62.0	6	23.5	1.9	6
CANDY-GUM DROPS	7	2.9	6	0.0	0.4	6

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CANDY-HARD	7	18.9	6	0.0	0.3	6
CANDY-JELLY BEANS	9	18.9	6	0.0	0.1	6
CANDY-LIFE SAVERS	7	21.8	6	2.3	0.3	6
CANDY-LOLLIPOP	8	0.0	6	0.0	0.0	6
CANDY-M & M'S-PACKAGE	14	29.4	6	40.9 Y	0.0	6
CANDY-MILK CHOC BAR-NO SU	15	20.0	6	60.0 Y	1.0	6
CANDY-MILK CHOC/ALMONDS	6	116.7	5	60.2 Y	0.8	6
CANDY-MILK CHOC/PEANUTS	6	149.4	5	63.1 Y	0.7	6
CANDY-MILKY WAY BAR	14	27.2	6	31.2	0.0	6
CANDY-SNICKERS BAR	14	39.4	6	43.3 Y	0.0	6
CHAMPAGNE-DOMESTIC-GLASS	15	3.3	6	0.0	0.0	6
CHE CANNELLONI-LEAN CUIS	14	114.1	5	33.3	3.5 Y	6
CHE-CHED-LOWFAT/SOD/CHOL	15	126.7	5	54.2 Y	2.4	6
CHE-SWISS-LOWFAT/SOD/CHOL	15	110.0	5	64.9 Y	1.1	6
CHEESE PASTA SHELL-STOUF	14	96.1	5	39.4	5.1 Y	6
CHEESE SOUFFLE-HOME RECIP	7	176.6	4	70.4 Y	3.6 Y	6
CHEESE-CARAWAY	8	211.2	4	69.7 Y	7.0 Y	6
CHEESE-CHESHIRE	7	185.9	4	71.0 Y	7.1 Y	6
CHEWING GUM-CANDY COATED	12	0.0	6	0.0	0.0	6
CHICK CHOW MEIN-LEAN CUIS	14	94.1	5	18.0	3.8 Y	6
CHICK/VEG/PASTA-LEAN CUIS	14	126.1	5	24.2	3.7 Y	6
CHICK/VEG/RICE-LEAN CUIS	14	139.4	5	26.7	3.4 Y	6
CHICKEN CACCIATORE-STOUF	14	114.1	5	31.9	3.6 Y	6
CHICKEN CREPES-STOUFFER	14	107.4	5	50.8 Y	4.4 Y	6
CHICKEN DINNER-SWANSON	15	46.7	6	45.0 Y	4.9 Y	6
CHICKEN DIVAN-STOUFFER	14	95.0	5	59.1 Y	3.4 Y	6
CHICKEN FLORENTINE-LE MEN	15	63.3	6	49.4 Y	2.8 Y	6
CHICKEN KIEV-LE MENU	15	50.0	6	54.0 Y	3.2 Y	6
CHICKEN PARMIGIANA-LE MEN	15	80.0	5	45.0 Y	2.8 Y	6
CHICKEN PASTA SHELLS-STOU	14	94.1	5	49.5 Y	4.2 Y	6
CHICKEN-FRANKFURTER	10	178.9	4	68.0 Y	13.7 Y	6
CHICKEN-SWEET/SOUR-LE MEN	15	53.3	6	43.0 Y	2.3	6
CHICKEN/NOODLES-COOK-HOME	6	188.2	4	44.4 Y	2.5 Y	6
CIDER-FERMENTED	16	0.0	6	0.0	0.0	6
COBBLER-WEIGHT WATCHER	15	6.7	6	33.8	0.0	6
COCKTAIL-EGGNOG	8	44.2	6	42.4 Y	0.0	6
COCKTAIL-GIN RICKEY	9	4.7	6	0.0	0.0	6
COCKTAIL-MINT JULEP	15	0.0	6	0.0	0.0	6
COCKTAIL-OLD FASHIONED	15	0.0	6	0.0	0.0	6
COCKTAIL-PLANTERS PUNCH	8	33.1	6	0.0	0.0	6
COCKTAIL-RUM SOUR	15	0.0	6	0.0	0.0	6
COOKIE-CHOC CHIP-LOW SOD	14	63.2	6	36.0	1.0	6
COOKIE-FUDGE-LOW SODIUM	14	63.2	6	36.0	1.0	6
COOKIE-MACAROON	6	77.5	5	45.0 Y	0.3	6
CORDIALS/LIQUEUR-54-PROOF	9	13.8	6	0.0	0.0	6
CORN SOUFFLE-STOUFFER	6	184.0	4	40.6 Y	4.5 Y	6
CORNED BEEF HASH-CANNED	8	187.4	4	56.3 Y	5.4 Y	6
CORNSTARCH-STIRRED	6	0.0	6	0.0	0.0	6
CRACKER-LOW SOD/WHO WHEAT	14	61.7	6	0.0	4.1 Y	6
CRACKER-SOD FREE/WHO WHEA	14	61.7	6	0.0	0.1	6
CRACKERS-RITZ	9	129.9	5	48.4 Y	9.7 Y	6
CRACKERS-TRISCUITS	14	28.4	6	32.1	0.0	6
CRACKERS-WHEAT THINS	14	21.8	6	35.0	0.0	6
CRANAPPLE JUICE-LOW CAL	15	0.0	6	0.0	0.0	6
CRANBERRY JUICE-LOW CAL	15	0.0	6	0.0	0.0	6
CREAM CHIPPED BEEF-STOUF	7	224.3	4	61.3 Y	5.8 Y	6
CREAM-SOUR-IMIT-NONFAT	7	112.3	5	84.6 Y	1.0	6

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CREAMED SPINACH-STOUFFER	14	79.8	5	71.1 Y	6.7 Y	6
CUPCAKE-NO ICING	6	145.1	5	30.0	4.5 Y	6
CUPCAKE/CHOCOLATE ICING	6	101.2	5	34.6	3.3 Y	6
DIP-BACON & HORSERADISH	15	20.0	6	75.0 Y	6.7 Y	6
DIP-BUTTERMILK-KRAFT	15	13.3	6	78.7 Y	9.0 Y	6
DIP-CLAM-KRAFT	15	20.0	6	60.0 Y	7.7 Y	6
DIP-FRENCH ONION-KRAFT	15	20.0	6	60.0 Y	8.0 Y	6
DIP-GARLIC-KRAFT	15	20.0	6	60.0 Y	5.3 Y	6
DIP-GREEN ONION-KRAFT	15	23.3	6	72.0 Y	5.7 Y	6
DIP-GUACAMOLE-KRAFT	15	23.3	6	72.0 Y	7.2 Y	6
DIP-JALAPENO PEPPER-KRAFT	15	23.3	6	72.0 Y	5.3 Y	6
ECLAIR-CUSTARD/CHOC ICING	7	99.3	5	51.2 Y	0.8	6
EGG ROLL-BEEF/SHRIMP-FROZ	15	40.0	6	33.3	6.7 Y	6
FETTUCINI ALFREDO-STOUFFE	14	50.7	6	60.0 Y	8.4 Y	6
FETTUCINI-CHICK/BUDG GOUR	8	223.0	4	47.3 Y	2.6 Y	6
FISH & CHIPS-VAN DE KAMPS	15	36.7	6	54.0 Y	2.5 Y	6
FISH-CAVIAR-STURGEON-EGGS	14	129.7	5	64.4 Y	15.0 Y	6
FISH-CRAB-DEVEILD	8	191.9	4	45.1 Y	8.7 Y	6
FISH-CROAKER-FRIED-BREADE	9	177.5	4	51.7 Y	3.5 Y	6
FISH/LEMON SAUCE-FRO DIN	7	183.9	4	72.1 Y	3.3 Y	6
FLOUNDER FILET-LE MENU	15	73.3	6	43.7 Y	3.8 Y	6
FLOUR-BARLEY	14	42.0	6	4.3	0.0	6
FRENCH TOAST-FROZEN	7	202.2	4	47.9 Y	4.7 Y	6
FRUIT ROLL UP-CHERRY	14	17.4	6	18.0	0.3	6
GARLIC SALT-FRENCH'S	15	0.0	6	0.0	341.7 Y	6
GELATIN DESSERT-PREP	15	33.3	6	0.0	0.0	6
GOOSE-LIVER PATE-SMOKE-CA	11	84.6	5	85.5 Y	0.0	6
GRANOLA BAR	10	104.0	5	34.9	2.8 Y	6
GRANOLA CLUSTER-NATURE VA	15	16.7	6	18.0	3.4 Y	6
GRAPE DRINK-CANNED	7	63.8	6	0.0	0.0	6
GRAVY-PORK-MIX-PREP/WATER	13	78.1	5	22.7	4.8 Y	6
HAM/CHEESE CREPES-STOUFFE	14	86.3	5	54.9 Y	4.2 Y	6
ICING-CAKE-CHOC-MIX/PREP	7	55.1	6	33.0	3.2 Y	6
ICING-CAKE-FUDGE-MIX/WATE	7	45.4	6	17.3	2.3	6
ICING-CAKE-WHITE-BOILED	7	6.1	6	0.0	1.4	6
ICING-CAKE-WHITE-UNCOOKED	7	8.7	6	15.7	0.5	6
ICING-CAKE-WHITE/COCO-BOI	7	32.8	6	19.3	1.2	6
KOOL AID-CHERRY-MIX-DRY	7	29.1	6	0.0	1.4	6
LEMONADE-FROZ CONC-CAN	7	36.3	6	0.0	0.0	6
LEMONADE-FROZ-DILUTED	6	55.3	6	0.0	0.0	6
LIMEADE-FROZ CONC-CAN	7	22.4	6	0.0	0.0	6
LIMEADE-FROZ-DILUTED	7	10.4	6	0.0	0.0	6
LINGUINI/CLAM SAUCE-STOUF	14	78.7	5	25.3	3.4 Y	6
LIQUEURS-ANISETTE	14	6.9	6	0.0	0.0	6
LIQUEURS-APRICOT BRANDY	15	10.3	6	0.0	0.0	6
LIQUEURS-BENEDICTINE	15	10.3	6	0.0	0.0	6
LIQUEURS-CURACAO	15	10.3	6	0.0	0.0	6
LOBSTER NEWBURG-STOUFFER	14	58.7	6	74.6 Y	3.8 Y	6
MACARONI & CHEESE-ENR-HOM	6	189.9	4	46.0 Y	5.4 Y	6
MANICOTTI-CHEESE-LE MENU	15	70.0	6	37.8	3.5 Y	6
MARGARINE-DIET-MAZOLA	6	55.1	6	102.6 Y	9.3 Y	6
MARGARINE-VEG SPRAY-MAZOL	8	0.0	6	108.0 Y	0.0	6
MARSHMALLOWS	6	35.1	6	0.0	0.4	6
MATZO-AMERICAN CRACKERS	15	30.0	6	14.9	0.0	6
MATZO-MEAL	13	62.9	6	2.5	0.0	6
MATZO-THIN TEA	13	71.9	6	2.6	0.0	6
MAYO-IMIT-SOY-NO CHOL	15	0.0	6	89.3 Y	3.5 Y	6

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MAYONNAISE-IMITATION-SOY	14	1.4	6	75.2 Y	5.0 Y	6
MEATBALL STEW-LEAN CUISIN	14	137.1	5	26.3	4.4 Y	6
MEATBALLS/NOODLES-STOUFFE	14	76.3	5	51.2 Y	5.2 Y	6
MEATLOAF-FROZ DIN-BANQUET	7	211.5	4	51.8 Y	6.4 Y	6
MEXICAN DINNER-SWANSON	15	40.0	6	44.2 Y	4.1 Y	6
MIRACLE WHIP-LIGHT-LOW CA	14	134.2	5	80.0 Y	6.8 Y	6
MUFFIN-CORN-MIX/EGG & MIL	7	149.0	5	27.7	4.8 Y	6
NOODLES ROMANOFF-STOUFFER	8	161.3	4	47.7 Y	6.0 Y	6
NOODLES-CHOW MEIN-CANNED	15	33.3	6	45.0 Y	0.0	6
NOODLES-RAMEN-ORIENTAL	15	33.3	6	37.4	3.6 Y	6
NOODLES-SAIMIN-WHEAT-DRY	14	81.1	5	0.9	9.3 Y	6
NUTS-BEECHNUTS-DRIED	13	13.3	6	77.9 Y	0.0	6
NUTS-HICKORY-DRIED	9	136.0	5	88.1 Y	0.0	6
OLIVES-GREEN-PICKLED-CAN	10	113.7	5	119.9 Y	20.2 Y	6
OLIVES-MISSION-RIPE-CAN	6	80.0	5	120.0 Y	6.4 Y	6
ORIENTAL BEEF-LEAN CUISIN	14	100.7	5	25.7	4.7 Y	6
PEANUT BUTTER-LOW SODIUM	14	111.4	5	80.5 Y	0.3	6
PEPPER STEAK-LE MENU	15	86.7	5	32.5	3.2 Y	6
PICKLE RELISH-SWEET	12	23.8	6	0.0	8.3 Y	6
PICKLE/HAMBURGER RELISH	13	29.9	6	0.0	11.4 Y	6
PICKLE/HOT DOG RELISH	13	27.0	6	0.0	7.0 Y	6
PIE-CUSTARD-HOME REC	6	190.4	4	44.2 Y	2.9 Y	6
PIE-PECAN-HOME REC	7	92.0	5	49.1 Y	2.2	6
PIECRUST-MIX/PREP-BAKED	6	113.7	5	56.3 Y	8.1 Y	6
PIZZA-COMB-WEIGHT WATCHER	15	70.0	6	31.8	0.0	6
POPCORN-POPPED-OIL & SALT	7	158.8	4	45.0 Y	19.3 Y	6
POPCORN-POPPED-SUGAR COAT	9	53.5	6	6.7	0.0	6
POPSICLE	8	0.0	6	0.0	0.0	6
POTTED MEAT-CAN	11	148.1	5	60.0 Y	12.0 Y	6
PUDD-BANANA CREAM-INST-MI	7	0.0	6	0.0	6.7 Y	6
PUDD-BUTTERSCOTCH-INST-MI	7	0.0	6	0.0	8.6 Y	6
PUDD-COCO CREAM-INST-MIX	7	21.2	6	22.7	6.5 Y	6
PUDD-LEMON-INST-MIX	7	0.0	6	1.5	6.7 Y	6
QUICHE LORRAINE-FROZ	7	195.3	4	51.2 Y	7.3 Y	6
RICE CAKE-LOW SODIUM	14	36.3	6	5.7	0.0	6
RICE CAKE-REGULAR	14	36.3	6	7.2	1.2	6
ROLL-CINNAMON	10	47.2	6	37.8	3.7 Y	6
SAL DRESS-BLUE CHEESE	6	164.2	4	93.4 Y	10.9 Y	6
SAL DRESS-CAESAR	14	146.8	5	90.0 Y	0.0	6
SAL DRESS-FRENCH	10	174.6	4	86.0 Y	13.7 Y	6
SAL DRESS-GREEN GODDESS	12	98.0	5	92.6 Y	10.7 Y	6
SAL DRESS-ITALIAN	6	205.4	4	93.0 Y	7.9 Y	6
SAL DRESS-RANCH STYLE	14	130.3	5	95.0 Y	6.5 Y	6
SAL DRESS-SESAME SEED	14	164.4	4	91.6 Y	10.0 Y	6
SAL DRESS-VINEGAR/OIL-HOM	13	148.1	5	100.3 Y	0.0	6
SALAD-CHICKEN	14	77.4	5	64.9 Y	6.8 Y	6
SALAD-MACARONI	14	25.4	6	53.3 Y	5.2 Y	6
SALAD-MANDARIN ORANGE GEL	14	28.7	6	0.0	0.5	6
SALAD-THREE BEAN-ALEX	14	81.5	5	5.4	3.8 Y	6
SALISBURY STEAK DIN-BANQ	7	197.8	4	56.8 Y	6.6 Y	6
SALISBURY STEAK-LEAN CUIS	14	153.5	4	43.3 Y	3.0 Y	6
SAND-BAC/LET/TOM/MAYO	8	131.9	5	49.8 Y	0.0	6
SANDWICH SPREAD-COMMERCIA	14	131.1	5	78.7 Y	0.0	6
SAUCE-CHILI-LOW SODIUM	15	0.0	6	0.0	0.7	6
SAUCE-HEINZ 57	15	30.0	6	12.0	17.7 Y	6
SAUCE-SWEET/SOUR-MIX/PREP	9	47.4	6	0.2	2.5 Y	6
SAUCE-TABASCO	11	0.0	6	0.0	4.4 Y	6

Food	Data missing	Cumulative %SND score	Initial rating	% Total fat (>40%="Y")	Sodium mg/gm (>2.4="Y")	Final rating
SAUCE-TARTAR-REGULAR	6	150.3	4	96.0 Y	7.0 Y	6
SAUCE-TOMATO-CAN-LOW SOD	15	53.3	6	0.0	0.3	6
SCALLOP/VEG/RICE-LEAN CUI	14	120.4	5	12.3	3.9 Y	6
SCALLOPS MARINER-STOUFFER	14	84.1	5	36.0	3.9 Y	6
SOLE-LIGHT-VAN DE KAMP'S	15	63.3	6	55.3 Y	2.9 Y	6
SPAGHETTI-LEAN CUISINE	14	102.4	5	22.5	4.5 Y	6
SPINACH CREPES-STOUFFER	14	64.1	6	54.2 Y	3.7 Y	6
STEAK-CHICKEN FRIED	7	136.5	5	69.4 Y	8.2 Y	6
STUFFING-MIX-PREPARED	7	92.3	5	54.8 Y	9.0 Y	6
SUGAR-SWEET & LOW-PACKET	15	13.0	6	0.0	4.0 Y	6
SUGAR-WHITE-POWDER-SIFTED	6	3.4	6	0.0	0.0	6
SYRUP-PANCAKE-LIGH-LOW CA	15	0.0	6	0.0	0.0	6
TAB-LOW CALORIE COLA	14	0.0	6	0.0	0.1	6
TURKEY BREAST-LE MENU	15	66.7	6	46.0 Y	3.6 Y	6
TURKEY DINNER-SWANSON	15	70.0	6	26.5	4.0 Y	6
TURKEY PIE-STOUFFER	14	58.7	6	50.9 Y	6.1 Y	6
TURKEY TETRAZZINI-STOUFFE	8	192.8	4	52.5 Y	3.6 Y	6
TWINKIE-HOSTESS	8	76.6	5	26.4	4.5 Y	6
VANILLA	7	0.0	6	0.0	0.0	6
VEGETABLE LASAGNA-LE MENU	15	43.3	6	54.0 Y	3.6 Y	6
VEGETABLE OIL-RICE BRAN	13	63.3	6	102.0 Y	0.0	6
VEGETABLE OIL-SESAME	14	48.1	6	102.0 Y	0.0	6
VINEGAR-CIDER	10	0.0	6	0.0	0.0	6
VINEGAR-DISTILLED	13	21.7	6	0.0	0.0	6
WINE-MADEIRA-GLASS	14	24.1	6	0.0	0.1	6
WINE-SAUTERNE-GLASS	13	36.1	6	0.0	0.0	6
WINE-SHERRY-DRY-GLASS	8	50.7	6	0.0	0.0	6
WINE-VERMOUTH-DRY-GLASS	8	58.1	6	0.0	0.0	6
WINE-VERMOUTH-SWEET-GLASS	13	17.2	6	0.0	0.0	6
YANKEE POT ROAST-LE MENU	15	90.0	5	37.5	2.7 Y	6
YOGURT-COFFEE/LOWFAT	15	60.0	6	13.5	0.6	6
ZUCCHINI LASAGNA-LEAN CUI	14	139.1	5	24.2	3.3 Y	6
ZUCCHINI ROMANO-LE MENU	15	56.7	6	48.8 Y	2.9 Y	6
BOCKWURST-RAW-PORK-LINK	13	62.0	6	80.5 Y	0.0	6 S
CHE-GARLIC-LOWFAT/SOD/CHO	15	116.7	5	67.5 Y	3.4 Y	6 S
CHE-JACK-LOWFAT/SOD/CHOL	15	116.7	5	67.5 Y	3.4 Y	6 S
CHEESE-FETA	9	181.9	4	72.3 Y	11.3 Y	6 S
CHEESE-GJETOST	11	65.1	6	57.1 Y	6.1 Y	6 S
CHEESE-PORT DU SALUT	8	194.5	4	72.0 Y	5.4 Y	6 S
CHICKEN A LA KING-HOME RE	7	204.4	4	65.1 Y	3.1 Y	6 S
CHICKEN POTPIE-BAKED-HOME	7	186.1	4	51.2 Y	2.6 Y	6 S
CREAM-SOUR-IMITATION	6	26.3	6	84.4 Y	1.0	6 S
NUTMEG-GROUND	6	142.7	5	60.0 Y	0.2	6 S
PORK-FEET-PICKLED	8	103.3	5	71.1 Y	0.0	6 S
SAUCE-BEARNAISE-MIX/MILK	15	13.3	6	87.6 Y	5.0 Y	6 S
SAUCE-CURRY-MIX/MILK	14	118.6	5	49.0 Y	4.7 Y	6 S
SAUCE-HOLLANDAISE-MIX/MIL	15	13.3	6	87.4 Y	4.5 Y	6 S
SAUCE-MUSHROOM-MIX/MILK	15	60.0	6	40.7 Y	5.7 Y	6 S
SAUCE-SOUR CREAM-MIX/MILK	8	187.5	4	53.6 Y	3.2 Y	6 S
SOUP-CREAM/SHRIMP-CAN-MIL	7	200.1	4	50.7 Y	4.2 Y	6 S

Appendix B

dBASE III Plus Program to Calculate the
Nutritional Rating System for Foods

CLEAR ALL
SET TALK OFF
SET EXACT ON
SELECT 1
USE CONSTANT
LOCATE FOR WHICH1 = "VA"
KIVA = IVAL
KIVA = SVAL
LOCATE FOR WHICH1 = "VE"
KIVE = IVAL
KIVE = SVAL
LOCATE FOR WHICH1 = "VC"
KIVC = IVAL
KIVC = SVAL
LOCATE FOR WHICH1 = "B6"
KIB6 = IVAL
KIB6 = SVAL
LOCATE FOR WHICH1 = "THIA"
KITHIA = IVAL
KITHIA = SVAL
LOCATE FOR WHICH1 = "RIBO"
KIRIBO = IVAL
KIRIBO = SVAL
LOCATE FOR WHICH1 = "NIAC"
KINIAC = IVAL
KINIAC = SVAL
LOCATE FOR WHICH1 = "FOL"

KIFOL = IVAL
KSFOL = SVAL
LOCATE FOR WHICH1 = "ZINC"
KIZINC = IVAL
KSZINC = SVAL
LOCATE FOR WHICH1 = "IRON"
KIIRON = IVAL
KSIRON = SVAL
LOCATE FOR WHICH1 = "CALC"
KICALC = IVAL
KSCALC = SVAL
LOCATE FOR WHICH1 = "POT"
KIPOT = IVAL
KSPOT = SVAL
LOCATE FOR WHICH1 = "MAG"
KIMAG = IVAL
KSMAG = SVAL
LOCATE FOR WHICH1 = "MANG"
KIMANG = IVAL
KSMANG = SVAL
LOCATE FOR WHICH1 = "COP"
KICOP = IVAL
KSCOP = SVAL
LOCATE FOR WHICH1 = "PROT"
KIPROT = IVAL
KSPROT = SVAL
LOCATE FOR WHICH1 = "FAT"

```
KIFAT = IVAL
LOCATE FOR WHICH1 = "SAT"
KISAT = IVAL
LOCATE FOR WHICH1 = "SOD"
KISOD = IVAL
LOCATE FOR WHICH1 = "RL1"
KRL1 = IVAL
LOCATE FOR WHICH1 = "RL2"
KRL2 = IVAL
LOCATE FOR WHICH1 = "RL3"
KRL3 = IVAL
LOCATE FOR WHICH1 = "RL4"
KRL4 = IVAL
LOCATE FOR WHICH1 = "RL5"
KRL5 = IVAL
LOCATE FOR WHICH1 = "RL6"
KRL6 = IVAL
USE CALC
DELETE ALL
PACK
SELECT 2
USE FOOD
DO WHILE .NOT. EOF()
    @ 24,2 SAY "#" + STR(RECNO())
    Z = 0
    IF VA = -1
        Z = Z+1
```

```
ENDIF
IF VE = -1
    Z = Z+1
ENDIF
IF VC = -1
    Z = Z+1
ENDIF
IF B6 = -1
    Z = Z+1
ENDIF
IF THIA = -1
    Z = Z+1
ENDIF
IF RIBO = -1
    Z = Z+1
ENDIF
IF NIAC = -1
    Z = Z+1
ENDIF
IF FOL = -1
    Z = Z+1
ENDIF
IF ZINC = -1
    Z = Z+1
ENDIF
IF IRON = -1
    Z = Z+1
```



```
ENDIF
IF CALC = -1
    Z = Z+1
ENDIF
IF POT = -1
    Z = Z+1
ENDIF
IF MAG = -1
    Z = Z+1
ENDIF
IF MANG = -1
    Z = Z+1
ENDIF
IF COP = -1
    Z = Z+1
ENDIF
IF PROT = -1
    Z = Z+1
ENDIF
TS = 0
MKCAL = KCAL
IF MKCAL = 0
    IVA = 0
    SVA = 0
    IVE = 0
    SVE = 0
    IVC = 0
```

SVC = 0

IB6 = 0

SB6 = 0

ITHIA = 0

STHIA = 0

IRIBO = 0

SRIBO = 0

INIAC = 0

SNIAC = 0

IFOL = 0

SFOL = 0

IZINC = 0

SZINC = 0

IIRON = 0

SIRON = 0

ICALC = 0

SCALC = 0

IPOT = 0

SPOT = 0

IMAG = 0

SMAG = 0

IMANG = 0

SMANG = 0

ICOP = 0

SCOP = 0

IPROT = 0

SPROT = 0

```
MTOTFAT = 0
ELSE
  IVA = KIVA*VA/MKCAL
      SVA = ROUND(IVA,1)/KSVA
  IVE = KIVE*VE/MKCAL
      SVE = ROUND(IVE,1)/KSVE
  IVC = KIVC*VC/MKCAL
      SVC = ROUND(IVC,1)/KSVC
  IB6 = KIB6*B6/MKCAL
      SB6 = ROUND(IB6,1)/KSB6
  ITHIA = KITHIA*THIA/MKCAL
      STHIA = ROUND(ITHIA,1)/KSTHIA
  IRIBO = KIRIBO*RIBO/MKCAL
      SRIBO = ROUND(IRIBO,1)/KSRIBO
  INIAC = KINIAC*NIAC/MKCAL
      SNIAC = ROUND(INIAC,1)/KSNIAC
  IFOL = KIFOL*FOL/MKCAL
      SFOL = ROUND(IFOL,1)/KSFOL
  IZINC = KIZINC*ZINC/MKCAL
      SZINC = ROUND(IZINC,1)/KSZINC
  IIRON = KIIRON*IRON/MKCAL
      SIRON = ROUND(IIRON,1)/KSIRON
  ICALC = KICALC*CALC/MKCAL
      SCALC = ROUND(ICALC,1)/KSCALC
  IPOT = KIPOT*POT/MKCAL
      SPOT = ROUND(IPOT,1)/KSPOT
  IMAG = KIMAG*MAG/MKCAL
```

```
SMAG = ROUND(IMAG,1)/KSMAG
IMANG = KIMANG*MANG/MKCAL
SMANG = ROUND(IMANG,1)/KSMANG
ICOP = KICOP*COP/MKCAL
SCOP = ROUND(ICOP,1)/KSCOP
IPROT = KIPROT*PROT/MKCAL
SPROT = ROUND(IPROT,1)/KSPROT
MTOTFAT = 100*FAT*9/MKCAL
ENDIF
IF SAFA = 0
MSAFAPUFA = 0
ELSE
MSAFAPUFA = (MFAT+PUFA)/SAFA
ENDIF
MNAME = NAME
MCOMMOD = COMMODITY
MSAMPLE = SAMPLE
MSODG = SOD/100
IF MKCAL > 0
MSODC = SOD/MKCAL
ELSE
MSODC = 0
ENDIF
SKIP
SELECT CALC
APPEND BLANK
IF SVA >= 0
```

```
REPLACE VA_INQ WITH ROUND(IVA,1), VA_SND WITH ROUND(SVA,1)
TS = TS+ROUND(SVA,1)
ENDIF
IF SVE >= 0
  REPLACE VE_INQ WITH ROUND(IVE,1), VE_SND WITH ROUND(SVE,1)
  TS = TS+ROUND(SVE,1)
  ENDIF
IF SVC >= 0
  REPLACE VC_INQ WITH ROUND(IVC,1), VC_SND WITH ROUND(SVC,1)
  TS = TS+ROUND(SVC,1)
  ENDIF
IF SB6 >= 0
  REPLACE B6_INQ WITH ROUND(IB6,1), B6_SND WITH ROUND(SB6,1)
  TS = TS+ROUND(SB6,1)
  ENDIF
IF STHIA >= 0
  REPLACE THIA_INQ WITH ROUND(ITHIA,1), THIA_SND WITH ROUND(STHIA,1)
  TS = TS+ROUND(STHIA,1)
  ENDIF
IF SRIBO >= 0
  REPLACE RIBO_INQ WITH ROUND(IRIBO,1), RIBO_SND WITH ROUND(SRIBO,1)
  TS = TS+ROUND(SRIBO,1)
  ENDIF
IF SNIAC >= 0
  REPLACE NIAC_INQ WITH ROUND(INIAC,1), NIAC_SND WITH ROUND(SNIAC,1)
  TS = TS+ROUND(SNIAC,1)
  ENDIF
```

```
IF SFOL >= 0
    REPLACE FOL_INQ WITH ROUND(IFOL,1), FOL_SND WITH ROUND(SFOL,1)
    TS = TS+ROUND(SFOL,1)
ENDIF

IF SZINC >= 0
    REPLACE ZINC_INQ WITH ROUND(IZINC,1), ZINC_SND WITH ROUND(SZINC,1)
    TS = TS+ROUND(SZINC,1)
ENDIF

IF SIRON >= 0
    REPLACE IRON_INQ WITH ROUND(IIRON,1), IRON_SND WITH ROUND(SIRON,1)
    TS = TS+ROUND(SIRON,1)
ENDIF

IF SCALC >= 0
    REPLACE CALC_INQ WITH ROUND(ICALC,1), CALC_SND WITH ROUND(SCALC,1)

    TS = TS+ROUND(SCALC,1)
ENDIF

IF SPOT >= 0
    REPLACE POT_INQ WITH ROUND(IPOT,1), POT_SND WITH ROUND(SPOT,1)
    TS = TS+ROUND(SPOT,1)
ENDIF

IF SMAG >= 0
    REPLACE MAG_INQ WITH ROUND(IMAG,1), MAG_SND WITH ROUND(SMAG,1)
    TS = TS+ROUND(SMAG,1)
ENDIF

IF SMANG >= 0
    REPLACE MANG_INQ WITH ROUND(IMANG,1), MANG_SND WITH
```

```
ROUND(SMANG,1)
    TS = TS+ROUND(SMANG,1)
ENDIF
IF SCOP >= 0
    REPLACE COP_INQ WITH ROUND(ICOP,1), COP_SND WITH ROUND(SCOP,1)
    TS = TS+ROUND(SCOP,1)
ENDIF
IF SPROT >= 0
    REPLACE PROT_INQ WITH ROUND(IPROT,1), PROT_SND WITH ROUND(SPROT,1)

    TS = TS+ROUND(SPROT,1)
ENDIF
REPLACE TOTAL_SND WITH ROUND(TS,1)
REPLACE NAME WITH MNAME
REPLACE COMMODITY WITH MCOMMOD
REPLACE SAMPLE WITH MSAMPLE
IF MTOTFAT >= 0
    REPLACE TOT_FAT WITH ROUND(MTOTFAT,1)
    REPLACE TOOMUCHFAT WITH IIF((MTOTFAT > KIFAT), "Y", " ")
ENDIF
IF (MSAFAPUFA >= 0) .AND. (MTOTFAT > KIFAT)
    REPLACE SAFA_PUFA WITH MSAFAPUFA
    REPLACE TOOMUCHSAT WITH IIF((MSAFAPUFA < KISAT), "S", " ")
ENDIF
IF MSODG >= 0
    REPLACE SODIUM_GM WITH ROUND(MSODG,2)
    REPLACE TOOMUCHSOD WITH IIF((MSODG > KISOD), "Y", " ")
```

```
ENDIF
DO CASE
    CASE (TOTAL_SND >= KRL1)
        REPLACE TEMP_RATE WITH 1
    CASE (TOTAL_SND >= KRL2)
        REPLACE TEMP_RATE WITH 2
    CASE (TOTAL_SND >= KRL3)
        REPLACE TEMP_RATE WITH 3
    CASE (TOTAL_SND >= KRL4)
        REPLACE TEMP_RATE WITH 4
    CASE (TOTAL_SND >= KRL5)
        REPLACE TEMP_RATE WITH 5
    CASE (TOTAL_SND >= KRL6)
        REPLACE TEMP_RATE WITH 6
    ENDCASE
DO CASE
    CASE ((TOOMUCHFAT = "Y") .AND. (TOOMUCHSOD = "Y"))
        REPLACE RATE WITH (TEMP_RATE + 2)
    CASE ((TOOMUCHFAT = "Y") .OR. (TOOMUCHSOD = "Y"))
        REPLACE RATE WITH (TEMP_RATE + 1)
    OTHERWISE
        REPLACE RATE WITH TEMP_RATE
    ENDCASE
REPLACE MISSDATA WITH Z
SELECT FOOD
ENDDO
CLOSE DATABASES
```


Appendix C

Graphic Representation of INQ and %SND for 20 Selected Foods

Bananas—raw—peeled

INQ profile

Bananas—raw—peeled

%SND profile

Bread—whole wheat—firm

INQ profile

Bread—whole wheat—firm

%SND profile

Cauliflower—raw—chopped

INQ profile

Cauliflower—raw—chopped

%SND profile

Cereal—Corn Flakes—Kellogg's

INQ profile

Cereal—Corn Flakes—Kellogg's

%SND profile

Cheese—cheddar—inch cubes

INQ profile

Cheese—cheddar—inch—cubes

%SND profile

Cheese—cream

INQ profile

Cheese-cream

%SND profile

Chicken—breast—no skin—roasted

INQ profile

Chicken—breast—no skin—roast

%SND profile

Egg-hard-large-no shell

INQ profile

Egg—hard—large—no shell

%SND profile

Fish—Red snapper—ckd—dry

INQ profile

Fish—Red snapper—ckd—dry

%SND profile

Fruit cocktail—can/syrup

INQ profile

Fruit cocktail—can/syrup

%SND profile

Ham—can—extra lean—4% fat

INQ profile

Ham—can—extra lean—4% fat

%SND profile

Hamburger—bacon and cheese

INQ profile

Hamburger—bacon and cheese

%SND profile

Lentils—whole—cooked

INQ profile

Lentils—whole—cooked

%SND profile

Melons—cantaloupe—raw

INQ profile

Melons—cantaloupe—raw

%SND profile

Milk-2% fat-lowfat-fluid

INQ profile

Milk—2% fat—lowfat—fluid

%SND profile

Nuts—peanuts—oil roasted

INQ profile

Nuts—peanuts—oil roasted

%SND profile

Potato—boil—peel after

INQ profile

Potato—boil—peel after
%SND profile

Spinach—raw—chopped

INQ profile

Spinach—raw—chopped

%SND profile

Steak-rib-cooked

INQ profile

Steak-rib-cooked

%SND profile

Tomato puree—can—low sodium

INQ profile

Tomato puree—can—low sodium

%SND profile