

Dairy products and substitutes

Whipped cream, 15 g	0
Cream, 15 g	0 (0-1)
Cream, non-dairy, 15 g	0 (0-1)
Sour cream, 24 g	0
Cream cheese, 30 g	0 (0-1)
Evaporated milk, 15 g	0 (0-1)
Cheeses, 30 g	1 (0-2)
Milk powder, 25 g	1 (0-3)
Quark, 100 g	1 (0-1)
Crème fraîche, 55 g	1 (0-1)
Yogurt drink, 188 g	1 (0-1)
Cultured milk (kefir, buttermilk), 188 g	1 (0-4)
Processed cheese, 30 g	1 (0-2)
Cottage cheese, 125 g	1 (0-4)
Almond milk, 250 g*	1
Yogurt, with or without fruit, 175 g	1 (0-5)
Milk, 250 g	1 (0-5)
Rice milk, 250 g	1 (1-2)
Paneer/khoa/halloumi, 80 g	3 (1-3)
Soy milk, 250 g	7 (1-13)
Grain products and bakery	
Rice paper, 15 g*	0
Pastry, puff/phylo, 21 g	1
Baguette, 75 g	1
Bread, gluten-free, 75 g	1 (0-4)
Crackers, saltine or cream, 30 g	1 (0-1)
Crackers, 30 g	1 (0-2)
Breadcrumbs, 30 g	1
Crackers, butter-type, 30 g	1 (0-1)
Yeast dough, 55 g	1
Cold cereal, rice, 15 g	1
Flatbread, 55 g	1 (1-2)
Rusk, plain or fruited, 30 g	1
Hot cereal, rice, dry, 40 g	1 (1-2)
Hot cereal, rice, cooked, 194 g	1 (1-2)
English muffin, 55 g	1
Cold cereal, corn, 30 g	1 (0-2)
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Bread, fruited, 75 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Crispbread, 30 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Croissant-like pastries, 55 g*	1

Bread, barley, 75 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Cold cereals, junk food, 30 g	1 (1-3)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Bread, whole wheat, 75 g	1 (1-3)
Hot cereal, rye, cooked, 194 g	2
Hot cereal, wheat, dry, 40 g	2 (1-2)
Rolls, seeded, 55 g*	2
Hot cereal, rye, dry, 40 g*	2
Pasta, cooked, 215 g	2 (0-3)
Rolls, multigrain, 55 g	2 (1-3)
Barley, cooked, 140 g	2 (1-3)
Pasta, dry, 85 g	2 (1-4)
Cold cereal, wheat bran, 30 g	2 (1-4)
Bread, multigrain, 75 g	2 (1-5)
Cold cereal, oat ring, 15 g	2 (1-6)
Bread, seeded, 75 g	3 (1-6)
Rolls, multigrain with fruit, 55 g*	3
Cold cereal, granola/muesli, 55 g	4 (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
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
Semolina, 45 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Rice, white, cooked, 140 g	1 (1-2)
Flour, rice, 30 g	1 (1-7)
Cornmeal, 30 g*	1
Wheat bran, 15 g	1 (1-3)
Wheat kernels/bulgur, 45 g	1 (1-3)
Flour, whole wheat, 30 g	1 (1-3)
Rice, brown, cooked, 140 g	2
Wheat germ, 15 g	2 (1-2)
Rice, brown, raw, 45 g	2 (1-2)

Spelt, raw, 45 g	2
Flour, spelt, whole, 30 g*	2
Flour, cassava, 30 g	2 (1-2)
Rice, white, raw, 45 g	2 (1-2)
Amaranth, raw, 45 g	2 (1-3)
Flour, teff, 30 g	2 (2-3)
Oat bran, 15 g*	2
Barley, raw, 45 g	2 (1-3)
Sorghum, 45 g*	3
Quinoa, raw, 45 g	4 (1-4)
Flour, millet, 30 g*	4
Flour, buckwheat, 30 g*	4
Flour, soy, 15 g	5 (5-6)
Flour, oat, 30 g*	6
Millet, raw, 40 g	7 (3-8)
Oats, raw, 40 g	7 (2-12)
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
Gooseberries, 80 g	1
Pomegranate, 80 g*	1
Blueberries, 80 g	1 (1-2)
Cranberries, 55 g	1
Currants, red or black, 80 g	1 (0-2)
Strawberries, 140 g	1 (0-15)
Blackberries, 80 g*	3
Raspberries, 80 g	3 (0-7)
Rosehips, 80 g*	4
Goji berries, 80 g*	5
Fruits - Citrus	
Pomelo, 140 g	1 (1-2)
Lemon / Lime, 55 g	1 (0-2)
Orange, 140 g	1 (1-4)
Citrus fruits, unspecified, 140 g	1 (1-2)
Tangerine or mandarin orange, 140 g	1 (1-3)
Grapefruit, 140 g	1 (0-3)
Fruits - Other	
Breadfruit, 140 g	1
Apple, 140 g	1 (0-2)
Cherries, 140 g	1
Mango, 140 g	1 (1-2)
Papaya, 140 g	1 (1-6)
Grape, 140 g	1 (0-7)
Jack fruit, 140 g	1 (1-2)
Banana, 140 g	1 (1-4)

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

Broccoli, composite or cooked, 107.5 g	3 (1-7)	Beef, cooked, 100 g	1 (0-12)	Beans, soya, dried, 35 g	15 (6-25)
Peas, cooked, 130 g	4 (1-11)	Ground beef and/or pork, cooked, 100 g	1 (0-31)	Tofu, 85 g	37 (4-37)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Mutton, cooked, 100 g	2 (1-6)	Nuts and seeds	
Sweet potato, cooked, 167 g	4 (4-6)	Pork, cured, cooked, 55 g	3 (0-39)	Peanut butter, 15 g	1 (0-6)
Brussels sprouts, cooked, 130 g	5 (1-8)	Fish and seafood		Chestnuts, 30 g*	2
Cassava, cooked, 167 g	7 (4-10)	Fish, roe, 15 g	0 (0-1)	Safflower seeds, 30 g*	2
Pumpkin, cooked, 130 g	7 (1-16)	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)	Sesame seeds, 30 g	3 (1-8)
Rabbit, 125 g	0 (0-1)	Eel, 125 g	1 (0-3)	Almonds, 30 g	4 (2-4)
Bacon, 54 g	0 (0-1)	Fish, 125 g	1 (0-9)	Poppy seeds, 30 g	4 (1-8)
Veal, 125 g	1 (1-2)	Shellfish, oysters or clams, 125 g	3 (3-6)	Peanuts, 30 g	5 (1-22)
Egg, 100 g	1 (0-1)	Shellfish, mussels, 125 g	11 (9-16)	Hazelnuts, 30 g	6 (3-10)
Sausage, 75 g	1 (0-1)	Shellfish, scallops, 125 g	21 (1-43)	Flaxseed, 30 g	6 (5-7)
Venison, 125 g	1	Fish and seafood - Prepared		Pecans, 30 g*	6
Beef, 125 g	1 (0-2)	Eel, smoked, 55 g*	0	Pumpkin seeds, 30 g	6 (3-10)
Lamb, 125 g	1	Fish, salted or smoked, 55 g	0 (0-1)	Chia seeds, 30 g	7 (7-9)
Ground beef and/or pork, 125 g	1 (0-1)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Nuts, mixed, 30 g	7 (4-25)
Pork, 125 g	1 (0-1)	Fish, canned, 55 g	1 (0-1)	Walnuts, 30 g	7 (4-11)
Organ meats, 125 g	1 (0-4)	Shellfish, crustaceans, cooked, 100 g	1 (0-1)	Pine nuts, 30 g	8 (6-9)
Chicken, turkey and other poultry, 125 g	1 (0-3)	Fish, pickled, 55 g	1 (0-1)	Sunflower seeds, 30 g	9 (2-17)
Black pudding, 75 g	1 (0-2)	Fish, canned, tomato sauce, 55 g	1 (1-2)	Seeds, 30 g	9 (4-13)
Wild boar, 125 g	1 (1-2)	Shellfish, squid, cooked, 100 g*	1	Brazil nuts, 30 g*	14
Mutton, 125 g	1 (1-2)	Fish, cooked, 100 g	1 (0-17)	Alfalfa seeds, 30 g	18 (12-22)
Seitan, 100 g*	1	Shellfish, oysters, cooked, 100 g*	2	Hemp seeds, 30 g*	20
Soya sausage, 75 g*	2	Shellfish, scallops, cooked, 100 g*	2	Cashews, 30 g	20 (16-23)
Goat, 125 g*	2	Shellfish, unspecified, cooked, 100 g	2 (1-3)	Beverages - Alcoholic	
Horse, 125 g	2 (1-3)	Shellfish, oysters, canned, 55 g*	3	Liquor, 30 g	0 (0-1)
Mithun, 125 g	5 (3-8)	Shellfish, mussels, cooked, 100 g	4 (3-6)	Madeira, 60 g*	0
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
Lunch meat, canned, 55 g	1 (0-1)	Beans, chickpea, cooked, 80 g*	3	Beverages - Juices	
Venison, cooked, 100 g	1	Other beans, canned, 80 g	4 (4-7)	Lemon juice, 5 g	0
Veal, cooked, 100 g	1 (0-3)	Beans, chickpea, canned, 80 g*	4	Citrus juice, canned, 250 g	1 (0-1)
Meat jellies, 120 g	1 (0-1)	Beans, white, canned, 80 g*	4	Lemonade, 250 g	1 (0-1)
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Other beans, fresh, 80 g	6 (2-10)	Mango juice, 250 g	1
Sausage, cooked, 55 g	1 (0-5)	Other beans, cooked, 80 g	6 (1-12)	Citrus juice, 250 g	1 (0-1)
Lunch meat, 55 g	1 (0-2)	Beans, fava, fresh, 80 g	7 (3-7)	Cherry juice, 250 g*	1
Egg powder, 20 g	1	Beans, lentil, cooked, 80 g*	8	Fruit drink, 250 g	1 (0-3)
Egg, cooked, 100 g	1 (0-7)	Beans, chickpea, dried, 35 g	9 (3-11)	Fruit juice, concentrated, 62.5 g	1
Organ meats, cooked, 100 g	1 (0-8)	Other beans, dried, 35 g	9 (2-12)	Grapefruit juice, 250 g	1 (0-4)
Pork, cooked, 100 g	1 (0-18)	Beans, lentil, dried, 35 g	10 (4-11)	Strawberry juice, 250 g*	1
Pate, 55 g	1 (0-4)	Beans, white, dried, 35 g	13 (12-14)	Plum juice, 250 g*	1
Lamb, cooked, 100 g	1 (0-9)	Soya flakes, 35 g*	15	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)	Coconut water, 375 g	2 (2-17)	Anchovy paste, 15 g	1
Peach juice, 250 g	1	Energy drink, 375 g	3 (1-12)	Lemon balm, 0.5 g*	1
Citrus juice, from concentrate, 250 g	1 (0-14)	Oat-based beverage, 250 g	4 (3-5)	Basil, fresh, 1.5 g	1
Grape juice, 250 g	1 (0-2)	Chocolate milk, 250 g	4 (1-5)	Thyme, dry, 0.5 g	1
Pear juice, 250 g	1 (1-2)	Chocolate milkshake, 250 g	4 (2-31)	Oregano, dry, 0.5 g	1
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	Herbs and spices		Pepper, black, 0.5 g	1 (0-2)
Tomato juice, 250 g	2	Salt, 1 g	0	Oregano, fresh, 1.5 g	1
Tomato juice, canned, 250 g	2	Saffron, 0.5 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Passionfruit juice, 250 g*	2	Chervil, 1.5 g*	0	Cayenne pepper, 0.5 g	1 (1-2)
Apricot juice, 250 g*	2	Mustard seed, 0.5 g	0	Hot peppers, 40 g	1 (1-2)
Pineapple juice, 250 g	2 (1-2)	Onion, dried, 0.5 g*	0	Fennel, dry, 0.5 g	1 (1-2)
Acai juice, 250 g*	2	Annatto, 0.5 g	0	Fats and oils	
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)	Wasabi, dry, 0.5 g	0	Olive oil, 10 g	0
Vegetable juice, canned, 250 g	2 (1-9)	Tamarind, 1.5 g*	0	Cottonseed oil, 10 g	0
Goji juice, 250 g*	3	Cloves, 0.5 g	0	Grapeseed oil, 10 g*	0
Mangosteen juice, 250 g*	3	Allspice, 0.5 g	0	Sunflower oil, 10 g	0 (0-1)
Pomegranate juice, 250 g*	3	Turmeric powder, 0.5 g	0	Almond oil, 10 g*	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Ginger, fresh, 1.5 g	0	Vegetable oils, unspecified, 10 g	0 (0-1)
Prune juice, 250 g	4 (3-8)	Coriander seeds, 0.5 g	0	Rice oil, 10 g*	0
Beverages - Hot		Mint leaves, 1.5 g*	0	Corn oil, 10 g	0
Cereal grain beverage, 250 g	0 (0-3)	Ginger, dry, 0.5 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Instant coffee, 3 g	1	Cilantro, 1.5 g	0	Butter, 10 g	0 (0-1)
Rosehip powder, 3 g*	1	Chives, 1.5 g*	0	Lard, 10 g	0
Tea, brewed, loose, 250 g	1 (1-4)	Garlic, 4 g	0 (0-1)	Palm oil, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Parsley, dry, 0.5 g	0 (0-1)	Sesame oil, 10 g	0
Coffee, beans, 14 g	1 (1-2)	Paprika, 0.5 g	0 (0-1)	Coconut oil, 10 g*	0
Tea, herbal, dry, 3 g	1 (1-3)	Curry leaves, dry, 0.5 g	0 (0-1)	Mustard oil, 10 g*	0
Green tea, brewed, loose, 250 g	1 (1-3)	Nutmeg, 0.5 g	0 (0-1)	Canola/rapeseed oil, 10 g	0 (0-1)
Tea, brewed, bag, 250 g	2 (0-3)	Herbs and spices, unspecified, 0.5 g	1 (0-1)	Margarine, 10 g	0 (0-2)
Tea, brewed, 250 g	2 (1-8)	Garlic, dry, 0.5 g	1 (0-1)	Peanut oil, 10 g	1 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Cardamom, 0.5 g	1 (0-1)	Snacks and desserts	
Tea, herbal, brewed, 250 g	2 (1-4)	Fenugreek, 0.5 g	1 (0-1)	Popsicle, 30 g	0 (0-1)
Green tea, leaves, 3 g	3 (1-5)	Cumin, 0.5 g	1 (0-1)	Breadfruit, dried, 40 g*	0
Tea, leaves, 3 g	3 (1-51)	Peppermint, dry, 0.5 g	1	Chewing gum, 3 g	0 (0-1)
Hot chocolate powder, 25 g	4 (2-5)	Basil, dry, 0.5 g	1 (0-1)	Gelatin dessert, 130 g	1 (0-1)
Hot chocolate, 250 g	5 (4-6)	Herbs de Provence, dry, 0.5 g	1	Pork rinds, 20 g	1
Beverages - Other		Mace, 0.5 g*	1	Dried cherries, 40 g*	1
Soft drink syrup, 30 g	0	Marjoram, dry, 0.5 g	1	Graham crackers, 30 g	1 (0-1)
Strawberry milk, 250 g*	0	Curry leaves, 1.5 g*	1	Cereal bar, with fruit, 35 g	1
Carbonated drinks, 375 g	1 (0-1)	Nigella seeds, 0.5 g	1	Raisins, yogurt candy coated, 40 g*	1
Carbonated drinks, canned, 375 g	1 (0-5)	Mint, dry, 0.5 g*	1	Pretzels, 50 g	1 (0-1)
Iced tea, 375 g*	1	Rosemary, fresh, 1.5 g	1	Savoury crisps, 50 g	1 (1-2)
Water, tap, 375 g	1 (0-2)	Anise, 0.5 g*	1	Cookies, not chocolate, 30 g	1 (0-2)
Water, bottled, 375 g	1 (0-19)	Cinnamon, 0.5 g	1 (0-1)	Dried strawberry, 40 g*	1
Vanilla milkshake, 250 g*	2	Parsley, fresh, 1.5 g	1 (0-1)	Sherbet/sorbet, 129 g	1 (0-5)

Raisins, 40 g	1 (0-5)
Banana chips, 40 g*	1
Ice cream, vanilla, 129 g	1 (0-2)
Applesauce, 110 g	1 (0-3)
Cereal bar, rice, 35 g*	1
Dried currants, 40 g*	1
Potato chips, 50 g	1 (1-3)
Corn chips, 50 g	2 (1-2)
Dried dates, 40 g	2 (1-2)
Cereal bar, multigrain, 35 g	2 (1-5)
Cookies with chocolate, 30 g	2 (0-4)
Snacks, corn-based, 50 g	2
Popcorn, 50 g	2 (0-5)
Ice cream desserts, 129 g	2 (1-7)
Cookies with nuts, 30 g*	2
Dried rosehips, 40 g*	2
Licorice, 40 g	2 (1-3)
Dried fruit, mixed, 40 g	2 (0-7)
Cereal bar, with chocolate, 35 g	3 (2-3)
Prunes, 40 g	3
Ice cream desserts, soy, 129 g*	3
Cookies with chocolate and nuts, 40 g*	4
Dried apricots, 40 g	4 (2-5)
Dried figs, 40 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
Sweetened evaporated milk, 30 g*	1
White chocolate, 15 g	1 (0-2)
Honey, 20 g	1 (0-5)
Maple syrup, 30 g	1
Corn/glucose syrup, 30 g*	1
Marzipan, 30 g*	1
Syrup, not chocolate, 60 g	1 (0-2)
Pudding, not chocolate, 130 g	2 (1-6)
Candy, 40 g	2 (0-6)
Pudding, chocolate, 130 g*	2
Chocolate confections, 40 g	4 (1-11)
Chocolate confections with nuts, 40 g	5 (0-9)
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

Fruit jelly, 15 g	0 (0-1)
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 (0-2)
Tartar sauce, 30 g	0 (0-5)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Oyster sauce, 15 g*	1
Sweet and sour sauce, 30 g	1 (0-1)
Marmelade, 15 g	1 (0-1)
Pesto, no nuts, 60 g*	1
Dressings, 30 g	1 (0-8)
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Fruit jams, 15 g	1 (0-2)
Ketchup, 15 g	1 (0-1)
Teriyaki sauce, 15 g*	1
BBQ sauce, 15 g*	1
Salsa, 60 g	1 (0-3)
Soy mayonnaise, 15 g*	1
Gravy, 60 g	1 (0-4)
Soy sauce, 15 g	1 (0-4)
Chocolate hazelnut spread, 15 g	2
Barley malt, dried, 30 g*	2
Hummus, 30 g	2
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 soda, 0.6 g	1 (0-1)
Vinegar, 15 g	1 (0-1)
Baking powder, 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	1 (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.