

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)
Cottage cheese, 125 g	1 (0-2)
Processed cheese, 30 g	1 (0-2)
Yogurt, with fruit, 175 g	1 (0-2)
Almond milk, 250 g*	1
Yogurt, 175 g	1 (0-3)
Milk powder, 25 g	1 (0-3)
Milk, 250 g	1 (0-5)
Rice milk, 250 g	1 (1-2)
Buttermilk, 250 g	1 (1-4)
Paneer/khoa/halloumi, 80 g	3 (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)
Bagel, 85 g	1
Rolls and biscuits, 55 g	1 (1-2)
Crackers, seeded, 30 g*	1
Hot cereal, rice, cooked, 194 g	1 (1-2)
Crispbread, 30 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Bread, barley, 75 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Hot cereal, corn, cooked, 194 g	1
Cold cereal, wheat bran, 30 g	1 (1-3)
Hot cereal, rice, dry, 40 g	1 (1-2)
Bread, fruited, 75 g	1 (1-2)
Bread, gluten-free, 75 g	1 (0-4)
Cold cereals, junk food, 30 g	1 (1-2)
Hot cereal, wheat, dry, 40 g	1 (1-2)

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)
Hot cereal, rye, dry, 40 g*	2
Pasta, cooked, 215 g	2 (0-3)
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)
Bread, seeded, 75 g	3 (1-6)
Cold cereal, oat ring, 15 g	3 (1-4)
Rolls, multigrain with fruit, 55 g*	3
Cold cereal, granola/muesli, 55 g	4 (1-7)
Bread, oat, 75 g	4 (3-5)
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, rye, whole, 30 g	1
Flour, barley, 30 g	1
Flour, spelt, 30 g*	1
Quinoa, raw, 45 g	1
Quinoa, cooked, 140 g*	1
Rice, white, cooked, 140 g	1 (1-2)
Cornmeal, 30 g*	1
Flour, whole wheat, 30 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)
Oat bran, 15 g*	2
Barley, raw, 45 g	2 (1-3)
Sorghum, 45 g*	3
Flour, rice, 30 g	4 (1-7)
Flour, millet, 30 g*	4
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)
Cloudbberries, 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
Banana, 140 g	2 (1-4)
Dragon fruit, 140 g	2 (1-3)
Watermelon, 150 g	2 (1-4)
Pear, 140 g	2 (1-7)
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	12 (4-19)
Vegetables - Root	
Potato, instant, 17 g	1
Celeriac, 85 g	1
Radish, 85 g	1
Carrot, 85 g	1

Rutabaga, 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)	Green beans, 85 g	2 (2-5)	Bacon, 54 g	0 (0-1)
Kohlrabi, 85 g*	1	Pumpkin, 85 g	2 (1-3)	Egg, 100 g	1 (0-1)
Potato, instant, prepared, 140 g*	1	Bean sprouts, 65 g	2 (2-4)	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	4 (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)	Organ meats, 125 g	1 (0-4)
Cabbage, sauerkraut, 85 g*	1	Turnip, cooked, 130 g	1	Mutton, 125 g	1 (1-2)
Cabbage, canned, 130 g*	1	Eggplant, cooked, 130 g	1 (0-2)	Seitan, 100 g*	1
Cabbage, 85 g	1 (1-5)	Okra, cooked, 130 g	1	Soya sausage, 75 g*	2
Chard, 85 g	1 (1-2)	Corn, cooked, 130 g	1 (1-2)	Goat, 125 g*	2
Mustard leaves, 85 g	1 (1-2)	Carrot, cooked, 130 g	1 (0-1)	Horse, 125 g	2 (1-3)
Lettuces, 85 g	1 (0-3)	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
Spinach, 85 g	2 (1-6)	Spinach, cooked, 130 g	1	Meat, poultry and eggs - Prepared	
Amaranth leaves, 85 g	2 (2-3)	Pumpkin, canned, 130 g*	1	Venison, cured, 30 g*	0
Kohlrabi leaves, 85 g*	2	Pumpkin, marinated, 130 g*	1	Rabbit, cooked, 100 g*	0
Beet greens, 85 g*	2	Zucchini, cooked, 130 g	1 (1-2)	Bacon, cooked, 15 g	1 (0-1)
Head/iceberg lettuce, 85 g	2 (1-9)	Asparagus, canned, 130 g	1 (1-3)	Black pudding, cooked, 55 g	1 (0-1)
Leaf chicory (endive or radicchio), 85 g	2 (1-5)	Mushroom, cooked, 130 g	1 (1-2)	Venison, cooked, 100 g	1
Alfalfa sprouts, 85 g	3 (2-3)	Onion, cooked, 130 g	1 (1-3)	Lunch meat, canned, 55 g	1 (0-1)
Radish leaves, 85 g*	3	Spinach, composite, 107.5 g	1 (1-3)	Pork, cured, 30 g*	1
Watercress, 85 g	3 (1-3)	Tomato, canned, 130 g	1 (0-4)	Lunch meat, 55 g	1 (0-2)
Seaweed, 15 g	3 (1-3)	Corn, canned, 130 g	1 (1-6)	Organ meats, salted, 125 g*	1
Arugula/rocket, 85 g*	3	Potato, cooked, 167 g	1 (0-4)	Meat jellies, 120 g	1 (0-1)
Collard greens, 85 g*	3	Carrot, composite, 107.5 g	1 (1-5)	Chicken, turkey and other poultry, cured, 30 g*	1
Fenugreek leaves, 85 g*	3	Green beans, canned, 130 g	2 (1-2)	Beef, cured, 30 g*	1
Garden cress, 85 g*	4	Beets, canned, 130 g	2 (1-2)	Egg powder, 20 g	1
Vegetables - Other		Mushroom, canned, 130 g	2 (1-2)	Egg, cooked, 100 g	1 (0-2)
Pickles, 30 g	1 (0-1)	Broccoli, composite, 107.5 g	2 (1-3)	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)
Celery, 85 g	1 (1-2)	Beets, cooked, 130 g	2 (1-4)	Organ meats, cooked, 100 g	1 (0-3)
Leek, 85 g	1	Winter squash, cooked, 130 g	2 (1-2)	Veal, cooked, 100 g	1 (0-3)
Tomato, 85 g	1 (0-2)	Cauliflower, composite, 107.5 g	2 (1-4)	Pate, 55 g	1 (0-4)
Corn, 85 g	1 (1-2)	Potato, french fried, 70 g	2 (1-4)	Pork, cooked, 100 g	1 (0-18)
Plantain, green, 85 g*	1	Sweet potato, canned, 167 g	2 (1-3)	Mutton, cooked, 100 g	2 (1-6)
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)
Mushrooms, 85 g	1 (0-7)	Green beans, cooked, 130 g	2 (1-3)	Ground beef and/or pork, cooked, 100 g	3 (0-31)
Bamboo shoot, 85 g*	1	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
Zucchini, 85 g	1 (0-3)	Brussels sprouts, cooked, 130 g	3 (1-8)	Shellfish, octopus, 125 g	1
Broccoli, 85 g	1 (1-3)	Potato, cooked with skin, 167 g	3 (1-17)	Shellfish, crustaceans, 125 g	1 (1-3)
Rhubarb, 140 g	1 (1-2)	Peas, cooked, 130 g	4 (2-11)	Fish, 125 g	1 (0-8)
Tomato, sun-dried, 30 g*	1	Peas, canned, 130 g	4 (3-8)	Eel, 125 g	1 (0-3)
Squash, 85 g	1 (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	11 (9-16)
Shellfish, scallops, 125 g	21 (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, urad, dried, 35 g	9
Beans, lentil, dried, 35 g	9 (4-11)
Beans, dried, 35 g	9 (2-12)
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
Areca nut, 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
Mango juice, 250 g	1
Citrus juice, canned, 250 g	1 (0-1)
Cherry juice, 250 g*	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	1 (1-3)
Tomato juice, 250 g	2
Tomato juice, canned, 250 g	2
Pineapple juice, 250 g	2 (1-2)
Passionfruit juice, 250 g*	2
Apricot juice, 250 g*	2
Acai juice, 250 g*	2
Tomato juice, bottled, 250 g	2 (2-3)
Citrus juice, from concentrate, 250 g	2 (1-14)
Vegetable juice, canned, 250 g	2 (1-9)
Vegetable juice, 250 g	3 (1-3)
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)
Cereal grain beverage, 250 g	1 (0-3)
Tea, brewed, bag, 250 g	2 (1-3)
Green tea, brewed, bag, 250 g	2 (1-3)
Tea, brewed, 250 g	2 (1-8)
Tea, herbal, 250 g	3 (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)
Water, tap, 375 g	1 (0-2)
Carbonated drinks, 375 g	1 (0-1)
Iced tea, 375 g*	1
Carbonated drinks, canned, 375 g	1 (0-5)
Malt drink, 250 g	2 (1-3)
Energy drink, 375 g	3 (1-12)
Oat-based beverage, 250 g	4 (3-5)
Chocolate milk, 250 g	4 (2-5)
Chocolate milkshake, 250 g	4 (3-7)
Coconut water, 375 g	6 (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
Dill, fresh, 1.5 g	0
Turmeric powder, 0.5 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
Chives, 1.5 g*	0
Parsley, dry, 0.5 g	0 (0-1)
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
Parsley, fresh, 1.5 g	1 (0-1)
Anchovy paste, 15 g	1
Cinnamon, 0.5 g	1 (0-1)
Sage, dry, 0.5 g*	1
Basil, fresh, 1.5 g	1
Oregano, dry, 0.5 g	1
Pepper, black, 0.5 g	1 (0-2)
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
Almond oil, 10 g*	0
Sunflower oil, 10 g	0 (0-1)
Rice oil, 10 g*	0
Lard, 10 g	0
Butter, 10 g	0 (0-1)
Vegetable oils, unspecified, 10 g	0 (0-1)
Soybean oil, 10 g	0 (0-1)
Sesame oil, 10 g*	0
Peanut oil, 10 g	0 (0-1)
Canola/rapeseed oil, 10 g	0 (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)
Ice cream desserts, 129 g	2 (1-5)
Cookies with nuts, 30 g*	2
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
Honey, 20 g	1 (0-5)
White chocolate, 15 g	1 (0-2)
Syrup, not chocolate, 60 g	1 (0-2)
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	5 (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
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Ketchup, 15 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	

1. For adults, a reasonable target is 15 points per day.
2. Foods are ordered from lowest to highest average nickel content.
3. A * means there are very few measurements, so it's unreliable.
4. Minimum and maximum point values are shown in brackets beside the average points value. If the range is large, be suspicious.
5. Avoid stainless steel utensils and equipment except 18/0, or line
6. Cooking methods vary for 'prepared' foods, which affects nickel values.
7. We recommend using a kitchen scale until you get used to serving sizes.
8. 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.