

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)
Evaporated milk, 15 g	0 (0-1)
Cream cheese, 30 g	0 (0-1)
Quark, 100 g	1 (0-1)
Cheeses, 30 g	1 (0-2)
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)
Almond milk, 250 g*	1
Milk, 250 g	1 (0-5)
Rice milk, 250 g	1 (1-2)
Cultured milk (kefir, buttermilk), 188 g	1 (0-4)
Milk powder, 25 g	1 (0-3)
Yogurt, with or without fruit, 175 g	1 (0-5)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Soy milk, 250 g	5 (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
Hot cereal, wheat, dry, 40 g	1 (1-2)
Yeast dough, 55 g	1
Cold cereal, corn, 30 g	1 (0-2)
Rusk, plain or fruited, 30 g	1
English muffin, 55 g	1
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran, 30 g	1 (1-4)
Flatbread, 55 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Crackers, 30 g	1 (0-2)
Bagel, 85 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
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)
Bread, rye, 75 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, rye, cooked, 194 g	2
Bread, fruited, 75 g	2 (1-2)
Rolls, seeded, 55 g*	2
Cold cereals, junk food, 30 g	2 (1-3)
Hot cereal, rye, dry, 40 g*	2
Bread, whole wheat, 75 g	2 (1-3)
Hot cereal, rice, cooked, 194 g	2 (1-2)
Pasta, dry, 85 g	2 (1-4)
Rolls, multigrain, 55 g	2 (1-3)
Bread, gluten-free, 75 g	2 (0-4)
Barley, cooked, 140 g	2 (1-3)
Bread, multigrain, 75 g	2 (1-5)
Rolls, multigrain with fruit, 55 g*	3
Bread, seeded, 75 g	3 (1-6)
Cold cereal, oat ring, 15 g	4 (1-6)
Cold cereal, granola/muesli, 55 g	5 (1-10)
Buckwheat crackers, 30 g*	6
Hot cereal, millet, cooked, 194 g	7 (6-8)
Hot cereal, 4-grain, cooked, 194 g	7 (5-12)
Hot cereal, buckwheat, 140 g	9 (8-11)
Hot cereal, oat, cooked, 194 g	9 (2-19)
Whole grains, flours and starches	
Starch, potato, 10 g	0
Flour, potato, 30 g*	0
Flour, white, 30 g	1 (0-1)
Starch, rice, 10 g*	1
Starch, corn, 10 g*	1
Flour, rye, 30 g	1
Rye kernels, whole/cracked, 45 g	1
Flour, rye, whole, 30 g	1
Flour, barley, 30 g	1
Flour, spelt, 30 g*	1
Rice, white, cooked, 140 g	1 (1-2)
Semolina, 45 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Cornmeal, 30 g*	1
Wheat kernels/bulgur, 45 g	1 (1-3)
Wheat bran, 15 g	1 (1-3)
Flour, whole wheat, 30 g	1 (1-3)
Wheat germ, 15 g	2 (1-2)
Rice, brown, cooked, 140 g	2
Spelt, raw, 45 g	2
Rice, white, raw, 45 g	2 (1-2)

Flour, spelt, whole, 30 g*	2
Rice, brown, raw, 45 g	2 (1-2)
Flour, cassava, 30 g	2 (1-2)
Amaranth, raw, 45 g	2 (1-3)
Flour, teff, 30 g	2 (2-3)
Barley, raw, 45 g	2 (1-3)
Oat bran, 15 g*	2
Quinoa, raw, 45 g	3 (1-4)
Sorghum, 45 g*	3
Flour, rice, 30 g	4 (1-7)
Flour, millet, 30 g*	4
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
Fruits - Berries	
Lingonberries, 80 g	1
Pomegranate, 80 g*	1
Gooseberries, 80 g	1
Cranberries, 55 g	1
Currants, red or black, 80 g	1 (0-2)
Blueberries, 80 g	1 (1-2)
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
Fruits - Citrus	
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)
Fruits - Other	
Breadfruit, 140 g	1
Apple, 140 g	1 (0-2)
Cherries, 140 g	1
Mango, 140 g	1 (1-2)
Grape, 140 g	1 (0-7)
Jack fruit, 140 g	1 (1-2)
Banana, 140 g	1 (1-4)
Watermelon, 150 g	1 (1-4)

Pear, 140 g	1 (1-7)	Beet greens, 85 g*	2	Peas, 85 g	5 (1-19)
Kiwi, 140 g	1 (0-3)	Watercress, 85 g	2 (1-3)	Peas, dried, 35 g	6 (4-8)
Jujube, 140 g	2	Spinach, 85 g	2 (1-6)	Vegetables - Prepared	
Guava, 140 g	2 (1-2)	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)
Melons, 150 g	2 (1-5)	Radish leaves, 85 g*	3	Tomato, composite, 107.5 g	1 (0-1)
Papaya, 140 g	2 (1-6)	Arugula/rocket, 85 g*	3	Potato, instant, 17 g	1
Dragon fruit, 140 g	2 (1-3)	Collard greens, 85 g*	3	Onion, cooked, 130 g	1 (1-3)
Pineapple, 140 g	2 (1-7)	Fenugreek leaves, 85 g*	3	Turnip, cooked, 130 g	1 (1-2)
Fig, 140 g*	2	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Beets, canned, 130 g	1 (1-2)
Lychee, 140 g	3 (1-4)	Garden cress, 85 g*	4	Corn, canned, 130 g	1 (1-6)
Persimmon, 140 g	3 (3-4)	Nettle leaves, 85 g*	5	Corn, cooked, 130 g	1 (1-2)
Dates, fresh, 140 g*	3	Vegetables - Other		Cabbage, cooked, 130 g	1 (0-7)
Apricot, canned, 140 g	3 (1-22)	Olives, 15 g	1 (0-1)	Cabbage, sauerkraut, 85 g*	1
Passionfruit, 140 g*	4	Pickles, 30 g	1 (0-1)	Collard greens, cooked, 130 g	1 (1-4)
Star fruit, 140 g*	4	Tomato, 85 g	1 (0-2)	Spinach, canned, 130 g*	1
Plum, 140 g	5 (1-8)	Celery, 85 g	1 (0-2)	Nettles, cooked, 130 g*	1
Sapota, 140 g*	5	Mushrooms, 85 g	1 (0-7)	Potato, instant, prepared, 140 g*	1
Avocado, 140 g	5 (2-30)	Corn, 85 g	1 (1-2)	Mushroom, cooked, 130 g	1 (1-2)
Coconut, 140 g	11 (4-19)	Cucumber, 85 g	1 (0-3)	Carrot, composite or cooked, 107.5 g	1 (0-5)
Vegetables - Root		Leek, 85 g	1	Okra, cooked, 130 g	1 (1-2)
Onion, 85 g	1 (0-2)	Plantain, green, 85 g*	1	Cabbage, canned, 130 g*	1
Salsify, 85 g	1	Bamboo shoot, 85 g*	1	Broccoli, canned, 130 g*	1
Celeriac, 85 g	1	Cauliflower, 85 g	1 (0-3)	Pumpkin, canned or pickled, 130 g*	1
Carrot, 85 g	1 (0-1)	Taro stem, 85 g	1 (1-2)	Peppers, composite, 107.5 g	1 (1-7)
Rutabaga, 85 g	1	Peppers, 85 g	1 (0-3)	Zucchini, cooked, 130 g	1 (1-3)
Radish, 85 g	1	Spring onion, 40 g	1 (1-2)	Brussels sprouts, cooked, 130 g	1 (1-8)
Turnip, 85 g*	1	Tomato, sun-dried, 30 g*	1	Spinach, composite or cooked, 107.5 g	1 (1-3)
Kohlrabi, 85 g*	1	Bottle gourd, 85 g	1 (1-2)	Cauliflower, cooked, 130 g	1 (1-5)
Beets, 85 g	1 (1-3)	Rhubarb, 140 g	1 (1-2)	Potato, cooked, 167 g	1 (0-4)
Water chestnut, 85 g*	1	Eggplant, 85 g	1 (0-3)	Broccoli, composite or cooked, 107.5 g	1 (1-7)
Parsley root, 85 g*	1	Zucchini, 85 g	1 (0-3)	Beets, cooked, 130 g	1 (1-4)
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)	Sweet potato, canned, 167 g	2 (1-4)
Yam, 110 g	2 (2-3)	Broccoli, 85 g	2 (1-3)	Cauliflower, composite, 107.5 g	2 (1-4)
Sweet potato, 110 g	2 (1-3)	Squash, 85 g	2 (1-2)	Asparagus, canned, 130 g	2 (1-3)
Fennel, 85 g*	3	Artichoke, 85 g*	2	Asparagus, cooked, 130 g	2 (1-5)
Taro root, 110 g*	4	Snow pea, 85 g*	2	Potato, french fried, 70 g	2 (1-4)
Cassava, 110 g	4 (2-7)	Beans, runner, 85 g	2 (2-3)	Plantain, cooked, 167 g	2 (2-3)
Vegetables - Leafy		Pumpkin, 85 g	2 (1-3)	Winter squash, cooked, 130 g	2 (1-4)
Lettuces, 85 g	1 (0-3)	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)	Potato, cooked with skin, 167 g	2 (1-17)
Cabbage, 85 g	1 (1-5)	Brussels sprouts, 85 g	2 (1-5)	Green beans, composite or cooked, 107.5 g	2 (1-8)
Kale, 85 g	2	Bean sprouts, 65 g	3 (2-4)	Yam, cooked, 167 g*	2
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)
Tomato, canned, 130 g	4 (0-4)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4
Sweet potato, cooked, 167 g	5 (4-6)
Peas, canned, 130 g	7 (3-8)
Cassava, cooked, 167 g	7 (4-10)
Pumpkin, cooked, 130 g	7 (1-16)
Meat, poultry, eggs and substitutes	
Bacon, 54 g	0 (0-1)
Egg, 100 g	1 (0-1)
Venison, 125 g	1
Sausage, 75 g	1 (0-1)
Rabbit, 125 g	1 (0-1)
Ground beef and/or pork, 125 g	1 (0-1)
Beef, 125 g	1 (0-2)
Lamb, 125 g	1
Chicken, turkey and other poultry, 125 g	1 (0-3)
Veal, 125 g	1 (1-2)
Pork, 125 g	1 (0-1)
Black pudding, 75 g	1 (0-2)
Wild boar, 125 g	1 (1-2)
Mutton, 125 g	1 (1-2)
Seitan, 100 g*	1
Organ meats, 125 g	1 (0-4)
Soya sausage, 75 g*	2
Goat, 125 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
Cured meats, 125 g	1 (0-1)
Bacon, cooked, 15 g	1 (0-1)
Black pudding, cooked, 55 g	1 (0-1)
Venison, cooked, 100 g	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
Pate, 55 g	1 (0-4)
Sausage, cooked, 55 g	1 (0-5)
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)
Egg, cooked, 100 g	1 (0-7)
Organ meats, cooked, 100 g	1 (0-8)
Veal, cooked, 100 g	1 (0-3)
Pork, cooked, 100 g	1 (0-18)
Beef, cooked, 100 g	1 (0-12)

Lamb, cooked, 100 g	2 (0-9)
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)
Fish and seafood	
Fish, roe, 15 g	1 (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	2 (0-9)
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)
Fish, canned, 55 g	1 (0-1)
Shellfish, crustaceans, canned, 55 g	1 (0-1)
Shellfish, crustaceans, cooked, 100 g	1 (0-1)
Fish, pickled, 55 g	1 (0-1)
Shellfish, unspecified, cooked, 100 g	1 (1-3)
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, 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, cooked, 80 g	5 (1-12)
Other beans, fresh, 80 g	7 (2-10)
Other beans, canned, 80 g	7 (4-7)
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	21 (4-37)
Nuts and seeds	
Peanut butter, 15 g	1 (0-6)
Chestnuts, 30 g*	2
Peanuts, 30 g	2 (1-22)
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)
Nuts, mixed, 30 g	5 (4-25)
Flaxseed, 30 g	6 (5-7)
Hazelnuts, 30 g	6 (3-10)
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)
Walnuts, 30 g	9 (4-11)
Seeds, 30 g	9 (4-13)
Sunflower seeds, 30 g	10 (2-17)
Brazil nuts, 30 g*	14
Alfalfa seeds, 30 g	18 (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
Beer, 333 g	1 (0-13)
Wine, 188 g	1 (0-2)
Cider, 333 g	1 (0-2)
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, 250 g	1 (0-1)
Citrus juice, canned, 250 g	1 (0-1)
Fruit juice, concentrated, 62.5 g	1
Cherry juice, 250 g*	1
Grape juice, 250 g	1 (0-2)
Strawberry juice, 250 g*	1
Apple juice, canned or bottled, 250 g	1 (0-4)
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
Grapefruit juice, 250 g	1 (0-4)	Oat-based beverage, 250 g	4 (3-5)	Lemon balm, 0.5 g*	1
Peach juice, 250 g	1	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)	Herbs and spices		Oregano, dry, 0.5 g	1
Passionfruit juice, 250 g*	2	Salt, 1 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Apricot juice, 250 g*	2	Saffron, 0.5 g	0	Oregano, fresh, 1.5 g	1
Pineapple juice, 250 g	2 (1-2)	Chervil, 1.5 g*	0	Cayenne pepper, 0.5 g	1 (1-2)
Tomato 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	Fats and oils	
Tomato juice, bottled, 250 g	2 (2-6)	Dill, fresh, 1.5 g	0	Olive oil, 10 g	0
Vegetable juice, 250 g	2 (1-3)	Wasabi, dry, 0.5 g	0	Hazelnut oil, 10 g*	0
Goji juice, 250 g*	3	Cloves, 0.5 g	0	Cottonseed oil, 10 g	0
Mangosteen juice, 250 g*	3	Turmeric powder, 0.5 g	0	Corn oil, 10 g	0
Pomegranate juice, 250 g*	3	Allspice, 0.5 g	0	Grapeseed oil, 10 g*	0
Vegetable juice, canned, 250 g	3 (1-9)	Tamarind, 1.5 g*	0	Butter, 10 g	0 (0-1)
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	Rice oil, 10 g*	0
Beverages - Hot		Mint leaves, 1.5 g*	0	Vegetable oils, unspecified, 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)	Margarine, 10 g	0 (0-2)
Tea, herbal, dry, 3 g	1 (1-3)	Nutmeg, 0.5 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Green tea, brewed, loose, 250 g	1 (1-3)	Paprika, 0.5 g	0 (0-1)	Coconut oil, 10 g*	0
Cereal grain beverage, 250 g	1 (0-3)	Garlic, 4 g	0 (0-1)	Mustard oil, 10 g*	0
Coffee, beans, 14 g	2 (1-2)	Fenugreek, 0.5 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Herbs and spices, unspecified, 0.5 g	1 (0-1)	Canola/rapeseed oil, 10 g	0 (0-1)
Tea, herbal, brewed, 250 g	2 (1-4)	Garlic, dry, 0.5 g	1 (0-1)	Snacks and desserts	
Green tea, leaves, 3 g	2 (1-5)	Cardamom, 0.5 g	1 (0-1)	Breadfruit, dried, 40 g*	0
Tea, brewed, 250 g	2 (1-8)	Herbs de Provence, dry, 0.5 g	1	Popsicle, 30 g	0 (0-1)
Hot chocolate powder, 25 g	4 (2-5)	Peppermint, dry, 0.5 g	1	Ice cream, vanilla, 129 g	1 (0-2)
Hot chocolate, 250 g	5 (4-6)	Cumin, 0.5 g	1 (0-1)	Cookies, not chocolate, 30 g	1 (0-2)
Tea, leaves, 3 g	6 (1-51)	Marjoram, dry, 0.5 g	1	Pork rinds, 20 g	1
Beverages - Other		Mace, 0.5 g*	1	Gelatin dessert, 130 g	1 (0-1)
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	1 (0-2)	Cinnamon, 0.5 g	1 (0-1)	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	Sherbet/sorbet, 129 g	1 (0-5)
Iced tea, 375 g*	1	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)	Applesauce, 110 g	1 (0-3)

Dried strawberry, 40 g*	1
Banana chips, 40 g*	1
Raisins, 40 g	1 (0-5)
Cereal bar, rice, 35 g*	1
Dried currants, 40 g*	1
Potato chips, 50 g	1 (1-3)
Savoury crisps, 50 g	1 (1-2)
Corn chips, 50 g	2 (1-2)
Dried dates, 40 g	2 (1-2)
Snacks, corn-based, 50 g	2
Popcorn, 50 g	2 (0-5)
Cookies with chocolate, 30 g	2 (0-4)
Cookies with nuts, 30 g*	2
Dried rosehips, 40 g*	2
Cereal bar, with chocolate, 35 g	2 (2-3)
Licorice, 40 g	2 (1-3)
Dried fruit, mixed, 40 g	2 (0-7)
Prunes, 40 g	3
Cereal bar, multigrain, 35 g	3 (1-5)
Ice cream desserts, 129 g	3 (1-7)
Ice cream desserts, soy, 129 g*	3
Dried apricots, 40 g	4 (2-5)
Cookies with chocolate and nuts, 40 g*	4
Dried figs, 40 g*	6
Snacks, fried chickpea, 50 g*	13
Sugars and sweets	
Sugar, white, 4 g	0
Xylitol, 1.4 g*	0
Fructose, 4 g*	0
Sugar, brown, 4 g	0
Fruit gums, 40 g*	0
Honey, 20 g	0 (0-5)
Candy, 40 g	1 (0-6)
Molasses, 20 g*	1
Syrup, not chocolate, 60 g	1 (0-2)
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	1 (1-6)
Chocolate confections with nuts, 40 g	2 (0-9)
Pudding, chocolate, 130 g*	2
Chocolate confections, 40 g	4 (1-11)
Syrup, chocolate, 60 g	6 (1-8)
Confections with nuts, 50 g	6 (1-14)
Chocolate, 40 g	8 (3-20)

Sauces, dips, condiments and spreads

Mayonnaise, 15 g	0 (0-1)
Mustard, 5 g	0 (0-1)
Fruit jelly, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Fruit jams, 15 g	0 (0-2)
Dressings, 30 g	0 (0-8)
Horseradish, 5 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Oyster sauce, 15 g*	1
Marmelade, 15 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
Pesto, no nuts, 60 g*	1
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Sweet and sour sauce, 30 g	1 (0-1)
Teriyaki sauce, 15 g*	1
Soy sauce, 15 g	1 (0-4)
BBQ sauce, 15 g*	1
Soy mayonnaise, 15 g*	1
Salsa, 60 g	1 (0-3)
Gravy, 60 g	1 (0-4)
Chocolate hazelnut spread, 15 g	2
Hummus, 30 g	2
Barley malt, dried, 30 g*	2
Tartar sauce, 30 g	2 (0-5)
Pesto made with nuts, 60 g*	3
Dressings, Kraft, 30 g	14 (3-22)
Miscellaneous	
Vanilla extract, 1 g	0
Yeast, 0.6 g	0
Baking powder, 0.6 g	0 (0-1)
Baking soda, 0.6 g	1 (0-1)
Vinegar, 15 g	1 (0-1)
Agar, 0.6 g*	1
Bouillon powder, 6 g	1 (0-1)
Tomato sauce, 60 g	1 (1-3)
Tomato paste, 30 g	2 (1-3)
Broth, 250 g	2 (1-2)
Coconut milk, canned, 83 g	2 (0-3)
Coconut, dried, 15 g	3 (1-5)
Cocoa powder, 5 g	5 (3-7)

Legend

Less than 1 µg nickel per serving	
Less than 10 µg nickel per serving	
Less than 20 µg nickel per serving	
More than 30 µg nickel per serving	

- For adults, a reasonable target is 15 points per day.
- Foods are ordered from lowest to highest average nickel score.
- A * means there are very few measurements, so it's unreliable.
- Minimum and maximum scores are shown in brackets beside the average score. If the range is large, be suspicious.
- Avoid stainless steel utensils and equipment except 18/0. Line metal pans with parchment paper.
- Pay attention to serving sizes! We recommend using a kitchen scale until you get used to serving sizes. For reference, 1 gram is approximately 1 mL of a liquid, so for liquids:
 - 5 g ~ 5 mL ~ 1 tsp
 - 15 g ~ 15 mL ~ 1 tbsp
 - 30 g ~ 30 mL ~ 1 fl oz
 - 60 g ~ 60 mL ~ 1/4 cup
 - 125 g ~ 125 mL ~ 1/2 cup
- "Prepared" meats, fish and vegetables are separated from raw because cooking affects nickel content. If someone else is doing the cooking, use the "prepared" score. If you are preparing the food with low nickel equipment, use the regular score.
- Follow all appropriate hygiene and food preparation standards.

For more information, see <http://rebelytics.ca/nickelinfoods.html>.

To explore the data, change serving sizes and log your nickel intake, try the Nickel Navigator app, available for both iOS and Android.

NOTE: This diet is intended for individuals with a diagnosed nickel allergy. If you have not been patch tested, please do so before starting this diet. Consult a medical professional or nutritional advisor to ensure that your long-term dietary needs are being met.