

#1 SALT	LIKE IT	ACCEPTABLE	DON'T LIKE	DON'T KNOW
Anchovies				
Vegemite/Marmite				
Potato chips				
Tortilla chips				
Nuts				
Bacon				
Soy sauce (low sodium)				
Fish sauce (Asian)				
Capers				
Pickles				
Worcestershire sauce				
French fries				
Parmesan cheese				
Canadian bacon				
Ham hocks				
Prosciutto				
Smoked salmon				
Salami				
Chutneys				
Ham				
Lox				
Cheeses				
Pretzels				
Corned beef				
Rotisserie chicken				
Canned soups				
Canned sauces				
Packaged soups				
Packaged sauces				
Olives				
Smoked turkey				

#1 SALT CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Celery				
#2 SOUR	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Lemon				
Vinegar, malt				
Vinegar, white wine/cider				
Vinegar, red wine				
Pickles				
Capers				
Vinegar, balsamic				
Lime				
Vinegar, Rice				
Quince				
Beets, pickled				
Dijon mustard, etc.				
Ketchup				
Rhubarb				
Raspberries				
Strawberries				
Pineapple				
Kiwi Fruit				
Apples				
Cherries				
Tangerines				
Oranges				
Nectarines				
Peaches				
Apricots				
Blackberries				
Blueberries				
Seville marmalade				
Mayonnaise				

#2 SOUR CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Cranberries (unsweetened)				
Tomatillos				
#3 SWEET	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Honey				
White sugar				
Hard candy				
Candy bars				
Brown sugar				
Maple syrup				
Corn syrup				
Coffee flavored syrups				
Chocolate syrup				
Chocolate				
Molasses				
Glazed ginger				
Cookies				
Glazed doughnuts				
Frosted cake				
Sweetened condensed milk				
Jams				
Jellies				
Coconut (sweetened)				
Colas				
Doughnuts				
Cake				
Cold cereal				
Raisins				
Dates				
Cranberries (sweetened)				
Dried fruit				
Preserves				

#3 SWEET CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Ice cream				
Frozen yogurt				
Sorbets				
Prunes				
Fruit juices				
Muffins				
Hot cereal				
Pineapple				
Lychee (in syrup)				
Marmalade				
Yogurts (sweetened)				
Beets				
Teas (sweetened)				
Sweet bell peppers				
Sweet onions				
Corn				
Chutneys				
Ketchup				
Mangoes				
Parsnips				
Sweet potato / yam				
Nectarines				
Oranges				
Pears				
Plums				
Tangerines				
Peaches				
Carrots				
Bokchoy				
Tomato juice				
Rutabagas				

#3 SWEET CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Jicama				
Banana				
Figs				
Grapes				
Melon				
#4 BITTER	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Citrus zest				
Nuts				
Brussels sprouts				
Ryvita				
Broccoli				
Tomato paste				
Wheat kernels				
Rhubarb				
Chutneys				
Broad beans (fava), fresh				
Kiwi fruit				
Persimmons				
Collards				
Celeriac				
Eggplant				
Asparagus				
Cabbage				
Cauliflower				
Fennel				
Salad greens				
Green onions				
Cucumbers				
#5 UMAMI	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Cheese, Parmesan				
Fish sauce				

#5 UMAMI CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Dried lever seaweed				
Soy sauce				
Soy beans, fermented				
Onions				
Wakame seaweed				
Kelp seaweed				
Scallops				
Alaska king crab				
Blue crab				
Beets				
White shrimp				
Snow crab				
Apples				
Cheese, cheddar				
Eggs				
Chicken				
Beef				
Pork				
Cabbage				
Asparagus, green				
Mushrooms				
Salmon				
Avocado				
Cod				
Corn				
Green peas				
Shitake mushrooms				
Tomato				
Spinach				
Carrots				
Peppers				

#5 UMAMI CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Potatoes				
Grapes				
Kiwi				
Milk				
#6 VOLATILES	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Port				
Brandy				
Sherry				
Red wine				
Balsamic Vinegar				
White wine				
Soy sauce				
Vanilla, other essence				
Almond extract				
#7 PASSIVE	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Apples				
Apricots				
Avocados				
Bananas				
Raspberries				
Strawberries				
Blueberries				
Blackberries				
Cherries				
Dates				
Grapefruit				
Grape juice (and DA wines)				
Kiwi fruit				
Lemon				
Lime				
Mangoes				

#7 PASSIVE CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Nectarines				
Oranges and juices				
Papaya				
Peaches				
Pears				
Pineapple				
Tangerines				
Watermelon				
Melons (honeydew, etc.)				
Baked beans				
Beets				
Broccoli				
Cabbage				
Cauliflower				
Celeriac				
Celery				
Corn				
Fennel				
Green onions				
Ginger				
Marmalade				
Leeks				
Onions				
Parsnips				
Peas				
Peppers (sweet bell)				
Tomatoes				
Smoked salmon				
Parmesan cheese				
Nutritional yeast				
Olive oil (virgin)				

#7 PASSIVE CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Sesame seed (toasted)				
#8 PASSIVE	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Nut oils (avocado etc.)				
Bombay duck				
Sambal Oleck				
Thai fish sauce (NamPla)				
Anchovies				
Garlic				
Ginger (powdered)				
Ginger root				
Curry powder				
Allspice				
Clove				
Cumin				
Molasses				
Nutmeg				
Kimchee				
Oyster sauce				
Lemon grass				
Maple syrup				
Rosemary				
Citrus zests				
Fennel				
Anise				
Basil				
Cardamom				
Chili powder				
Oregano				
Tumeric				
Parmesan				
Peppercorns (fresh ground)				

#8 PASSIVE CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Saffron				
Canadian, bacon				
Mint				
Sage				
Thyme				
Worcestershire sauce				
Coconut essence				
Tarragon				
Vinegars, various				
Cocoa				
Ketchup				
Vanilla				
Caraway				
Cilantro				
Dill weed/seed				
Soy sauce				
Sour cream				
Buttermilk				
Bayleaf				
#9 OIL SACK/MALLIARD/ CAREMEL REACTIONS	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Garlic				
Ginger				
Green onions				
Citrus zest				
Leeks				
Cinnamon				
Clove				
Curry powder				
Garam Masala				
Fennel				

#9 OIL SACK/MALLIARD/ CARAMEL REACTIONS CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Chili powder				
Cumin				
Canadian bacon				
Tomatoes (esp. tomato paste)				
Ketchup				
Rosemary				
Saffron				
Sage				
Sweet corn				
Parsnips				
Chiles (hot-spicy)				
Coconut essence				
Bran muffins				
Bread				
Cookies				
Cakes/Pastries				
Peppers (sweet bell)				
Pumpkins (winter squash)				
Sweet potatoes				
Tomatillos				
Bagels				
Cornmeal				
Rutabagas				
Jasmine rice				
Cassava				
Potatoes				
Meats				
Poultry				
Eggs				

#10 RED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Strawberries				
Peppers (sweet bell)				
Small peppers				
Peppers (red chili)				
Radish				
Tomatoes				
Crabapple				
Swiss chard stalks (raw)				
Red currants				
Paprika				
Cayenne				
Persimmons				
Cranberries (dried)				
Raspberries				
Cherries (fresh and dried)				
Kidney beans				
#11 ORANGE	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Oranges				
Marmalade				
Sweet potato				
Tangerines				
Carrots				
Peppers (sweet bell)				
Apricots				
Papaya				
Mango				
Pumpkin				
Acorn squash				
Hubbard squash				
Butternut squash				
Lentils ("red")				

#11 ORANGE	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Chickpeas (garbanzo beans)				
#12 PURPLE	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Beets				
Eggplant				
Blood orange				
Cherries (fresh & dried)				
Blueberries (deep)				
Blackberries (deep)				
Plums				
Grapes				
Peppers (sweet bell)				
Radish				
Carrots (purple)				
Potatoes				
Onions ("red")				
#13 YELLOW	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Peppers (sweet bell)				
Patti Pans summer squash				
Crookneck summer squash				
Whole eggs				
Eggbeaters				
Corn				
Tomatoes				
Pineapple				
Nectarines				
Peaches				
Cornmeal				
Parsnips (pale)				
Delicata squash				
Yellow fin potatoes (pale)				
Lentils				

#13 YELLOW CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Bananas (pale)				
Jerusalem artichokes				
#14 GREEN (LEAF)	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Swiss chard				
Collard				
Spinach				
Savory				
Beets (greens)				
Kale				
Mustard greens				
Bokchoy (tops)				
Romaine				
Arugula				
Watercress				
Pea vines				
Escarole				
Cabbage (drum head)				
Butterleaf				
Chinese (Napa)				
Curley endive				
Iceberg lettuce				
#15 GREEN	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Green beans				
Asparagus				
Soy beans (young)				
Peas, green				
Peas, snow				
Green onions				
Fennel tops				
Kiwi fruit				
Artichokes (globe)				

#15 GREEN CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Brussels sprouts				
Cherkin				
Capers				
Avocados				
Grapes (pale)				
Tomatillos (pale)				
Lima beans				
Celery (pale)				
Fava beans				
Cucumber				
#16 PINK	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Salmon				
Shrimp, flesh				
Cherries				
Lobster, flesh				
Crab, flesh				
Arctic char				
Watermelon				
Radish				
Swiss chard stalks				
Grapefruit				
Pickled ginger				
Rhubarb				
#17 BROWN & DEEPER COLORS	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Beans, black				
Chocolate				
Dates				
Coffee, instant				
Raisins				
Cocoa				
Wild rice				

#17 BROWN & DEEPER COLORS CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Meats, surface cooked				
Nuts, various				
Balsamic vinegar				
Garam masala				
Soy sauce				
Tomato paste (malliard)				
Beans, various				
Bread				
Muffins				
Cookies				
Doughnuts				
Pastry				
Wheat kernels				
Sultanas				
Bulgur				
Brown rice (pale)				
#18 WHITE/CREAM	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Potato				
Bagel (inside)				
Egg white				
Scallops				
Bokchoy (stalks)				
Vanilla ice cream				
Vanilla iced yogurt				
Yogurt				
Cream				
Icing sugar				
Fish (some)				
Fennel				
Milks				

#18 WHITE/CREAM CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Daikon (radish)				
Water chestnut				
Soy				
Rice				
Pasta				
Noodles				
Soy beans (dried)				
Endive (chicory)				
Udon				
Yam				
Tofu				
Lychee				
Butterbeans				
Navy beans				
Celeriac				
Jicama				
Onions				
Eggplant (inside)				
Barley				
Couscous				
Cassava				
White asparagus				
Turnips				
Yam				
Quinoa				
Chicken				
Apple (inside)				
Oatmeal (darker)				
Bamboo shoots				
Gnocchi				
Turkey				

#18 WHITE/CREAM CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Popcorn				
Bananas				
Evaporated skim milk				
Rutabagas (deep cream)				
Taro				
#19 SPICY	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Habanero peppers (Scotch Bonnet)				
Datil pepper				
Wasabi (green mustard)				
Jalapeno pepper				
Horseradish				
White peppercorn				
Black peppercorn				
Hot sauces, various				
Tabasco				
Mustards, various				
Anaheim pepper				
Radish				
Arugula (rocket)				
#20 MOUTH ROUND FULLNESS (MRF)	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Custards				
Flan (molded custards)				
Butter				
Eggs				
Margarine, various				
Cream				
Chocolate				
Smoothies				
Bananas				

#20 MOUTH ROUND FULLNESS (MRF) CONTINUED	LIKE IT	ACCEPTABLE	DON'T LIKE IT	DON'T KNOW
Nut butters				
Avocado				
Oatmeal				
Bagel				
Pear				
Scallops				
Arrowroot				
Root vegetables as "velvet" (purees)				
Peas and corn as "velvet" (purees)				
Yogurt cheese				
Ice cream				
Gelatin (Agar)				
Yogurt				
Cheese				
Hummus				
Spinach as saag (Indian cooking)				
Cornstarch				
Potato starch				
Pasta				
Cornmeal (polenta)				
Milk				
Cassava (Manioc)				