

**Dairy products and substitutes**

Whipped cream, 15 g	0
Cream, 15 g	0 (0-1)
Sour cream, 24 g	0
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)
Processed cheese, 30 g	1 (0-2)
Crème fraîche, 55 g	1 (0-1)
Yogurt drink, 188 g	1 (0-1)
Cultured milk, 188 g	1 (0-1)
Cottage cheese, 125 g	1 (0-4)
Milk, 250 g	1 (0-5)
Yogurt, with fruit, 175 g	1 (0-5)
Almond milk, 250 g*	1
Rice milk, 250 g	1 (1-2)
Milk powder, 25 g	1 (0-3)
Yogurt, 175 g	1 (0-3)
Buttermilk, 250 g	1 (1-4)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Soy milk, 250 g	6 (1-13)

**Grain products and bakery**

Rice paper, 15 g*	0
Puff pastry, 21 g	1
Crackers, saltine or cream, 30 g	1 (0-1)
Crackers, butter-type, 30 g	1 (0-1)
Baguette, 75 g	1
Phyllo, 21 g*	1
Cold cereal, rice, 15 g	1
Breadcrumbs, 30 g	1
Yeast dough, 55 g	1
Rusk, plain or fruited, 30 g	1
Cold cereal, corn, 30 g	1 (0-2)
Pasta, dry, 85 g	1 (1-4)
English muffin, 55 g	1
Crackers, 30 g	1 (0-2)
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Flatbread, 55 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Bread, barley, 75 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, wheat, dry, 40 g	1 (1-2)

Bread, rye, 75 g	1 (1-2)
Crispbread, 30 g	1 (1-2)
Hot cereal, rice, cooked, 194 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, rice, dry, 40 g	1 (1-2)
Hot cereal, rye, cooked, 194 g	2
Rolls, oat, 55 g*	2
Rolls, seeded, 55 g*	2
Bread, white, 75 g	2 (1-2)
Cold cereals, junk food, 30 g	2 (1-3)
Bread, fruited, 75 g	2 (1-2)
Hot cereal, rye, dry, 40 g*	2
Bread, multigrain, 75 g	2 (1-4)
Bread, whole wheat, 75 g	2 (1-3)
Barley, cooked, 140 g	2 (1-3)
Rolls, multigrain, 55 g	2 (1-3)
Bread, gluten-free, 75 g	2 (0-4)
Pasta, whole wheat, cooked, 215 g	2 (1-3)
Pasta, whole wheat, dry, 85 g	2 (1-3)
Rolls, multigrain with fruit, 55 g*	3
Pasta, gluten-free, dry, 85 g*	3
Cold cereal, oat ring, 15 g	4 (1-6)
Bread, oat, 75 g	4 (3-5)
Bread, seeded, 75 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, 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
Starch, rice, 10 g*	1
Starch, corn, 10 g*	1
Flour, rye, 30 g	1
Flour, white, 30 g	1 (0-1)
Rye kernels, whole/cracked, 45 g	1
Flour, rye, whole, 30 g	1
Flour, barley, 30 g	1
Rice, white, raw, 45 g	1 (1-2)
Flour, spelt, 30 g*	1
Semolina, 45 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Rice, white, cooked, 140 g	1 (1-4)
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
Rice, brown, raw, 45 g	2 (1-2)
Wheat bran, 15 g	2 (1-3)
Flour, cassava, 30 g	2 (1-2)
Flour, spelt, whole, 30 g*	2
Wheat kernels/bulgur, 45 g	2 (1-3)
Amaranth, raw, 45 g	2 (1-3)
Cornmeal, 30 g	2 (1-4)
Barley, raw, 45 g	2 (1-3)
Flour, teff, 30 g	2 (2-3)
Oat bran, 15 g*	2
Oats, raw, 40 g	2 (2-12)
Quinoa, raw, 45 g	3 (1-4)
Flour, rice, 30 g	3 (1-7)
Sorghum, 45 g*	3
Flour, millet, 30 g*	4
Flour, buckwheat, 30 g*	4
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	3 (0-7)
Blackberries, 80 g*	3
Rosehips, 80 g*	4
Goji berries, 80 g*	5

**Fruits - Citrus**

Lemon / Lime, 55 g	1 (0-2)
Orange, 140 g	1 (1-4)
Citrus fruits, unspecified, 140 g	1 (1-2)
Grapefruit, 140 g	1 (0-4)
Pomelo, 140 g	1 (1-2)
Tangerine or mandarin orange, 140 g	2 (1-3)

**Fruits - Other**

Breadfruit, 140 g	1
Apple, 140 g	1 (0-2)
Mango, 140 g	1 (1-2)
Cherries, 140 g	1 (1-2)
Grape, 140 g	1 (0-7)
Banana, 140 g	1 (1-4)

Jack fruit, 140 g	1 (1-2)	Kohlrabi leaves, 85 g*	2	<b>Vegetables - Prepared</b>	
Kiwi, 140 g	1 (0-3)	Beet greens, 85 g*	2	Mushroom, cooked, 130 g	1 (0-2)
Pear, 140 g	1 (1-7)	Watercress, 85 g	2 (1-3)	Eggplant, cooked, 130 g	1 (0-2)
Jujube, 140 g	2	Spinach, 85 g	2 (1-6)	Mushroom, composite, 107.5 g	1 (0-1)
Watermelon, 150 g	2 (1-4)	Alfalfa sprouts, 85 g	3 (2-3)	Potato, instant, 17 g	1
Guava, 140 g	2 (1-2)	Radish leaves, 85 g*	3	Tomato, composite, 107.5 g	1 (0-1)
Melons, 150 g	2 (1-5)	Arugula/rocket, 85 g*	3	Turnip, cooked, 130 g	1 (1-2)
Pineapple, 140 g	2 (1-12)	Collard greens, 85 g*	3	Carrot, cooked, 130 g	1 (0-2)
Peach or nectarine, 140 g	2 (1-20)	Fenugreek leaves, 85 g*	3	Onion, cooked, 130 g	1 (1-3)
Papaya, 140 g	2 (1-6)	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Cabbage, sauerkraut, 85 g*	1
Dragon fruit, 140 g	2 (1-3)	Garden cress, 85 g*	4	Corn, cooked, 130 g	1 (1-2)
Fig, 140 g*	2	Nettle leaves, 85 g*	5	Cabbage, cooked, 130 g	1 (0-7)
Apricot, canned, 140 g	2 (1-22)	<b>Vegetables - Other</b>		Nettles, cooked, 130 g*	1
Lychee, 140 g	3 (1-4)	Olives, 15 g	1 (0-1)	Okra, cooked, 130 g	1 (1-2)
Persimmon, 140 g	3 (3-4)	Pickles, 30 g	1 (0-1)	Potato, instant, prepared, 140 g*	1
Dates, fresh, 140 g*	3	Celery, 85 g	1 (0-2)	Beets, canned, 130 g	1 (1-2)
Plum, 140 g	3 (1-8)	Tomato, 85 g	1 (0-2)	Zucchini, cooked, 130 g	1 (1-3)
Passionfruit, 140 g*	4	Cucumber, 85 g	1 (0-3)	Collard greens, cooked, 130 g	1 (1-4)
Star fruit, 140 g*	4	Corn, 85 g	1 (1-2)	Cabbage, canned, 130 g*	1
Sapota, 140 g*	5	Plantain, green, 85 g*	1	Broccoli, canned, 130 g*	1
Coconut, 140 g	11 (4-19)	Leek, 85 g	1 (1-2)	Pumpkin, canned, 130 g*	1
Avocado, 140 g	12 (2-30)	Mushrooms, 85 g	1 (0-7)	Pumpkin, marinated, 130 g*	1
<b>Vegetables - Root</b>		Bamboo shoot, 85 g*	1	Spinach, cooked, 130 g	1 (1-2)
Salsify, 85 g	1	Cauliflower, 85 g	1 (0-3)	Potato, cooked, 167 g	1 (0-4)
Celeriac, 85 g	1	Taro stem, 85 g	1 (1-2)	Spinach, composite, 107.5 g	1 (1-3)
Onion, 85 g	1 (0-2)	Spring onion, 40 g	1 (1-2)	Cauliflower, cooked, 130 g	1 (1-5)
Carrot, 85 g	1 (0-1)	Peppers, 85 g	1 (0-3)	Corn, canned, 130 g	1 (1-6)
Rutabaga, 85 g	1	Bottle gourd, 85 g	1 (1-2)	Carrot, composite, 107.5 g	1 (1-5)
Radish, 85 g	1	Tomato, sun-dried, 30 g*	1	Brussels sprouts, cooked, 130 g	1 (1-8)
Turnip, 85 g*	1	Eggplant, 85 g	1 (0-3)	Broccoli, composite, 107.5 g	2 (1-3)
Kohlrabi, 85 g*	1	Zucchini, 85 g	1 (0-3)	Beets, cooked, 130 g	2 (1-4)
Water chestnut, 85 g*	1	Ridge gourd, 85 g	2	Potato, french fried, 70 g	2 (1-4)
Parsley root, 85 g*	1	Snake gourd, 85 g	2 (1-2)	Broccoli, cooked, 130 g	2 (1-7)
Beets, 85 g	1 (1-3)	Broccoli, 85 g	2 (1-3)	Green beans, canned, 130 g	2 (1-5)
Potato, 110 g	1 (0-5)	Squash, 85 g	2 (1-2)	Cauliflower, composite, 107.5 g	2 (1-4)
Parsnip, 85 g	2 (1-3)	Artichoke, 85 g*	2	Winter squash, cooked, 130 g	2 (1-4)
Yam, 110 g	2 (2-3)	Snow pea, 85 g*	2	Sweet potato, canned, 167 g	2 (1-4)
Sweet potato, 110 g	2 (1-3)	Beans, runner, 85 g	2 (2-3)	Plantain, cooked, 167 g	2 (2-3)
Fennel, 85 g*	3	Pumpkin, 85 g	2 (1-3)	Asparagus, cooked, 130 g	2 (1-5)
Taro root, 110 g*	4	Bitter melon, 85 g	2 (1-4)	Mushroom, canned, 130 g	2 (1-3)
Cassava, 110 g	4 (2-7)	Brussels sprouts, 85 g	2 (1-5)	Asparagus, canned, 130 g	2 (1-3)
<b>Vegetables - Leafy</b>		Green beans, 85 g	3 (2-5)	Yam, cooked, 167 g*	2
Seaweed, 15 g	1 (1-3)	Bean sprouts, 65 g	3 (2-4)	Potato, cooked with skin, 167 g	2 (1-17)
Lettuces, 85 g	1 (0-3)	Asparagus, 85 g	3 (2-4)	Peppers, composite, 107.5 g	2 (1-7)
Mustard leaves, 85 g	1 (1-2)	Rhubarb, 140 g	3 (1-7)	Rutabaga, cooked, 130 g	2 (1-9)
Cabbage, 85 g	1 (1-5)	Okra, 85 g	3 (2-5)	Tomato, canned, 130 g	2 (0-7)
Kale, 85 g	2	Chayote, 85 g	4 (1-7)	Green beans, cooked, 130 g	3 (1-5)
Chard, 85 g	2 (1-2)	Peas, 85 g	4 (1-19)	Spinach, canned, 130 g	3 (1-4)
Head/iceberg lettuce, 85 g	2 (0-9)	Peas, dried, 35 g	6 (4-8)	En choy (chinese spinach), cooked, 130 g*	3

Taro, cooked, 167 g	3	Pate, 55 g	1 (0-4)	Beans, chickpea, dried, 35 g	7 (3-11)
Green beans, composite, 107.5 g	3 (1-8)	Organ meats, cooked, 100 g	1 (0-8)	Beans, dried, 35 g	7 (2-10)
Pumpkin, cooked, 130 g	3 (1-16)	Beef, cooked, 100 g	1 (0-12)	Beans, canned, 80 g*	7
Peas, cooked, 130 g	4 (1-11)	Pork, cooked, 100 g	1 (0-18)	Beans, lentil, dried, 35 g	8 (4-11)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Mutton, cooked, 100 g	2 (1-6)	Beans, lentil, cooked, 80 g*	8
Sweet potato, cooked, 167 g	4 (4-6)	Pork, cured, cooked, 55 g	2 (0-39)	Beans, mung, dried, 35 g	8 (4-12)
Peas, canned, 130 g	5 (3-8)	Ground beef and/or pork, cooked, 100 g	3 (0-31)	Beans, urad, dried, 35 g	9
Cassava, cooked, 167 g	7 (4-10)	<b>Fish and seafood</b>		Beans, brown, dried, 35 g	9 (6-12)
<b>Meat, poultry, eggs and substitutes</b>		Fish, roe, 15 g	1 (0-1)	Beans, white, dried, 35 g	9 (2-14)
Bacon, 54 g	1 (0-1)	Shellfish, squid, 125 g	1	Beans, kidney, dried, 35 g	10 (8-11)
Egg, 100 g	1 (0-1)	Shellfish, octopus, 125 g	1	Beans, pigeon peas, fresh, 80 g*	10
Venison, 125 g	1	Shellfish, crustaceans, 125 g	1 (1-3)	Beans, black, cooked, 80 g*	12
Rabbit, 125 g	1 (0-1)	Fish, 125 g	1 (0-9)	Beans, soya, dried, 35 g	12 (6-25)
Beef, 125 g	1 (0-2)	Eel, 125 g	1 (0-3)	Soya flakes, 35 g*	15
Lamb, 125 g	1	Shellfish, oysters, 125 g	5 (3-5)	Tofu, 85 g	20 (4-37)
Pork, 125 g	1 (0-1)	Shellfish, clams, 125 g	5 (5-6)	<b>Nuts and seeds</b>	
Chicken, turkey and other poultry, 125 g	1 (0-3)	Shellfish, mussels, 125 g	11 (9-16)	Chestnuts, 30 g*	2
Ground beef and/or pork, 125 g	1 (0-2)	Shellfish, scallops, 125 g	22 (1-43)	Safflower seeds, 30 g*	2
Sausage, 75 g	1 (0-1)	<b>Fish and seafood - Prepared</b>		Almonds, 30 g	2 (2-4)
Black pudding, 75 g	1 (0-2)	Eel, smoked, 55 g*	0	Pistachios, 30 g	3 (2-3)
Wild boar, 125 g	1 (1-2)	Fish, salted or smoked, 55 g	0 (0-1)	Peanut butter, 15 g	3 (0-6)
Veal, 125 g	1 (1-2)	Fish, canned, 55 g	0 (0-2)	Sesame seeds, 30 g	3 (1-8)
Organ meats, 125 g	1 (0-4)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Peanuts, 30 g	3 (1-22)
Mutton, 125 g	1 (1-2)	Shellfish, crustaceans, cooked, 100 g	1 (0-1)	Poppy seeds, 30 g	4 (1-8)
Seitan, 100 g*	1	Fish, pickled, 55 g	1 (0-1)	Flaxseed, 30 g	6 (5-7)
Soya sausage, 75 g*	2	Fish, canned, tomato sauce, 55 g	1 (0-2)	Hazelnuts, 30 g	6 (3-10)
Goat, 125 g*	2	Shellfish, squid, cooked, 100 g*	1	Pecans, 30 g*	6
Horse, 125 g	2 (1-3)	Shellfish, unspecified, cooked, 100 g	1 (1-3)	Pumpkin seeds, 30 g	6 (3-10)
Mithun, 125 g	5 (3-8)	Fish, cooked, 100 g	1 (0-17)	Walnuts, 30 g	7 (4-11)
TVP (texturized vegetable protein), 100 g*	13	Shellfish, oysters, cooked, 100 g*	2	Pine nuts, 30 g	8 (6-9)
<b>Meat, poultry and eggs - Prepared</b>		Shellfish, scallops, cooked, 100 g*	2	Chia seeds, 30 g	8 (7-9)
Venison, cured, 30 g*	0	Shellfish, oysters, canned, 55 g*	3	Nuts, mixed, 30 g	8 (2-25)
Rabbit, cooked, 100 g*	0	Shellfish, mussels, cooked, 100 g	4 (3-6)	Seeds, 30 g	9 (4-13)
Black pudding, cooked, 55 g	0 (0-1)	Shellfish, mussels, canned, 55 g	5	Sunflower seeds, 30 g	10 (2-17)
Bacon, cooked, 15 g	0 (0-1)	<b>Beans and bean products</b>		Brazil nuts, 30 g*	14
Venison, cooked, 100 g	1	Mung bean vermicelli, cooked, 80 g*	1	Alfalfa seeds, 30 g	17 (12-22)
Lunch meat, 55 g	1 (0-2)	Beans, fava, dried, 35 g*	2	Cashews, 30 g	20 (16-23)
Lunch meat, canned, 55 g	1 (0-1)	Beans, lentil, canned, 80 g*	2	Hemp seeds, 30 g*	20
Meat jellies, 120 g	1 (0-1)	Beans, cooked, 80 g	3 (2-4)	<b>Beverages - Alcoholic</b>	
Pork, cured, 30 g*	1	Beans, white, cooked, 80 g	3 (1-6)	Madeira, 60 g*	0
Organ meats, cured, 125 g*	1	Beans, chickpea, cooked, 80 g*	3	Liquor, 30 g	0 (0-1)
Egg powder, 20 g	1	Beans, kidney, canned, 80 g	4	Vermouth, 90 g	1
Egg, cooked, 100 g	1 (0-7)	Beans, chickpea, canned, 80 g*	4	Port, 60 g	1
Chicken, turkey and other poultry, cured, 30 g*	1	Beans, white, canned, 80 g*	4	Cider, 333 g	1 (0-1)
Beef, cured, 30 g*	1	Beans, fresh, 80 g	4 (2-7)	Wine, 188 g	1 (0-2)
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, fava, fresh, 80 g	5 (3-7)	Beer, 333 g	1 (0-13)
Sausage, cooked, 55 g	1 (0-5)	Beans, lima, cooked, 80 g	5 (1-10)	Sherry, 105 g*	2
Veal, cooked, 100 g	1 (0-3)	Beans, pinto, cooked, 80 g	6 (2-8)	<b>Beverages - Juices</b>	
Lamb, cooked, 100 g	1 (0-9)	Beans, pigeon peas, dried, 35 g	7 (6-7)	Lemon juice, 5 g	0

Lemonade, 250 g	1 (0-1)	Strawberry milk, 250 g*	0	Curry leaves, 1.5 g*	1
Mango juice, 250 g	1	Water, tap, 375 g	0 (0-2)	Nigella seeds, 0.5 g	1
Fruit drink, 250 g	1 (0-3)	Carbonated drinks, 375 g	1 (0-1)	Mint, dry, 0.5 g*	1
Citrus juice, 250 g	1 (0-1)	Iced tea, 375 g*	1	Rosemary, fresh, 1.5 g	1
Cherry juice, 250 g*	1	Carbonated drinks, canned, 375 g	1 (0-5)	Anise, 0.5 g*	1
Fruit juice, concentrated, 62.5 g	1	Water, bottled, 375 g	1 (0-19)	Sage, dry, 0.5 g	1
Citrus juice, canned, 250 g	1 (0-1)	Vanilla milkshake, 250 g*	2	Anchovy paste, 15 g	1
Strawberry juice, 250 g*	1	Malt drink, 250 g	2 (1-3)	Lemon balm, 0.5 g*	1
Grape juice, 250 g	1 (0-2)	Chocolate milk, 250 g	3 (1-5)	Basil, fresh, 1.5 g	1
Plum juice, 250 g*	1	Oat-based beverage, 250 g	4 (3-5)	Thyme, dry, 0.5 g	1
Aloe juice, 250 g*	1	Energy drink, 375 g	4 (1-12)	Pepper, black, 0.5 g	1 (0-2)
Sugarcane juice, 250 g*	1	Chocolate milkshake, 250 g	5 (2-31)	Oregano, dry, 0.5 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	Coconut water, 375 g	9 (2-17)	Hot peppers, dried, 0.5 g	1 (0-1)
Peach juice, 250 g	1	<b>Herbs and spices</b>		Oregano, fresh, 1.5 g	1
Grapefruit juice, 250 g	1 (0-4)	Salt, 1 g	0	Cayenne pepper, 0.5 g	1 (1-2)
Pear juice, 250 g	1 (1-2)	Saffron, 0.5 g	0	Fennel, dry, 0.5 g	1 (1-2)
Citrus juice, from concentrate, 250 g	1 (0-14)	Chervil, 1.5 g*	0	Hot peppers, 40 g	2 (1-2)
Pineapple juice, 250 g	2 (1-2)	Onion, dried, 0.5 g*	0	<b>Fats and oils</b>	
Passionfruit juice, 250 g*	2	Mustard seed, 0.5 g	0	Cottonseed oil, 10 g	0
Tomato juice, 250 g	2	Annatto, 0.5 g	0	Corn oil, 10 g	0
Apricot juice, 250 g*	2	Wasabi, dry, 0.5 g	0	Butter, 10 g	0 (0-1)
Tomato juice, canned, 250 g	2	Dill, fresh, 1.5 g	0	Almond oil, 10 g*	0
Acai juice, 250 g*	2	Ginger, fresh, 1.5 g	0	Pumpkin seed oil, 10 g*	0
Fruit juice, various, canned or bottled, 250 g	2 (0-10)	Cloves, 0.5 g	0	Lard, 10 g	0
Tomato juice, bottled, 250 g	2 (2-6)	Turmeric powder, 0.5 g	0	Palm oil, 10 g	0
Vegetable juice, 250 g	2 (1-3)	Allspice, 0.5 g	0	Vegetable oils, unspecified, 10 g	0 (0-1)
Vegetable juice, canned, 250 g	2 (1-9)	Tamarind, 1.5 g*	0	Grapeseed oil, 10 g	0
Goji juice, 250 g*	3	Parsley, fresh, 1.5 g	0 (0-1)	Mustard oil, 10 g	0
Pomegranate juice, 250 g*	3	Coriander seeds, 0.5 g	0	Rice oil, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Mint leaves, 1.5 g*	0	Hazelnut oil, 10 g	0
Prune juice, 250 g	4 (3-8)	Ginger, dry, 0.5 g	0 (0-1)	Sunflower oil, 10 g	0 (0-1)
<b>Beverages - Hot</b>		Cilantro, 1.5 g	0	Canola/rapeseed oil, 10 g	0 (0-1)
Instant coffee, 3 g	1	Parsley, dry, 0.5 g	0 (0-1)	Avocado oil, 10 g	0 (0-1)
Rosehip powder, 3 g*	1	Chives, 1.5 g*	0	Peanut oil, 10 g	0 (0-1)
Coffee, brewed, 250 g	1 (0-5)	Garlic, dry, 0.5 g	0 (0-1)	Olive oil, 10 g	0 (0-2)
Tea, brewed, loose, 250 g	1 (1-4)	Curry leaves, dry, 0.5 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Tea, brewed, 250 g	1 (1-8)	Nutmeg, 0.5 g	0 (0-1)	Sesame oil, 10 g	1 (0-1)
Tea, brewed, bag, 250 g	1 (0-3)	Paprika, 0.5 g	0 (0-1)	Margarine, 10 g	1 (0-2)
Tea, herbal, brewed, 250 g	1 (0-4)	Herbs and spices, unspecified, 0.5 g	0 (0-1)	Coconut oil, 10 g	1 (0-1)
Green tea, brewed, loose, 250 g	1 (1-3)	Garlic, 4 g	0 (0-1)	Ghee, 10 g	1 (1-3)
Coffee, beans, 14 g	2 (1-2)	Fenugreek, 0.5 g	0 (0-1)	Shortening, 10 g	2 (1-3)
Green tea, brewed, bag, 250 g	2 (1-3)	Cardamom, 0.5 g	1 (0-1)	<b>Snacks and desserts</b>	
Green tea, leaves, 3 g	2 (1-5)	Herbs de Provence, dry, 0.5 g	1	Breadfruit, dried, 40 g*	0
Hot chocolate powder, 25 g	4 (2-5)	Peppermint, dry, 0.5 g	1	Popsicle, 30 g	0 (0-1)
Tea, herbal, dry, 3 g	4 (1-12)	Cumin, 0.5 g	1 (0-1)	Ice cream, vanilla, 129 g	1 (0-2)
Hot chocolate, 250 g	5 (4-6)	Marjoram, dry, 0.5 g	1	Pork rinds, 20 g	1
Tea, leaves, 3 g	6 (1-51)	Cinnamon, 0.5 g	1 (0-1)	Gelatin dessert, 130 g	1 (0-1)
<b>Beverages - Other</b>		Basil, dry, 0.5 g	1 (0-1)	Dried cherries, 40 g*	1
Soft drink syrup, 30 g	0	Mace, 0.5 g*	1	Graham crackers, 30 g	1 (0-1)

Chewing gum, 3 g	1 (0-1)
Raisins, yogurt candy coated, 40 g*	1
Raisins, 40 g	1 (0-5)
Applesauce, 110 g	1 (0-3)
Cookies, not chocolate, 30 g	1 (0-2)
Pretzels, 50 g	1 (0-1)
Dried strawberry, 40 g*	1
Sherbet/sorbet, 129 g	1 (0-5)
Banana chips, 40 g*	1
Cereal bar, rice, 35 g*	1
Dried currants, 40 g*	1
Corn chips, 50 g	2 (1-2)
Potato chips, 50 g	2 (1-3)
Dried dates, 40 g	2 (1-2)
Savoury crisps, 50 g	2 (1-2)
Snacks, corn-based, 50 g	2
Popcorn, 50 g	2 (0-5)
Cereal bar, with chocolate, 35 g	2 (2-3)
Cookies with nuts, 30 g*	2
Cookies with chocolate, 30 g	2 (0-4)
Dried rosehips, 40 g*	2
Snacks, potato-based, 50 g*	2
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 (2-3)
Cereal bar, 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
<b>Sugars and sweets</b>	
Xylitol, 1.4 g*	0
Sugar, white, 4 g	0
Fructose, 4 g*	0
Sugar, brown, 4 g	0
Fruit gums, 40 g*	0
Syrup, not chocolate, 60 g	1 (0-2)
Molasses, 20 g*	1
Sweetened evaporated milk, 30 g*	1
Honey, 20 g	1 (0-5)
White chocolate, 15 g	1 (0-2)
Candy, 40 g	1 (0-6)
Corn/glucose syrup, 30 g*	1
Marzipan, 30 g*	1
Pudding, not chocolate, 130 g	2 (1-6)
Maple syrup, 60 g	2
Pudding, chocolate, 130 g*	2

Chocolate confections with nuts, 40 g	3 (0-9)
Chocolate confections, 40 g	4 (1-11)
Chocolate, 40 g	4 (2-20)
Syrup, chocolate, 60 g	5 (1-8)
Confections with nuts, 50 g	6 (1-14)
<b>Sauces, dips, condiments and spreads</b>	
Mayonnaise, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Mustard, 5 g	0 (0-1)
Fruit jelly, 15 g	0 (0-1)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
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
Fruit jams, 15 g	1 (0-2)
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
Dressings, 30 g	2 (0-22)
Tartar sauce, 30 g	3 (0-5)
Pesto made with nuts, 60 g*	3
<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)
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.