

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)
Quark, 100 g	1 (0-1)
Crème fraîche, 55 g	1 (0-1)
Cheeses, 30 g	1 (0-2)
Yogurt drink, 188 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Milk, 250 g	1 (0-5)
Almond milk, 250 g*	1
Yogurt, with or without fruit, 175 g	1 (0-5)
Cottage cheese, 125 g	1 (0-4)
Rice milk, 250 g	1 (1-2)
Milk powder, 25 g	1 (0-3)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Cultured milk (kefir, buttermilk), 188 g	2 (0-4)
Soy milk, 250 g	5 (1-13)

Grain products and bakery

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
Flatbread, 55 g	1 (1-2)
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran, 30 g	1 (1-4)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Rolls and biscuits, 55 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Crackers, 30 g	1 (0-2)
Bread, white, 75 g	1 (1-2)
Crispbread, 30 g	1 (1-2)
Bread, barley, 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)
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
Hot cereal, rye, dry, 40 g*	2
Cold cereals, junk food, 30 g	2 (1-3)
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, 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)
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

Rice, brown, raw, 45 g	2 (1-2)
Flour, spelt, whole, 30 g*	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
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	1 (0-15)
Raspberries, 80 g	2 (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)
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
Grape, 140 g	1 (0-7)
Kiwi, 140 g	1 (0-3)
Banana, 140 g	1 (1-4)
Mango, 140 g	1 (1-2)
Jack fruit, 140 g	1 (1-2)

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

Sweet potato, cooked, 167 g	4 (4-6)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4
Peas, cooked, 130 g	4 (1-11)
Rutabaga, cooked, 130 g	4 (1-9)
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
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)
Pate, 55 g	1 (0-4)
Egg, cooked, 100 g	1 (0-7)
Egg powder, 20 g	1
Veal, cooked, 100 g	1 (0-3)
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)
Sausage, cooked, 55 g	1 (0-5)
Pork, cooked, 100 g	1 (0-18)
Organ meats, cooked, 100 g	1 (0-8)
Lamb, cooked, 100 g	1 (0-9)

Beef, cooked, 100 g	1 (0-12)
Mutton, cooked, 100 g	2 (1-6)
Pork, cured, cooked, 55 g	2 (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)
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	6 (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)

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)
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	8 (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)
Nuts, mixed, 30 g	18 (4-25)
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)
Cherry juice, 250 g*	1
Citrus juice, 250 g	1 (0-1)
Fruit juice, concentrated, 62.5 g	1
Grape juice, 250 g	1 (0-2)
Strawberry juice, 250 g*	1
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
Apple juice, canned or bottled, 250 g	1 (0-4)	Chocolate milk, 250 g	3 (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
Citrus juice, from concentrate, 250 g	1 (0-14)	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
Grapefruit juice, 250 g	1 (0-4)	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)	Herbs and spices		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	Fats and oils	
Vegetable juice, canned, 250 g	2 (1-9)	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
Vegetable juice, 250 g	2 (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	Vegetable oils, unspecified, 10 g	0 (0-1)
Pomegranate juice, 250 g*	3	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	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	Butter, 10 g	0 (0-1)
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)	Snacks and desserts	
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
Beverages - Other		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	Chewing gum, 3 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	Graham crackers, 30 g	1 (0-1)
Iced tea, 375 g*	1	Mint, dry, 0.5 g*	1	Raisins, yogurt candy coated, 40 g*	1
Water, bottled, 375 g	1 (0-19)	Rosemary, fresh, 1.5 g	1	Cereal bar, with fruit, 35 g	1
Carbonated drinks, canned, 375 g	2 (0-5)	Anise, 0.5 g*	1	Pretzels, 50 g	1 (0-1)
Vanilla milkshake, 250 g*	2	Parsley, fresh, 1.5 g	1 (0-1)	Raisins, 40 g	1 (0-5)

Dried strawberry, 40 g*	1
Banana chips, 40 g*	1
Cereal bar, rice, 35 g*	1
Sherbet/sorbet, 129 g	1 (0-5)
Dried currants, 40 g*	1
Potato chips, 50 g	1 (1-3)
Corn chips, 50 g	1 (1-2)
Savoury crisps, 50 g	1 (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
Cereal bar, with chocolate, 35 g	2 (2-3)
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)
Dried fruit, mixed, 40 g	2 (0-7)
Prunes, 40 g	3
Cereal bar, multigrain, 35 g	3 (1-5)
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	
Xylitol, 1.4 g*	0
Sugar, white, 4 g	0
Fructose, 4 g*	0
Sugar, brown, 4 g	0
Fruit gums, 40 g*	0
Candy, 40 g	1 (0-6)
Honey, 20 g	1 (0-5)
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
Chocolate confections with nuts, 40 g	2 (0-9)
Pudding, not chocolate, 130 g	2 (1-6)
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)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Fruit jelly, 15 g	0 (0-1)
Fruit jams, 15 g	0 (0-2)
Horseradish, 5 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Dressings, 30 g	1 (0-8)
Dips, dairy-based, 30 g	1 (0-2)
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)
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)
Gravy, 60 g	1 (0-4)
Soy sauce, 15 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
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.