

Dairy products and substitutes

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

Grain products and bakery

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| Rice paper, 15 g* | 0 |
| Puff pastry, 21 g | 1 |
| Crackers, saltine or cream, 30 g | 1 |
| Phyllo, 21 g* | 1 |
| Baguette, 75 g | 1 |
| Crackers, butter-type, 30 g | 1 |
| Cold cereal, rice, 15 g | 1 |
| Breadcrumbs, 30 g | 1 |
| Yeast dough, 55 g | 1 |
| Rusk, plain or fruited, 30 g | 1 |
| English muffin, 55 g | 1 |
| Cold cereal, corn, 30 g | 1 (0-2) |
| Flatbread, 55 g | 1 (1-2) |
| Rice cakes, 15 g* | 1 |
| Pasta, rice, cooked, 215 g* | 1 |
| Rolls and biscuits, 55 g | 1 (1-2) |
| Cold cereal, wheat bran with raisins, 30 g | 1 |
| Crackers, 30 g | 1 (0-2) |
| Hot cereal, wheat, dry, 40 g | 1 (1-2) |
| Bagel, 85 g | 1 |
| Bread, white, 75 g | 1 (1-2) |
| Crackers, seeded, 30 g* | 1 |
| Hot cereal, corn, cooked, 194 g | 1 |
| Croissant-like pastries, 55 g* | 1 |
| Crispbread, 30 g | 1 (1-2) |
| Bread, barley, 75 g | 1 (1-2) |
| Cold cereal, wheat bran, 30 g | 1 (1-3) |
| Bread, rye, 75 g | 1 (1-2) |
| Hot cereal, rice, dry, 40 g | 1 (1-2) |
| Hot cereal, wheat, cooked, 194 g | 1 (1-6) |
| Hot cereal, rye, cooked, 194 g | 2 |
| Hot cereal, rice, cooked, 194 g | 2 (1-2) |
| Bread, fruited, 75 g | 2 (1-2) |

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

Whole grains, flours and starches

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| Potato starch, 10 g | 0 |
| Flour, potato, 30 g* | 0 |
| Rice starch, 10 g* | 1 |
| Flour, white, 30 g | 1 (0-1) |
| 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) |
| Barley, raw, 45 g | 2 (1-3) |
| Oat bran, 15 g* | 2 |
| 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 | 5 (3-8) |
| Flour, oat, 30 g* | 6 |
| Oats, raw, 40 g | 6 (2-12) |
| Buckwheat, raw, 45 g | 14 (7-25) |

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| 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 |
| Currants, red or black, 80 g | 1 (1-2) |
| Blueberries, 80 g | 1 (1-2) |
| Rowanberries, 80 g* | 1 |
| Strawberries, 140 g | 1 (1-5) |
| Cloudberries, 80 g | 2 |
| Raspberries, 80 g | 2 (0-7) |
| Blackberries, 80 g* | 3 |
| 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) |
| Grapefruit, 140 g | 1 (1-3) |
| Orange, 140 g | 1 (1-4) |
| Tangerine or mandarin orange, 140 g | 1 (1-3) |
| 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) |
| Banana, 140 g | 1 (1-4) |
| Jujube, 140 g | 2 |
| Watermelon, 150 g | 2 (1-4) |
| Pear, 140 g | 2 (1-7) |
| Guava, 140 g | 2 (1-2) |
| Melons, 150 g | 2 (1-5) |
| Papaya, 140 g | 2 (1-6) |
| Dragon fruit, 140 g | 2 (1-3) |
| Fig, 140 g* | 2 |
| Apricot, canned, 140 g | 2 (2-4) |
| Pineapple, 140 g | 2 (1-7) |
| Peach or nectarine, 140 g | 2 (1-20) |
| Lychee, 140 g | 3 (1-4) |
| Persimmon, 140 g | 3 (3-4) |
| Dates, fresh, 140 g* | 3 |
| Plum, 140 g | 3 (1-8) |
| Passionfruit, 140 g* | 4 |
| Star fruit, 140 g* | 4 |
| Bael fruit, 140 g | 5 (4-6) |
| Avocado, 140 g | 5 (2-15) |
| Coconut, 140 g | 11 (4-19) |
| Vegetables - Root | |
| Potato, instant, 17 g | 1 |
| Celeriac, 85 g | 1 |
| Radish, 85 g | 1 |
| Carrot, 85 g | 1 |

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

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| Shellfish, mussels, 125 g | 11 (9-16) | Peanuts, 30 g | 4 (1-22) | Pomegranate juice, 250 g* | 3 |
| Shellfish, scallops, 125 g | 22 (1-43) | Sesame seeds, 30 g | 5 (1-8) | Pineapple juice, from concentrate, 250 g | 3 (3-4) |
| Fish and seafood - Prepared | | Flaxseed, 30 g | 6 (5-7) | Prune juice, 250 g | 4 (3-4) |
| Eel, smoked, 55 g* | 0 | Hazelnuts, 30 g | 6 (3-10) | Beverages - Hot | |
| Fish, salted or smoked, 55 g | 0 (0-1) | Pecans, 30 g* | 6 | Instant coffee, 3 g | 1 |
| Shellfish, crustaceans, canned, 55 g | 1 (0-1) | Walnuts, 30 g | 7 (4-10) | Rosehip powder, 3 g* | 1 |
| Fish, pickled, 55 g | 1 (0-1) | Pine nuts, 30 g | 8 (6-9) | Tea, brewed, loose, 250 g | 1 (1-4) |
| Fish, canned, 55 g | 1 (0-1) | Niger seeds, 30 g | 9 (8-9) | Green tea, brewed, loose, 250 g | 1 |
| Shellfish, crustaceans, cooked, 100 g | 1 | Seeds, 30 g | 9 (4-13) | Coffee, 250 g | 1 (1-5) |
| Fish, canned, tomato sauce, 55 g | 1 (1-2) | Chia seeds, 30 g* | 9 | Tea, brewed, bag, 250 g | 1 (1-3) |
| Shellfish, squid, cooked, 100 g* | 1 | Sunflower seeds, 30 g | 10 (7-11) | Cereal grain beverage, 250 g | 1 (0-3) |
| Shellfish, unspecified, cooked, 100 g | 1 (1-3) | Pumpkin seeds, 30 g* | 10 | Green tea, brewed, bag, 250 g | 2 (1-3) |
| Fish, cooked, 100 g | 1 (0-5) | Nuts, mixed, 30 g | 10 (4-25) | Tea, herbal, 250 g | 2 (1-4) |
| Shellfish, oysters, cooked, 100 g* | 2 | Brazil nuts, 30 g* | 14 | Tea, brewed, 250 g | 2 (1-8) |
| Shellfish, scallops, cooked, 100 g* | 2 | Alfalfa seeds, 30 g | 17 (12-22) | Hot chocolate powder, 25 g | 4 (2-5) |
| Shellfish, oysters, canned, 55 g* | 3 | Hemp seeds, 30 g* | 20 | Hot chocolate, 250 g | 5 (4-6) |
| Shellfish, mussels, cooked, 100 g | 4 (3-6) | Cashews, 30 g | 21 (19-23) | Beverages - Other | |
| Shellfish, mussels, canned, 55 g | 5 | Beverages - Alcoholic | | Soft drink syrup, 30 g | 0 |
| Beans and bean products | | Liquor, 30 g | 0 | Strawberry milk, 250 g* | 0 |
| Mung bean vermicelli, cooked, 80 g* | 1 | Madeira, 60 g* | 0 | Water, tap, 375 g | 1 (0-2) |
| Beans, fava, dried, 35 g* | 2 | Vermouth, 90 g | 1 | Water, bottled, 375 g | 1 (0-1) |
| Beans, lentil, canned, 80 g* | 2 | Port, 60 g | 1 | Carbonated drinks, 375 g | 1 (0-1) |
| Beans, white, cooked, 80 g | 3 | Wine, 188 g | 1 (0-2) | Iced tea, 375 g* | 1 |
| Beans, cooked, 80 g | 3 (3-4) | Cider, 333 g | 1 (0-2) | Carbonated drinks, canned, 375 g | 1 (0-5) |
| Beans, chickpea, cooked, 80 g* | 3 | Beer, 333 g | 1 (0-13) | Malt drink, 250 g | 2 (1-3) |
| Beans, fava, fresh, 80 g | 4 (3-4) | Sherry, 105 g* | 2 | Chocolate milk, 250 g | 3 (2-5) |
| Beans, chickpea, canned, 80 g* | 4 | Beverages - Juices | | Oat-based beverage, 250 g | 4 (3-5) |
| Beans, white, canned, 80 g* | 4 | Lemon juice, 5 g | 0 | Energy drink, 375 g | 4 (1-12) |
| Tofu, 85 g* | 4 | Lemonade, 250 g | 1 | Chocolate milkshake, 250 g | 5 (3-7) |
| Beans, kidney, canned, 80 g* | 4 | Mango juice, 250 g | 1 | Coconut water, 375 g | 8 (2-17) |
| Beans, pinto, cooked, 80 g | 6 (5-6) | Cherry juice, 250 g* | 1 | Herbs and spices | |
| Beans, lima, cooked, 80 g | 6 (4-7) | Citrus juice, 250 g | 1 | Salt, 1 g | 0 |
| Beans, fresh, 80 g | 6 (2-7) | Citrus juice, canned, 250 g | 1 (0-1) | Chervil, 1.5 g* | 0 |
| Beans, pigeon peas, dried, 35 g | 7 (6-7) | Fruit drink, 250 g | 1 | Holy basil, 1.5 g* | 0 |
| Beans, canned, 80 g* | 7 | Fruit juice, concentrated, 62.5 g | 1 | Onion, dried, 0.5 g* | 0 |
| Beans, chickpea, dried, 35 g | 7 (3-11) | Strawberry juice, 250 g* | 1 | Mustard seed, 0.5 g | 0 |
| Beans, lentil, cooked, 80 g* | 8 | Plum juice, 250 g* | 1 | Turmeric powder, 0.5 g* | 0 |
| Fermented bean products, 85 g* | 8 | Aloe juice, 250 g* | 1 | Dill, fresh, 1.5 g | 0 |
| Beans, lentil, dried, 35 g | 8 (4-11) | Sugarcane juice, 250 g* | 1 | Cloves, 0.5 g* | 0 |
| Beans, dried, 35 g | 8 (2-12) | Grape juice, 250 g | 1 (1-2) | Tamarind, 1.5 g* | 0 |
| Beans, urad, dried, 35 g | 9 | Grapefruit juice, 250 g | 1 (0-1) | Ginger, fresh, 1.5 g | 0 |
| Beans, brown, dried, 35 g | 9 (6-12) | Peach juice, 250 g | 1 | Mint leaves, 1.5 g* | 0 |
| Beans, mung, dried, 35 g | 9 (4-12) | Pear juice, 250 g | 1 (1-2) | Cilantro, 1.5 g | 0 |
| Beans, kidney, dried, 35 g | 10 (8-11) | Apple juice, canned or bottled, 250 g | 1 (1-4) | Coriander seeds, 0.5 g* | 0 |
| Beans, pigeon peas, fresh, 80 g* | 10 | Fruit juice, various, canned or bottled, 250 g | 2 (1-3) | Parsley, dry, 0.5 g | 0 (0-1) |
| Beans, black, cooked, 80 g* | 12 | Pineapple juice, 250 g | 2 (1-2) | Chives, 1.5 g* | 0 |
| Beans, soya, dried, 35 g | 13 (6-25) | Tomato juice, 250 g | 2 | Hot peppers, dried, 0.5 g | 0 (0-1) |
| Beans, white, dried, 35 g* | 14 | Passionfruit juice, 250 g* | 2 | Paprika, 0.5 g | 0 (0-1) |
| Soya flakes, 35 g* | 15 | Apricot juice, 250 g* | 2 | Cumin, 0.5 g* | 0 |
| Nuts and seeds | | Tomato juice, canned, 250 g | 2 | Fenugreek seeds, 0.5 g* | 0 |
| Peanut butter, 15 g | 2 (1-6) | Acai juice, 250 g* | 2 | St. John's Wort, dry, 0.5 g* | 0 |
| Chestnuts, 30 g* | 2 | Vegetable juice, 250 g | 2 (1-3) | Herbs and spices, unspecified, 0.5 g | 0 (0-1) |
| Safflower seeds, 30 g* | 2 | Citrus juice, from concentrate, 250 g | 2 (1-14) | Garlic, 4 g | 0 (0-1) |
| Pistachios, 30 g | 3 | Vegetable juice, canned, 250 g | 2 (1-9) | Cardamom, 0.5 g | 1 |
| Arecanut, 30 g | 4 | Tomato juice, bottled, 250 g | 3 (2-3) | Garlic, dry, 0.5 g | 1 (0-1) |
| Almonds, 30 g | 4 (2-4) | Goji juice, 250 g* | 3 | Basil, dry, 0.5 g | 1 |
| Poppy seeds, 30 g | 4 (1-6) | Mangosteen juice, 250 g* | 3 | Parsley, 1.5 g* | 1 |

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| 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 |
| 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 | 2 (1-2) |
| Fennel, dry, 0.5 g* | 2 |

Fats and oils

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| Cocoa butter, 10 g* | 0 |
| Cottonseed oil, 10 g | 0 |
| Hazelnut oil, 10 g* | 0 |
| Corn oil, 10 g | 0 |
| Olive oil, 10 g | 0 |
| Grapeseed oil, 10 g* | 0 |
| Almond oil, 10 g* | 0 |
| Rice oil, 10 g* | 0 |
| Lard, 10 g | 0 |
| Sunflower oil, 10 g | 0 (0-1) |
| Vegetable oils, unspecified, 10 g | 0 (0-1) |
| Butter, 10 g | 0 (0-1) |
| Sesame oil, 10 g* | 0 |
| Peanut oil, 10 g | 0 (0-1) |
| Soybean 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) |
| Cookies, not chocolate, 30 g | 1 (0-2) |
| Raisins, yogurt candy coated, 40 g* | 1 |
| Ice cream, vanilla, 129 g | 1 (0-2) |
| Cereal bar, with fruit, 35 g* | 1 |
| Pretzels, 50 g | 1 |
| Applesauce, 110 g | 1 (0-3) |
| Dried strawberry, 40 g* | 1 |
| Banana chips, 40 g* | 1 |
| Raisins, 40 g | 1 (1-5) |
| Cereal bar, rice, 35 g* | 1 |
| Dried currants, 40 g* | 1 |
| Corn chips, 50 g | 1 (1-2) |
| Potato chips, 50 g | 1 (1-2) |

| | |
|--|---------|
| Dried date, 40 g | 2 (1-2) |
| Popcorn, 50 g | 2 (1-5) |
| Cookies with chocolate, 30 g | 2 (1-4) |
| Cookies with nuts, 30 g* | 2 |
| Cereal bar, with chocolate, 35 g | 2 (2-3) |
| Cookies, oat and fruit, 30 g* | 2 |
| Ice cream desserts, 129 g | 2 (1-5) |
| Snacks, potato-based, 50 g* | 2 |
| Cereal bar, multigrain, 35 g | 2 (1-5) |
| Licorice, 40 g | 2 (1-3) |
| 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 |
| Syrup, not chocolate, 60 g | 1 (0-2) |
| Honey, 20 g | 1 (0-5) |
| White chocolate, 15 g | 1 (0-2) |
| Candy, 40 g | 1 (0-6) |
| Corn/glucose syrup, 30 g* | 1 |
| Maple syrup, 30 g* | 1 |
| Marzipan, 30 g* | 1 |
| Chocolate confections with nuts, 40 g | 3 (0-9) |
| Chocolate confections, 40 g | 4 (1-11) |
| 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 |
| Mayonnaise, 15 g | 0 (0-1) |
| Hollandaise sauce, 30 g* | 0 |
| Relish, 15 g* | 0 |
| Mustard, 5 g | 0 (0-1) |
| Fruit jelly, 15 g | 0 |
| Fruit jams, 15 g | 0 (0-1) |
| Horseradish, 5 g | 1 (0-1) |
| Dips, dairy-based, 30 g | 1 (0-1) |
| Oyster sauce, 15 g* | 1 |
| Marmelade, 15 g | 1 (0-1) |
| Sweet and sour sauce, 30 g | 1 (0-1) |
| 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 |
| Soy mayonnaise, 15 g* | 1 |

| | |
|---------------------------------|----------|
| Salsa, 60 g | 1 |
| Soy sauce, 15 g | 1 (0-4) |
| Gravy, 60 g | 1 (1-2) |
| Chocolate hazelnut spread, 15 g | 2 |
| Hummus, 30 g | 2 |
| Tartar sauce, 30 g | 2 (0-5) |
| 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.