

Dairy products and substitutes

Whipped cream, 15 g	0
Cream, 15 g	0 (0-1)
Sour cream, 24 g	0
Cream, non-dairy, 15 g	0 (0-1)
Cream cheese, 30 g	0 (0-1)
Evaporated milk, 15 g	0 (0-1)
Cheeses, 30 g	0 (0-2)
Quark, 100 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Crème fraîche, 55 g	1 (0-1)
Yogurt drink, 188 g	1 (0-1)
Cottage cheese, 125 g	1 (0-4)
Milk, 250 g	1 (0-5)
Almond milk, 250 g*	1
Yogurt, with or without fruit, 175 g	1 (0-5)
Cultured milk (kefir, buttermilk), 188 g	1 (0-4)
Rice milk, 250 g	1 (1-2)
Milk powder, 25 g	1 (0-3)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Soy milk, 250 g	6 (1-13)
Grain products and bakery	
Rice paper, 15 g*	0
Pastry, puff/phylo, 21 g	1
Crackers, saltine or cream, 30 g	1 (0-1)
Crackers, butter-type, 30 g	1 (0-1)
Baguette, 75 g	1
Cold cereal, rice, 15 g	1
Breadcrumbs, 30 g	1
Yeast dough, 55 g	1
Rusk, plain or fruited, 30 g	1
Cold cereal, corn, 30 g	1 (0-2)
English muffin, 55 g	1
Rice cakes, 15 g*	1
Crackers, 30 g	1 (0-2)
Flatbread, 55 g	1 (1-2)
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Pasta, dry, 85 g	1 (1-4)
Bagel, 85 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Bread, barley, 75 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, wheat, dry, 40 g	1 (1-2)

Crispbread, 30 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Hot cereal, rice, cooked, 194 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
Hot cereal, rice, dry, 40 g	1 (1-2)
Hot cereal, rye, cooked, 194 g	2
Rolls, seeded, 55 g*	2
Bread, white, 75 g	2 (1-2)
Cold cereals, junk food, 30 g	2 (1-3)
Bread, fruited, 75 g	2 (1-2)
Hot cereal, rye, dry, 40 g*	2
Rolls, multigrain, 55 g	2 (1-3)
Bread, whole wheat, 75 g	2 (1-3)
Barley, cooked, 140 g	2 (1-3)
Bread, multigrain, 75 g	2 (1-5)
Bread, gluten-free, 75 g	2 (0-4)
Rolls, multigrain with fruit, 55 g*	3
Cold cereal, oat ring, 15 g	4 (1-6)
Bread, seeded, 75 g	4 (1-6)
Cold cereal, granola/muesli, 55 g	5 (1-10)
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 (2-19)
Hot cereal, buckwheat, 140 g	9 (8-11)
Whole grains, flours and starches	
Starch, potato, 10 g	0
Flour, potato, 30 g*	0
Starch, rice, 10 g*	1
Starch, corn, 10 g*	1
Flour, white, 30 g	1 (0-1)
Flour, rye, 30 g	1
Rye kernels, whole/cracked, 45 g	1
Flour, rye, whole, 30 g	1
Flour, barley, 30 g	1
Rice, white, raw, 45 g	1 (1-2)
Flour, spelt, 30 g*	1
Rice, white, cooked, 140 g	1 (1-2)
Semolina, 45 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Cornmeal, 30 g*	1
Flour, whole wheat, 30 g	1 (1-3)
Wheat germ, 15 g	2 (1-2)
Rice, brown, cooked, 140 g	2
Spelt, raw, 45 g	2
Rice, brown, raw, 45 g	2 (1-2)
Flour, cassava, 30 g	2 (1-2)

Wheat bran, 15 g	2 (1-3)
Flour, spelt, whole, 30 g*	2
Wheat kernels/bulgur, 45 g	2 (1-3)
Amaranth, raw, 45 g	2 (1-3)
Barley, raw, 45 g	2 (1-3)
Flour, teff, 30 g	2 (2-3)
Oat bran, 15 g*	2
Oats, raw, 40 g	2 (2-12)
Quinoa, raw, 45 g	3 (1-4)
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
Buckwheat, raw, 45 g	13 (5-25)
Rice, wild, raw, 45 g*	15
Amaranth, black, raw, 45 g*	16
Fruits - Berries	
Lingonberries, 80 g	1
Pomegranate, 80 g*	1
Gooseberries, 80 g	1
Cranberries, 55 g	1
Currants, red or black, 80 g	1 (0-2)
Blueberries, 80 g	1 (1-2)
Strawberries, 140 g	1 (0-15)
Raspberries, 80 g	3 (0-7)
Blackberries, 80 g*	3
Rosehips, 80 g*	4
Goji berries, 80 g*	5
Fruits - Citrus	
Lemon / Lime, 55 g	1 (0-2)
Grapefruit, 140 g	1 (0-3)
Orange, 140 g	1 (1-4)
Citrus fruits, unspecified, 140 g	1 (1-2)
Pomelo, 140 g	1 (1-2)
Tangerine or mandarin orange, 140 g	2 (1-3)
Fruits - Other	
Breadfruit, 140 g	1
Apple, 140 g	1 (0-2)
Cherries, 140 g	1
Mango, 140 g	1 (1-2)
Grape, 140 g	1 (0-7)
Banana, 140 g	1 (1-4)
Jack fruit, 140 g	1 (1-2)
Kiwi, 140 g	1 (0-3)

Pineapple, 140 g	1 (1-7)	Kohlrabi leaves, 85 g*	2	Peas, 85 g	4 (1-19)
Pear, 140 g	1 (1-7)	Beet greens, 85 g*	2	Peas, dried, 35 g	6 (4-8)
Jujube, 140 g	2	Watercress, 85 g	2 (1-3)	Vegetables - Prepared	
Watermelon, 150 g	2 (1-4)	Spinach, 85 g	2 (1-6)	Mushroom, composite, 107.5 g	1 (0-1)
Guava, 140 g	2 (1-2)	Alfalfa sprouts, 85 g	3 (2-3)	Mushroom, cooked, 130 g	1 (1-2)
Melons, 150 g	2 (1-5)	Radish leaves, 85 g*	3	Eggplant, cooked, 130 g	1 (0-2)
Peach or nectarine, 140 g	2 (1-20)	Arugula/rocket, 85 g*	3	Potato, instant, 17 g	1
Papaya, 140 g	2 (1-6)	Collard greens, 85 g*	3	Turnip, cooked, 130 g	1 (1-2)
Dragon fruit, 140 g	2 (1-3)	Fenugreek leaves, 85 g*	3	Tomato, composite, 107.5 g	1 (0-1)
Fig, 140 g*	2	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Cabbage, sauerkraut, 85 g*	1
Apricot, canned, 140 g	2 (1-22)	Garden cress, 85 g*	4	Onion, cooked, 130 g	1 (1-3)
Lychee, 140 g	3 (1-4)	Nettle leaves, 85 g*	5	Carrot, composite or cooked, 107.5 g	1 (0-5)
Persimmon, 140 g	3 (3-4)	Vegetables - Other		Corn, cooked, 130 g	1 (1-2)
Dates, fresh, 140 g*	3	Olives, 15 g	1 (0-1)	Cabbage, cooked, 130 g	1 (0-7)
Plum, 140 g	3 (1-8)	Pickles, 30 g	1 (0-1)	Spinach, canned, 130 g*	1
Passionfruit, 140 g*	4	Celery, 85 g	1 (0-2)	Nettles, cooked, 130 g*	1
Star fruit, 140 g*	4	Tomato, 85 g	1 (0-2)	Potato, instant, prepared, 140 g*	1
Sapota, 140 g*	5	Cucumber, 85 g	1 (0-3)	Okra, cooked, 130 g	1 (1-2)
Coconut, 140 g	11 (4-19)	Corn, 85 g	1 (1-2)	Beets, canned, 130 g	1 (1-2)
Avocado, 140 g	12 (2-30)	Leek, 85 g	1	Zucchini, cooked, 130 g	1 (1-3)
Vegetables - Root		Plantain, green, 85 g*	1	Cabbage, canned, 130 g*	1
Salsify, 85 g	1	Mushrooms, 85 g	1 (0-7)	Broccoli, canned, 130 g*	1
Celeriac, 85 g	1	Bamboo shoot, 85 g*	1	Pumpkin, canned or pickled, 130 g*	1
Onion, 85 g	1 (0-2)	Cauliflower, 85 g	1 (0-3)	Collard greens, cooked, 130 g	1 (1-4)
Carrot, 85 g	1 (0-1)	Taro stem, 85 g	1 (1-2)	Spinach, composite or cooked, 107.5 g	1 (1-3)
Rutabaga, 85 g	1	Spring onion, 40 g	1 (1-2)	Potato, cooked, 167 g	1 (0-4)
Radish, 85 g	1	Peppers, 85 g	1 (0-3)	Cauliflower, cooked, 130 g	1 (1-5)
Turnip, 85 g*	1	Bottle gourd, 85 g	1 (1-2)	Corn, canned, 130 g	1 (1-6)
Kohlrabi, 85 g*	1	Tomato, sun-dried, 30 g*	1	Brussels sprouts, cooked, 130 g	1 (1-8)
Beets, 85 g	1 (1-3)	Eggplant, 85 g	1 (0-3)	Potato, french fried, 70 g	2 (1-4)
Water chestnut, 85 g*	1	Rhubarb, 140 g	1 (1-2)	Beets, cooked, 130 g	2 (1-4)
Parsley root, 85 g*	1	Zucchini, 85 g	1 (0-3)	Broccoli, composite or cooked, 107.5 g	2 (1-7)
Potato, 110 g	1 (0-5)	Ridge gourd, 85 g	2	Green beans, canned, 130 g	2 (1-5)
Parsnip, 85 g	2 (1-3)	Snake gourd, 85 g	2 (1-2)	Cauliflower, composite, 107.5 g	2 (1-4)
Yam, 110 g	2 (2-3)	Broccoli, 85 g	2 (1-3)	Mushroom, canned, 130 g	2 (1-2)
Sweet potato, 110 g	2 (1-3)	Squash, 85 g	2 (1-2)	Tomato, canned, 130 g	2 (0-4)
Fennel, 85 g*	3	Artichoke, 85 g*	2	Winter squash, cooked, 130 g	2 (1-4)
Taro root, 110 g*	4	Snow pea, 85 g*	2	Sweet potato, canned, 167 g	2 (1-4)
Cassava, 110 g	4 (2-7)	Beans, runner, 85 g	2 (2-3)	Plantain, cooked, 167 g	2 (2-3)
Vegetables - Leafy		Pumpkin, 85 g	2 (1-3)	Asparagus, cooked, 130 g	2 (1-5)
Seaweed, 15 g	1 (1-3)	Bitter melon, 85 g	2 (1-4)	Asparagus, canned, 130 g	2 (1-3)
Lettuces, 85 g	1 (0-3)	Green beans, 85 g	2 (2-5)	Peppers, composite, 107.5 g	2 (1-7)
Mustard leaves, 85 g	1 (1-2)	Brussels sprouts, 85 g	2 (1-5)	Yam, cooked, 167 g*	2
Cabbage, 85 g	1 (1-5)	Asparagus, 85 g	3 (2-4)	Potato, cooked with skin, 167 g	2 (1-17)
Kale, 85 g	2	Bean sprouts, 65 g	3 (2-4)	Rutabaga, cooked, 130 g	2 (1-9)
Chard, 85 g	2 (1-2)	Okra, 85 g	3 (2-5)	Green beans, composite or cooked, 107.5 g	3 (1-8)
Head/iceberg lettuce, 85 g	2 (0-9)	Chayote, 85 g	4 (1-7)	En choy (chinese spinach), cooked, 130 g*	3

Taro, cooked, 167 g	3	Pork, cooked, 100 g	1 (0-18)	Soya flakes, 35 g*	15
Pumpkin, cooked, 130 g	3 (1-16)	Mutton, cooked, 100 g	2 (1-6)	Tofu, 85 g	20 (4-37)
Peas, cooked, 130 g	4 (1-11)	Pork, cured, cooked, 55 g	2 (0-39)	Nuts and seeds	
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Ground beef and/or pork, cooked, 100 g	3 (0-31)	Chestnuts, 30 g*	2
Sweet potato, cooked, 167 g	4 (4-6)	Fish and seafood		Safflower seeds, 30 g*	2
Peas, canned, 130 g	5 (3-8)	Fish, roe, 15 g	1 (0-1)	Almonds, 30 g	2 (2-4)
Cassava, cooked, 167 g	7 (4-10)	Shellfish, squid or octopus, 125 g	1	Pistachios, 30 g	3 (2-3)
Meat, poultry, eggs and substitutes		Shellfish, crustaceans, 125 g	1 (1-3)	Peanut butter, 15 g	3 (0-6)
Bacon, 54 g	1 (0-1)	Fish, 125 g	1 (0-9)	Sesame seeds, 30 g	3 (1-8)
Egg, 100 g	1 (0-1)	Eel, 125 g	1 (0-3)	Peanuts, 30 g	3 (1-22)
Venison, 125 g	1	Shellfish, oysters or clams, 125 g	5 (3-6)	Poppy seeds, 30 g	4 (1-8)
Rabbit, 125 g	1 (0-1)	Shellfish, mussels, 125 g	11 (9-16)	Flaxseed, 30 g	6 (5-7)
Ground beef and/or pork, 125 g	1 (0-1)	Shellfish, scallops, 125 g	22 (1-43)	Hazelnuts, 30 g	6 (3-10)
Lamb, 125 g	1	Fish and seafood - Prepared		Pecans, 30 g*	6
Pork, 125 g	1 (0-1)	Eel, smoked, 55 g*	0	Pumpkin seeds, 30 g	6 (3-10)
Beef, 125 g	1 (0-2)	Fish, salted or smoked, 55 g	0 (0-1)	Walnuts, 30 g	7 (4-11)
Chicken, turkey and other poultry, 125 g	1 (0-3)	Fish, canned, 55 g	0 (0-1)	Pine nuts, 30 g	8 (6-9)
Sausage, 75 g	1 (0-1)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Chia seeds, 30 g	8 (7-9)
Black pudding, 75 g	1 (0-2)	Shellfish, crustaceans, cooked, 100 g	1 (0-1)	Nuts, mixed, 30 g	8 (4-25)
Wild boar, 125 g	1 (1-2)	Fish, pickled, 55 g	1 (0-1)	Seeds, 30 g	9 (4-13)
Veal, 125 g	1 (1-2)	Fish, canned, tomato sauce, 55 g	1 (1-2)	Sunflower seeds, 30 g	10 (2-17)
Organ meats, 125 g	1 (0-4)	Shellfish, squid, cooked, 100 g*	1	Brazil nuts, 30 g*	14
Mutton, 125 g	1 (1-2)	Shellfish, unspecified, cooked, 100 g	1 (1-3)	Alfalfa seeds, 30 g	17 (12-22)
Seitan, 100 g*	1	Fish, cooked, 100 g	1 (0-17)	Cashews, 30 g	20 (16-23)
Soya sausage, 75 g*	2	Shellfish, oysters, cooked, 100 g*	2	Hemp seeds, 30 g*	20
Goat, 125 g*	2	Shellfish, scallops, cooked, 100 g*	2	Beverages - Alcoholic	
Horse, 125 g	2 (1-3)	Shellfish, oysters, canned, 55 g*	3	Madeira, 60 g*	0
Mithun, 125 g	5 (3-8)	Shellfish, mussels, cooked, 100 g	4 (3-6)	Liquor, 30 g	0 (0-1)
TVP (texturized vegetable protein), 100 g*	13	Shellfish, mussels, canned, 55 g	5	Vermouth, 90 g	1
Meat, poultry and eggs - Prepared		Beans and bean products		Port, 60 g	1
Rabbit, cooked, 100 g*	0	Mung bean vermicelli, cooked, 80 g*	1	Wine, 188 g	1 (0-2)
Bacon, cooked, 15 g	0 (0-1)	Beans, fava, dried, 35 g*	2	Cider, 333 g	1 (0-2)
Cured meats, 125 g	1 (0-1)	Beans, lentil, canned, 80 g*	2	Beer, 333 g	1 (0-13)
Black pudding, cooked, 55 g	1 (0-1)	Beans, white, cooked, 80 g	3 (1-6)	Sherry, 105 g*	2
Venison, cooked, 100 g	1	Beans, chickpea, cooked, 80 g*	3	Beverages - Juices	
Lunch meat, 55 g	1 (0-2)	Beans, chickpea, canned, 80 g*	4	Lemon juice, 5 g	0
Lunch meat, canned, 55 g	1 (0-1)	Beans, white, canned, 80 g*	4	Lemonade, 250 g	1 (0-1)
Meat jellies, 120 g	1 (0-1)	Beans, fava, fresh, 80 g	5 (3-7)	Mango juice, 250 g	1
Egg powder, 20 g	1	Other beans, canned, 80 g	5 (4-7)	Fruit drink, 250 g	1 (0-3)
Egg, cooked, 100 g	1 (0-7)	Other beans, cooked, 80 g	5 (1-12)	Citrus juice, canned, 250 g	1 (0-1)
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Other beans, fresh, 80 g	6 (2-10)	Citrus juice, 250 g	1 (0-1)
Sausage, cooked, 55 g	1 (0-5)	Beans, chickpea, dried, 35 g	7 (3-11)	Cherry juice, 250 g*	1
Lamb, cooked, 100 g	1 (0-9)	Beans, lentil, dried, 35 g	8 (4-11)	Fruit juice, concentrated, 62.5 g	1
Veal, cooked, 100 g	1 (0-3)	Other beans, dried, 35 g	8 (2-12)	Strawberry juice, 250 g*	1
Pate, 55 g	1 (0-4)	Beans, lentil, cooked, 80 g*	8	Grape juice, 250 g	1 (0-2)
Organ meats, cooked, 100 g	1 (0-8)	Beans, soya, dried, 35 g	12 (6-25)	Plum juice, 250 g*	1
Beef, cooked, 100 g	1 (0-12)	Beans, white, dried, 35 g	13 (12-14)	Aloe juice, 250 g*	1

Sugarcane juice, 250 g*	1	Malt drink, 250 g	2 (1-3)	Sage, dry, 0.5 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	Chocolate milk, 250 g	3 (1-5)	Anchovy paste, 15 g	1
Peach juice, 250 g	1	Oat-based beverage, 250 g	4 (3-5)	Lemon balm, 0.5 g*	1
Grapefruit juice, 250 g	1 (0-4)	Energy drink, 375 g	4 (1-12)	Basil, fresh, 1.5 g	1
Pear juice, 250 g	1 (1-2)	Chocolate milkshake, 250 g	5 (2-31)	Thyme, dry, 0.5 g	1
Citrus juice, from concentrate, 250 g	1 (0-14)	Coconut water, 375 g	9 (2-17)	Pepper, black, 0.5 g	1 (0-2)
Pineapple juice, 250 g	2 (1-2)	Herbs and spices		Oregano, dry, 0.5 g	1
Passionfruit juice, 250 g*	2	Salt, 1 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Tomato juice, 250 g	2	Saffron, 0.5 g	0	Oregano, fresh, 1.5 g	1
Apricot juice, 250 g*	2	Chervil, 1.5 g*	0	Cayenne pepper, 0.5 g	1 (1-2)
Tomato juice, canned, 250 g	2	Onion, dried, 0.5 g*	0	Fennel, dry, 0.5 g	1 (1-2)
Acai juice, 250 g*	2	Mustard seed, 0.5 g	0	Hot peppers, 40 g	2 (1-2)
Fruit juice, various, canned or bottled, 250 g	2 (0-10)	Annatto, 0.5 g	0	Fats and oils	
Tomato juice, bottled, 250 g	2 (2-6)	Wasabi, dry, 0.5 g	0	Hazelnut oil, 10 g*	0
Vegetable juice, 250 g	2 (1-3)	Dill, fresh, 1.5 g	0	Olive oil, 10 g	0
Vegetable juice, canned, 250 g	2 (1-9)	Cloves, 0.5 g	0	Cottonseed oil, 10 g	0
Goji juice, 250 g*	3	Turmeric powder, 0.5 g	0	Grapeseed oil, 10 g*	0
Mangosteen juice, 250 g*	3	Allspice, 0.5 g	0	Corn oil, 10 g	0
Pomegranate juice, 250 g*	3	Ginger, fresh, 1.5 g	0	Almond oil, 10 g*	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Tamarind, 1.5 g*	0	Rice oil, 10 g*	0
Prune juice, 250 g	4 (3-8)	Parsley, fresh, 1.5 g	0 (0-1)	Butter, 10 g	0 (0-1)
Beverages - Hot		Coriander seeds, 0.5 g	0	Vegetable oils, unspecified, 10 g	0 (0-1)
Instant coffee, 3 g	1	Mint leaves, 1.5 g*	0	Lard, 10 g	0
Rosehip powder, 3 g*	1	Ginger, dry, 0.5 g	0 (0-1)	Palm oil, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Cilantro, 1.5 g	0	Canola/rapeseed oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-4)	Chives, 1.5 g*	0	Sunflower oil, 10 g	0 (0-1)
Tea, brewed, 250 g	1 (1-8)	Parsley, dry, 0.5 g	0 (0-1)	Sesame oil, 10 g	0
Tea, brewed, bag, 250 g	1 (0-3)	Curry leaves, dry, 0.5 g	0 (0-1)	Coconut oil, 10 g*	0
Tea, herbal, dry, 3 g	1 (1-3)	Nutmeg, 0.5 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Green tea, brewed, loose, 250 g	1 (1-3)	Paprika, 0.5 g	0 (0-1)	Mustard oil, 10 g*	0
Cereal grain beverage, 250 g	1 (0-3)	Garlic, 4 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Coffee, beans, 14 g	2 (1-2)	Fenugreek, 0.5 g	0 (0-1)	Margarine, 10 g	1 (0-2)
Green tea, brewed, bag, 250 g	2 (1-3)	Herbs and spices, unspecified, 0.5 g	1 (0-1)	Snacks and desserts	
Tea, herbal, brewed, 250 g	2 (1-4)	Garlic, dry, 0.5 g	1 (0-1)	Breadfruit, dried, 40 g*	0
Green tea, leaves, 3 g	2 (1-5)	Cardamom, 0.5 g	1 (0-1)	Popsicle, 30 g	0 (0-1)
Hot chocolate powder, 25 g	4 (2-5)	Herbs de Provence, dry, 0.5 g	1	Ice cream, vanilla, 129 g	1 (0-2)
Hot chocolate, 250 g	5 (4-6)	Peppermint, dry, 0.5 g	1	Gelatin dessert, 130 g	1 (0-1)
Tea, leaves, 3 g	6 (1-51)	Cumin, 0.5 g	1 (0-1)	Pork rinds, 20 g	1
Beverages - Other		Marjoram, dry, 0.5 g	1	Dried cherries, 40 g*	1
Soft drink syrup, 30 g	0	Mace, 0.5 g*	1	Graham crackers, 30 g	1 (0-1)
Strawberry milk, 250 g*	0	Basil, dry, 0.5 g	1 (0-1)	Chewing gum, 3 g	1 (0-1)
Water, tap, 375 g	0 (0-2)	Curry leaves, 1.5 g*	1	Raisins, yogurt candy coated, 40 g*	1
Carbonated drinks, 375 g	1 (0-1)	Cinnamon, 0.5 g	1 (0-1)	Cereal bar, with fruit, 35 g	1
Iced tea, 375 g*	1	Mint, dry, 0.5 g*	1	Raisins, 40 g	1 (0-5)
Water, bottled, 375 g	1 (0-19)	Nigella seeds, 0.5 g	1	Applesauce, 110 g	1 (0-3)
Carbonated drinks, canned, 375 g	1 (0-5)	Rosemary, fresh, 1.5 g	1	Cookies, not chocolate, 30 g	1 (0-2)
Vanilla milkshake, 250 g*	2	Anise, 0.5 g*	1	Pretzels, 50 g	1 (0-1)

Dried strawberry, 40 g*	1
Banana chips, 40 g*	1
Sherbet/sorbet, 129 g	1 (0-5)
Cereal bar, rice, 35 g*	1
Dried currants, 40 g*	1
Corn chips, 50 g	2 (1-2)
Potato chips, 50 g	2 (1-3)
Dried dates, 40 g	2 (1-2)
Savoury crisps, 50 g	2 (1-2)
Snacks, corn-based, 50 g	2
Popcorn, 50 g	2 (0-5)
Cereal bar, with chocolate, 35 g	2 (2-3)
Cookies with nuts, 30 g*	2
Cookies with chocolate, 30 g	2 (0-4)
Dried rosehips, 40 g*	2
Ice cream desserts, 129 g	2 (1-7)
Licorice, 40 g	2 (1-3)
Dried fruit, mixed, 40 g	2 (0-7)
Prunes, 40 g	3
Cereal bar, multigrain, 35 g	3 (1-5)
Ice cream desserts, soy, 129 g*	3
Dried apricots, 40 g	4 (2-5)
Cookies with chocolate and nuts, 40 g*	4
Dried figs, 40 g*	6
Snacks, fried chickpea, 50 g*	13
Sugars and sweets	
Xylitol, 1.4 g*	0
Sugar, white, 4 g	0
Fructose, 4 g*	0
Sugar, brown, 4 g	0
Fruit gums, 40 g*	0
Molasses, 20 g*	1
Sweetened evaporated milk, 30 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)
Maple syrup, 30 g	1
Corn/glucose syrup, 30 g*	1
Marzipan, 30 g*	1
Pudding, not chocolate, 130 g	2 (1-6)
Pudding, chocolate, 130 g*	2
Chocolate confections with nuts, 40 g	3 (0-9)
Chocolate confections, 40 g	4 (1-11)
Chocolate, 40 g	4 (3-20)
Syrup, chocolate, 60 g	5 (1-8)
Confections with nuts, 50 g	6 (1-14)

Sauces, dips, condiments and spreads

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 (0-1)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
Marmelade, 15 g	1 (0-1)
Oyster sauce, 15 g*	1
Fruit jams, 15 g	1 (0-2)
Pesto, no nuts, 60 g*	1
Sweet and sour sauce, 30 g	1 (0-1)
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Teriyaki sauce, 15 g*	1
BBQ sauce, 15 g*	1
Dressings, 30 g	1 (0-8)
Soy mayonnaise, 15 g*	1
Soy sauce, 15 g	1 (0-4)
Salsa, 60 g	1 (0-3)
Gravy, 60 g	1 (0-4)
Chocolate hazelnut spread, 15 g	2
Barley malt, dried, 30 g*	2
Hummus, 30 g	2
Tartar sauce, 30 g	3 (0-5)
Pesto made with nuts, 60 g*	3
Dressings, Kraft, 30 g	14 (3-22)
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)
Vinegar, 15 g	1 (0-1)
Agar, 0.6 g*	1
Tomato sauce, 60 g	1 (1-3)
Bouillon powder, 6 g	1 (0-1)
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 (1-5)
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 score.
- A * means there are very few measurements, so it's unreliable.
- Minimum and maximum scores are shown in brackets beside the average score. If the range is large, be suspicious.
- Avoid stainless steel utensils and equipment except 18/0. Line metal pans with parchment paper.
- Pay attention to serving sizes! We recommend using a kitchen scale until you get used to serving sizes. For reference, 1 gram is approximately 1 mL of a liquid, so for liquids:
 - 5 g ~ 5 mL ~ 1 tsp
 - 15 g ~ 15 mL ~ 1 tbsp
 - 30 g ~ 30 mL ~ 1 fl oz
 - 60 g ~ 60 mL ~ 1/4 cup
 - 125 g ~ 125 mL ~ 1/2 cup
- "Prepared" meats, fish and vegetables are separated from raw because cooking affects nickel content. If someone else is doing the cooking, use the "prepared" score. If you are preparing the food with low nickel equipment, use the regular score.
- Follow all appropriate hygiene and food preparation standards.

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

To explore the data, change serving sizes and log your nickel intake, try the Nickel Navigator app, available for both iOS and Android.

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.