

**Dairy products and substitutes**

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

Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
Bread, rye, 75 g	1 (1-2)
Hot cereal, rye, cooked, 194 g	2
Bread, fruited, 75 g	2 (1-2)
Rolls, seeded, 55 g*	2
Hot cereal, rye, dry, 40 g*	2
Cold cereals, junk food, 30 g	2 (1-3)
Bread, whole wheat, 75 g	2 (1-3)
Hot cereal, rice, cooked, 194 g	2 (1-2)
Pasta, dry, 85 g	2 (1-4)
Rolls, multigrain, 55 g	2 (1-3)
Bread, gluten-free, 75 g	2 (0-4)
Barley, cooked, 140 g	2 (1-3)
Bread, multigrain, 75 g	2 (1-5)
Rolls, multigrain with fruit, 55 g*	3
Bread, seeded, 75 g	3 (1-6)
Cold cereal, oat ring, 15 g	4 (1-6)
Cold cereal, granola/muesli, 55 g	6 (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, buckwheat, 140 g	9 (8-11)
Hot cereal, oat, cooked, 194 g	9 (2-19)
<b>Whole grains, flours and starches</b>	
Starch, potato, 10 g	0
Flour, potato, 30 g*	0
Flour, white, 30 g	1 (0-1)
Starch, rice, 10 g*	1
Starch, corn, 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
Rice, white, cooked, 140 g	1 (1-2)
Semolina, 45 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Cornmeal, 30 g*	1
Wheat kernels/bulgur, 45 g	1 (1-3)
Flour, whole wheat, 30 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)
Spelt, raw, 45 g	2

Flour, spelt, whole, 30 g*	2
Rice, brown, raw, 45 g	2 (1-2)
Flour, cassava, 30 g	2 (1-2)
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
Quinoa, raw, 45 g	3 (1-4)
Sorghum, 45 g*	3
Flour, millet, 30 g*	4
Flour, rice, 30 g	4 (1-7)
Flour, buckwheat, 30 g*	4
Oats, raw, 40 g	5 (2-12)
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
<b>Fruits - Berries</b>	
Lingonberries, 80 g	1
Gooseberries, 80 g	1
Cranberries, 55 g	1
Pomegranate, 80 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	2 (0-7)
Blackberries, 80 g*	3
Rosehips, 80 g*	4
Goji berries, 80 g*	5
<b>Fruits - Citrus</b>	
Grapefruit, 140 g	1 (0-3)
Lemon / Lime, 55 g	1 (0-2)
Orange, 140 g	1 (1-4)
Pomelo, 140 g	1 (1-2)
Citrus fruits, unspecified, 140 g	1 (1-2)
Tangerine or mandarin orange, 140 g	1 (1-3)
<b>Fruits - Other</b>	
Breadfruit, 140 g	1
Cherries, 140 g	1
Apple, 140 g	1 (0-2)
Grape, 140 g	1 (0-7)
Kiwi, 140 g	1 (0-3)
Banana, 140 g	1 (1-4)
Mango, 140 g	1 (1-2)
Jack fruit, 140 g	1 (1-2)

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

Tomato, canned, 130 g	4 (0-4)	Beef, cooked, 100 g	1 (0-12)	Soya flakes, 35 g*	15
Sweet potato, cooked, 167 g	4 (4-6)	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)	<b>Nuts and seeds</b>	
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Ground beef and/or pork, cooked, 100 g	5 (0-31)	Peanut butter, 15 g	1 (0-6)
Peas, canned, 130 g	7 (3-8)	<b>Fish and seafood</b>		Chestnuts, 30 g*	2
Cassava, cooked, 167 g	7 (4-10)	Fish, roe, 15 g	1 (0-1)	Peanuts, 30 g	2 (1-22)
Pumpkin, cooked, 130 g	7 (1-16)	Shellfish, squid or octopus, 125 g	1	Safflower seeds, 30 g*	2
<b>Meat, poultry, eggs and substitutes</b>		Shellfish, crustaceans, 125 g	1 (1-3)	Pistachios, 30 g	3 (2-3)
Bacon, 54 g	0 (0-1)	Eel, 125 g	1 (0-3)	Sesame seeds, 30 g	3 (1-8)
Egg, 100 g	1 (0-1)	Fish, 125 g	2 (0-9)	Almonds, 30 g	4 (2-4)
Venison, 125 g	1	Shellfish, oysters or clams, 125 g	5 (3-6)	Poppy seeds, 30 g	4 (1-8)
Sausage, 75 g	1 (0-1)	Shellfish, mussels, 125 g	11 (9-16)	Flaxseed, 30 g	6 (5-7)
Rabbit, 125 g	1 (0-1)	Shellfish, scallops, 125 g	22 (1-43)	Hazelnuts, 30 g	6 (3-10)
Ground beef and/or pork, 125 g	1 (0-1)	<b>Fish and seafood - Prepared</b>		Pecans, 30 g*	6
Lamb, 125 g	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)	Pine nuts, 30 g	8 (6-9)
Chicken, turkey and other poultry, 125 g	1 (0-3)	Fish, canned, 55 g	1 (0-1)	Chia seeds, 30 g	8 (7-9)
Veal, 125 g	1 (1-2)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Walnuts, 30 g	8 (4-11)
Black pudding, 75 g	1 (0-2)	Shellfish, crustaceans, cooked, 100 g	1 (0-1)	Seeds, 30 g	9 (4-13)
Pork, 125 g	1 (0-1)	Fish, pickled, 55 g	1 (0-1)	Sunflower seeds, 30 g	11 (2-17)
Wild boar, 125 g	1 (1-2)	Shellfish, unspecified, cooked, 100 g	1 (1-3)	Brazil nuts, 30 g*	14
Mutton, 125 g	1 (1-2)	Fish, canned, tomato sauce, 55 g	1 (1-2)	Nuts, mixed, 30 g	16 (4-25)
Seitan, 100 g*	1	Shellfish, squid, cooked, 100 g*	1	Alfalfa seeds, 30 g	17 (12-22)
Organ meats, 125 g	1 (0-4)	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	<b>Beverages - Alcoholic</b>	
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
<b>Meat, poultry and eggs - Prepared</b>		<b>Beans and bean products</b>		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	<b>Beverages - Juices</b>	
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
Pate, 55 g	1 (0-4)	Other beans, cooked, 80 g	6 (1-12)	Fruit drink, 250 g	1 (0-3)
Egg powder, 20 g	1	Other beans, fresh, 80 g	7 (2-10)	Citrus juice, canned, 250 g	1 (0-1)
Egg, cooked, 100 g	1 (0-7)	Other beans, canned, 80 g	7 (4-7)	Citrus juice, 250 g	1 (0-1)
Veal, cooked, 100 g	1 (0-3)	Beans, chickpea, dried, 35 g	7 (3-11)	Cherry juice, 250 g*	1
Sausage, cooked, 55 g	1 (0-5)	Beans, lentil, dried, 35 g	8 (4-11)	Fruit juice, concentrated, 62.5 g	1
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Other beans, dried, 35 g	8 (2-12)	Grape juice, 250 g	1 (0-2)
Pork, cooked, 100 g	1 (0-18)	Beans, lentil, cooked, 80 g*	8	Strawberry juice, 250 g*	1
Organ meats, cooked, 100 g	1 (0-8)	Beans, soya, dried, 35 g	12 (6-25)	Plum juice, 250 g*	1
Lamb, cooked, 100 g	1 (0-9)	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
Pear juice, 250 g	1 (1-2)	Energy drink, 375 g	4 (1-12)	Basil, fresh, 1.5 g	1
Grapefruit juice, 250 g	1 (0-4)	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)
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	<b>Herbs and spices</b>		Oregano, dry, 0.5 g	1
Passionfruit juice, 250 g*	2	Saffron, 0.5 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Pineapple juice, 250 g	2 (1-2)	Salt, 1 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, 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)
Tomato juice, canned, 250 g	2	Annatto, 0.5 g	0	<b>Fats and oils</b>	
Vegetable juice, canned, 250 g	2 (1-9)	Wasabi, dry, 0.5 g	0	Olive oil, 10 g	0
Tomato juice, bottled, 250 g	2 (2-6)	Dill, fresh, 1.5 g	0	Hazelnut oil, 10 g*	0
Vegetable juice, 250 g	2 (1-3)	Cloves, 0.5 g	0	Cottonseed oil, 10 g	0
Goji juice, 250 g*	3	Turmeric powder, 0.5 g	0	Corn oil, 10 g	0
Mangosteen juice, 250 g*	3	Allspice, 0.5 g	0	Vegetable oils, unspecified, 10 g	0 (0-1)
Pomegranate juice, 250 g*	3	Tamarind, 1.5 g*	0	Grapeseed oil, 10 g*	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Ginger, fresh, 1.5 g	0	Almond oil, 10 g*	0
Prune juice, 250 g	4 (3-8)	Coriander seeds, 0.5 g	0	Rice oil, 10 g*	0
<b>Beverages - Hot</b>		Mint leaves, 1.5 g*	0	Butter, 10 g	0 (0-1)
Instant coffee, 3 g	1	Ginger, dry, 0.5 g	0 (0-1)	Lard, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Cilantro, 1.5 g	0	Palm oil, 10 g	0
Rosehip powder, 3 g*	1	Chives, 1.5 g*	0	Sunflower oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-4)	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)	Margarine, 10 g	0 (0-2)
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)	Coconut oil, 10 g*	0
Cereal grain beverage, 250 g	1 (0-3)	Herbs and spices, unspecified, 0.5 g	0 (0-1)	Mustard oil, 10 g*	0
Coffee, beans, 14 g	2 (1-2)	Garlic, 4 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Fenugreek, 0.5 g	0 (0-1)	Canola/rapeseed oil, 10 g	0 (0-1)
Tea, brewed, 250 g	2 (1-8)	Garlic, dry, 0.5 g	1 (0-1)	<b>Snacks and desserts</b>	
Tea, herbal, brewed, 250 g	2 (1-4)	Cardamom, 0.5 g	1 (0-1)	Breadfruit, dried, 40 g*	0
Green tea, leaves, 3 g	2 (1-5)	Herbs de Provence, dry, 0.5 g	1	Popsicle, 30 g	0 (0-1)
Hot chocolate powder, 25 g	4 (2-5)	Peppermint, dry, 0.5 g	1	Gelatin dessert, 130 g	1 (0-1)
Hot chocolate, 250 g	5 (4-6)	Cumin, 0.5 g	1 (0-1)	Ice cream, vanilla, 129 g	1 (0-2)
Tea, leaves, 3 g	6 (1-51)	Marjoram, dry, 0.5 g	1	Pork rinds, 20 g	1
<b>Beverages - Other</b>		Mace, 0.5 g*	1	Cookies, not chocolate, 30 g	1 (0-2)
Soft drink syrup, 30 g	0	Basil, dry, 0.5 g	1 (0-1)	Dried cherries, 40 g*	1
Strawberry milk, 250 g*	0	Curry leaves, 1.5 g*	1	Applesauce, 110 g	1 (0-3)
Water, tap, 375 g	0 (0-2)	Cinnamon, 0.5 g	1 (0-1)	Graham crackers, 30 g	1 (0-1)
Carbonated drinks, 375 g	1 (0-1)	Nigella seeds, 0.5 g	1	Chewing gum, 3 g	1 (0-1)
Iced tea, 375 g*	1	Mint, dry, 0.5 g*	1	Cereal bar, with fruit, 35 g	1
Water, bottled, 375 g	1 (0-19)	Rosemary, fresh, 1.5 g	1	Raisins, yogurt candy coated, 40 g*	1
Carbonated drinks, canned, 375 g	1 (0-5)	Anise, 0.5 g*	1	Pretzels, 50 g	1 (0-1)
Vanilla milkshake, 250 g*	2	Parsley, fresh, 1.5 g	1 (0-1)	Raisins, 40 g	1 (0-5)

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
Potato chips, 50 g	1 (1-3)
Savoury crisps, 50 g	1 (1-2)
Corn chips, 50 g	2 (1-2)
Dried dates, 40 g	2 (1-2)
Snacks, corn-based, 50 g	2
Popcorn, 50 g	2 (0-5)
Cookies with nuts, 30 g*	2
Dried rosehips, 40 g*	2
Cereal bar, with chocolate, 35 g	2 (2-3)
Cookies with chocolate, 30 g	2 (0-4)
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
<b>Sugars and sweets</b>	
Sugar, white, 4 g	0
Xylitol, 1.4 g*	0
Sugar, brown, 4 g	0
Fructose, 4 g*	0
Fruit gums, 40 g*	0
Honey, 20 g	0 (0-5)
Candy, 40 g	1 (0-6)
Molasses, 20 g*	1
Sweetened evaporated milk, 30 g*	1
Syrup, not chocolate, 60 g	1 (0-2)
White chocolate, 15 g	1 (0-2)
Maple syrup, 30 g	1
Corn/glucose syrup, 30 g*	1
Marzipan, 30 g*	1
Pudding, not chocolate, 130 g	2 (1-6)
Chocolate confections with nuts, 40 g	2 (0-9)
Pudding, chocolate, 130 g*	2
Chocolate confections, 40 g	4 (1-11)
Syrup, chocolate, 60 g	6 (1-8)
Confections with nuts, 50 g	6 (1-14)
Chocolate, 40 g	8 (3-20)

**Sauces, dips, condiments and spreads**

Mayonnaise, 15 g	0 (0-1)
Mustard, 5 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Fruit jelly, 15 g	0 (0-1)
Fruit jams, 15 g	0 (0-2)
Horseradish, 5 g	1 (0-1)
Dressings, 30 g	1 (0-8)
Ketchup, 15 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
Marmelade, 15 g	1 (0-1)
Oyster sauce, 15 g*	1
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
Soy mayonnaise, 15 g*	1
Salsa, 60 g	1 (0-3)
Gravy, 60 g	1 (0-4)
Soy sauce, 15 g	1 (0-4)
Chocolate hazelnut spread, 15 g	2
Hummus, 30 g	2
Barley malt, dried, 30 g*	2
Tartar sauce, 30 g	2 (0-5)
Pesto made with nuts, 60 g*	3
Dressings, Kraft, 30 g	14 (3-22)
<b>Miscellaneous</b>	
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.