

Dairy products and substitutes

Whipped cream, 15 g	0
Cream, non-dairy, 15 g	0
Cream, 15 g	0 (0-1)
Sour cream, 24 g	0
Cream cheese, 30 g	0 (0-1)
Evaporated milk, 15 g	0 (0-1)
Quark, 100 g	1 (0-1)
Crème fraîche, 55 g	1 (0-1)
Cheeses, 30 g	1 (0-2)
Yogurt drink, 188 g	1 (0-1)
Cultured milk, 188 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Cottage cheese, 125 g	1 (0-2)
Yogurt, with fruit, 175 g	1 (0-2)
Almond milk, 250 g*	1
Yogurt, 175 g	1 (0-3)
Milk, 250 g	1 (0-5)
Rice milk, 250 g	1 (1-2)
Milk powder, 25 g	1 (0-3)
Buttermilk, 250 g	1 (1-4)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Soy milk, 250 g	6 (1-13)

Grain products and bakery

Rice paper, 15 g*	0
Puff pastry, 21 g	1
Baguette, 75 g	1
Crackers, saltine or cream, 30 g	1
Phyllo, 21 g*	1
Crackers, butter-type, 30 g	1
Breadcrumbs, 30 g	1
Cold cereal, rice, 15 g	1
Yeast dough, 55 g	1
Rusk, plain or fruited, 30 g	1
English muffin, 55 g	1
Flatbread, 55 g	1 (1-2)
Cold cereal, corn, 30 g	1 (0-2)
Crackers, 30 g	1 (0-2)
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran with raisins, 30 g	1
Bread, white, 75 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Bagel, 85 g	1
Crackers, seeded, 30 g*	1
Crispbread, 30 g	1 (1-2)
Hot cereal, rice, cooked, 194 g	1 (1-2)
Bread, barley, 75 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Bread, rye, 75 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1
Cold cereal, wheat bran, 30 g	1 (1-3)
Bread, fruited, 75 g	1 (1-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
Hot cereal, wheat, dry, 40 g	1 (1-2)
Cold cereals, junk food, 30 g	1 (1-2)
Bread, gluten-free, 75 g	1 (0-4)

Bread, whole wheat, 75 g	1 (1-2)
Hot cereal, rye, cooked, 194 g	2
Rolls, oat, 55 g*	2
Rolls, seeded, 55 g*	2
Hot cereal, wheat, cooked, 194 g	2 (1-6)
Pasta, cooked, 215 g	2 (0-3)
Hot cereal, rye, dry, 40 g*	2
Barley, cooked, 140 g	2 (1-3)
Rolls, multigrain, 55 g	2 (1-3)
Pasta, dry, 85 g	2 (1-4)
Bread, multigrain, 75 g	2 (1-4)
Rolls, multigrain with fruit, 55 g*	3
Cold cereal, oat ring, 15 g	3 (1-4)
Bread, seeded, 75 g	3 (1-6)
Bread, oat, 75 g	4 (3-5)
Cold cereal, granola/muesli, 55 g	4 (1-7)
Buckwheat crackers, 30 g*	6
Hot cereal, millet, cooked, 194 g	7 (6-8)
Hot cereal, 4-grain, cooked, 194 g	7 (5-12)
Hot cereal, oat, cooked, 194 g	8 (3-13)
Hot cereal, buckwheat, 140 g	9 (8-11)

Whole grains, flours and starches

Potato starch, 10 g	0
Flour, potato, 30 g*	0
Flour, white, 30 g	1 (0-1)
Rice starch, 10 g*	1
Cornstarch, 10 g*	1
Flour, rye, 30 g	1
Rye kernels, whole/cracked, 45 g	1
Flour, barley, 30 g	1
Flour, rye, whole, 30 g	1
Flour, spelt, 30 g*	1
Quinoa, raw, 45 g	1
Quinoa, cooked, 140 g*	1
Flour, whole wheat, 30 g	1 (1-2)
Cornmeal, 30 g*	1
Rice, white, cooked, 140 g	1 (1-2)
Wheat kernels/bulgur/semolina, 45 g	1 (1-3)
Wheat bran, 15 g	1 (1-3)
Wheat germ, 15 g	2 (1-2)
Rice, brown, cooked, 140 g	2
Rice, white, raw, 45 g	2 (1-2)
Rice, brown, raw, 45 g	2 (1-2)
Flour, spelt, whole, 30 g*	2
Spelt grain, whole, 45 g*	2
Amaranth, raw, 45 g	2 (1-3)
Barley, raw, 45 g	2 (1-3)
Oat bran, 15 g*	2
Sorghum, 45 g*	3
Flour, millet, 30 g*	4
Flour, rice, 30 g	4 (1-7)
Flour, buckwheat, 30 g*	4
Flour, soy, 15 g	5 (5-6)
Millet, raw, 40 g	6 (3-8)
Flour, oat, 30 g*	6
Oats, raw, 40 g	7 (2-12)
Buckwheat, raw, 45 g	14 (7-25)

Amaranth, black, raw, 45 g*	16
Fruits - Berries	
Lingonberries, 80 g	1
Elderberries, 80 g*	1
Pomegranate, 80 g*	1
Gooseberries, 80 g	1
Cranberries, 55 g	1
Blueberries, 80 g	1 (1-2)
Currants, red or black, 80 g	1 (1-2)
Rowanberries, 80 g*	1
Strawberries, 140 g	1 (1-5)
Cloudberry, 80 g	2
Blackberries, 80 g*	3
Raspberries, 80 g	3 (0-7)
Rosehips, 80 g*	4
Goji berries, 80 g*	5
Fruits - Citrus	
Lemon / Lime, 55 g	1 (0-2)
Pomelo, 140 g	1 (1-2)
Citrus fruits, unspecified, 140 g	1 (1-2)
Tangerine or mandarin orange, 140 g	1 (1-3)
Grapefruit, 140 g	1 (1-3)
Orange, 140 g	1 (1-4)
Fruits - Other	
Breadfruit, 140 g	1
Cherries, 140 g	1
Apple, 140 g	1 (0-2)
Mango, 140 g	1 (1-2)
Jack fruit, 140 g	1 (1-2)
Kiwi, 140 g	1 (0-3)
Grape, 140 g	1 (0-7)
Jujube, 140 g	2
Dragon fruit, 140 g	2 (1-3)
Banana, 140 g	2 (1-4)
Pear, 140 g	2 (1-7)
Watermelon, 150 g	2 (1-4)
Melons, 150 g	2 (1-5)
Guava, 140 g	2 (1-2)
Papaya, 140 g	2 (1-6)
Apricot, canned, 140 g	2 (2-4)
Fig, 140 g*	2
Lychee, 140 g	2 (1-4)
Plum, 140 g	2 (1-8)
Peach or nectarine, 140 g	2 (1-20)
Pineapple, 140 g	3 (1-7)
Dates, fresh, 140 g*	3
Persimmon, 140 g	4 (3-4)
Passionfruit, 140 g*	4
Star fruit, 140 g*	4
Bael fruit, 140 g	5 (4-6)
Avocado, 140 g	6 (2-15)
Coconut, 140 g	11 (4-19)
Vegetables - Root	
Potato, instant, 17 g	1
Celeriac, 85 g	1
Radish, 85 g	1
Rutabaga, 85 g	1

Carrot, 85 g	1	Snow pea, 85 g*	2	Meat, poultry, eggs and substitutes	
Turnip, 85 g*	1	Asparagus, 85 g*	2	Rabbit, 125 g*	0
Onion, 85 g	1 (1-2)	Pumpkin, 85 g	2 (1-3)	Egg, 100 g	0 (0-1)
Kohlrabi, 85 g*	1	Bean sprouts, 65 g	2 (2-4)	Bacon, 54 g	0 (0-1)
Potato, instant, prepared, 140 g*	1	Green beans, 85 g	2 (2-5)	Sausage, 75 g	1 (0-1)
Beets, 85 g	1 (1-3)	Bitter melon, 85 g	2 (1-4)	Venison, 125 g	1 (0-1)
Potato, 110 g	1 (0-5)	Brussels sprouts, 85 g	3 (1-5)	Lamb, 125 g	1 (0-1)
Water chestnut, 85 g*	1	Okra, 85 g	3 (2-5)	Beef, 125 g	1 (0-2)
Parsnip, 85 g	2 (1-3)	Beans, runner, 85 g*	3	Ground beef and/or pork, 125 g	1
Yam, 110 g	2 (2-3)	Chayote, 85 g	5 (1-7)	Pork, 125 g	1 (0-1)
Sweet potato, 110 g	2 (1-3)	Peas, 85 g	5 (1-19)	Chicken, turkey and other poultry, 125 g	1 (0-2)
Fennel, 85 g*	3	Peas, dried, 35 g	6 (4-8)	Veal, 125 g	1 (1-2)
Taro root, 85 g*	3	Vegetables - Prepared		Black pudding, 75 g	1 (0-2)
Cassava, 85 g	3 (1-6)	Mushroom, composite, 107.5 g	1 (0-1)	Wild boar, 125 g	1 (1-2)
Vegetables - Leafy		Tomato, composite, 107.5 g	1 (0-1)	Mutton, 125 g	1 (1-2)
Cabbage, sauerkraut, 85 g*	1	Turnip, cooked, 130 g	1	Organ meats, 125 g	1 (0-4)
Cabbage, canned, 130 g*	1	Eggplant, cooked, 130 g	1 (0-2)	Seitan, 100 g*	1
Mustard leaves, 85 g	1 (1-2)	Okra, cooked, 130 g	1	Soya sausage, 75 g*	2
Lettuces, 85 g	1 (0-3)	Corn, cooked, 130 g	1 (1-2)	Goat, 125 g*	2
Cabbage, 85 g	1 (1-5)	Carrot, cooked, 130 g	1 (0-1)	Horse, 125 g	2 (1-3)
Chard, 85 g	1 (1-2)	Collard greens, cooked, 130 g	1 (1-2)	Mithun, 125 g	5 (3-8)
Kale, 85 g*	2	Spinach, canned, 130 g*	1	TVP (texturized vegetable protein), 100 g*	13
Amaranth leaves, 85 g	2 (2-3)	Spinach, cooked, 130 g	1	Meat, poultry and eggs - Prepared	
Kohlrabi leaves, 85 g*	2	Pumpkin, canned, 130 g*	1	Venison, cured, 30 g*	0
Beet greens, 85 g*	2	Pumpkin, marinated, 130 g*	1	Rabbit, cooked, 100 g*	0
Head/iceberg lettuce, 85 g	2 (1-9)	Zucchini, cooked, 130 g	1 (1-2)	Bacon, cooked, 15 g	1 (0-1)
Spinach, 85 g	2 (1-6)	Mushroom, cooked, 130 g	1 (1-2)	Black pudding, cooked, 55 g	1 (0-1)
Alfalfa sprouts, 85 g	3 (2-3)	Onion, cooked, 130 g	1 (1-3)	Venison, cooked, 100 g	1
Radish leaves, 85 g*	3	Spinach, composite, 107.5 g	1 (1-3)	Lunch meat, canned, 55 g	1 (0-1)
Watercress, 85 g	3 (1-3)	Asparagus, canned, 130 g	1 (1-3)	Pork, cured, 30 g*	1
Seaweed, 15 g	3 (1-3)	Beets, canned, 130 g	1 (1-2)	Organ meats, salted, 125 g*	1
Arugula/rocket, 85 g*	3	Tomato, canned, 130 g	1 (0-4)	Chicken, turkey and other poultry, cured, 30 g*	1
Collard greens, 85 g*	3	Corn, canned, 130 g	1 (1-6)	Lunch meat, 55 g	1 (0-2)
Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Carrot, composite, 107.5 g	1 (1-5)	Beef, cured, 30 g*	1
Fenugreek leaves, 85 g*	3	Green beans, canned, 130 g	2 (1-2)	Meat jellies, 120 g	1 (0-1)
Garden cress, 85 g*	4	Mushroom, canned, 130 g	2 (1-2)	Egg powder, 20 g	1
Vegetables - Other		Broccoli, composite, 107.5 g	2 (1-3)	Egg, cooked, 100 g	1 (0-2)
Pickles, 30 g	1 (0-1)	Potato, cooked, 167 g	2 (0-4)	Sausage, cooked, 55 g	1 (0-3)
Olives, 15 g	1	Asparagus, cooked, 130 g	2 (1-3)	Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)
Leek, 85 g	1	Beets, cooked, 130 g	2 (1-4)	Organ meats, cooked, 100 g	1 (0-3)
Celery, 85 g	1 (1-2)	Winter squash, cooked, 130 g	2 (1-2)	Veal, cooked, 100 g	1 (0-3)
Tomato, 85 g	1 (0-2)	Potato, french fried, 70 g	2 (1-4)	Pate, 55 g	1 (0-4)
Corn, 85 g	1 (1-2)	Cauliflower, composite, 107.5 g	2 (1-4)	Mutton, cooked, 100 g	2 (1-6)
Plantain, green, 85 g*	1	Sweet potato, canned, 167 g	2 (1-3)	Pork, cooked, 100 g	2 (0-18)
Cucumber, 85 g	1 (0-3)	Cabbage, cooked, 130 g	2 (1-7)	Lamb, cooked, 100 g	2 (0-9)
Cauliflower, 85 g	1 (0-3)	Peppers, composite, 107.5 g	2 (1-7)	Beef, cooked, 100 g	3 (0-12)
Bamboo shoot, 85 g*	1	Green beans, cooked, 130 g	2 (1-3)	Ground beef and/or pork, cooked, 100 g	3 (0-31)
Mushrooms, 85 g	1 (0-7)	Cauliflower, cooked, 130 g	2 (1-5)	Pork, cured, cooked, 55 g	7 (1-39)
Peppers, 85 g	1 (1-2)	Rutabaga, cooked, 130 g	2 (1-9)	Fish and seafood	
Eggplant, 85 g	1 (0-3)	Green beans, composite, 107.5 g	2 (1-8)	Fish, roe, 15 g	0 (0-1)
Spring onion, 40 g	1 (1-2)	Broccoli, cooked, 130 g	2 (1-7)	Shellfish, squid, 125 g	1
Rhubarb, 140 g	1 (1-2)	Brussels sprouts, cooked, 130 g	3 (1-8)	Shellfish, octopus, 125 g	1
Tomato, sun-dried, 30 g*	1	Potato, cooked with skin, 167 g	3 (1-17)	Shellfish, crustaceans, 125 g	1 (1-3)
Zucchini, 85 g	1 (0-3)	Peas, cooked, 130 g	4 (2-11)	Fish, 125 g	1 (0-8)
Broccoli, 85 g	1 (1-3)	Peas, canned, 130 g	4 (3-8)	Eel, 125 g	1 (0-3)
Squash, 85 g	2 (1-2)	Sweet potato, cooked, 167 g*	4	Shellfish, oysters, 125 g	3 (3-5)
Artichoke, 85 g*	2	Pumpkin, cooked, 130 g	5 (1-16)	Shellfish, clams, 125 g	5 (5-6)

Shellfish, mussels, 125 g	12 (9-16)
Shellfish, scallops, 125 g	22 (1-43)
Fish and seafood - Prepared	
Eel, smoked, 55 g*	0
Fish, salted or smoked, 55 g	0 (0-1)
Shellfish, crustaceans, canned, 55 g	1 (0-1)
Fish, pickled, 55 g	1 (0-1)
Fish, canned, 55 g	1 (0-1)
Shellfish, crustaceans, cooked, 100 g	1
Fish, canned, tomato sauce, 55 g	1 (1-2)
Shellfish, squid, cooked, 100 g*	1
Fish, cooked, 100 g	1 (0-5)
Shellfish, unspecified, cooked, 100 g	1 (1-3)
Shellfish, oysters, cooked, 100 g*	2
Shellfish, scallops, cooked, 100 g*	2
Shellfish, oysters, canned, 55 g*	3
Shellfish, mussels, cooked, 100 g	4 (3-6)
Shellfish, mussels, canned, 55 g	5
Beans and bean products	
Mung bean vermicelli, cooked, 80 g*	1
Beans, fava, dried, 35 g*	2
Beans, lentil, canned, 80 g*	2
Beans, white, cooked, 80 g	3
Beans, cooked, 80 g	3 (3-4)
Beans, chickpea, cooked, 80 g*	3
Beans, fava, fresh, 80 g	4 (3-4)
Beans, chickpea, canned, 80 g*	4
Beans, white, canned, 80 g*	4
Tofu, 85 g*	4
Beans, fresh, 80 g	4 (2-7)
Beans, kidney, canned, 80 g*	4
Beans, pinto, cooked, 80 g	6 (5-6)
Beans, lima, cooked, 80 g	6 (4-7)
Beans, pigeon peas, dried, 35 g	7 (6-7)
Beans, canned, 80 g*	7
Beans, lentil, cooked, 80 g*	8
Fermented bean products, 85 g*	8
Beans, chickpea, dried, 35 g	8 (3-11)
Beans, dried, 35 g	8 (2-12)
Beans, urad, dried, 35 g	9
Beans, lentil, dried, 35 g	9 (4-11)
Beans, brown, dried, 35 g	9 (6-12)
Beans, kidney, dried, 35 g	10 (8-11)
Beans, pigeon peas, fresh, 80 g*	10
Beans, mung, dried, 35 g	10 (4-12)
Beans, black, cooked, 80 g*	12
Beans, soya, dried, 35 g	13 (6-25)
Beans, white, dried, 35 g*	14
Soya flakes, 35 g*	15
Nuts and seeds	
Peanut butter, 15 g	2 (1-6)
Chestnuts, 30 g*	2
Safflower seeds, 30 g*	2
Pistachios, 30 g	3
Arecanut, 30 g	4
Almonds, 30 g	4 (2-4)
Poppy seeds, 30 g	4 (1-6)

Sesame seeds, 30 g	5 (1-8)
Peanuts, 30 g	5 (1-22)
Flaxseed, 30 g	6 (5-7)
Hazelnuts, 30 g	6 (3-10)
Pecans, 30 g*	6
Walnuts, 30 g	7 (4-10)
Nuts, mixed, 30 g	7 (4-25)
Pine nuts, 30 g	8 (6-9)
Niger seeds, 30 g	9 (8-9)
Seeds, 30 g	9 (4-13)
Sunflower seeds, 30 g	9 (7-11)
Chia seeds, 30 g*	9
Pumpkin seeds, 30 g*	10
Brazil nuts, 30 g*	14
Alfalfa seeds, 30 g	18 (12-22)
Hemp seeds, 30 g*	20
Cashews, 30 g	21 (19-23)
Beverages - Alcoholic	
Liquor, 30 g	0
Madeira, 60 g*	0
Vermouth, 90 g	1
Port, 60 g	1
Wine, 188 g	1 (0-2)
Cider, 333 g	1 (0-2)
Beer, 333 g	1 (0-13)
Sherry, 105 g*	2
Beverages - Juices	
Lemon juice, 5 g	0
Lemonade, 250 g	1
Cherry juice, 250 g*	1
Mango juice, 250 g	1
Citrus juice, canned, 250 g	1 (0-1)
Citrus juice, 250 g	1
Fruit drink, 250 g	1
Fruit juice, concentrated, 62.5 g	1
Strawberry juice, 250 g*	1
Plum juice, 250 g*	1
Aloe juice, 250 g*	1
Sugarcane juice, 250 g*	1
Grapefruit juice, 250 g	1 (0-1)
Grape juice, 250 g	1 (1-2)
Apple juice, canned or bottled, 250 g	1 (1-4)
Peach juice, 250 g	1
Pear juice, 250 g	1 (1-2)
Fruit juice, various, canned or bottled, 250 g	2 (1-3)
Pineapple juice, 250 g	2 (1-2)
Tomato juice, 250 g	2
Tomato juice, canned, 250 g	2
Passionfruit juice, 250 g*	2
Apricot juice, 250 g*	2
Acai juice, 250 g*	2
Tomato juice, bottled, 250 g	2 (2-3)
Vegetable juice, 250 g	2 (1-3)
Vegetable juice, canned, 250 g	2 (1-9)
Citrus juice, from concentrate, 250 g	2 (1-14)
Goji juice, 250 g*	3
Mangosteen juice, 250 g*	3

Pomegranate juice, 250 g*	3
Pineapple juice, from concentrate, 250 g	3 (3-4)
Prune juice, 250 g	4 (3-4)
Beverages - Hot	
Instant coffee, 3 g	1
Rosehip powder, 3 g*	1
Tea, brewed, loose, 250 g	1 (1-4)
Green tea, brewed, loose, 250 g	1
Coffee, 250 g	1 (1-5)
Tea, brewed, bag, 250 g	1 (1-3)
Cereal grain beverage, 250 g	1 (0-3)
Green tea, brewed, bag, 250 g	2 (1-3)
Tea, brewed, 250 g	2 (1-8)
Tea, herbal, 250 g	2 (1-4)
Hot chocolate powder, 25 g	4 (2-5)
Hot chocolate, 250 g	5 (4-6)
Beverages - Other	
Soft drink syrup, 30 g	0
Strawberry milk, 250 g*	0
Water, bottled, 375 g	1 (0-1)
Carbonated drinks, 375 g	1 (0-1)
Water, tap, 375 g	1 (0-2)
Iced tea, 375 g*	1
Carbonated drinks, canned, 375 g	1 (0-5)
Malt drink, 250 g	2 (1-3)
Chocolate milk, 250 g	4 (2-5)
Oat-based beverage, 250 g	4 (3-5)
Chocolate milkshake, 250 g	4 (3-7)
Energy drink, 375 g	4 (1-12)
Coconut water, 375 g	7 (2-17)
Herbs and spices	
Salt, 1 g	0
Chervil, 1.5 g*	0
Holy basil, 1.5 g*	0
Mustard seed, 0.5 g	0
Onion, dried, 0.5 g*	0
Turmeric powder, 0.5 g*	0
Dill, fresh, 1.5 g	0
Cloves, 0.5 g*	0
Tamarind, 1.5 g*	0
Ginger, fresh, 1.5 g	0
Mint leaves, 1.5 g*	0
Coriander seeds, 0.5 g*	0
Cilantro, 1.5 g	0
Parsley, dry, 0.5 g	0 (0-1)
Chives, 1.5 g*	0
Hot peppers, dried, 0.5 g	0 (0-1)
Paprika, 0.5 g	0 (0-1)
Cumin, 0.5 g*	0
Fenugreek seeds, 0.5 g*	0
St. John's Wort, dry, 0.5 g*	0
Garlic, 4 g	0 (0-1)
Herbs and spices, unspecified, 0.5 g	1 (0-1)
Cardamom, 0.5 g	1
Garlic, dry, 0.5 g	1 (0-1)
Basil, dry, 0.5 g	1
Parsley, 1.5 g*	1

Nutmeg, 0.5 g*	1
Mace, 0.5 g*	1
Herbs de Provence, dry, 0.5 g	1
Curry leaves, 1.5 g*	1
Marjoram, dry, 0.5 g	1
Mint, dry, 0.5 g*	1
Rosemary, fresh, 1.5 g	1
Anchovy paste, 15 g	1
Cinnamon, 0.5 g	1 (0-1)
Parsley, fresh, 1.5 g	1 (0-1)
Sage, dry, 0.5 g*	1
Basil, fresh, 1.5 g	1
Pepper, black, 0.5 g	1 (0-2)
Oregano, dry, 0.5 g	1
Ramen noodle powder, 1.5 g*	1
Oregano, fresh, 1.5 g	1
Hot peppers, 40 g	1 (1-2)
Fennel, dry, 0.5 g*	2

Fats and oils

Cottonseed oil, 10 g	0
Cocoa butter, 10 g*	0
Hazelnut oil, 10 g*	0
Olive oil, 10 g	0
Corn oil, 10 g	0
Grapeseed oil, 10 g*	0
Sunflower oil, 10 g	0 (0-1)
Almond oil, 10 g*	0
Rice oil, 10 g*	0
Lard, 10 g	0
Butter, 10 g	0 (0-1)
Soybean oil, 10 g	0 (0-1)
Vegetable oils, unspecified, 10 g	0 (0-1)
Sesame oil, 10 g*	0
Canola/rapeseed oil, 10 g	0 (0-1)
Peanut oil, 10 g	1 (0-1)
Margarine, 10 g	1 (0-2)

Snacks and desserts

Breadfruit, dried, 40 g*	0
Popsicle, 30 g	0
Pork rinds, 20 g	1
Dried cherry, 40 g*	1
Graham crackers, 30 g	1
Gelatin dessert, 130 g	1 (0-1)
Chewing gum, 3 g	1 (0-1)
Raisins, yogurt candy coated, 40 g*	1
Pretzels, 50 g	1
Cereal bar, with fruit, 35 g*	1
Cookies, not chocolate, 30 g	1 (0-2)
Dried strawberry, 40 g*	1
Ice cream, vanilla, 129 g	1 (0-2)
Banana chips, 40 g*	1
Applesauce, 110 g	1 (0-3)
Cereal bar, rice, 35 g*	1
Raisins, 40 g	1 (1-5)
Potato chips, 50 g	1 (1-2)
Dried currants, 40 g*	1
Corn chips, 50 g	1 (1-2)

Dried date, 40 g	2 (1-2)
Cereal bar, multigrain, 35 g	2 (1-5)
Cookies with chocolate, 30 g	2 (1-4)
Popcorn, 50 g	2 (1-5)
Cookies with nuts, 30 g*	2
Ice cream desserts, 129 g	2 (1-5)
Cookies, oat and fruit, 30 g*	2
Cereal bar, with chocolate, 35 g	2 (2-3)
Licorice, 40 g	2 (1-3)
Snacks, potato-based, 50 g*	2
Dried fruit, mixed, 40 g	2 (0-7)
Prune, 40 g	3
Ice cream desserts, soy, 129 g*	3
Dried apricot, 40 g	4 (2-5)
Cookies with chocolate and nuts, 40 g*	4
Dried fig, 40 g*	6
Dried fruit and nuts, 50 g*	6
Snacks, fried chickpea, 50 g*	13

Sugars and sweets

Xylitol, 1.4 g*	0
Fructose, 4 g*	0
Sugar, white, 4 g	0
Sugar, brown, 4 g	0
Fruit gums, 40 g*	0
Molasses, 20 g*	1
White chocolate, 15 g	1 (0-2)
Syrup, not chocolate, 60 g	1 (0-2)
Honey, 20 g	1 (0-5)
Corn/glucose syrup, 30 g*	1
Maple syrup, 30 g*	1
Marzipan, 30 g*	1
Candy, 40 g	2 (0-6)
Chocolate confections, 40 g	3 (1-11)
Chocolate confections with nuts, 40 g	4 (0-9)
Syrup, chocolate, 60 g	5 (2-6)
Confections with nuts, 50 g	6 (1-14)
Chocolate, 40 g	9 (3-20)

Sauces, dips, condiments and spreads

Chutney, 15 g*	0
Fruit jelly, 15 g	0
Mayonnaise, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Mustard, 5 g	0 (0-1)
Dips, dairy-based, 30 g	0 (0-1)
Horseradish, 5 g	1 (0-1)
Fruit jams, 15 g	1 (0-1)
Sweet and sour sauce, 30 g	1 (0-1)
Marmelade, 15 g	1 (0-1)
Oyster sauce, 15 g*	1
Pesto, 60 g*	1
Ketchup, 15 g	1
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Teriyaki sauce, 15 g*	1
BBQ sauce, 15 g*	1
Salsa, 60 g	1

Soy mayonnaise, 15 g*	1
Soy sauce, 15 g	1 (0-4)
Gravy, 60 g	1 (1-2)
Tartar sauce, 30 g	1 (0-5)
Chocolate hazelnut spread, 15 g	2
Hummus, 30 g	2
Barley malt, dried, 30 g*	2
Dressings, 30 g	2 (0-22)
Pesto made with nuts, 60 g*	3
Miscellaneous	
Vanilla extract, 1 g	0
Yeast, 0.6 g	0
Baking powder, 0.6 g	0 (0-1)
Baking soda, 0.6 g	1 (0-1)
Agar, 0.6 g*	1
Bouillon powder, 6 g	1 (0-1)
Tomato sauce, 60 g	1 (1-3)
Broth, 250 g	2 (1-2)
Tomato paste, 30 g	2 (1-3)
Coconut milk, canned, 83 g	2 (0-3)
Coconut, dried, 15 g	3 (3-5)
Cocoa powder, 5 g	5 (3-7)

Legend

Less than 1 µg nickel per serving	
Less than 10 µg nickel per serving	
Less than 20 µg nickel per serving	
More than 30 µg nickel per serving	

- For adults, a reasonable target is 15 points per day.
- Foods are ordered from lowest to highest average nickel content.
- A * means there are very few measurements, so it's unreliable.
- Minimum and maximum point values are shown in brackets beside the average points value. If the range is large, be suspicious.
- Avoid stainless steel utensils and equipment except 18/0, or line
- Cooking methods vary for 'prepared' foods, which affects nickel values.
- We recommend using a kitchen scale until you get used to serving sizes.
- 1 gram is approximately 1 mL of a liquid, so for liquids:

5 g	~	5 mL	~	1 tsp
15 g	~	15 mL	~	1 tbsps
30 g	~	30 mL	~	1 fl oz
60 g	~	60 mL	~	1/4 cup
125 g	~	125 mL	~	1/2 cup

For more information, see <http://rebelytics.ca/nickelinfoods.html>.

To explore the data, try the Nickel Navigator app, available for Android on the Play Store.

NOTE: This diet is intended for individuals with a diagnosed nickel allergy. If you have not been patch tested, please do so before starting this diet. Consult a medical professional or nutritional advisor to ensure that your long-term dietary needs are being met.