

**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	0 (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)
Milk, 250 g	1 (0-5)
Cottage cheese, 125 g	1 (0-4)
Almond milk, 250 g*	1
Yogurt, with or without fruit, 175 g	1 (0-5)
Rice milk, 250 g	1 (1-2)
Milk powder, 25 g	1 (0-3)
Cultured milk (kefir, buttermilk), 188 g	1 (0-4)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Soy milk, 250 g	5 (1-13)
<b>Grain products and bakery</b>	
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
Hot cereal, wheat, dry, 40 g	1 (1-2)
Breadcrumbs, 30 g	1
Cold cereal, corn, 30 g	1 (0-2)
Yeast dough, 55 g	1
Rusk, plain or fruited, 30 g	1
English muffin, 55 g	1
Rice cakes, 15 g*	1
Flatbread, 55 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Pasta, rice, cooked, 215 g*	1
Bagel, 85 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Crackers, 30 g	1 (0-2)
Bread, white, 75 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Croissant-like pastries, 55 g*	1
Crispbread, 30 g	1 (1-2)
Bread, barley, 75 g	1 (1-2)

Hot cereal, rice, dry, 40 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
Bread, rye, 75 g	1 (1-2)
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	6 (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)
<b>Whole grains, flours and starches</b>	
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)
Flour, whole wheat, 30 g	1 (1-3)
Wheat bran, 15 g	1 (1-3)
Wheat germ, 15 g	2 (1-2)
Rice, brown, cooked, 140 g	2
Rice, white, raw, 45 g	2 (1-2)
Spelt, raw, 45 g	2

Flour, spelt, whole, 30 g*	2
Rice, brown, raw, 45 g	2 (1-2)
Flour, cassava, 30 g	2 (1-2)
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
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
Oats, raw, 40 g	5 (2-12)
Flour, soy, 15 g	5 (5-6)
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
<b>Fruits - Berries</b>	
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)
Raspberries, 80 g	2 (0-7)
Strawberries, 140 g	2 (0-15)
Blackberries, 80 g*	3
Rosehips, 80 g*	4
Goji berries, 80 g*	5
<b>Fruits - Citrus</b>	
Grapefruit, 140 g	1 (0-3)
Lemon / Lime, 55 g	1 (0-2)
Orange, 140 g	1 (1-4)
Pomelo, 140 g	1 (1-2)
Citrus fruits, unspecified, 140 g	1 (1-2)
Tangerine or mandarin orange, 140 g	1 (1-3)
<b>Fruits - Other</b>	
Breadfruit, 140 g	1
Cherries, 140 g	1
Apple, 140 g	1 (0-2)
Grape, 140 g	1 (0-7)
Mango, 140 g	1 (1-2)
Banana, 140 g	1 (1-4)
Jack fruit, 140 g	1 (1-2)
Kiwi, 140 g	1 (0-3)

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

Peas, cooked, 130 g	3 (1-11)	Beef, cooked, 100 g	1 (0-12)	Soya flakes, 35 g*	15
Tomato, canned, 130 g	4 (0-4)	Mutton, cooked, 100 g	2 (1-6)	Tofu, 85 g	20 (4-37)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Pork, cured, cooked, 55 g	2 (0-39)	<b>Nuts and seeds</b>	
Sweet potato, cooked, 167 g	5 (4-6)	Ground beef and/or pork, cooked, 100 g	3 (0-31)	Peanut butter, 15 g	1 (0-6)
Peas, canned, 130 g	7 (3-8)	<b>Fish and seafood</b>		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
<b>Meat, poultry, eggs and substitutes</b>		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)
Egg, 100 g	1 (0-1)	Fish, 125 g	2 (0-9)	Almonds, 30 g	4 (2-4)
Venison, 125 g	1	Shellfish, oysters or clams, 125 g	5 (3-6)	Poppy seeds, 30 g	4 (1-8)
Sausage, 75 g	1 (0-1)	Shellfish, mussels, 125 g	11 (9-16)	Flaxseed, 30 g	6 (5-7)
Rabbit, 125 g	1 (0-1)	Shellfish, scallops, 125 g	22 (1-43)	Hazelnuts, 30 g	6 (3-10)
Ground beef and/or pork, 125 g	1 (0-1)	<b>Fish and seafood - Prepared</b>		Pecans, 30 g*	6
Lamb, 125 g	1	Eel, smoked, 55 g*	0	Pumpkin seeds, 30 g	6 (3-10)
Beef, 125 g	1 (0-2)	Fish, salted or smoked, 55 g	0 (0-1)	Pine nuts, 30 g	8 (6-9)
Chicken, turkey and other poultry, 125 g	1 (0-3)	Fish, canned, 55 g	1 (0-1)	Chia seeds, 30 g	8 (7-9)
Veal, 125 g	1 (1-2)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Nuts, mixed, 30 g	8 (4-25)
Black pudding, 75 g	1 (0-2)	Shellfish, crustaceans, cooked, 100 g	1 (0-1)	Walnuts, 30 g	9 (4-11)
Pork, 125 g	1 (0-1)	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	11 (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	17 (12-22)
Organ meats, 125 g	1 (0-4)	Fish, cooked, 100 g	1 (0-17)	Cashews, 30 g	20 (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	<b>Beverages - Alcoholic</b>	
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
<b>Meat, poultry and eggs - Prepared</b>		<b>Beans and bean products</b>		Port, 60 g	1
Rabbit, cooked, 100 g*	0	Mung bean vermicelli, cooked, 80 g*	1	Wine, 188 g	1 (0-2)
Bacon, cooked, 15 g	0 (0-1)	Beans, fava, dried, 35 g*	2	Cider, 333 g	1 (0-2)
Cured meats, 125 g	1 (0-1)	Beans, lentil, canned, 80 g*	2	Beer, 333 g	1 (0-13)
Black pudding, cooked, 55 g	1 (0-1)	Beans, white, cooked, 80 g	3 (1-6)	Sherry, 105 g*	2
Venison, cooked, 100 g	1	Beans, chickpea, cooked, 80 g*	3	<b>Beverages - Juices</b>	
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
Pate, 55 g	1 (0-4)	Other beans, cooked, 80 g	5 (1-12)	Fruit drink, 250 g	1 (0-3)
Egg powder, 20 g	1	Other beans, fresh, 80 g	7 (2-10)	Citrus juice, canned, 250 g	1 (0-1)
Egg, cooked, 100 g	1 (0-7)	Other beans, canned, 80 g	7 (4-7)	Citrus juice, 250 g	1 (0-1)
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, chickpea, dried, 35 g	7 (3-11)	Fruit juice, concentrated, 62.5 g	1
Sausage, cooked, 55 g	1 (0-5)	Beans, lentil, dried, 35 g	8 (4-11)	Cherry juice, 250 g*	1
Pork, cooked, 100 g	1 (0-18)	Other beans, dried, 35 g	8 (2-12)	Grape juice, 250 g	1 (0-2)
Veal, cooked, 100 g	1 (0-3)	Beans, lentil, cooked, 80 g*	8	Apple juice, canned or bottled, 250 g	1 (0-4)
Organ meats, cooked, 100 g	1 (0-8)	Beans, soya, dried, 35 g	12 (6-25)	Strawberry juice, 250 g*	1
Lamb, cooked, 100 g	1 (0-9)	Beans, white, dried, 35 g	13 (12-14)	Plum juice, 250 g*	1

Aloe juice, 250 g*	1	Malt drink, 250 g	2 (1-3)	Sage, dry, 0.5 g	1
Sugarcane juice, 250 g*	1	Chocolate milk, 250 g	2 (1-5)	Anchovy paste, 15 g	1
Peach juice, 250 g	1	Oat-based beverage, 250 g	4 (3-5)	Lemon balm, 0.5 g*	1
Grapefruit juice, 250 g	1 (0-4)	Energy drink, 375 g	4 (1-12)	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)
Citrus juice, from concentrate, 250 g	1 (0-14)	<b>Herbs and spices</b>		Oregano, dry, 0.5 g	1
Pineapple juice, 250 g	2 (1-2)	Saffron, 0.5 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Tomato juice, 250 g	2	Salt, 1 g	0	Oregano, fresh, 1.5 g	1
Passionfruit juice, 250 g*	2	Chervil, 1.5 g*	0	Cayenne pepper, 0.5 g	1 (1-2)
Apricot juice, 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	2 (1-2)
Tomato juice, canned, 250 g	2	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	Vegetable oils, unspecified, 10 g	0 (0-1)
Pineapple juice, from concentrate, 250 g	3 (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	Almond oil, 10 g*	0
<b>Beverages - Hot</b>		Mint leaves, 1.5 g*	0	Rice oil, 10 g*	0
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)	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)	Herbs and spices, unspecified, 0.5 g	0 (0-1)	Mustard oil, 10 g*	0
Coffee, beans, 14 g	2 (1-2)	Garlic, 4 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Fenugreek, 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)	<b>Snacks and desserts</b>	
Tea, herbal, brewed, 250 g	2 (1-4)	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	Ice cream, vanilla, 129 g	1 (0-2)
Hot chocolate, 250 g	5 (4-6)	Cumin, 0.5 g	1 (0-1)	Gelatin dessert, 130 g	1 (0-1)
Tea, leaves, 3 g	6 (1-51)	Marjoram, dry, 0.5 g	1	Pork rinds, 20 g	1
<b>Beverages - Other</b>		Mace, 0.5 g*	1	Cookies, not chocolate, 30 g	1 (0-2)
Soft drink syrup, 30 g	0	Basil, dry, 0.5 g	1 (0-1)	Dried cherries, 40 g*	1
Strawberry milk, 250 g*	0	Curry leaves, 1.5 g*	1	Graham crackers, 30 g	1 (0-1)
Water, tap, 375 g	0 (0-2)	Cinnamon, 0.5 g	1 (0-1)	Raisins, yogurt candy coated, 40 g*	1
Carbonated drinks, 375 g	1 (0-1)	Nigella seeds, 0.5 g	1	Cereal bar, with fruit, 35 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	Chewing gum, 3 g	1 (0-1)
Vanilla milkshake, 250 g*	2	Parsley, fresh, 1.5 g	1 (0-1)	Sherbet/sorbet, 129 g	1 (0-5)

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 nuts, 30 g*	2
Cookies with chocolate, 30 g	2 (0-4)
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
<b>Sugars and sweets</b>	
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)
Syrup, not chocolate, 60 g	1 (0-2)
Molasses, 20 g*	1
Sweetened evaporated milk, 30 g*	1
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)
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)
Marmelade, 15 g	1 (0-1)
Oyster sauce, 15 g*	1
Dips, dairy-based, 30 g	1 (0-2)
Pesto, no nuts, 60 g*	1
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 sauce, 15 g	1 (0-4)
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)
<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)
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.