

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)
Evaporated milk, 15 g	0 (0-1)
Cream cheese, 30 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)
Cottage cheese, 125 g	1 (0-4)
Almond milk, 250 g*	1
Milk, 250 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)
Yogurt, with or without fruit, 175 g	1 (0-5)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Soy milk, 250 g	4 (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)
Baguette, 75 g	1
Crackers, butter-type, 30 g	1 (0-1)
Cold cereal, rice, 15 g	1
Breadcrumbs, 30 g	1
Hot cereal, wheat, dry, 40 g	1 (1-2)
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)
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Flatbread, 55 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Bread, white, 75 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)
Crispbread, 30 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)

Bread, rye, 75 g	1 (1-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, rye, cooked, 194 g	2
Bread, fruited, 75 g	2 (1-2)
Rolls, seeded, 55 g*	2
Cold cereals, junk food, 30 g	2 (1-3)
Hot cereal, rye, dry, 40 g*	2
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	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, buckwheat, 140 g	9 (8-11)
Hot cereal, oat, cooked, 194 g	9 (2-19)

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
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)
Wheat bran, 15 g	1 (1-3)
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, white, raw, 45 g	2 (1-2)

Flour, spelt, whole, 30 g*	2
Flour, cassava, 30 g	2 (1-2)
Rice, brown, 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)
Quinoa, raw, 45 g	3 (1-4)
Sorghum, 45 g*	3
Flour, rice, 30 g	3 (1-7)
Flour, millet, 30 g*	4
Flour, buckwheat, 30 g*	4
Flour, soy, 15 g	5 (5-6)
Oats, raw, 40 g	5 (2-12)
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	2 (0-15)
Raspberries, 80 g	2 (0-7)
Blackberries, 80 g*	3
Rosehips, 80 g*	4
Goji berries, 80 g*	5

Fruits - Citrus

Grapefruit, 140 g	1 (0-3)
Lemon / Lime, 55 g	1 (0-2)
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	1 (1-3)

Fruits - Other

Breadfruit, 140 g	1
Apple, 140 g	1 (0-2)
Cherries, 140 g	1
Mango, 140 g	1 (1-2)
Jack fruit, 140 g	1 (1-2)
Watermelon, 150 g	1 (1-4)
Banana, 140 g	1 (1-4)
Grape, 140 g	1 (0-7)

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

Tomato, canned, 130 g	3 (0-4)	Beef, cooked, 100 g	2 (0-12)	Soya flakes, 35 g*	15
Peas, cooked, 130 g	3 (1-11)	Mutton, cooked, 100 g	2 (1-6)	Tofu, 85 g	25 (4-37)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Pork, cured, cooked, 55 g	3 (0-39)	Nuts and seeds	
Sweet potato, cooked, 167 g	5 (4-6)	Ground beef and/or pork, cooked, 100 g	4 (0-31)	Peanut butter, 15 g	1 (0-6)
Peas, canned, 130 g	7 (3-8)	Fish and seafood		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
Meat, poultry, eggs and substitutes		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)
Venison, 125 g	1	Fish, 125 g	1 (0-9)	Almonds, 30 g	4 (2-4)
Sausage, 75 g	1 (0-1)	Shellfish, oysters or clams, 125 g	5 (3-6)	Poppy seeds, 30 g	4 (1-8)
Egg, 100 g	1 (0-1)	Shellfish, mussels, 125 g	11 (9-16)	Nuts, mixed, 30 g	4 (4-25)
Rabbit, 125 g	1 (0-1)	Shellfish, scallops, 125 g	21 (1-43)	Flaxseed, 30 g	6 (5-7)
Ground beef and/or pork, 125 g	1 (0-1)	Fish and seafood - Prepared		Hazelnuts, 30 g	6 (3-10)
Beef, 125 g	1 (0-2)	Eel, smoked, 55 g*	0	Pecans, 30 g*	6
Lamb, 125 g	1	Fish, salted or smoked, 55 g	0 (0-1)	Pumpkin seeds, 30 g	6 (3-10)
Chicken, turkey and other poultry, 125 g	1 (0-3)	Fish, canned, 55 g	1 (0-1)	Pine nuts, 30 g	8 (6-9)
Pork, 125 g	1 (0-1)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Chia seeds, 30 g	8 (7-9)
Veal, 125 g	1 (1-2)	Shellfish, crustaceans, cooked, 100 g	1 (0-1)	Walnuts, 30 g	9 (4-11)
Black pudding, 75 g	1 (0-2)	Fish, pickled, 55 g	1 (0-1)	Seeds, 30 g	9 (4-13)
Wild boar, 125 g	1 (1-2)	Shellfish, unspecified, cooked, 100 g	1 (1-3)	Sunflower seeds, 30 g	10 (2-17)
Mutton, 125 g	1 (1-2)	Fish, canned, tomato sauce, 55 g	1 (1-2)	Brazil nuts, 30 g*	14
Seitan, 100 g*	1	Shellfish, squid, cooked, 100 g*	1	Alfalfa seeds, 30 g	18 (12-22)
Organ meats, 125 g	1 (0-4)	Fish, cooked, 100 g	1 (0-17)	Cashews, 30 g	19 (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	Beer, 333 g	1 (0-13)
Cured meats, 125 g	1 (0-1)	Beans, fava, dried, 35 g*	2	Wine, 188 g	1 (0-2)
Bacon, cooked, 15 g	1 (0-1)	Beans, lentil, canned, 80 g*	2	Cider, 333 g	1 (0-2)
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, cooked, 80 g	5 (1-12)	Cherry juice, 250 g*	1
Pate, 55 g	1 (0-4)	Other beans, fresh, 80 g	7 (2-10)	Citrus juice, 250 g	1 (0-1)
Sausage, cooked, 55 g	1 (0-5)	Other beans, canned, 80 g	7 (4-7)	Fruit drink, 250 g	1 (0-3)
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, chickpea, dried, 35 g	7 (3-11)	Citrus juice, canned, 250 g	1 (0-1)
Egg, cooked, 100 g	1 (0-7)	Beans, lentil, dried, 35 g	8 (4-11)	Fruit juice, concentrated, 62.5 g	1
Organ meats, cooked, 100 g	1 (0-8)	Other beans, dried, 35 g	8 (2-12)	Strawberry juice, 250 g*	1
Veal, cooked, 100 g	1 (0-3)	Beans, lentil, cooked, 80 g*	8	Plum juice, 250 g*	1
Pork, cooked, 100 g	1 (0-18)	Beans, soya, dried, 35 g	12 (6-25)	Grape juice, 250 g	1 (0-2)
Lamb, cooked, 100 g	2 (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	2 (1-5)	Anchovy paste, 15 g	1
Grapefruit juice, 250 g	1 (0-4)	Energy drink, 375 g	3 (1-12)	Lemon balm, 0.5 g*	1
Peach juice, 250 g	1	Oat-based beverage, 250 g	4 (3-5)	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
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	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
Tomato juice, 250 g	2	Saffron, 0.5 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Passionfruit juice, 250 g*	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, 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	1 (1-2)
Tomato juice, bottled, 250 g	2 (2-6)	Annatto, 0.5 g	0	Fats and oils	
Citrus juice, from concentrate, 250 g	2 (0-14)	Dill, fresh, 1.5 g	0	Olive oil, 10 g	0
Vegetable juice, 250 g	2 (1-3)	Wasabi, dry, 0.5 g	0	Hazelnut 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	Corn oil, 10 g	0
Mangosteen juice, 250 g*	3	Allspice, 0.5 g	0	Grapeseed oil, 10 g*	0
Pomegranate juice, 250 g*	3	Tamarind, 1.5 g*	0	Almond oil, 10 g*	0
Pineapple juice, from concentrate, 250 g	4 (1-6)	Ginger, fresh, 1.5 g	0	Butter, 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	Lard, 10 g	0
Instant coffee, 3 g	1	Ginger, dry, 0.5 g	0 (0-1)	Palm oil, 10 g	0
Rosehip powder, 3 g*	1	Cilantro, 1.5 g	0	Sunflower oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-4)	Chives, 1.5 g*	0	Vegetable oils, unspecified, 10 g	0 (0-1)
Coffee, brewed, 250 g	1 (0-5)	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)	Garlic, 4 g	0 (0-1)	Mustard oil, 10 g*	0
Coffee, beans, 14 g	2 (1-2)	Fenugreek, 0.5 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Herbs and spices, unspecified, 0.5 g	1 (0-1)	Canola/rapeseed oil, 10 g	0 (0-1)
Tea, herbal, brewed, 250 g	2 (1-4)	Garlic, dry, 0.5 g	1 (0-1)	Snacks and desserts	
Green tea, leaves, 3 g	2 (1-5)	Cardamom, 0.5 g	1 (0-1)	Breadfruit, dried, 40 g*	0
Tea, brewed, 250 g	3 (1-8)	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	Ice cream, vanilla, 129 g	1 (0-2)
Hot chocolate, 250 g	5 (4-6)	Cumin, 0.5 g	1 (0-1)	Cookies, not chocolate, 30 g	1 (0-2)
Tea, leaves, 3 g	6 (1-51)	Marjoram, dry, 0.5 g	1	Pork rinds, 20 g	1
Beverages - Other		Basil, dry, 0.5 g	1 (0-1)	Dried cherries, 40 g*	1
Soft drink syrup, 30 g	0	Mace, 0.5 g*	1	Gelatin dessert, 130 g	1 (0-1)
Strawberry milk, 250 g*	0	Curry leaves, 1.5 g*	1	Graham crackers, 30 g	1 (0-1)
Carbonated drinks, 375 g	1 (0-1)	Cinnamon, 0.5 g	1 (0-1)	Sherbet/sorbet, 129 g	1 (0-5)
Water, tap, 375 g	1 (0-2)	Nigella seeds, 0.5 g	1	Cereal bar, with fruit, 35 g	1
Carbonated drinks, canned, 375 g	1 (0-5)	Mint, dry, 0.5 g*	1	Raisins, yogurt candy coated, 40 g*	1
Iced tea, 375 g*	1	Rosemary, fresh, 1.5 g	1	Chewing gum, 3 g	1 (0-1)
Water, bottled, 375 g	1 (0-19)	Anise, 0.5 g*	1	Pretzels, 50 g	1 (0-1)
Vanilla milkshake, 250 g*	2	Parsley, fresh, 1.5 g	1 (0-1)	Applesauce, 110 g	1 (0-3)

Dried strawberry, 40 g*	1
Banana chips, 40 g*	1
Raisins, 40 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 chocolate, 30 g	2 (0-4)
Cookies with nuts, 30 g*	2
Dried rosehips, 40 g*	2
Cereal bar, with chocolate, 35 g	2 (2-3)
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, 129 g	3 (1-7)
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	
Sugar, white, 4 g	0
Xylitol, 1.4 g*	0
Fructose, 4 g*	0
Sugar, brown, 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	1 (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)
Fruit jelly, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Fruit jams, 15 g	0 (0-2)
Dressings, 30 g	0 (0-8)
Horseradish, 5 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
Oyster sauce, 15 g*	1
Marmelade, 15 g	1 (0-1)
Pesto, no nuts, 60 g*	1
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Sweet and sour sauce, 30 g	1 (0-1)
Teriyaki sauce, 15 g*	1
Soy sauce, 15 g	1 (0-4)
BBQ sauce, 15 g*	1
Soy mayonnaise, 15 g*	1
Salsa, 60 g	1 (0-3)
Gravy, 60 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)
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
Bouillon powder, 6 g	1 (0-1)
Tomato sauce, 60 g	1 (1-3)
Tomato paste, 30 g	2 (1-3)
Broth, 250 g	2 (1-2)
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.