



- 4. duck fat+↑
- 15. peanut butter+↑
- 17. pumpkin seeds+↑
- 24. almonds+↑
- 33. crackers+↑
- 34. pita chips+↑
- 37. pretzels+↑
- 38. crunchy peanut butter+↑
- 41. onion rings+↑
- 49. butter+↑
- 51. white cheddar popcorn+↑
- 57. pistachios+↑
- 74. cream cheese+↑
- 79. fortune cookie+↑
- 80. cheese puffs+↑
- 82. shortcake+↑
- 88. chocolate cake+↑
- 89. bread+↑
- 94. corn chips+↑
- 114. sugar cookie+↑
- 121. jack cheese+↑
- 128. banana bread+↑
- 129. oats+↑

-10 -5 0 5 10
Per food phrase caloric shift