

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)
Almond milk, 250 g*	1
Cottage cheese, 125 g	1 (0-4)
Yogurt, with or without fruit, 175 g	1 (0-5)
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
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
Flatbread, 55 g	1 (1-2)
Rice cakes, 15 g*	1
Cold cereal, wheat bran, 30 g	1 (1-4)
Pasta, rice, cooked, 215 g*	1
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

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
Pomegranate, 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

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
Cherries, 140 g	1
Apple, 140 g	1 (0-2)
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)
Jujube, 140 g	2	Spinach, 85 g	2 (1-6)	Vegetables - Prepared	
Peach or nectarine, 140 g	2 (1-20)	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	Corn, cooked, 130 g	1 (1-2)
Fig, 140 g*	2	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Corn, canned, 130 g	1 (1-6)
Apricot, canned, 140 g	2 (1-22)	Garden cress, 85 g*	4	Cabbage, sauerkraut, 85 g*	1
Lychee, 140 g	3 (1-4)	Nettle leaves, 85 g*	5	Beets, canned, 130 g	1 (1-2)
Persimmon, 140 g	3 (3-4)	Vegetables - Other		Onion, cooked, 130 g	1 (1-3)
Dates, fresh, 140 g*	3	Olives, 15 g	1 (0-1)	Okra, cooked, 130 g	1 (1-2)
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)	Zucchini, cooked, 130 g	1 (1-3)
Coconut, 140 g	11 (4-19)	Cucumber, 85 g	1 (0-3)	Cabbage, canned, 130 g*	1
Vegetables - Root		Leek, 85 g	1	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	Spinach, composite or cooked, 107.5 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)	Collard greens, cooked, 130 g	1 (1-4)
Rutabaga, 85 g	1	Spring onion, 40 g	1 (1-2)	Carrot, composite or cooked, 107.5 g	1 (0-5)
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)	Beets, cooked, 130 g	1 (1-4)
Kohlrabi, 85 g*	1	Eggplant, 85 g	1 (0-3)	Broccoli, composite or cooked, 107.5 g	1 (1-7)
Beets, 85 g	1 (1-3)	Rhubarb, 140 g	1 (1-2)	Cabbage, cooked, 130 g	1 (0-7)
Water chestnut, 85 g*	1	Peppers, 85 g	1 (0-3)	Brussels sprouts, cooked, 130 g	1 (1-8)
Parsley root, 85 g*	1	Zucchini, 85 g	1 (0-3)	Green beans, canned, 130 g	2 (1-5)
Potato, 110 g	1 (0-5)	Ridge gourd, 85 g	2	Potato, french fried, 70 g	2 (1-4)
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)	Winter squash, cooked, 130 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	Plantain, cooked, 167 g	2 (2-3)
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)	Mushroom, canned, 130 g	2 (1-2)
Vegetables - Leafy		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)	Yam, cooked, 167 g*	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)
Head/iceberg lettuce, 85 g	1 (0-9)	Brussels sprouts, 85 g	2 (1-5)	Potato, cooked with skin, 167 g	2 (1-17)
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)	Rutabaga, cooked, 130 g	3 (1-9)

Tomato, canned, 130 g	4 (0-4)	Beef, cooked, 100 g	1 (0-12)	Soya flakes, 35 g*	15
Sweet potato, cooked, 167 g	4 (4-6)	Mutton, cooked, 100 g	2 (1-6)	Tofu, 85 g	20 (4-37)
Peas, cooked, 130 g	4 (1-11)	Pork, cured, cooked, 55 g	2 (0-39)	Nuts and seeds	
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	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)	Fish and seafood		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
Meat, poultry, eggs and substitutes		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)	Fish and seafood - Prepared		Pecans, 30 g*	6
Beef, 125 g	1 (0-2)	Eel, smoked, 55 g*	0	Pumpkin seeds, 30 g	6 (3-10)
Lamb, 125 g	1	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)	Walnuts, 30 g	8 (4-11)
Pork, 125 g	1 (0-1)	Shellfish, crustaceans, cooked, 100 g	1 (0-1)	Seeds, 30 g	9 (4-13)
Black pudding, 75 g	1 (0-2)	Fish, pickled, 55 g	1 (0-1)	Sunflower seeds, 30 g	11 (2-17)
Wild boar, 125 g	1 (1-2)	Shellfish, unspecified, cooked, 100 g	1 (1-3)	Brazil nuts, 30 g*	14
Mutton, 125 g	1 (1-2)	Fish, canned, tomato sauce, 55 g	1 (1-2)	Nuts, mixed, 30 g	16 (4-25)
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	Beverages - Alcoholic	
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
Meat, poultry and eggs - Prepared		Beans and bean products		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	Beverages - Juices	
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	6 (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)
Veal, cooked, 100 g	1 (0-3)	Beans, chickpea, dried, 35 g	7 (3-11)	Cherry juice, 250 g*	1
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, lentil, dried, 35 g	8 (4-11)	Fruit juice, concentrated, 62.5 g	1
Pork, cooked, 100 g	1 (0-18)	Other beans, dried, 35 g	8 (2-12)	Grape juice, 250 g	1 (0-2)
Sausage, cooked, 55 g	1 (0-5)	Beans, lentil, cooked, 80 g*	8	Strawberry juice, 250 g*	1
Lamb, cooked, 100 g	1 (0-9)	Beans, soya, dried, 35 g	12 (6-25)	Plum juice, 250 g*	1
Organ meats, cooked, 100 g	1 (0-8)	Beans, white, dried, 35 g	13 (12-14)	Apple juice, canned or bottled, 250 g	1 (0-4)

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	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
Pear juice, 250 g	1 (1-2)	Energy drink, 375 g	4 (1-12)	Basil, fresh, 1.5 g	1
Citrus juice, from concentrate, 250 g	1 (0-14)	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)
Pineapple juice, 250 g	2 (1-2)	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, 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	Vegetable oils, unspecified, 10 g	0 (0-1)
Goji juice, 250 g*	3	Turmeric powder, 0.5 g	0	Cottonseed oil, 10 g	0
Mangosteen juice, 250 g*	3	Allspice, 0.5 g	0	Corn oil, 10 g	0
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	Butter, 10 g	0 (0-1)
Beverages - Hot		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)	Margarine, 10 g	0 (0-2)
Tea, brewed, bag, 250 g	1 (0-3)	Curry leaves, dry, 0.5 g	0 (0-1)	Sesame oil, 10 g	0
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	Applesauce, 110 g	1 (0-3)
Water, tap, 375 g	0 (0-2)	Cinnamon, 0.5 g	1 (0-1)	Graham crackers, 30 g	1 (0-1)
Carbonated drinks, 375 g	1 (0-1)	Nigella seeds, 0.5 g	1	Chewing gum, 3 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	1 (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
Sherbet/sorbet, 129 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
Dried rosehips, 40 g*	2
Cereal bar, with chocolate, 35 g	2 (2-3)
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	
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
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)
Dressings, 30 g	1 (0-8)
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 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.