

**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)  |
| Cheeses, 30 g                            | 1 (0-2)  |
| Quark, 100 g                             | 1 (0-1)  |
| Crème fraîche, 55 g                      | 1 (0-1)  |
| Yogurt drink, 188 g                      | 1 (0-1)  |
| Processed cheese, 30 g                   | 1 (0-2)  |
| Cottage cheese, 125 g                    | 1 (0-4)  |
| Milk powder, 25 g                        | 1 (0-3)  |
| Milk, 250 g                              | 1 (0-5)  |
| Almond milk, 250 g*                      | 1        |
| Cultured milk (kefir, buttermilk), 188 g | 1 (0-4)  |
| Rice milk, 250 g                         | 1 (1-2)  |
| Yogurt, with or without fruit, 175 g     | 1 (0-5)  |
| Paneer/khoa/halloumi, 80 g               | 2 (1-3)  |
| Soy milk, 250 g                          | 2 (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) |
| Crackers, butter-type, 30 g                | 1 (0-1) |
| Baguette, 75 g                             | 1       |
| Cold cereal, rice, 15 g                    | 1       |
| Breadcrumbs, 30 g                          | 1       |
| Yeast dough, 55 g                          | 1       |
| Rusk, plain or fruited, 30 g               | 1       |
| English muffin, 55 g                       | 1       |
| Rice cakes, 15 g*                          | 1       |
| Crackers, 30 g                             | 1 (0-2) |
| Bread, white, 75 g                         | 1 (1-2) |
| Rolls and biscuits, 55 g                   | 1 (1-2) |
| Pasta, rice, cooked, 215 g*                | 1       |
| Cold cereal, wheat bran with raisins, 30 g | 1 (1-2) |
| Bagel, 85 g                                | 1 (1-2) |
| Cold cereal, wheat bran, 30 g              | 1 (1-4) |
| Croissant-like pastries, 55 g*             | 1       |
| Bread, barley, 75 g                        | 1 (1-2) |
| Hot cereal, corn, cooked, 194 g            | 1 (1-2) |
| Hot cereal, wheat, cooked, 194 g           | 1 (1-6) |
| Hot cereal, wheat, dry, 40 g               | 1 (1-2) |
| Bread, rye, 75 g                           | 1 (1-2) |
| Hot cereal, rice, cooked, 194 g            | 1 (1-2) |

|                                     |          |
|-------------------------------------|----------|
| Flatbread, 55 g                     | 1 (1-2)  |
| Cold cereal, corn, 30 g             | 1 (0-2)  |
| Bread, multigrain, 75 g             | 1 (1-5)  |
| Hot cereal, rice, dry, 40 g         | 1 (1-2)  |
| Hot cereal, rye, cooked, 194 g      | 2        |
| Rolls, seeded, 55 g*                | 2        |
| Cold cereals, junk food, 30 g       | 2 (1-3)  |
| Hot cereal, rye, dry, 40 g*         | 2        |
| Pasta, cooked, 215 g                | 2 (0-3)  |
| Bread, whole wheat, 75 g            | 2 (1-3)  |
| Bread, fruited, 75 g                | 2 (1-2)  |
| Crispbread, 30 g                    | 2 (1-2)  |
| Pasta, dry, 85 g                    | 2 (1-4)  |
| Rolls, multigrain, 55 g             | 2 (1-3)  |
| Barley, cooked, 140 g               | 2 (1-3)  |
| Bread, gluten-free, 75 g            | 2 (0-4)  |
| Rolls, multigrain with fruit, 55 g* | 3        |
| Cold cereal, oat ring, 15 g         | 4 (1-6)  |
| Cold cereal, granola/muesli, 55 g   | 5 (1-10) |
| Bread, seeded, 75 g                 | 6 (1-6)  |
| 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       |
| 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, white, 30 g               | 1 (0-1) |
| 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       |
| Flour, whole wheat, 30 g         | 1 (1-3) |
| Wheat germ, 15 g                 | 2 (1-2) |
| Rice, white, raw, 45 g           | 2 (1-2) |
| Rice, brown, cooked, 140 g       | 2       |
| Spelt, raw, 45 g                 | 2       |
| Rice, brown, raw, 45 g           | 2 (1-2) |
| Flour, cassava, 30 g             | 2 (1-2) |

|                             |           |
|-----------------------------|-----------|
| Flour, spelt, whole, 30 g*  | 2         |
| Wheat bran, 15 g            | 2 (1-3)   |
| 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         |
| Wheat kernels/bulgur, 45 g  | 3 (1-3)   |
| 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         |
| Flour, soy, 15 g            | 5 (5-6)   |
| Millet, raw, 40 g           | 5 (3-8)   |
| Oats, raw, 40 g             | 5 (2-12)  |
| 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        |
| Gooseberries, 80 g           | 1        |
| Pomegranate, 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          | 1 (0-15) |
| Raspberries, 80 g            | 3 (0-7)  |
| Blackberries, 80 g*          | 3        |
| Rosehips, 80 g*              | 4        |
| Goji berries, 80 g*          | 5        |

**Fruits - Citrus**

|                                     |         |
|-------------------------------------|---------|
| Lemon / Lime, 55 g                  | 1 (0-2) |
| Grapefruit, 140 g                   | 1 (0-3) |
| Citrus fruits, unspecified, 140 g   | 1 (1-2) |
| Pomelo, 140 g                       | 1 (1-2) |
| Orange, 140 g                       | 1 (1-4) |
| Tangerine or mandarin orange, 140 g | 3 (1-3) |

**Fruits - Other**

|                   |         |
|-------------------|---------|
| Breadfruit, 140 g | 1       |
| Apple, 140 g      | 1 (0-2) |
| Cherries, 140 g   | 1       |
| Kiwi, 140 g       | 1 (0-3) |
| Mango, 140 g      | 1 (1-2) |
| Jack fruit, 140 g | 1 (1-2) |
| Grape, 140 g      | 1 (0-7) |
| Banana, 140 g     | 1 (1-4) |

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

|   |           |
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| Peas, cooked, 130 g                             | 3 (1-11)  |
| Gai lan (chinese kale/broccoli), cooked, 130 g* | 4         |
| Sweet potato, cooked, 167 g                     | 4 (4-6)   |
| Corn, canned, 130 g                             | 4 (1-6)   |
| Peas, canned, 130 g                             | 5 (3-8)   |
| Cassava, cooked, 167 g                          | 7 (4-10)  |
| Pumpkin, cooked, 130 g                          | 16 (1-16) |

**Meat, poultry, eggs and substitutes**

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

**Meat, poultry and eggs - Prepared**

|  |          |
|--|----------|
| Rabbit, cooked, 100 g*                           | 0        |
| Venison, cooked, 100 g                           | 1        |
| Cured meats, 125 g                               | 1 (0-1)  |
| Bacon, cooked, 15 g                              | 1 (0-1)  |
| Black pudding, cooked, 55 g                      | 1 (0-1)  |
| Lunch meat, 55 g                                 | 1 (0-2)  |
| Lunch meat, canned, 55 g                         | 1 (0-1)  |
| Meat jellies, 120 g                              | 1 (0-1)  |
| Egg powder, 20 g                                 | 1        |
| Egg, cooked, 100 g                               | 1 (0-7)  |
| Chicken, turkey and other poultry, cooked, 100 g | 1 (0-4)  |
| Veal, cooked, 100 g                              | 1 (0-3)  |
| Pate, 55 g                                       | 1 (0-4)  |
| Organ meats, cooked, 100 g                       | 1 (0-8)  |
| Lamb, cooked, 100 g                              | 1 (0-9)  |
| Beef, cooked, 100 g                              | 1 (0-12) |
| Sausage, cooked, 55 g                            | 2 (0-5)  |

|  |          |
|--|----------|
| Mutton, cooked, 100 g                  | 2 (1-6)  |
| Pork, cured, cooked, 55 g              | 2 (0-39) |
| Ground beef and/or pork, cooked, 100 g | 3 (0-31) |
| Pork, cooked, 100 g                    | 9 (0-18) |

**Fish and seafood**

|                                    |           |
|------------------------------------|-----------|
| Fish, roe, 15 g                    | 1 (0-1)   |
| Shellfish, squid or octopus, 125 g | 1         |
| Fish, 125 g                        | 1 (0-9)   |
| Shellfish, crustaceans, 125 g      | 1 (1-3)   |
| Eel, 125 g                         | 1 (0-3)   |
| Shellfish, oysters or clams, 125 g | 5 (3-6)   |
| Shellfish, mussels, 125 g          | 11 (9-16) |
| Shellfish, scallops, 125 g         | 22 (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)  |
| Fish, canned, tomato sauce, 55 g      | 1 (1-2)  |
| Shellfish, squid, cooked, 100 g*      | 1        |
| Shellfish, unspecified, cooked, 100 g | 1 (1-3)  |
| Fish, cooked, 100 g                   | 1 (0-17) |
| Shellfish, oysters, cooked, 100 g*    | 2        |
| 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          |
| Beans, chickpea, canned, 80 g*      | 4          |
| Beans, white, canned, 80 g*         | 4          |
| Beans, fava, fresh, 80 g            | 5 (3-7)    |
| Other beans, canned, 80 g           | 5 (4-7)    |
| Other beans, cooked, 80 g           | 5 (1-12)   |
| Other beans, fresh, 80 g            | 6 (2-10)   |
| Beans, chickpea, dried, 35 g        | 7 (3-11)   |
| Beans, lentil, dried, 35 g          | 8 (4-11)   |
| Other beans, dried, 35 g            | 8 (2-12)   |
| Beans, lentil, cooked, 80 g*        | 8          |
| Beans, soya, dried, 35 g            | 12 (6-25)  |
| Beans, white, dried, 35 g           | 13 (12-14) |

|                    |           |
|--------------------|-----------|
| Soya flakes, 35 g* | 15        |
| Tofu, 85 g         | 20 (4-37) |

**Nuts and seeds**

|                        |            |
|------------------------|------------|
| Peanut butter, 15 g    | 2 (0-6)    |
| Chestnuts, 30 g*       | 2          |
| Safflower seeds, 30 g* | 2          |
| Pistachios, 30 g       | 3 (2-3)    |
| Almonds, 30 g          | 3 (2-4)    |
| Sesame seeds, 30 g     | 3 (1-8)    |
| Peanuts, 30 g          | 3 (1-22)   |
| Walnuts, 30 g          | 4 (4-11)   |
| Poppy seeds, 30 g      | 4 (1-8)    |
| Flaxseed, 30 g         | 6 (5-7)    |
| Pecans, 30 g*          | 6          |
| Pumpkin seeds, 30 g    | 6 (3-10)   |
| Pine nuts, 30 g        | 8 (6-9)    |
| Chia seeds, 30 g       | 8 (7-9)    |
| Nuts, mixed, 30 g      | 8 (4-25)   |
| Seeds, 30 g            | 9 (4-13)   |
| Hazelnuts, 30 g        | 9 (3-10)   |
| Sunflower seeds, 30 g  | 10 (2-17)  |
| Brazil nuts, 30 g*     | 14         |
| Alfalfa seeds, 30 g    | 17 (12-22) |
| Cashews, 30 g          | 20 (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       |
| Lemonade, 250 g                   | 1 (0-1) |
| Mango juice, 250 g                | 1       |
| Fruit drink, 250 g                | 1 (0-3) |
| Citrus juice, canned, 250 g       | 1 (0-1) |
| Citrus juice, 250 g               | 1 (0-1) |
| Cherry juice, 250 g*              | 1       |
| Fruit juice, concentrated, 62.5 g | 1       |
| Strawberry juice, 250 g*          | 1       |
| Grape juice, 250 g                | 1 (0-2) |
| Plum juice, 250 g*                | 1       |
| Aloe juice, 250 g*                | 1       |

|  |          |                                      |          |                                     |         |
|--|----------|--------------------------------------|----------|-------------------------------------|---------|
| Sugarcane juice, 250 g*                        | 1        | Malt drink, 250 g                    | 2 (1-3)  | Sage, dry, 0.5 g                    | 1       |
| Peach juice, 250 g                             | 1        | Chocolate milk, 250 g                | 3 (1-5)  | Anchovy paste, 15 g                 | 1       |
| Grapefruit juice, 250 g                        | 1 (0-4)  | 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       |
| Citrus juice, from concentrate, 250 g          | 1 (0-14) | Chocolate milkshake, 250 g           | 5 (2-31) | Thyme, dry, 0.5 g                   | 1       |
| Pineapple juice, 250 g                         | 2 (1-2)  | Coconut water, 375 g                 | 9 (2-17) | Pepper, black, 0.5 g                | 1 (0-2) |
| Passionfruit juice, 250 g*                     | 2        | <b>Herbs and spices</b>              |          | Oregano, dry, 0.5 g                 | 1       |
| Apricot juice, 250 g*                          | 2        | Salt, 1 g                            | 0        | Hot peppers, dried, 0.5 g           | 1 (0-1) |
| Tomato juice, 250 g                            | 2        | Saffron, 0.5 g                       | 0        | Oregano, fresh, 1.5 g               | 1       |
| Tomato juice, canned, 250 g                    | 2        | Chervil, 1.5 g*                      | 0        | Cayenne pepper, 0.5 g               | 1 (1-2) |
| Acai juice, 250 g*                             | 2        | Onion, dried, 0.5 g*                 | 0        | Fennel, dry, 0.5 g                  | 1 (1-2) |
| Apple juice, canned or bottled, 250 g          | 2 (0-4)  | Mustard seed, 0.5 g                  | 0        | Hot peppers, 40 g                   | 2 (1-2) |
| Fruit juice, various, canned or bottled, 250 g | 2 (0-10) | Annatto, 0.5 g                       | 0        | <b>Fats and oils</b>                |         |
| Tomato juice, bottled, 250 g                   | 2 (2-6)  | Wasabi, dry, 0.5 g                   | 0        | Olive oil, 10 g                     | 0       |
| Vegetable juice, 250 g                         | 2 (1-3)  | Dill, fresh, 1.5 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       | 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        | Vegetable oils, unspecified, 10 g   | 0 (0-1) |
| <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       |
| Rosehip powder, 3 g*                           | 1        | Cilantro, 1.5 g                      | 0        | Palm oil, 10 g                      | 0       |
| Coffee, brewed, 250 g                          | 1 (0-5)  | 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)  | Peanut oil, 10 g                    | 0 (0-1) |
| Tea, herbal, dry, 3 g                          | 1 (1-3)  | Nutmeg, 0.5 g                        | 0 (0-1)  | Coconut oil, 10 g*                  | 0       |
| Green tea, brewed, loose, 250 g                | 1 (1-3)  | Paprika, 0.5 g                       | 0 (0-1)  | Mustard oil, 10 g*                  | 0       |
| Cereal grain beverage, 250 g                   | 1 (0-3)  | Garlic, 4 g                          | 0 (0-1)  | Canola/rapeseed oil, 10 g           | 0 (0-1) |
| 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)  | Margarine, 10 g                     | 0 (0-2) |
| Tea, herbal, brewed, 250 g                     | 2 (1-4)  | Garlic, dry, 0.5 g                   | 1 (0-1)  | <b>Snacks and desserts</b>          |         |
| Tea, brewed, 250 g                             | 2 (1-8)  | 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)  | Pork rinds, 20 g                    | 1       |
| Tea, leaves, 3 g                               | 6 (1-51) | Marjoram, dry, 0.5 g                 | 1        | Ice cream, vanilla, 129 g           | 1 (0-2) |
| <b>Beverages - Other</b>                       |          | Mace, 0.5 g*                         | 1        | Dried cherries, 40 g*               | 1       |
| Soft drink syrup, 30 g                         | 0        | Basil, dry, 0.5 g                    | 1 (0-1)  | Graham crackers, 30 g               | 1 (0-1) |
| Strawberry milk, 250 g*                        | 0        | Curry leaves, 1.5 g*                 | 1        | Chewing gum, 3 g                    | 1 (0-1) |
| Carbonated drinks, 375 g                       | 1 (0-1)  | Cinnamon, 0.5 g                      | 1 (0-1)  | Cereal bar, with fruit, 35 g        | 1       |
| Water, tap, 375 g                              | 1 (0-2)  | Nigella seeds, 0.5 g                 | 1        | Raisins, yogurt candy coated, 40 g* | 1       |
| Iced tea, 375 g*                               | 1        | Mint, dry, 0.5 g*                    | 1        | Applesauce, 110 g                   | 1 (0-3) |
| Carbonated drinks, canned, 375 g               | 1 (0-5)  | Rosemary, fresh, 1.5 g               | 1        | Pretzels, 50 g                      | 1 (0-1) |
| Water, bottled, 375 g                          | 1 (0-19) | Anise, 0.5 g*                        | 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) |

|  |          |
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| Banana chips, 40 g*                    | 1        |
| Raisins, 40 g                          | 1 (0-5)  |
| Cereal bar, rice, 35 g*                | 1        |
| Dried currants, 40 g*                  | 1        |
| Cookies, not chocolate, 30 g           | 1 (0-2)  |
| Corn chips, 50 g                       | 2 (1-2)  |
| Dried dates, 40 g                      | 2 (1-2)  |
| Potato chips, 50 g                     | 2 (1-3)  |
| Snacks, corn-based, 50 g               | 2        |
| Savoury crisps, 50 g                   | 2 (1-2)  |
| Popcorn, 50 g                          | 2 (0-5)  |
| Cereal bar, with chocolate, 35 g       | 2 (2-3)  |
| Cookies with nuts, 30 g*               | 2        |
| Dried rosehips, 40 g*                  | 2        |
| Cookies with chocolate, 30 g           | 2 (0-4)  |
| Ice cream desserts, 129 g              | 2 (1-7)  |
| Licorice, 40 g                         | 2 (1-3)  |
| Cereal bar, multigrain, 35 g           | 2 (1-5)  |
| Dried fruit, mixed, 40 g               | 2 (0-7)  |
| 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       |
| <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        |
| Syrup, not chocolate, 60 g             | 1 (0-2)  |
| Honey, 20 g                            | 1 (0-5)  |
| Candy, 40 g                            | 1 (0-6)  |
| 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)  |
| Pudding, chocolate, 130 g*             | 2        |
| Chocolate confections, 40 g            | 3 (1-11) |
| Syrup, chocolate, 60 g                 | 3 (1-8)  |
| Chocolate confections with nuts, 40 g  | 5 (0-9)  |
| 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)   |
| Dips, dairy-based, 30 g         | 0 (0-2)   |
| Horseradish, 5 g                | 1 (0-1)   |
| Chutney, 15 g                   | 1 (0-1)   |
| Ketchup, 15 g                   | 1 (0-1)   |
| Marmelade, 15 g                 | 1 (0-1)   |
| Oyster sauce, 15 g*             | 1         |
| Pesto, no nuts, 60 g*           | 1         |
| Fruit jams, 15 g                | 1 (0-2)   |
| 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)   |
| Soy sauce, 15 g                 | 1 (0-4)   |
| Gravy, 60 g                     | 1 (0-4)   |
| Barley malt, dried, 30 g*       | 2         |
| Chocolate hazelnut spread, 15 g | 2         |
| Hummus, 30 g                    | 2         |
| Pesto made with nuts, 60 g*     | 3         |
| Dressings, 30 g                 | 4 (0-8)   |
| Tartar sauce, 30 g              | 5 (0-5)   |
| 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.