

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)
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)
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	2 (0-4)
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
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
Rice cakes, 15 g*	1
Flatbread, 55 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Pasta, rice, cooked, 215 g*	1
Bagel, 85 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Bread, white, 75 g	1 (1-2)
Crackers, 30 g	1 (0-2)
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)
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
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, 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
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
Cherries, 140 g	1
Apple, 140 g	1 (0-2)
Grape, 140 g	1 (0-7)
Mango, 140 g	1 (1-2)
Banana, 140 g	1 (1-4)
Kiwi, 140 g	1 (0-3)
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	
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)
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	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	Beets, canned, 130 g	1 (1-2)
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, sauerkraut, 85 g*	1
Apricot, canned, 140 g	3 (1-22)	Olives, 15 g	1 (0-1)	Okra, cooked, 130 g	1 (1-2)
Passionfruit, 140 g*	4	Pickles, 30 g	1 (0-1)	Spinach, canned, 130 g*	1
Star fruit, 140 g*	4	Tomato, 85 g	1 (0-2)	Mushroom, cooked, 130 g	1 (1-2)
Plum, 140 g	5 (1-8)	Celery, 85 g	1 (0-2)	Nettles, cooked, 130 g*	1
Sapota, 140 g*	5	Corn, 85 g	1 (1-2)	Potato, instant, prepared, 140 g*	1
Avocado, 140 g	5 (2-30)	Mushrooms, 85 g	1 (0-7)	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	Collard greens, cooked, 130 g	1 (1-4)
Celeriac, 85 g	1	Cauliflower, 85 g	1 (0-3)	Cabbage, cooked, 130 g	1 (0-7)
Carrot, 85 g	1 (0-1)	Taro stem, 85 g	1 (1-2)	Carrot, composite or cooked, 107.5 g	1 (0-5)
Rutabaga, 85 g	1	Spring onion, 40 g	1 (1-2)	Spinach, composite or cooked, 107.5 g	1 (1-3)
Radish, 85 g	1	Tomato, sun-dried, 30 g*	1	Cauliflower, cooked, 130 g	1 (1-5)
Turnip, 85 g*	1	Bottle gourd, 85 g	1 (1-2)	Potato, cooked, 167 g	1 (0-4)
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)	Beets, cooked, 130 g	1 (1-4)
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	Cauliflower, composite, 107.5 g	2 (1-4)
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)	Asparagus, canned, 130 g	2 (1-3)
Sweet potato, 110 g	2 (1-3)	Squash, 85 g	2 (1-2)	Winter squash, cooked, 130 g	2 (1-4)
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	Plantain, cooked, 167 g	2 (2-3)
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)	Mushroom, canned, 130 g	2 (1-2)
Lettuces, 85 g	1 (0-3)	Bitter melon, 85 g	2 (1-4)	Peppers, composite, 107.5 g	2 (1-7)
Mustard leaves, 85 g	1 (1-2)	Green beans, 85 g	2 (2-5)	Yam, cooked, 167 g*	2
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)	Potato, cooked with skin, 167 g	2 (1-17)
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)
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)
Lamb, 125 g	1
Beef, 125 g	1 (0-2)
Chicken, turkey and other poultry, 125 g	1 (0-3)
Veal, 125 g	1 (1-2)
Black pudding, 75 g	1 (0-2)
Wild boar, 125 g	1 (1-2)
Pork, 125 g	1 (0-1)
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 powder, 20 g	1
Egg, cooked, 100 g	1 (0-7)
Sausage, cooked, 55 g	1 (0-5)
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)
Veal, cooked, 100 g	1 (0-3)
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	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	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	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)
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)
Nuts, mixed, 30 g	10 (4-25)
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
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)
Citrus juice, 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	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
Grapefruit juice, 250 g	1 (0-4)	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)	Herbs and spices		Oregano, dry, 0.5 g	1
Pineapple juice, 250 g	2 (1-2)	Saffron, 0.5 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Tomato juice, 250 g	2	Salt, 1 g	0	Oregano, fresh, 1.5 g	1
Passionfruit juice, 250 g*	2	Chervil, 1.5 g*	0	Cayenne pepper, 0.5 g	1 (1-2)
Apricot 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)	Wasabi, dry, 0.5 g	0	Olive oil, 10 g	0
Vegetable juice, 250 g	2 (1-3)	Dill, fresh, 1.5 g	0	Hazelnut oil, 10 g*	0
Vegetable juice, canned, 250 g	2 (1-9)	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	Vegetable oils, unspecified, 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	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
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)	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	Ice cream, vanilla, 129 g	1 (0-2)
Hot chocolate, 250 g	5 (4-6)	Cumin, 0.5 g	1 (0-1)	Gelatin dessert, 130 g	1 (0-1)
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	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	Cereal bar, with fruit, 35 g	1
Iced tea, 375 g*	1	Mint, dry, 0.5 g*	1	Raisins, yogurt candy coated, 40 g*	1
Carbonated drinks, canned, 375 g	1 (0-5)	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)	Dried strawberry, 40 g*	1

Sherbet/sorbet, 129 g	1 (0-5)
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 nuts, 30 g*	2
Dried rosehips, 40 g*	2
Cookies with chocolate, 30 g	2 (0-4)
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	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
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
Soy sauce, 15 g	1 (0-4)
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)
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.