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| | Rice white cooked no salt or fat added |
| | Soup mostly noodles Ramen Cup Noodles |
| | Bread white |
| | Flour whole wheat |
| | Flour rice white |
| | Bread French or Vienna |
| | Bread pita |
| | Bread garlic |
| | Bread sour dough |
| | Hot dog bun white |
| | Rolls white hard |
| | Roll sweet |
| | Coffee cake yeast type |
| | Croissant |
| | Bagel |
| | Rice noodles chow fun cooked without fat |
| | Biscuits baking powder or buttermilk homemade |
| | Cookies chocolate chip Chips Ahoy Pepperidge Farms Little Debbie Subway |
| | Ellse 1 piece |
| | Rice white cooked with salt and vegetable oil |
| | 100 Natural Cereal plain |
| | 100 Natural Cereal with oats honey and raisins |
| | Cupcake not chocolate no icing or filling |
| | Cupcake not chocolate with icing or filling Twinkies Tastykake Krimpets Little Debbie Snack Cakes Hostess Snc |
| | Bread stuffing |
| | Rice white glutinous |
| | Fried rice with shrimp |
| | Pasta with tomato sauce meatless |
| | Pizza cheese regular crust |
| | Ei Kyar Kway 1 prot 1 8 a churro |
| | Biscuit baking powder or buttermilk from mix |