

**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, butter-type, 30 g	1 (0-1)
Crackers, saltine or cream, 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)
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)
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran, 30 g	1 (1-4)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Rolls and biscuits, 55 g	1 (1-2)
Crackers, 30 g	1 (0-2)
Bread, white, 75 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Crispbread, 30 g	1 (1-2)
Bread, barley, 75 g	1 (1-2)

Pasta, cooked, 215 g	1 (0-3)
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)
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)

**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)
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

**Fruits - Berries**

Lingonberries, 80 g	1
Gooseberries, 80 g	1
Cranberries, 55 g	1
Pomegranate, 80 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	2 (0-7)
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)
Citrus fruits, unspecified, 140 g	1 (1-2)
Pomelo, 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
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)
Pear, 140 g	1 (1-7)

Kiwi, 140 g	1 (0-3)	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	Corn, cooked, 130 g	1 (1-2)
Persimmon, 140 g	3 (3-4)	Nettle leaves, 85 g*	5	Beets, canned, 130 g	1 (1-2)
Dates, fresh, 140 g*	3	<b>Vegetables - Other</b>		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)	Zucchini, cooked, 130 g	1 (1-3)
Star fruit, 140 g*	4	Tomato, 85 g	1 (0-2)	Okra, 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	Cucumber, 85 g	1 (0-3)	Mushroom, cooked, 130 g	1 (1-2)
Avocado, 140 g	6 (2-30)	Corn, 85 g	1 (1-2)	Nettles, cooked, 130 g*	1
Coconut, 140 g	11 (4-19)	Leek, 85 g	1	Potato, instant, prepared, 140 g*	1
<b>Vegetables - Root</b>		Mushrooms, 85 g	1 (0-7)	Collard greens, cooked, 130 g	1 (1-4)
Onion, 85 g	1 (0-2)	Plantain, green, 85 g*	1	Carrot, composite or cooked, 107.5 g	1 (0-5)
Salsify, 85 g	1	Bamboo shoot, 85 g*	1	Cabbage, canned, 130 g*	1
Carrot, 85 g	1 (0-1)	Cauliflower, 85 g	1 (0-3)	Broccoli, canned, 130 g*	1
Celeriac, 85 g	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)	Potato, cooked, 167 g	1 (0-4)
Radish, 85 g	1	Tomato, sun-dried, 30 g*	1	Brussels sprouts, cooked, 130 g	1 (1-8)
Turnip, 85 g*	1	Peppers, 85 g	1 (0-3)	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)	Eggplant, 85 g	1 (0-3)	Broccoli, composite or cooked, 107.5 g	1 (1-7)
Water chestnut, 85 g*	1	Rhubarb, 140 g	1 (1-2)	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)	Potato, french fried, 70 g	2 (1-4)
Yam, 110 g	2 (2-3)	Broccoli, 85 g	2 (1-3)	Winter squash, cooked, 130 g	2 (1-4)
Sweet potato, 110 g	2 (1-3)	Squash, 85 g	2 (1-2)	Cauliflower, composite, 107.5 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	Plantain, cooked, 167 g	2 (2-3)
Cassava, 110 g	4 (2-7)	Beans, runner, 85 g	2 (2-3)	Sweet potato, canned, 167 g	2 (1-4)
<b>Vegetables - Leafy</b>		Pumpkin, 85 g	2 (1-3)	Mushroom, canned, 130 g	2 (1-2)
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)	Potato, cooked with skin, 167 g	2 (1-17)
Cabbage, 85 g	1 (1-5)	Brussels sprouts, 85 g	2 (1-5)	Asparagus, cooked, 130 g	2 (1-5)
Kale, 85 g	2	Bean sprouts, 65 g	3 (2-4)	Yam, cooked, 167 g*	2
Head/iceberg lettuce, 85 g	2 (0-9)	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)	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)
<b>Meat, poultry, eggs and substitutes</b>	
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
<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)
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)
Pork, cooked, 100 g	1 (0-18)
Egg, cooked, 100 g	1 (0-7)
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)
Sausage, cooked, 55 g	1 (0-5)
Veal, cooked, 100 g	1 (0-3)
Lamb, cooked, 100 g	1 (0-9)
Beef, cooked, 100 g	1 (0-12)

Organ meats, cooked, 100 g	1 (0-8)
Mutton, cooked, 100 g	2 (1-6)
Pork, cured, cooked, 55 g	2 (0-39)
Ground beef and/or pork, cooked, 100 g	2 (0-31)
<b>Fish and seafood</b>	
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)
<b>Fish and seafood - Prepared</b>	
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
<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
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	20 (4-37)
<b>Nuts and seeds</b>	
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)
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)
Nuts, mixed, 30 g	8 (4-25)
Walnuts, 30 g	9 (4-11)
Seeds, 30 g	9 (4-13)
Sunflower seeds, 30 g	11 (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
<b>Beverages - Alcoholic</b>	
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
<b>Beverages - Juices</b>	
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
Apple juice, canned or bottled, 250 g	1 (0-4)
Grape juice, 250 g	1 (0-2)
Strawberry juice, 250 g*	1
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
Citrus juice, from concentrate, 250 g	1 (0-14)	Coconut water, 375 g	9 (2-17)	Pepper, black, 0.5 g	1 (0-2)
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	<b>Herbs and spices</b>		Oregano, dry, 0.5 g	1
Passionfruit juice, 250 g*	2	Saffron, 0.5 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Apricot juice, 250 g*	2	Salt, 1 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	<b>Fats and oils</b>	
Vegetable juice, 250 g	2 (1-3)	Wasabi, dry, 0.5 g	0	Olive oil, 10 g	0
Tomato juice, bottled, 250 g	2 (2-6)	Dill, fresh, 1.5 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	Vegetable oils, unspecified, 10 g	0 (0-1)
Vegetable juice, canned, 250 g	3 (1-9)	Tamarind, 1.5 g*	0	Grapeseed oil, 10 g*	0
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
Coffee, brewed, 250 g	1 (0-5)	Cilantro, 1.5 g	0	Palm oil, 10 g	0
Rosehip powder, 3 g*	1	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)	Curry, 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	Gelatin dessert, 130 g	1 (0-1)
Hot chocolate, 250 g	5 (4-6)	Cumin, 0.5 g	1 (0-1)	Ice cream, vanilla, 129 g	1 (0-2)
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)	Applesauce, 110 g	1 (0-3)
Carbonated drinks, 375 g	1 (0-1)	Nigella seeds, 0.5 g	1	Raisins, yogurt candy coated, 40 g*	1
Iced tea, 375 g*	1	Mint, dry, 0.5 g*	1	Cereal bar, with fruit, 35 g	1
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
Raisins, 40 g	1 (0-5)
Banana chips, 40 g*	1
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
<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
Pesto, no nuts, 60 g*	1
Sweet and sour sauce, 30 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
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.