

FOOD EFFECTS CHART

MAIN DISHES

Steak
 Beef
 Pork
 Chicken
 Turkey
 Lamb
 Veal
 Beef Liver
 Pork Sausage
 Italian Sausage
 Summer Sausage
 Bologna
 Hot Dogs
 Chopped Beef
 Bacon
 Lake Fish
 Ocean Fish
 Shrimp
 Lobster
 Tortilla Wheat _____ Corn _____
 Tacos
 Pizza
 Eggs Boiled _____ Fried _____
 Egg Yolk _____ White _____
 Tuna in Water _____ Oil _____
 McDonald Hamburger
 McDonald Fish
 McDonald Mc Nuggets
 Burger King Hamburger
 Burger King Fish
 Capt D's Fish Dinner
 Capt D's Catfish Feast
 Long John Fish & Chips
 Long John Chicken
 Long John Fish Sandwich
 Long John Shrimp
 Macaroni & Cheese
 Campbell's Soup
 Lipton Soup

CHEESES

Cottage
 Yogurt
 American
 Swiss
 Cheddar
 Mozzarella
 Parmesan
 Wine
 Smoked
 Brie
 Limburger

CONDIMENT, SALAD

Monosodium Glutamate
 Pickles Sweet _____ Dill _____
 4-Bean Salad
 Vinegar White _____ Apple _____
 Worcestershire _____ A-1 _____
 Hunt's Special Sauce
 Olives Green _____ Ripe _____
 Peanuts Salted _____ Unsalt _____
 Lemon Juice
 Mayonaise
 Tarter Sauce
 Coctail Sauce
 Fruit Jelly _____ Jam _____
 Sugarless Jelly _____ Jam _____
 Marmalade
 Chutney
 Honey
 Jello
 Margarine
 Butter
 Coconut
 Salt Sea _____ Lite _____
 Salt Iodized
 Sugar Refined _____ Raw _____
 Syrup Maple _____ Corn _____
 Animal Fat
 Soy Sauce
 Mustard
 French Salad Dressing
 Vinegar & Oil Dressing
 Blue Cheese Dressing
 Italian Dressing
 Thousand Island Dressing
 Catsup
 Safflower Oil
 Sunflower Oil
 Corn Oil
 Olive Oil
 Peanut Oil

SNACK FOODS

Popcorn
 Potato Chips
 Corn Chips
 Pretzels
 Cheese Nibs
 Candy
 Chocolate
 Crackers White _____ Wheat _____
 Peanut Butter
 Chip Dips
 Ice Cream

BREADS, PASTA, ETC

Bread White _____ Wheat _____
 Bread Rye _____
 Cereal Wheat _____ Corn _____
 Cereal Oat _____ Rice _____
 Cereal Bran
 Pasta Wheat _____ Rice _____
 Rice White _____ Brown _____
 Wild Rice
 Pancakes
 Cake White _____ Yellow _____
 Cake, Chocolate
 Pies Fruit _____ Cream _____
 Cookies
 Flour White _____ Wheat _____
 Flour Rice
 Barley
 Rolled Oats
 Granola Bar

VEGETABLES

Sweet Corn
 Carrots
 Beans Green _____ Dry _____
 Peas
 Pepper Bell _____ Hot _____
 Onion
 Celery
 Potato White _____ Sweet _____
 Cauliflower
 Broccoli
 Zucchini
 Egg Plant
 Lettuce
 Mushrooms
 Cabbage
 Turnips
 Asparagus
 Spinach
 Squash
 Pumpkin
 Cucumber
 Beets
 Parsnips
 Brussel Sprouts

FRUITS

Grapefruit
 Orange
 Apple
 Prune
 Plum
 Cranberry
 Pear
 Peach
 Nectarine
 Grape Green _____ Red _____
 Tomato
 Banana
 Raisin
 Strawberry
 Blue Berry
 Pineapple
 Papaya
 Jicama

BEVERAGES

Water Tap _____ Filter _____
 Water Spring _____ Sea _____
 Milk Skim _____ Powdr _____
 Milk Pastur _____ Homo _____
 Milk Soy
 Coffee Cafine _____ Decaf _____
 Tea Cafine _____ Herb _____
 Tea Green
 Soda with Sugar
 Soda with Neutrasweet
 Soda with Saccharin
 Beer
 Wine Red _____ White _____
 Whiskey, Bourbon
 Whiskey, Scotch
 Gin
 Rum
 Vodka

SPECIAL EFFECTS

Cigaret Smoking
 Spouse Smoking (2nd hand)
 Microwaved Foods
 Food Color, Red
 Food Color, Yellow
 Synthetic Sweeteners
 Neutrasweet
 Saccharin
 Stevia