

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)
Quark, 100 g	1 (0-1)
Milk powder, 25 g	1 (0-3)
Crème fraîche, 55 g	1 (0-1)
Cheeses, 30 g	1 (0-2)
Yogurt drink, 188 g	1 (0-1)
Cultured milk (kefir, buttermilk), 188 g	1 (0-4)
Cottage cheese, 125 g	1 (0-4)
Processed cheese, 30 g	1 (0-2)
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	6 (1-13)
Grain products and bakery	
Rice paper, 15 g*	0
Pastry, puff/phylo, 21 g	1
Baguette, 75 g	1
Crackers, saltine or cream, 30 g	1 (0-1)
Breadcrumbs, 30 g	1
Crackers, butter-type, 30 g	1 (0-1)
Bread, gluten-free, 75 g	1 (0-4)
Yeast dough, 55 g	1
Crackers, 30 g	1 (0-2)
Rusk, plain or fruited, 30 g	1
Cold cereal, rice, 15 g	1
Flatbread, 55 g	1 (1-2)
Cold cereal, corn, 30 g	1 (0-2)
English muffin, 55 g	1
Hot cereal, rice, dry, 40 g	1 (1-2)
Hot cereal, rice, cooked, 194 g	1 (1-2)
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Bread, fruited, 75 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Crispbread, 30 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)
Hot cereal, rye, cooked, 194 g	2
Hot cereal, wheat, dry, 40 g	2 (1-2)
Bread, whole wheat, 75 g	2 (1-3)
Rolls, seeded, 55 g*	2
Pasta, cooked, 215 g	2 (0-3)
Hot cereal, rye, dry, 40 g*	2
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)
Bread, seeded, 75 g	2 (1-6)
Cold cereal, oat ring, 15 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	7 (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
Flour, rice, 30 g	1 (1-7)
Semolina, 45 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Rice, white, cooked, 140 g	1 (1-2)
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, brown, raw, 45 g	2 (1-2)
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	6 (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
Cranberries, 55 g	1
Blueberries, 80 g	1 (1-2)
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)
Citrus fruits, unspecified, 140 g	1 (1-2)
Orange, 140 g	1 (1-4)
Tangerine or mandarin orange, 140 g	1 (1-3)
Grapefruit, 140 g	1 (0-3)

Fruits - Other

Breadfruit, 140 g	1
Cherries, 140 g	1
Apple, 140 g	1 (0-2)
Mango, 140 g	1 (1-2)
Papaya, 140 g	1 (1-6)
Banana, 140 g	1 (1-4)
Jack fruit, 140 g	1 (1-2)
Grape, 140 g	1 (0-7)

Plum, 140 g	1 (1-8)	Leaf chicory (endive or radicchio), 85 g	2 (1-5)	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	0 (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	Potato, instant, 17 g	1
Pear, 140 g	2 (1-7)	Arugula/rocket, 85 g*	3	Turnip, cooked, 130 g	1 (1-2)
Dragon fruit, 140 g	2 (1-3)	Collard greens, 85 g*	3	Tomato, composite, 107.5 g	1 (0-1)
Peach or nectarine, 140 g	2 (1-20)	Seaweed, 15 g	3 (1-3)	Corn, cooked, 130 g	1 (1-2)
Fig, 140 g*	2	Fenugreek leaves, 85 g*	3	Cabbage, sauerkraut, 85 g*	1
Apricot, canned, 140 g	2 (1-22)	Garden cress, 85 g*	4	Asparagus, canned, 130 g	1 (1-3)
Lychee, 140 g	3 (1-4)	Nettle leaves, 85 g*	5	Corn, canned, 130 g	1 (1-6)
Dates, fresh, 140 g*	3	Vegetables - Other		Spinach, canned, 130 g*	1
Persimmon, 140 g	4 (3-4)	Pickles, 30 g	0 (0-1)	Nettles, cooked, 130 g*	1
Pineapple, 140 g	4 (1-7)	Olives, 15 g	1 (0-1)	Mushroom, canned, 130 g	1 (1-2)
Passionfruit, 140 g*	4	Cucumber, 85 g	1 (0-3)	Potato, instant, prepared, 140 g*	1
Star fruit, 140 g*	4	Eggplant, 85 g	1 (0-3)	Okra, cooked, 130 g	1 (1-2)
Sapota, 140 g*	5	Tomato, 85 g	1 (0-2)	Collard greens, cooked, 130 g	1 (1-4)
Avocado, 140 g	6 (2-30)	Celery, 85 g	1 (0-2)	Cabbage, canned, 130 g*	1
Coconut, 140 g	13 (4-19)	Leek, 85 g	1	Zucchini, cooked, 130 g	1 (1-3)
Vegetables - Root		Corn, 85 g	1 (1-2)	Tomato, canned, 130 g	1 (0-4)
Carrot, 85 g	1 (0-1)	Zucchini, 85 g	1 (0-3)	Broccoli, canned, 130 g*	1
Salsify, 85 g	1	Squash, 85 g	1 (1-2)	Pumpkin, canned or pickled, 130 g*	1
Celeriac, 85 g	1	Plantain, green, 85 g*	1	Carrot, composite or cooked, 107.5 g	1 (0-5)
Rutabaga, 85 g	1	Cauliflower, 85 g	1 (0-3)	Spinach, composite or cooked, 107.5 g	1 (1-3)
Radish, 85 g	1	Peppers, 85 g	1 (0-3)	Potato, cooked, 167 g	1 (0-4)
Beets, 85 g	1 (1-3)	Broccoli, 85 g	1 (1-3)	Cauliflower, composite, 107.5 g	1 (1-4)
Turnip, 85 g*	1	Bamboo shoot, 85 g*	1	Cabbage, cooked, 130 g	1 (0-7)
Onion, 85 g	1 (0-2)	Mushrooms, 85 g	1 (0-7)	Peppers, composite, 107.5 g	1 (1-7)
Kohlrabi, 85 g*	1	Taro stem, 85 g	1 (1-2)	Rutabaga, cooked, 130 g	1 (1-9)
Potato, 110 g	1 (0-5)	Spring onion, 40 g	1 (1-2)	Beets, canned, 130 g	2 (1-2)
Water chestnut, 85 g*	1	Tomato, sun-dried, 30 g*	1	Mushroom, cooked, 130 g	2 (1-2)
Parsley root, 85 g*	1	Rhubarb, 140 g	1 (1-2)	Green beans, canned, 130 g	2 (1-5)
Parsnip, 85 g	2 (1-3)	Bottle gourd, 85 g	1 (1-2)	Beets, 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)	Winter squash, cooked, 130 g	2 (1-4)
Fennel, 85 g*	3	Beans, runner, 85 g	2 (2-3)	Sweet potato, canned, 167 g	2 (1-4)
Taro root, 110 g*	4	Green beans, 85 g	2 (2-5)	Plantain, cooked, 167 g	2 (2-3)
Cassava, 110 g	4 (2-7)	Artichoke, 85 g*	2	Potato, cooked with skin, 167 g	2 (1-17)
Vegetables - Leafy		Snow pea, 85 g*	2	Green beans, composite or cooked, 107.5 g	2 (1-8)
Chard, 85 g	1 (1-2)	Bean sprouts, 65 g	2 (2-4)	Potato, french fried, 70 g	2 (1-4)
Cabbage, 85 g	1 (1-5)	Pumpkin, 85 g	2 (1-3)	Yam, cooked, 167 g*	2
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)	Brussels sprouts, 85 g	2 (1-5)	Broccoli, composite or cooked, 107.5 g	2 (1-7)
Spinach, 85 g	1 (1-6)	Asparagus, 85 g	3 (2-4)	Taro, cooked, 167 g	3
Kale, 85 g	2	Okra, 85 g	3 (2-5)	Asparagus, cooked, 130 g	3 (1-5)
Kohlrabi leaves, 85 g*	2	Chayote, 85 g	4 (1-7)	Peas, canned, 130 g	3 (3-8)

En choy (chinese spinach), cooked, 130 g*	3
Brussels sprouts, cooked, 130 g	3 (1-8)
Peas, cooked, 130 g	4 (1-11)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4
Sweet potato, cooked, 167 g	4 (4-6)
Cassava, cooked, 167 g	7 (4-10)
Pumpkin, cooked, 130 g	7 (1-16)

Meat, poultry, eggs and substitutes

Rabbit, 125 g	0 (0-1)
Bacon, 54 g	0 (0-1)
Veal, 125 g	1 (1-2)
Venison, 125 g	1
Sausage, 75 g	1 (0-1)
Egg, 100 g	1 (0-1)
Beef, 125 g	1 (0-2)
Ground beef and/or pork, 125 g	1 (0-1)
Lamb, 125 g	1
Pork, 125 g	1 (0-1)
Organ meats, 125 g	1 (0-4)
Chicken, turkey and other poultry, 125 g	1 (0-3)
Wild boar, 125 g	1 (1-2)
Black pudding, 75 g	1 (0-2)
Mutton, 125 g	1 (1-2)
Seitan, 100 g*	1
Horse, 125 g	1 (1-3)
Soya sausage, 75 g*	2
Goat, 125 g*	2
Mithun, 125 g	5 (3-8)
TVP (texturized vegetable protein), 100 g*	13

Meat, poultry and eggs - Prepared

Rabbit, cooked, 100 g*	0
Bacon, cooked, 15 g	0 (0-1)
Cured meats, 125 g	1 (0-1)
Black pudding, cooked, 55 g	1 (0-1)
Lunch meat, canned, 55 g	1 (0-1)
Venison, cooked, 100 g	1
Meat jellies, 120 g	1 (0-1)
Egg powder, 20 g	1
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)
Lunch meat, 55 g	1 (0-2)
Sausage, cooked, 55 g	1 (0-5)
Egg, cooked, 100 g	1 (0-7)
Organ meats, cooked, 100 g	1 (0-8)
Veal, cooked, 100 g	1 (0-3)
Pate, 55 g	1 (0-4)
Pork, cooked, 100 g	1 (0-18)
Lamb, cooked, 100 g	1 (0-9)

Beef, cooked, 100 g	1 (0-12)
Mutton, cooked, 100 g	2 (1-6)
Ground beef and/or pork, cooked, 100 g	2 (0-31)
Pork, cured, cooked, 55 g	4 (0-39)

Fish and seafood

Fish, roe, 15 g	0 (0-1)
Shellfish, squid or octopus, 125 g	1
Shellfish, crustaceans, 125 g	1 (1-3)
Eel, 125 g	1 (0-3)
Fish, 125 g	1 (0-9)
Shellfish, oysters or clams, 125 g	3 (3-6)
Shellfish, mussels, 125 g	11 (9-16)
Shellfish, scallops, 125 g	19 (1-43)

Fish and seafood - Prepared

Eel, smoked, 55 g*	0
Fish, salted or smoked, 55 g	0 (0-1)
Shellfish, crustaceans, canned, 55 g	1 (0-1)
Fish, canned, 55 g	1 (0-1)
Shellfish, crustaceans, cooked, 100 g	1 (0-1)
Fish, pickled, 55 g	1 (0-1)
Shellfish, squid, cooked, 100 g*	1
Fish, canned, tomato sauce, 55 g	1 (1-2)
Fish, cooked, 100 g	1 (0-17)
Shellfish, oysters, cooked, 100 g*	2
Shellfish, unspecified, cooked, 100 g	2 (1-3)
Shellfish, scallops, cooked, 100 g*	2
Shellfish, oysters, canned, 55 g*	3
Shellfish, mussels, cooked, 100 g	4 (3-6)
Shellfish, mussels, canned, 55 g	5

Beans and bean products

Mung bean vermicelli, cooked, 80 g*	1
Beans, fava, dried, 35 g*	2
Beans, lentil, canned, 80 g*	2
Beans, white, cooked, 80 g	3 (1-6)
Beans, chickpea, cooked, 80 g*	3
Other beans, canned, 80 g	4 (4-7)
Beans, chickpea, canned, 80 g*	4
Beans, white, canned, 80 g*	4
Other beans, cooked, 80 g	5 (1-12)
Other beans, fresh, 80 g	6 (2-10)
Beans, fava, fresh, 80 g	7 (3-7)
Beans, lentil, cooked, 80 g*	8
Beans, chickpea, dried, 35 g	8 (3-11)
Other beans, dried, 35 g	9 (2-12)
Beans, lentil, dried, 35 g	10 (4-11)
Beans, white, dried, 35 g	13 (12-14)
Beans, soya, dried, 35 g	14 (6-25)

Soya flakes, 35 g*	15
Tofu, 85 g	37 (4-37)

Nuts and seeds

Peanut butter, 15 g	1 (0-6)
Chestnuts, 30 g*	2
Safflower seeds, 30 g*	2
Pistachios, 30 g	3 (2-3)
Sesame seeds, 30 g	3 (1-8)
Almonds, 30 g	4 (2-4)
Poppy seeds, 30 g	4 (1-8)
Peanuts, 30 g	4 (1-22)
Hazelnuts, 30 g	6 (3-10)
Flaxseed, 30 g	6 (5-7)
Pumpkin seeds, 30 g	6 (3-10)
Pecans, 30 g*	6
Nuts, mixed, 30 g	7 (4-25)
Pine nuts, 30 g	8 (6-9)
Chia seeds, 30 g	8 (7-9)
Walnuts, 30 g	8 (4-11)
Sunflower seeds, 30 g	9 (2-17)
Seeds, 30 g	9 (4-13)
Brazil nuts, 30 g*	14
Alfalfa seeds, 30 g	18 (12-22)
Cashews, 30 g	19 (16-23)
Hemp seeds, 30 g*	20

Beverages - Alcoholic

Madeira, 60 g*	0
Liquor, 30 g	0 (0-1)
Vermouth, 90 g	1
Port, 60 g	1
Wine, 188 g	1 (0-2)
Cider, 333 g	1 (0-2)
Beer, 333 g	1 (0-13)
Sherry, 105 g*	2

Beverages - Juices

Lemon juice, 5 g	0
Citrus juice, canned, 250 g	1 (0-1)
Lemonade, 250 g	1 (0-1)
Mango juice, 250 g	1
Citrus juice, 250 g	1 (0-1)
Cherry juice, 250 g*	1
Fruit drink, 250 g	1 (0-3)
Fruit juice, concentrated, 62.5 g	1
Strawberry juice, 250 g*	1
Plum juice, 250 g*	1
Aloe juice, 250 g*	1
Grapefruit juice, 250 g	1 (0-4)

Sugarcane juice, 250 g*	1	Energy drink, 375 g	2 (1-12)	Sage, dry, 0.5 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	Vanilla milkshake, 250 g*	2	Anchovy paste, 15 g	1
Grape juice, 250 g	1 (0-2)	Coconut water, 375 g	2 (2-17)	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 milk, 250 g	4 (1-5)	Thyme, dry, 0.5 g	1
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	Chocolate milkshake, 250 g	4 (2-31)	Oregano, dry, 0.5 g	1
Citrus juice, from concentrate, 250 g	1 (0-14)	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	Dill, fresh, 1.5 g	0	Fats and oils	
Vegetable juice, canned, 250 g	2 (1-9)	Annatto, 0.5 g	0	Hazelnut oil, 10 g*	0
Tomato juice, bottled, 250 g	2 (2-6)	Wasabi, dry, 0.5 g	0	Olive oil, 10 g	0
Vegetable juice, 250 g	3 (1-3)	Tamarind, 1.5 g*	0	Cottonseed oil, 10 g	0
Goji juice, 250 g*	3	Allspice, 0.5 g	0	Grapeseed oil, 10 g*	0
Mangosteen juice, 250 g*	3	Cloves, 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	Rice oil, 10 g*	0
Prune juice, 250 g	4 (3-8)	Coriander seeds, 0.5 g	0	Corn oil, 10 g	0
Beverages - Hot		Mint leaves, 1.5 g*	0	Vegetable oils, unspecified, 10 g	0 (0-1)
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)	Parsley, dry, 0.5 g	0 (0-1)	Palm oil, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Paprika, 0.5 g	0 (0-1)	Sesame oil, 10 g	0
Coffee, beans, 14 g	1 (1-2)	Curry leaves, dry, 0.5 g	0 (0-1)	Coconut oil, 10 g*	0
Green tea, brewed, loose, 250 g	1 (1-3)	Garlic, 4 g	0 (0-1)	Mustard oil, 10 g*	0
Tea, herbal, dry, 3 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)	Garlic, dry, 0.5 g	1 (0-1)	Margarine, 10 g	0 (0-2)
Green tea, brewed, bag, 250 g	2 (1-3)	Herbs and spices, unspecified, 0.5 g	1 (0-1)	Peanut oil, 10 g	1 (0-1)
Tea, brewed, 250 g	2 (1-8)	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)	Breadfruit, dried, 40 g*	0
Tea, leaves, 3 g	2 (1-51)	Cumin, 0.5 g	1 (0-1)	Popsicle, 30 g	0 (0-1)
Green tea, leaves, 3 g	3 (1-5)	Basil, dry, 0.5 g	1 (0-1)	Gelatin dessert, 130 g	1 (0-1)
Hot chocolate powder, 25 g	4 (2-5)	Peppermint, dry, 0.5 g	1	Chewing gum, 3 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		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	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
Malt drink, 250 g	2 (1-3)	Parsley, fresh, 1.5 g	1 (0-1)	Sherbet/sorbet, 129 g	1 (0-5)

Banana chips, 40 g*	1
Ice cream, vanilla, 129 g	1 (0-2)
Applesauce, 110 g	1 (0-3)
Raisins, 40 g	1 (0-5)
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)
Cookies with nuts, 30 g*	2
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)
Cereal bar, with chocolate, 35 g	3 (2-3)
Prunes, 40 g	3
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
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	4 (0-9)
Confections with nuts, 50 g	5 (1-14)
Syrup, chocolate, 60 g	6 (1-8)
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)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Marmelade, 15 g	1 (0-1)
Oyster sauce, 15 g*	1
Sweet and sour sauce, 30 g	1 (0-1)
Pesto, no nuts, 60 g*	1
Bechamel sauce, 30 g*	1
Dressings, 30 g	1 (0-8)
Guacamole, 30 g*	1
Tartar sauce, 30 g	1 (0-5)
Ketchup, 15 g	1 (0-1)
Fruit jams, 15 g	1 (0-2)
Teriyaki sauce, 15 g*	1
BBQ sauce, 15 g*	1
Salsa, 60 g	1 (0-3)
Soy sauce, 15 g	1 (0-4)
Soy mayonnaise, 15 g*	1
Gravy, 60 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 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)
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.