

Dairy products and substitutes

Whipped cream, 15 g	0
Cream, 15 g	0 (0-1)
Cream, non-dairy, 15 g	0 (0-1)
Sour cream, 24 g	0
Cream cheese, 30 g	0 (0-1)
Evaporated milk, 15 g	0 (0-1)
Cheeses, 30 g	1 (0-2)
Quark, 100 g	1 (0-1)
Milk powder, 25 g	1 (0-3)
Crème fraîche, 55 g	1 (0-1)
Yogurt drink, 188 g	1 (0-1)
Buttermilk, 250 g	1 (1-4)
Cultured milk, 188 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Cottage cheese, 125 g	1 (0-4)
Yogurt, 175 g	1 (0-3)
Yogurt, with fruit, 175 g	1 (0-5)
Almond milk, 250 g*	1
Milk, 250 g	1 (0-5)
Rice milk, 250 g	1 (1-2)
Paneer/khoa/halloumi, 80 g	3 (1-3)
Soy milk, 250 g	7 (1-13)

Grain products and bakery

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

Croissant-like pastries, 55 g*	1
Bread, barley, 75 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Cold cereals, junk food, 30 g	1 (1-3)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, rye, cooked, 194 g	2
Hot cereal, wheat, dry, 40 g	2 (1-2)
Bread, whole wheat, 75 g	2 (1-3)
Rolls, oat, 55 g*	2
Rolls, seeded, 55 g*	2
Hot cereal, rye, dry, 40 g*	2
Pasta, cooked, 215 g	2 (0-3)
Pasta, dry, 85 g	2 (1-4)
Pasta, whole wheat, dry, 85 g	2 (1-3)
Barley, cooked, 140 g	2 (1-3)
Pasta, whole wheat, cooked, 215 g	2 (1-3)
Rolls, multigrain, 55 g	2 (1-3)
Cold cereal, wheat bran, 30 g	2 (1-4)
Bread, multigrain, 75 g	2 (1-4)
Cold cereal, oat ring, 15 g	2 (1-6)
Bread, seeded, 75 g	3 (1-6)
Rolls, multigrain with fruit, 55 g*	3
Pasta, gluten-free, dry, 85 g*	3
Cold cereal, granola/muesli, 55 g	4 (1-10)
Bread, oat, 75 g	4 (3-5)
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
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)
Quinoa, cooked, 140 g*	1
Cornmeal, 30 g	1 (1-4)
Rice, white, cooked, 140 g	1 (1-4)
Wheat kernels/bulgur, 45 g	1 (1-3)
Wheat bran, 15 g	1 (1-3)
Flour, rice, 30 g	1 (1-7)

Flour, whole wheat, 30 g	1 (1-3)
Rice, brown, cooked, 140 g	2
Wheat germ, 15 g	2 (1-2)
Rice, brown, raw, 45 g	2 (1-2)
Spelt, raw, 45 g	2
Flour, spelt, whole, 30 g*	2
Rice, white, raw, 45 g	2 (1-2)
Flour, cassava, 30 g	2 (1-2)
Amaranth, raw, 45 g	2 (1-3)
Flour, teff, 30 g	2 (2-3)
Oat bran, 15 g*	2
Barley, raw, 45 g	2 (1-3)
Sorghum, 45 g*	3
Quinoa, raw, 45 g	4 (1-4)
Flour, millet, 30 g*	4
Flour, buckwheat, 30 g*	4
Flour, soy, 15 g	5 (5-6)
Flour, oat, 30 g*	6
Millet, raw, 40 g	7 (3-8)
Oats, raw, 40 g	7 (2-12)
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
Blueberries, 80 g	1 (1-2)
Cranberries, 55 g	1
Currants, red or black, 80 g	1 (0-2)
Strawberries, 140 g	1 (0-15)
Blackberries, 80 g*	3
Raspberries, 80 g	3 (0-7)
Rosehips, 80 g*	4
Goji berries, 80 g*	5

Fruits - Citrus

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

Fruits - Other

Breadfruit, 140 g	1
Cherries, 140 g	1 (1-2)
Mango, 140 g	1 (1-2)
Apple, 140 g	1 (0-2)
Papaya, 140 g	1 (1-6)
Jack fruit, 140 g	1 (1-2)

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

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

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

Raisins, yogurt candy coated, 40 g*	1
Pretzels, 50 g	1 (0-1)
Savoury crisps, 50 g	1 (1-2)
Cookies, not chocolate, 30 g	1 (0-2)
Dried strawberry, 40 g*	1
Sherbet/sorbet, 129 g	1 (0-5)
Raisins, 40 g	1 (0-5)
Banana chips, 40 g*	1
Potato chips, 50 g	1 (1-3)
Ice cream, vanilla, 129 g	1 (0-2)
Applesauce, 110 g	1 (0-3)
Cereal bar, rice, 35 g*	1
Dried currants, 40 g*	1
Cereal bar, 35 g	1 (1-5)
Corn chips, 50 g	2 (1-2)
Dried dates, 40 g	2 (1-2)
Cookies with chocolate, 30 g	2 (0-4)
Snacks, corn-based, 50 g	2
Popcorn, 50 g	2 (0-5)
Cookies with nuts, 30 g*	2
Ice cream desserts, 129 g	2 (1-7)
Dried rosehips, 40 g*	2
Snacks, potato-based, 50 g*	2
Licorice, 40 g	2 (1-3)
Dried fruit, mixed, 40 g	2 (0-7)
Cereal bar, with chocolate, 35 g	3 (2-3)
Prunes, 40 g	3 (2-3)
Ice cream desserts, soy, 129 g*	3
Cookies with chocolate and nuts, 40 g*	4
Dried apricots, 40 g	4 (2-5)
Dried figs, 40 g*	6
Snacks, fried chickpea, 50 g*	13
Sugars and sweets	
Xylitol, 1.4 g*	0
Fructose, 4 g*	0
Sugar, white, 4 g	0
Sugar, brown, 4 g	0
Fruit gums, 40 g*	0
Molasses, 20 g*	1
Sweetened evaporated milk, 30 g*	1
White chocolate, 15 g	1 (0-2)
Honey, 20 g	1 (0-5)
Corn/glucose syrup, 30 g*	1
Marzipan, 30 g*	1
Syrup, not chocolate, 60 g	1 (0-2)
Pudding, not chocolate, 130 g	2 (1-6)
Maple syrup, 60 g	2
Pudding, chocolate, 130 g*	2
Candy, 40 g	2 (0-6)

Chocolate confections, 40 g	3 (1-11)
Chocolate confections with nuts, 40 g	5 (0-9)
Syrup, chocolate, 60 g	6 (1-8)
Confections with nuts, 50 g	6 (1-14)
Chocolate, 40 g	8 (2-20)
Sauces, dips, condiments and spreads	
Fruit jelly, 15 g	0 (0-1)
Mayonnaise, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Mustard, 5 g	0 (0-1)
Dips, dairy-based, 30 g	0 (0-2)
Tartar sauce, 30 g	0 (0-5)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Sweet and sour sauce, 30 g	1 (0-1)
Marmelade, 15 g	1 (0-1)
Oyster sauce, 15 g*	1
Pesto, no nuts, 60 g*	1
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Ketchup, 15 g	1 (0-1)
Fruit jams, 15 g	1 (0-2)
Teriyaki sauce, 15 g*	1
BBQ sauce, 15 g*	1
Salsa, 60 g	1 (0-3)
Gravy, 60 g	1 (0-4)
Soy mayonnaise, 15 g*	1
Soy sauce, 15 g	1 (0-4)
Dressings, 30 g	1 (0-22)
Chocolate hazelnut spread, 15 g	2
Barley malt, dried, 30 g*	2
Hummus, 30 g	2
Pesto made with nuts, 60 g*	3
Miscellaneous	
Vanilla extract, 1 g	0
Yeast, 0.6 g	0
Baking soda, 0.6 g	1 (0-1)
Vinegar, 15 g	1 (0-1)
Baking powder, 0.6 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	1 (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.