

**Dairy products and substitutes**

Whipped cream, 15 g	0
Sour cream, 24 g	0
Cream, non-dairy, 15 g	0 (0-1)
Cream, 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)
Cultured milk (kefir, buttermilk), 188 g	1 (0-4)
Milk powder, 25 g	1 (0-3)
Processed cheese, 30 g	1 (0-2)
Yogurt, with or without fruit, 175 g	1 (0-5)
Almond milk, 250 g*	1
Milk, 250 g	1 (0-5)
Cottage cheese, 125 g	1 (0-4)
Rice milk, 250 g	1 (1-2)
Paneer/khoa/halloumi, 80 g	3 (1-3)
Soy milk, 250 g	7 (1-13)
<b>Grain products and bakery</b>	
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)
Crackers, 30 g	1 (0-2)
Bread, gluten-free, 75 g	1 (0-4)
Yeast dough, 55 g	1
Cold cereal, rice, 15 g	1
Rusk, plain or fruited, 30 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, fruited, 75 g	1 (1-2)
Bread, white, 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)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Cold cereals, junk food, 30 g	1 (1-3)
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	3 (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	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
Flour, rye, 30 g	1
Starch, corn, 10 g*	1
Rye kernels, whole/cracked, 45 g	1
Flour, barley, 30 g	1
Flour, rye, whole, 30 g	1
Flour, spelt, 30 g*	1
Semolina, 45 g	1 (1-2)
Rice, white, cooked, 140 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Wheat kernels/bulgur, 45 g	1 (1-3)
Cornmeal, 30 g*	1
Wheat bran, 15 g	1 (1-3)
Flour, whole wheat, 30 g	1 (1-3)
Flour, rice, 30 g	1 (1-7)
Wheat germ, 15 g	2 (1-2)
Rice, brown, cooked, 140 g	2
Rice, brown, raw, 45 g	2 (1-2)

Rice, white, raw, 45 g	2 (1-2)
Flour, spelt, whole, 30 g*	2
Spelt, raw, 45 g	2
Flour, cassava, 30 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
Pomegranate, 80 g*	1
Gooseberries, 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)
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	2 (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)
Jack fruit, 140 g	1 (1-2)
Banana, 140 g	1 (1-4)
Plum, 140 g	1 (1-8)

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

Asparagus, cooked, 130 g	3 (1-5)
Sweet potato, cooked, 167 g	4 (4-6)
Peas, cooked, 130 g	4 (1-11)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4
Brussels sprouts, cooked, 130 g	4 (1-8)
Cassava, cooked, 167 g	7 (4-10)
Pumpkin, cooked, 130 g	7 (1-16)
<b>Meat, poultry, eggs and substitutes</b>	
Bacon, 54 g	0 (0-1)
Rabbit, 125 g	0 (0-1)
Egg, 100 g	1 (0-1)
Veal, 125 g	1 (1-2)
Sausage, 75 g	1 (0-1)
Venison, 125 g	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)
Black pudding, 75 g	1 (0-2)
Wild boar, 125 g	1 (1-2)
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
<b>Meat, poultry and eggs - Prepared</b>	
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
Veal, cooked, 100 g	1 (0-3)
Meat jellies, 120 g	1 (0-1)
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)
Egg powder, 20 g	1
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)
Pork, cooked, 100 g	1 (0-18)
Lamb, cooked, 100 g	1 (0-9)
Beef, cooked, 100 g	1 (0-12)

Pate, 55 g	1 (0-4)
Ground beef and/or pork, cooked, 100 g	1 (0-31)
Mutton, cooked, 100 g	2 (1-6)
Pork, cured, cooked, 55 g	2 (0-39)
<b>Fish and seafood</b>	
Fish, roe, 15 g	0 (0-1)
Shellfish, squid or octopus, 125 g	1
Shellfish, crustaceans, 125 g	1 (1-3)
Fish, 125 g	1 (0-9)
Eel, 125 g	2 (0-3)
Shellfish, oysters or clams, 125 g	4 (3-6)
Shellfish, mussels, 125 g	12 (9-16)
Shellfish, scallops, 125 g	22 (1-43)
<b>Fish and seafood - Prepared</b>	
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)
Fish, canned, tomato sauce, 55 g	1 (1-2)
Shellfish, squid, cooked, 100 g*	1
Fish, cooked, 100 g	1 (0-17)
Shellfish, oysters, cooked, 100 g*	2
Shellfish, scallops, cooked, 100 g*	2
Shellfish, unspecified, cooked, 100 g	3 (1-3)
Shellfish, oysters, canned, 55 g*	3
Shellfish, mussels, cooked, 100 g	4 (3-6)
Shellfish, mussels, canned, 55 g	5
<b>Beans and bean products</b>	
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)
Soya flakes, 35 g*	15

Beans, soya, dried, 35 g	15 (6-25)
Tofu, 85 g	36 (4-37)
<b>Nuts and seeds</b>	
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	5 (1-22)
Hazelnuts, 30 g	6 (3-10)
Pumpkin seeds, 30 g	6 (3-10)
Pecans, 30 g*	6
Flaxseed, 30 g	7 (5-7)
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)
Seeds, 30 g	9 (4-13)
Sunflower seeds, 30 g	9 (2-17)
Brazil nuts, 30 g*	14
Alfalfa seeds, 30 g	18 (12-22)
Cashews, 30 g	19 (16-23)
Hemp seeds, 30 g*	20
<b>Beverages - Alcoholic</b>	
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
<b>Beverages - Juices</b>	
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
Grapefruit juice, 250 g	1 (0-4)
Aloe juice, 250 g*	1

Sugarcane juice, 250 g*	1	Vanilla milkshake, 250 g*	2	Anchovy paste, 15 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	Coconut water, 375 g	3 (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
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)	Energy drink, 375 g	4 (1-12)	Pepper, black, 0.5 g	1 (0-2)
Citrus juice, from concentrate, 250 g	1 (0-14)	Chocolate milkshake, 250 g	4 (2-31)	Parsley, fresh, 1.5 g	1 (0-1)
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	<b>Herbs and spices</b>		Oregano, dry, 0.5 g	1
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)
Pineapple juice, 250 g	2 (1-2)	Mustard seed, 0.5 g	0	Fennel, dry, 0.5 g	1 (1-2)
Apricot juice, 250 g*	2	Onion, dried, 0.5 g*	0	Hot peppers, 40 g	1 (1-2)
Acai juice, 250 g*	2	Annatto, 0.5 g	0	<b>Fats and oils</b>	
Tomato juice, bottled, 250 g	2 (2-6)	Dill, fresh, 1.5 g	0	Hazelnut oil, 10 g*	0
Vegetable juice, canned, 250 g	2 (1-9)	Wasabi, dry, 0.5 g	0	Sunflower oil, 10 g	0 (0-1)
Vegetable juice, 250 g	3 (1-3)	Tamarind, 1.5 g*	0	Olive oil, 10 g	0
Goji juice, 250 g*	3	Cloves, 0.5 g	0	Cottonseed oil, 10 g	0
Mangosteen juice, 250 g*	3	Allspice, 0.5 g	0	Grapeseed oil, 10 g*	0
Pomegranate juice, 250 g*	3	Turmeric powder, 0.5 g	0	Corn 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	Vegetable oils, unspecified, 10 g	0 (0-1)
<b>Beverages - Hot</b>		Mint leaves, 1.5 g*	0	Palm oil, 10 g	0
Instant coffee, 3 g	1	Cilantro, 1.5 g	0	Soybean oil, 10 g	0 (0-1)
Rosehip powder, 3 g*	1	Chives, 1.5 g*	0	Rice oil, 10 g*	0
Cereal grain beverage, 250 g	1 (0-3)	Ginger, dry, 0.5 g	0 (0-1)	Butter, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-4)	Parsley, dry, 0.5 g	0 (0-1)	Lard, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Garlic, 4 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
Tea, brewed, bag, 250 g	1 (0-3)	Nutmeg, 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)	Margarine, 10 g	0 (0-2)
Green tea, brewed, loose, 250 g	2 (1-3)	Herbs and spices, unspecified, 0.5 g	1 (0-1)	Peanut oil, 10 g	1 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Fenugreek, 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)	Popsicle, 30 g	0 (0-1)
Green tea, leaves, 3 g	2 (1-5)	Cumin, 0.5 g	1 (0-1)	Breadfruit, dried, 40 g*	0
Tea, leaves, 3 g	3 (1-51)	Herbs de Provence, dry, 0.5 g	1	Chewing gum, 3 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)	Basil, dry, 0.5 g	1 (0-1)	Pork rinds, 20 g	1
<b>Beverages - Other</b>		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)	Cinnamon, 0.5 g	1 (0-1)	Cookies, not chocolate, 30 g	1 (0-2)
Water, bottled, 375 g	1 (0-19)	Anise, 0.5 g*	1	Dried strawberry, 40 g*	1
Malt drink, 250 g	2 (1-3)	Sage, dry, 0.5 g	1	Sherbet/sorbet, 129 g	1 (0-5)

Ice cream, vanilla, 129 g	1 (0-2)
Banana chips, 40 g*	1
Raisins, 40 g	1 (0-5)
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)
Cookies with chocolate, 30 g	2 (0-4)
Snacks, corn-based, 50 g	2
Cereal bar, multigrain, 35 g	2 (1-5)
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
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
<b>Sugars and sweets</b>	
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)
Maple syrup, 30 g	1
Honey, 20 g	1 (0-5)
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
Guacamole, 30 g*	1
Ketchup, 15 g	1 (0-1)
Dressings, 30 g	1 (0-8)
Tartar sauce, 30 g	1 (0-5)
Fruit jams, 15 g	1 (0-2)
Teriyaki sauce, 15 g*	1
BBQ sauce, 15 g*	1
Soy mayonnaise, 15 g*	1
Salsa, 60 g	1 (0-3)
Soy sauce, 15 g	1 (0-4)
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)
<b>Miscellaneous</b>	
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
Tomato sauce, 60 g	1 (1-3)
Bouillon powder, 6 g	1 (0-1)
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.