

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)
Evaporated milk, 15 g	0 (0-1)
Cream cheese, 30 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)
Cultured milk, 188 g	1 (0-1)
Cottage cheese, 125 g	1 (0-4)
Almond milk, 250 g*	1
Milk, 250 g	1 (0-5)
Yogurt, 175 g	1 (0-3)
Buttermilk, 250 g	1 (1-4)
Rice milk, 250 g	1 (1-2)
Milk powder, 25 g	1 (0-3)
Yogurt, with fruit, 175 g	1 (0-5)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Soy milk, 250 g	4 (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)
Baguette, 75 g	1
Crackers, butter-type, 30 g	1 (0-1)
Phyllo, 21 g*	1
Cold cereal, rice, 15 g	1
Breadcrumbs, 30 g	1
Hot cereal, wheat, dry, 40 g	1 (1-2)
Yeast dough, 55 g	1
Rusk, plain or fruited, 30 g	1
Cold cereal, corn, 30 g	1 (0-2)
Crackers, 30 g	1 (0-2)
English muffin, 55 g	1
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Flatbread, 55 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Bagel, 85 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)
Crispbread, 30 g	1 (1-2)

Bread, rye, 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)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, rye, cooked, 194 g	2
Bread, fruited, 75 g	2 (1-2)
Rolls, oat, 55 g*	2
Rolls, seeded, 55 g*	2
Pasta, dry, 85 g	2 (1-4)
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)
Bread, gluten-free, 75 g	2 (0-4)
Barley, cooked, 140 g	2 (1-3)
Rolls, multigrain, 55 g	2 (1-3)
Bread, multigrain, 75 g	2 (1-4)
Pasta, whole wheat, dry, 85 g	2 (1-3)
Pasta, whole wheat, cooked, 215 g	2 (1-3)
Rolls, multigrain with fruit, 55 g*	3
Bread, seeded, 75 g	3 (1-6)
Pasta, gluten-free, dry, 85 g*	3
Cold cereal, oat ring, 15 g	4 (1-6)
Bread, oat, 75 g	4 (3-5)
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, 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 (1-4)
Semolina, 45 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Wheat kernels/bulgur, 45 g	1 (1-3)
Wheat bran, 15 g	1 (1-3)
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, white, raw, 45 g	2 (1-2)
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)
Cornmeal, 30 g	2 (1-4)
Flour, teff, 30 g	2 (2-3)
Barley, raw, 45 g	2 (1-3)
Oat bran, 15 g*	2
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
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	2 (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 (0-4)
Lemon / Lime, 55 g	1 (0-2)
Orange, 140 g	1 (1-4)
Citrus fruits, unspecified, 140 g	1 (1-2)
Pomelo, 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 (1-2)
Mango, 140 g	1 (1-2)
Jack fruit, 140 g	1 (1-2)
Watermelon, 150 g	1 (1-4)

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

Spinach, canned, 130 g	3 (1-4)	Veal, cooked, 100 g	1 (0-3)	Beans, chickpea, dried, 35 g	7 (3-11)
Peas, cooked, 130 g	3 (1-11)	Pork, cooked, 100 g	1 (0-18)	Beans, dried, 35 g	7 (2-10)
Tomato, canned, 130 g	4 (0-7)	Lamb, cooked, 100 g	2 (0-9)	Beans, canned, 80 g*	7
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Beef, cooked, 100 g	2 (0-12)	Beans, lentil, dried, 35 g	8 (4-11)
Sweet potato, cooked, 167 g	5 (4-6)	Mutton, cooked, 100 g	2 (1-6)	Beans, lentil, cooked, 80 g*	8
Peas, canned, 130 g	7 (3-8)	Pork, cured, cooked, 55 g	3 (0-39)	Beans, urad, dried, 35 g	9
Cassava, cooked, 167 g	7 (4-10)	Ground beef and/or pork, cooked, 100 g	4 (0-31)	Beans, brown, dried, 35 g	9 (6-12)
Pumpkin, cooked, 130 g	7 (1-16)	Fish and seafood		Beans, mung, dried, 35 g	9 (4-12)
Meat, poultry, eggs and substitutes		Fish, roe, 15 g	1 (0-1)	Beans, kidney, dried, 35 g	10 (8-11)
Bacon, 54 g	0 (0-1)	Shellfish, squid, 125 g	1	Beans, pigeon peas, fresh, 80 g*	10
Venison, 125 g	1	Shellfish, octopus, 125 g	1	Beans, white, dried, 35 g	10 (2-14)
Sausage, 75 g	1 (0-1)	Shellfish, crustaceans, 125 g	1 (1-3)	Beans, black, cooked, 80 g*	12
Egg, 100 g	1 (0-1)	Eel, 125 g	1 (0-3)	Beans, soya, dried, 35 g	12 (6-25)
Rabbit, 125 g	1 (0-1)	Fish, 125 g	1 (0-9)	Soya flakes, 35 g*	15
Beef, 125 g	1 (0-2)	Shellfish, oysters, 125 g	4 (3-5)	Tofu, 85 g	25 (4-37)
Lamb, 125 g	1	Shellfish, clams, 125 g	5 (5-6)	Nuts and seeds	
Ground beef and/or pork, 125 g	1 (0-2)	Shellfish, mussels, 125 g	11 (9-16)	Peanut butter, 15 g	1 (0-6)
Chicken, turkey and other poultry, 125 g	1 (0-3)	Shellfish, scallops, 125 g	21 (1-43)	Chestnuts, 30 g*	2
Pork, 125 g	1 (0-1)	Fish and seafood - Prepared		Peanuts, 30 g	2 (1-22)
Veal, 125 g	1 (1-2)	Eel, smoked, 55 g*	0	Safflower seeds, 30 g*	2
Black pudding, 75 g	1 (0-2)	Fish, salted or smoked, 55 g	0 (0-1)	Pistachios, 30 g	3 (2-3)
Wild boar, 125 g	1 (1-2)	Fish, canned, 55 g	1 (0-2)	Sesame seeds, 30 g	3 (1-8)
Mutton, 125 g	1 (1-2)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Almonds, 30 g	4 (2-4)
Seitan, 100 g*	1	Shellfish, crustaceans, cooked, 100 g	1 (0-1)	Poppy seeds, 30 g	4 (1-8)
Organ meats, 125 g	1 (0-4)	Fish, pickled, 55 g	1 (0-1)	Nuts, mixed, 30 g	4 (2-25)
Soya sausage, 75 g*	2	Shellfish, unspecified, cooked, 100 g	1 (1-3)	Flaxseed, 30 g	6 (5-7)
Goat, 125 g*	2	Fish, canned, tomato sauce, 55 g	1 (0-2)	Hazelnuts, 30 g	6 (3-10)
Horse, 125 g	2 (1-3)	Shellfish, squid, cooked, 100 g*	1	Pecans, 30 g*	6
Mithun, 125 g	5 (3-8)	Fish, cooked, 100 g	1 (0-17)	Pumpkin seeds, 30 g	6 (3-10)
TVP (texturized vegetable protein), 100 g*	13	Shellfish, oysters, cooked, 100 g*	2	Pine nuts, 30 g	8 (6-9)
Meat, poultry and eggs - Prepared		Shellfish, scallops, cooked, 100 g*	2	Chia seeds, 30 g	8 (7-9)
Venison, cured, 30 g*	0	Shellfish, oysters, canned, 55 g*	3	Walnuts, 30 g	9 (4-11)
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	1 (0-1)	Beans and bean products		Brazil nuts, 30 g*	14
Venison, cooked, 100 g	1	Mung bean vermicelli, cooked, 80 g*	1	Alfalfa seeds, 30 g	18 (12-22)
Lunch meat, 55 g	1 (0-2)	Beans, fava, dried, 35 g*	2	Cashews, 30 g	19 (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, white, cooked, 80 g	3 (1-6)	Beverages - Alcoholic	
Pork, cured, 30 g*	1	Beans, cooked, 80 g	3 (2-4)	Madeira, 60 g*	0
Organ meats, cured, 125 g*	1	Beans, chickpea, cooked, 80 g*	3	Liquor, 30 g	0 (0-1)
Chicken, turkey and other poultry, cured, 30 g*	1	Beans, kidney, canned, 80 g	4	Vermouth, 90 g	1
Beef, cured, 30 g*	1	Beans, chickpea, canned, 80 g*	4	Port, 60 g	1
Egg powder, 20 g	1	Beans, white, canned, 80 g*	4	Cider, 333 g	1 (0-1)
Pate, 55 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)	Wine, 188 g	1 (0-2)
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, pinto, cooked, 80 g	5 (2-8)	Sherry, 105 g*	2
Egg, cooked, 100 g	1 (0-7)	Beans, pigeon peas, dried, 35 g	7 (6-7)	Beverages - Juices	
Organ meats, cooked, 100 g	1 (0-8)	Beans, fresh, 80 g	7 (2-7)	Lemon juice, 5 g	0

Lemonade, 250 g	1 (0-1)	Strawberry milk, 250 g*	0	Nigella seeds, 0.5 g	1
Mango juice, 250 g	1	Carbonated drinks, 375 g	1 (0-1)	Mint, dry, 0.5 g*	1
Cherry juice, 250 g*	1	Water, tap, 375 g	1 (0-2)	Rosemary, fresh, 1.5 g	1
Citrus juice, 250 g	1 (0-1)	Carbonated drinks, canned, 375 g	1 (0-5)	Anise, 0.5 g*	1
Fruit drink, 250 g	1 (0-3)	Iced tea, 375 g*	1	Parsley, fresh, 1.5 g	1 (0-1)
Fruit juice, concentrated, 62.5 g	1	Water, bottled, 375 g	1 (0-19)	Sage, dry, 0.5 g	1
Strawberry juice, 250 g*	1	Vanilla milkshake, 250 g*	2	Anchovy paste, 15 g	1
Plum 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	2 (1-5)	Basil, fresh, 1.5 g	1
Citrus juice, canned, 250 g	1 (0-1)	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 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)
Grapefruit juice, 250 g	1 (0-4)	Herbs and spices		Oregano, fresh, 1.5 g	1
Peach juice, 250 g	1	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)
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	Chervil, 1.5 g*	0	Hot peppers, 40 g	1 (1-2)
Pineapple juice, 250 g	2 (1-2)	Onion, dried, 0.5 g*	0	Fats and oils	
Tomato juice, 250 g	2	Mustard seed, 0.5 g	0	Cottonseed oil, 10 g	0
Passionfruit juice, 250 g*	2	Annatto, 0.5 g	0	Corn oil, 10 g	0
Apricot juice, 250 g*	2	Dill, fresh, 1.5 g	0	Olive oil, 10 g	0 (0-2)
Tomato juice, canned, 250 g	2	Wasabi, dry, 0.5 g	0	Almond oil, 10 g*	0
Acai juice, 250 g*	2	Ginger, fresh, 1.5 g	0	Butter, 10 g	0 (0-1)
Tomato juice, bottled, 250 g	2 (2-6)	Cloves, 0.5 g	0	Pumpkin seed oil, 10 g*	0
Citrus juice, from concentrate, 250 g	2 (0-14)	Turmeric powder, 0.5 g	0	Lard, 10 g	0
Vegetable juice, 250 g	2 (1-3)	Allspice, 0.5 g	0	Grapeseed oil, 10 g	0
Vegetable juice, canned, 250 g	2 (1-9)	Tamarind, 1.5 g*	0	Palm oil, 10 g	0
Goji juice, 250 g*	3	Coriander seeds, 0.5 g	0	Mustard oil, 10 g	0
Pomegranate juice, 250 g*	3	Mint leaves, 1.5 g*	0	Rice oil, 10 g	0
Pineapple juice, from concentrate, 250 g	4 (1-6)	Ginger, dry, 0.5 g	0 (0-1)	Hazelnut oil, 10 g	0
Prune juice, 250 g	4 (3-8)	Cilantro, 1.5 g	0	Sunflower oil, 10 g	0 (0-1)
Beverages - Hot		Chives, 1.5 g*	0	Vegetable oils, unspecified, 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	Garlic, dry, 0.5 g	0 (0-1)	Margarine, 10 g	0 (0-2)
Tea, brewed, loose, 250 g	1 (1-4)	Curry leaves, dry, 0.5 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Coffee, brewed, 250 g	1 (0-5)	Nutmeg, 0.5 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Tea, brewed, bag, 250 g	1 (0-3)	Paprika, 0.5 g	0 (0-1)	Canola/rapeseed oil, 10 g	1 (0-1)
Green tea, brewed, loose, 250 g	1 (1-3)	Garlic, 4 g	0 (0-1)	Sesame oil, 10 g	1 (0-1)
Tea, herbal, brewed, 250 g	1 (0-4)	Fenugreek, 0.5 g	0 (0-1)	Coconut oil, 10 g	1 (0-1)
Coffee, beans, 14 g	2 (1-2)	Herbs and spices, unspecified, 0.5 g	1 (0-1)	Ghee, 10 g	1 (1-3)
Green tea, brewed, bag, 250 g	2 (1-3)	Cardamom, 0.5 g	1 (0-1)	Shortening, 10 g	2 (1-3)
Green tea, leaves, 3 g	2 (1-5)	Herbs de Provence, dry, 0.5 g	1	Snacks and desserts	
Tea, brewed, 250 g	3 (1-8)	Peppermint, dry, 0.5 g	1	Breadfruit, dried, 40 g*	0
Hot chocolate powder, 25 g	4 (2-5)	Cumin, 0.5 g	1 (0-1)	Popsicle, 30 g	0 (0-1)
Tea, herbal, dry, 3 g	4 (1-12)	Marjoram, dry, 0.5 g	1	Ice cream, vanilla, 129 g	1 (0-2)
Hot chocolate, 250 g	5 (4-6)	Basil, dry, 0.5 g	1 (0-1)	Cookies, not chocolate, 30 g	1 (0-2)
Tea, leaves, 3 g	6 (1-51)	Cinnamon, 0.5 g	1 (0-1)	Pork rinds, 20 g	1
Beverages - Other		Mace, 0.5 g*	1	Gelatin dessert, 130 g	1 (0-1)
Soft drink syrup, 30 g	0	Curry leaves, 1.5 g*	1	Dried cherries, 40 g*	1

Graham crackers, 30 g	1 (0-1)
Sherbet/sorbet, 129 g	1 (0-5)
Raisins, yogurt candy coated, 40 g*	1
Chewing gum, 3 g	1 (0-1)
Pretzels, 50 g	1 (0-1)
Applesauce, 110 g	1 (0-3)
Dried strawberry, 40 g*	1
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 chocolate, 30 g	2 (0-4)
Cookies with nuts, 30 g*	2
Dried rosehips, 40 g*	2
Cereal bar, with chocolate, 35 g	2 (2-3)
Snacks, potato-based, 50 g*	2
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, 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)
Corn/glucose syrup, 30 g*	1
Marzipan, 30 g*	1
Pudding, not chocolate, 130 g	1 (1-6)
Chocolate confections with nuts, 40 g	2 (0-9)
Maple syrup, 60 g	2

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 (2-20)
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 (0-22)
Horseradish, 5 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
Oyster sauce, 15 g*	1
Marmelade, 15 g	1 (0-1)
Pesto, no nuts, 60 g*	1
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Sweet and sour sauce, 30 g	1 (0-1)
Teriyaki sauce, 15 g*	1
Soy sauce, 15 g	1 (0-4)
BBQ sauce, 15 g*	1
Soy mayonnaise, 15 g*	1
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
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)
Tomato paste, 30 g	2 (1-3)
Broth, 250 g	2 (1-2)
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.