

		Protein (g)	Fat (g)	Carbs (g)	Sugar (g)	Examples
0	High Protein	21.3	12.6	1.7	0.4	Shrimp, Cheese Sandwich Crackers
1	All Low	3.3	3.7	7.1	3.8	Mung Beans, Fig Rolls
2	High Carb, Low Sugar	10.0	5.7	64.4	5.1	Wholemeal Crackers, Pinto Beans
3	High Carb, High Sugar	6.6	13.5	59.8	41.5	Dried Pears, Sandwich Cookies
4	High Fat	2.8	82.1	0.7	0.3	Cocoa Butter, Cream Cheese
5	All Mid	6.3	10.9	25.5	6.8	Ice Cream Bar, Wheatgerm Bread