

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

Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, rice, dry, 40 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)
Bread, whole wheat, 75 g	2 (1-3)
Hot cereal, rye, dry, 40 g*	2
Hot cereal, rice, cooked, 194 g	2 (1-2)
Rolls, multigrain, 55 g	2 (1-3)
Bread, gluten-free, 75 g	2 (0-4)
Pasta, dry, 85 g	2 (1-4)
Barley, cooked, 140 g	2 (1-3)
Bread, multigrain, 75 g	2 (1-5)
Bread, seeded, 75 g	3 (1-6)
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)
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
Semolina, 45 g	1 (1-2)
Rice, white, cooked, 140 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
Flour, cassava, 30 g	2 (1-2)

Rice, brown, raw, 45 g	2 (1-2)
Rice, white, raw, 45 g	2 (1-2)
Flour, spelt, whole, 30 g*	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
Flour, rice, 30 g	2 (1-7)
Quinoa, raw, 45 g	3 (1-4)
Sorghum, 45 g*	3
Flour, millet, 30 g*	4
Flour, buckwheat, 30 g*	4
Flour, soy, 15 g	6 (5-6)
Oats, raw, 40 g	6 (2-12)
Millet, raw, 40 g	6 (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)
Strawberries, 140 g	2 (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)
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)
Watermelon, 150 g	1 (1-4)
Jack fruit, 140 g	1 (1-2)
Banana, 140 g	1 (1-4)
Pear, 140 g	1 (1-7)

Kiwi, 140 g	1 (0-3)	Kohlrabi leaves, 85 g*	2	Peas, 85 g	5 (1-19)
Grape, 140 g	1 (0-7)	Beet greens, 85 g*	2	Peas, dried, 35 g	6 (4-8)
Jujube, 140 g	2	Watercress, 85 g	2 (1-3)	Vegetables - Prepared	
Guava, 140 g	2 (1-2)	Alfalfa sprouts, 85 g	3 (2-3)	Mushroom, composite, 107.5 g	0 (0-1)
Papaya, 140 g	2 (1-6)	Radish leaves, 85 g*	3	Eggplant, cooked, 130 g	1 (0-2)
Peach or nectarine, 140 g	2 (1-20)	Seaweed, 15 g	3 (1-3)	Tomato, composite, 107.5 g	1 (0-1)
Dragon fruit, 140 g	2 (1-3)	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Potato, instant, 17 g	1
Melons, 150 g	2 (1-5)	Arugula/rocket, 85 g*	3	Onion, cooked, 130 g	1 (1-3)
Pineapple, 140 g	2 (1-7)	Collard greens, 85 g*	3	Turnip, cooked, 130 g	1 (1-2)
Fig, 140 g*	2	Fenugreek leaves, 85 g*	3	Beets, canned, 130 g	1 (1-2)
Apricot, canned, 140 g	2 (1-22)	Garden cress, 85 g*	4	Corn, cooked, 130 g	1 (1-2)
Lychee, 140 g	3 (1-4)	Nettle leaves, 85 g*	5	Corn, canned, 130 g	1 (1-6)
Dates, fresh, 140 g*	3	Vegetables - Other		Collard greens, cooked, 130 g	1 (1-4)
Persimmon, 140 g	4 (3-4)	Pickles, 30 g	0 (0-1)	Cabbage, sauerkraut, 85 g*	1
Passionfruit, 140 g*	4	Olives, 15 g	1 (0-1)	Peppers, composite, 107.5 g	1 (1-7)
Plum, 140 g	4 (1-8)	Tomato, 85 g	1 (0-2)	Spinach, canned, 130 g*	1
Star fruit, 140 g*	4	Celery, 85 g	1 (0-2)	Nettles, cooked, 130 g*	1
Sapota, 140 g*	5	Mushrooms, 85 g	1 (0-7)	Cabbage, cooked, 130 g	1 (0-7)
Avocado, 140 g	5 (2-30)	Leek, 85 g	1	Potato, instant, prepared, 140 g*	1
Coconut, 140 g	12 (4-19)	Cucumber, 85 g	1 (0-3)	Carrot, composite or cooked, 107.5 g	1 (0-5)
Vegetables - Root		Corn, 85 g	1 (1-2)	Mushroom, cooked, 130 g	1 (1-2)
Onion, 85 g	1 (0-2)	Plantain, green, 85 g*	1	Brussels sprouts, cooked, 130 g	1 (1-8)
Salsify, 85 g	1	Peppers, 85 g	1 (0-3)	Cabbage, canned, 130 g*	1
Celeriac, 85 g	1	Cauliflower, 85 g	1 (0-3)	Okra, cooked, 130 g	1 (1-2)
Rutabaga, 85 g	1	Bamboo shoot, 85 g*	1	Broccoli, canned, 130 g*	1
Radish, 85 g	1	Taro stem, 85 g	1 (1-2)	Pumpkin, canned or pickled, 130 g*	1
Carrot, 85 g	1 (0-1)	Spring onion, 40 g	1 (1-2)	Spinach, composite or cooked, 107.5 g	1 (1-3)
Turnip, 85 g*	1	Eggplant, 85 g	1 (0-3)	Zucchini, cooked, 130 g	1 (1-3)
Kohlrabi, 85 g*	1	Rhubarb, 140 g	1 (1-2)	Cauliflower, cooked, 130 g	1 (1-5)
Beets, 85 g	1 (1-3)	Bottle gourd, 85 g	1 (1-2)	Broccoli, composite or cooked, 107.5 g	1 (1-7)
Potato, 110 g	1 (0-5)	Tomato, sun-dried, 30 g*	1	Potato, cooked, 167 g	1 (0-4)
Water chestnut, 85 g*	1	Zucchini, 85 g	1 (0-3)	Rutabaga, cooked, 130 g	1 (1-9)
Parsley root, 85 g*	1	Broccoli, 85 g	1 (1-3)	Asparagus, canned, 130 g	2 (1-3)
Parsnip, 85 g	2 (1-3)	Squash, 85 g	1 (1-2)	Sweet potato, canned, 167 g	2 (1-4)
Yam, 110 g	2 (2-3)	Ridge gourd, 85 g	2	Asparagus, cooked, 130 g	2 (1-5)
Sweet potato, 110 g	2 (1-3)	Snake gourd, 85 g	2 (1-2)	Cauliflower, composite, 107.5 g	2 (1-4)
Fennel, 85 g*	3	Beans, runner, 85 g	2 (2-3)	Green beans, canned, 130 g	2 (1-5)
Taro root, 110 g*	4	Artichoke, 85 g*	2	Beets, cooked, 130 g	2 (1-4)
Cassava, 110 g	4 (2-7)	Snow pea, 85 g*	2	Potato, french fried, 70 g	2 (1-4)
Vegetables - Leafy		Pumpkin, 85 g	2 (1-3)	Plantain, cooked, 167 g	2 (2-3)
Lettuces, 85 g	1 (0-3)	Green beans, 85 g	2 (2-5)	Winter squash, cooked, 130 g	2 (1-4)
Mustard leaves, 85 g	1 (1-2)	Bean sprouts, 65 g	2 (2-4)	Potato, cooked with skin, 167 g	2 (1-17)
Cabbage, 85 g	1 (1-5)	Brussels sprouts, 85 g	2 (1-5)	Mushroom, canned, 130 g	2 (1-2)
Chard, 85 g	1 (1-2)	Bitter melon, 85 g	2 (1-4)	Green beans, composite or cooked, 107.5 g	2 (1-8)
Kale, 85 g	2	Asparagus, 85 g	3 (2-4)	Yam, cooked, 167 g*	2
Spinach, 85 g	2 (1-6)	Okra, 85 g	3 (2-5)	Tomato, canned, 130 g	2 (0-4)
Head/iceberg lettuce, 85 g	2 (0-9)	Chayote, 85 g	4 (1-7)	Taro, cooked, 167 g	3

En choy (chinese spinach), cooked, 130 g*	3
Peas, cooked, 130 g	3 (1-11)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4
Sweet potato, cooked, 167 g	5 (4-6)
Peas, canned, 130 g	6 (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)
Venison, 125 g	1
Sausage, 75 g	1 (0-1)
Egg, 100 g	1 (0-1)
Rabbit, 125 g	1 (0-1)
Beef, 125 g	1 (0-2)
Ground beef and/or pork, 125 g	1 (0-1)
Lamb, 125 g	1
Pork, 125 g	1 (0-1)
Veal, 125 g	1 (1-2)
Chicken, turkey and other poultry, 125 g	1 (0-3)
Wild boar, 125 g	1 (1-2)
Black pudding, 75 g	1 (0-2)
Mutton, 125 g	1 (1-2)
Organ meats, 125 g	1 (0-4)
Seitan, 100 g*	1
Horse, 125 g	1 (1-3)
Soya sausage, 75 g*	2
Goat, 125 g*	2
Mithun, 125 g	5 (3-8)
TVP (texturized vegetable protein), 100 g*	13
Meat, poultry and eggs - Prepared	
Rabbit, cooked, 100 g*	0
Bacon, cooked, 15 g	1 (0-1)
Cured meats, 125 g	1 (0-1)
Black pudding, cooked, 55 g	1 (0-1)
Venison, cooked, 100 g	1
Lunch meat, canned, 55 g	1 (0-1)
Lunch meat, 55 g	1 (0-2)
Meat jellies, 120 g	1 (0-1)
Egg powder, 20 g	1
Sausage, cooked, 55 g	1 (0-5)
Pate, 55 g	1 (0-4)
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)
Lamb, cooked, 100 g	2 (0-9)
Mutton, cooked, 100 g	2 (1-6)

Beef, cooked, 100 g	2 (0-12)
Pork, cooked, 100 g	2 (0-18)
Pork, cured, cooked, 55 g	4 (0-39)
Ground beef and/or pork, cooked, 100 g	5 (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)
Fish, 125 g	1 (0-9)
Eel, 125 g	2 (0-3)
Shellfish, oysters or clams, 125 g	4 (3-6)
Shellfish, mussels, 125 g	11 (9-16)
Shellfish, scallops, 125 g	19 (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)
Shellfish, crustaceans, cooked, 100 g	1 (0-1)
Fish, canned, 55 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
Other beans, cooked, 80 g	5 (1-12)
Beans, fava, fresh, 80 g	6 (3-7)
Other beans, canned, 80 g	6 (4-7)
Other beans, fresh, 80 g	7 (2-10)
Beans, chickpea, dried, 35 g	7 (3-11)
Beans, lentil, cooked, 80 g*	8
Beans, lentil, dried, 35 g	9 (4-11)
Other beans, dried, 35 g	9 (2-12)
Beans, soya, dried, 35 g	12 (6-25)
Beans, white, dried, 35 g	13 (12-14)

Soya flakes, 35 g*	15
Tofu, 85 g	31 (4-37)
Nuts and seeds	
Peanut butter, 15 g	1 (0-6)
Chestnuts, 30 g*	2
Safflower seeds, 30 g*	2
Peanuts, 30 g	2 (1-22)
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	4 (4-25)
Pumpkin seeds, 30 g	5 (3-10)
Flaxseed, 30 g	6 (5-7)
Hazelnuts, 30 g	6 (3-10)
Pecans, 30 g*	6
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
Cashews, 30 g	19 (16-23)
Alfalfa seeds, 30 g	19 (12-22)
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
Cherry juice, 250 g*	1
Citrus juice, 250 g	1 (0-1)
Fruit drink, 250 g	1 (0-3)
Citrus juice, canned, 250 g	1 (0-1)
Fruit juice, concentrated, 62.5 g	1
Strawberry juice, 250 g*	1
Plum juice, 250 g*	1
Aloe juice, 250 g*	1
Grape juice, 250 g	1 (0-2)

Sugarcane juice, 250 g*	1	Malt drink, 250 g	2 (1-3)	Sage, dry, 0.5 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	Chocolate milk, 250 g	2 (1-5)	Anchovy paste, 15 g	1
Grapefruit juice, 250 g	1 (0-4)	Energy drink, 375 g	2 (1-12)	Lemon balm, 0.5 g*	1
Peach juice, 250 g	1	Oat-based beverage, 250 g	4 (3-5)	Basil, fresh, 1.5 g	1
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	7 (2-17)	Pepper, black, 0.5 g	1 (0-2)
Pineapple juice, 250 g	2 (1-2)	Herbs and spices		Oregano, dry, 0.5 g	1
Tomato juice, 250 g	2	Saffron, 0.5 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Passionfruit juice, 250 g*	2	Salt, 1 g	0	Oregano, fresh, 1.5 g	1
Apricot juice, 250 g*	2	Chervil, 1.5 g*	0	Cayenne pepper, 0.5 g	1 (1-2)
Tomato juice, canned, 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	1 (1-2)
Tomato juice, bottled, 250 g	2 (2-6)	Dill, fresh, 1.5 g	0	Fats and oils	
Citrus juice, from concentrate, 250 g	2 (0-14)	Annatto, 0.5 g	0	Olive oil, 10 g	0
Vegetable juice, canned, 250 g	2 (1-9)	Wasabi, dry, 0.5 g	0	Hazelnut oil, 10 g*	0
Vegetable juice, 250 g	3 (1-3)	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	4 (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	Rice oil, 10 g*	0
Beverages - Hot		Mint leaves, 1.5 g*	0	Lard, 10 g	0
Instant coffee, 3 g	1	Ginger, dry, 0.5 g	0 (0-1)	Palm oil, 10 g	0
Rosehip powder, 3 g*	1	Cilantro, 1.5 g	0	Sunflower oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-4)	Chives, 1.5 g*	0	Sesame oil, 10 g	0
Tea, brewed, bag, 250 g	1 (0-3)	Parsley, dry, 0.5 g	0 (0-1)	Vegetable oils, unspecified, 10 g	0 (0-1)
Coffee, brewed, 250 g	1 (0-5)	Curry leaves, dry, 0.5 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Green tea, brewed, loose, 250 g	1 (1-3)	Nutmeg, 0.5 g	0 (0-1)	Coconut oil, 10 g*	0
Coffee, beans, 14 g	1 (1-2)	Paprika, 0.5 g	0 (0-1)	Margarine, 10 g	0 (0-2)
Tea, herbal, dry, 3 g	1 (1-3)	Garlic, 4 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Cereal grain beverage, 250 g	1 (0-3)	Fenugreek, 0.5 g	0 (0-1)	Mustard oil, 10 g*	0
Green tea, brewed, bag, 250 g	2 (1-3)	Garlic, dry, 0.5 g	1 (0-1)	Canola/rapeseed oil, 10 g	0 (0-1)
Tea, herbal, brewed, 250 g	2 (1-4)	Herbs and spices, unspecified, 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	3 (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)	Dried cherries, 40 g*	1
Tea, leaves, 3 g	6 (1-51)	Marjoram, dry, 0.5 g	1	Cookies, not chocolate, 30 g	1 (0-2)
Beverages - Other		Basil, dry, 0.5 g	1 (0-1)	Pork rinds, 20 g	1
Soft drink syrup, 30 g	0	Mace, 0.5 g*	1	Gelatin dessert, 130 g	1 (0-1)
Strawberry milk, 250 g*	0	Curry leaves, 1.5 g*	1	Graham crackers, 30 g	1 (0-1)
Carbonated drinks, 375 g	1 (0-1)	Nigella seeds, 0.5 g	1	Sherbet/sorbet, 129 g	1 (0-5)
Water, tap, 375 g	1 (0-2)	Cinnamon, 0.5 g	1 (0-1)	Cereal bar, with fruit, 35 g	1
Carbonated drinks, canned, 375 g	1 (0-5)	Mint, dry, 0.5 g*	1	Raisins, yogurt candy coated, 40 g*	1
Iced tea, 375 g*	1	Rosemary, fresh, 1.5 g	1	Chewing gum, 3 g	1 (0-1)
Water, bottled, 375 g	1 (0-19)	Anise, 0.5 g*	1	Pretzels, 50 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
Savoury crisps, 50 g	1 (1-2)
Raisins, 40 g	1 (0-5)
Cereal bar, rice, 35 g*	1
Dried currants, 40 g*	1
Potato chips, 50 g	1 (1-3)
Corn chips, 50 g	2 (1-2)
Dried dates, 40 g	2 (1-2)
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	3 (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
Sweetened evaporated milk, 30 g*	1
Syrup, not chocolate, 60 g	1 (0-2)
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)
Confections with nuts, 50 g	5 (1-14)
Syrup, chocolate, 60 g	6 (1-8)
Chocolate, 40 g	8 (3-20)

Sauces, dips, condiments and spreads

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)
Dips, dairy-based, 30 g	0 (0-2)
Horseradish, 5 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Oyster sauce, 15 g*	1
Marmelade, 15 g	1 (0-1)
Pesto, no nuts, 60 g*	1
Chutney, 15 g	1 (0-1)
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	2 (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.