

**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)  |
| Crème fraîche, 55 g        | 1 (0-1)  |
| Cheeses, 30 g              | 1 (0-2)  |
| Yogurt drink, 188 g        | 1 (0-1)  |
| Cultured milk, 188 g       | 1 (0-1)  |
| Milk powder, 25 g          | 1 (0-3)  |
| Buttermilk, 250 g          | 1 (1-4)  |
| Processed cheese, 30 g     | 1 (0-2)  |
| 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)  |
| Cottage cheese, 125 g      | 1 (0-4)  |
| 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       |
| Crackers, saltine or cream, 30 g           | 1 (0-1) |
| Breadcrumbs, 30 g                          | 1       |
| Crackers, butter-type, 30 g                | 1 (0-1) |
| Crackers, 30 g                             | 1 (0-2) |
| Bread, gluten-free, 75 g                   | 1 (0-4) |
| Yeast dough, 55 g                          | 1       |
| Cold cereal, rice, 15 g                    | 1       |
| Rusk, plain or fruited, 30 g               | 1       |
| Flatbread, 55 g                            | 1 (1-2) |
| Cold cereal, corn, 30 g                    | 1 (0-2) |
| English muffin, 55 g                       | 1       |
| Hot cereal, rice, dry, 40 g                | 1 (1-2) |
| Hot cereal, rice, cooked, 194 g            | 1 (1-2) |
| Rice cakes, 15 g*                          | 1       |
| Pasta, rice, cooked, 215 g*                | 1       |
| Cold cereal, wheat bran with raisins, 30 g | 1 (1-2) |
| Bread, fruited, 75 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) |
| Crispbread, 30 g                           | 1 (1-2) |

|                                     |          |
|-------------------------------------|----------|
| Croissant-like pastries, 55 g*      | 1        |
| Bread, barley, 75 g                 | 1 (1-2)  |
| Bread, rye, 75 g                    | 1 (1-2)  |
| Hot cereal, corn, cooked, 194 g     | 1 (1-2)  |
| Cold cereals, junk food, 30 g       | 1 (1-3)  |
| 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        |
| Pasta, cooked, 215 g                | 2 (0-3)  |
| Hot cereal, rye, dry, 40 g*         | 2        |
| Pasta, whole wheat, dry, 85 g       | 2 (1-3)  |
| Pasta, dry, 85 g                    | 2 (1-4)  |
| Barley, cooked, 140 g               | 2 (1-3)  |
| Rolls, multigrain, 55 g             | 2 (1-3)  |
| Pasta, whole wheat, cooked, 215 g   | 2 (1-3)  |
| Cold cereal, wheat bran, 30 g       | 2 (1-4)  |
| Bread, multigrain, 75 g             | 2 (1-4)  |
| Bread, seeded, 75 g                 | 3 (1-6)  |
| Cold cereal, oat ring, 15 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       |
| Flour, rye, 30 g                 | 1       |
| Starch, corn, 10 g*              | 1       |
| Rye kernels, whole/cracked, 45 g | 1       |
| Flour, barley, 30 g              | 1       |
| Flour, rye, whole, 30 g          | 1       |
| Flour, spelt, 30 g*              | 1       |
| Semolina, 45 g                   | 1 (1-2) |
| Quinoa, cooked, 140 g*           | 1       |
| Rice, white, cooked, 140 g       | 1 (1-4) |
| Cornmeal, 30 g                   | 1 (1-4) |
| Wheat kernels/bulgur, 45 g       | 1 (1-3) |
| Wheat bran, 15 g                 | 1 (1-3) |
| Flour, whole wheat, 30 g         | 1 (1-3) |

|                             |           |
|-----------------------------|-----------|
| Flour, rice, 30 g           | 1 (1-7)   |
| Wheat germ, 15 g            | 2 (1-2)   |
| Rice, brown, cooked, 140 g  | 2         |
| Rice, brown, raw, 45 g      | 2 (1-2)   |
| Rice, white, raw, 45 g      | 2 (1-2)   |
| Flour, spelt, whole, 30 g*  | 2         |
| Spelt, raw, 45 g            | 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)   | Leaf chicory (endive or radicchio), 85 g | 2 (1-5)  | <b>Vegetables - Prepared</b>              |          |
| Grape, 140 g              | 1 (0-7)   | Beet greens, 85 g*                       | 2        | Eggplant, cooked, 130 g                   | 1 (0-2)  |
| Melons, 150 g             | 2 (1-5)   | Spinach, 85 g                            | 2 (1-6)  | Mushroom, composite, 107.5 g              | 1 (0-1)  |
| Jujube, 140 g             | 2         | Head/iceberg lettuce, 85 g               | 2 (0-9)  | Turnip, cooked, 130 g                     | 1 (1-2)  |
| Watermelon, 150 g         | 2 (1-4)   | Alfalfa sprouts, 85 g                    | 3 (2-3)  | Potato, instant, 17 g                     | 1        |
| Kiwi, 140 g               | 2 (0-3)   | Radish leaves, 85 g*                     | 3        | Tomato, composite, 107.5 g                | 1 (0-1)  |
| 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        | Zucchini, cooked, 130 g                   | 1 (1-3)  |
| Apricot, canned, 140 g    | 3 (1-22)  | <b>Vegetables - Other</b>                |          | Cabbage, canned, 130 g*                   | 1        |
| Plum, 140 g               | 3 (1-8)   | Pickles, 30 g                            | 0 (0-1)  | Collard greens, cooked, 130 g             | 1 (1-4)  |
| Dates, fresh, 140 g*      | 3         | Eggplant, 85 g                           | 1 (0-3)  | Broccoli, canned, 130 g*                  | 1        |
| Persimmon, 140 g          | 4 (3-4)   | Zucchini, 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         | Cucumber, 85 g                           | 1 (0-3)  | Spinach, cooked, 130 g                    | 1 (1-2)  |
| Sapota, 140 g*            | 5         | Celery, 85 g                             | 1 (0-2)  | Okra, cooked, 130 g                       | 1 (1-2)  |
| Pineapple, 140 g          | 5 (1-12)  | Olives, 15 g                             | 1 (0-1)  | Spinach, composite, 107.5 g               | 1 (1-3)  |
| Avocado, 140 g            | 6 (2-30)  | Corn, 85 g                               | 1 (1-2)  | Potato, cooked, 167 g                     | 1 (0-4)  |
| Coconut, 140 g            | 12 (4-19) | Squash, 85 g                             | 1 (1-2)  | Corn, canned, 130 g                       | 1 (1-6)  |
| <b>Vegetables - Root</b>  |           | Cauliflower, 85 g                        | 1 (0-3)  | Cabbage, cooked, 130 g                    | 1 (0-7)  |
| Carrot, 85 g              | 1 (0-1)   | Plantain, green, 85 g*                   | 1        | Carrot, composite, 107.5 g                | 1 (1-5)  |
| Salsify, 85 g             | 1         | Leek, 85 g                               | 1 (1-2)  | Beets, canned, 130 g                      | 2 (1-2)  |
| Celeriac, 85 g            | 1         | Peppers, 85 g                            | 1 (0-3)  | Broccoli, composite, 107.5 g              | 2 (1-3)  |
| 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)  |
| Onion, 85 g               | 1 (0-2)   | Taro stem, 85 g                          | 1 (1-2)  | Cauliflower, composite, 107.5 g           | 2 (1-4)  |
| Kohlrabi, 85 g*           | 1         | Spring onion, 40 g                       | 1 (1-2)  | Onion, cooked, 130 g                      | 2 (1-3)  |
| Potato, 110 g             | 1 (0-5)   | Tomato, sun-dried, 30 g*                 | 1        | Winter squash, cooked, 130 g              | 2 (1-4)  |
| Beets, 85 g               | 1 (1-3)   | Bottle gourd, 85 g                       | 1 (1-2)  | Rutabaga, cooked, 130 g                   | 2 (1-9)  |
| 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)  | Plantain, cooked, 167 g                   | 2 (2-3)  |
| Parsnip, 85 g             | 2 (1-3)   | Beans, runner, 85 g                      | 2 (2-3)  | Potato, cooked with skin, 167 g           | 2 (1-17) |
| Yam, 110 g                | 2 (2-3)   | Artichoke, 85 g*                         | 2        | Potato, french fried, 70 g                | 2 (1-4)  |
| Sweet potato, 110 g       | 2 (1-3)   | Snow pea, 85 g*                          | 2        | Green beans, cooked, 130 g                | 2 (1-5)  |
| Fennel, 85 g*             | 3         | Green beans, 85 g                        | 2 (2-5)  | Mushroom, canned, 130 g                   | 2 (1-3)  |
| 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        |
| <b>Vegetables - Leafy</b> |           | Bitter melon, 85 g                       | 2 (1-4)  | Cauliflower, cooked, 130 g                | 2 (1-5)  |
| Chard, 85 g               | 1 (1-2)   | Brussels sprouts, 85 g                   | 2 (1-5)  | Spinach, canned, 130 g                    | 2 (1-4)  |
| Cabbage, 85 g             | 1 (1-5)   | Asparagus, 85 g                          | 3 (2-4)  | Peppers, composite, 107.5 g               | 2 (1-7)  |
| Lettuces, 85 g            | 1 (0-3)   | Rhubarb, 140 g                           | 3 (1-7)  | Tomato, canned, 130 g                     | 2 (0-7)  |
| Mustard leaves, 85 g      | 1 (1-2)   | Okra, 85 g                               | 3 (2-5)  | Taro, cooked, 167 g                       | 3        |
| Kale, 85 g                | 2         | Chayote, 85 g                            | 4 (1-7)  | Green beans, composite, 107.5 g           | 3 (1-8)  |
| Watercress, 85 g          | 2 (1-3)   | Peas, 85 g                               | 5 (1-19) | En choy (chinese spinach), cooked, 130 g* | 3        |
| Kohlrabi leaves, 85 g*    | 2         | Peas, dried, 35 g                        | 6 (4-8)  | Peas, canned, 130 g                       | 3 (3-8)  |

|  |          |  |           |                                  |            |
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| Asparagus, cooked, 130 g                         | 3 (1-5)  | 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          |
| Sweet potato, cooked, 167 g                      | 4 (4-6)  | Beef, cooked, 100 g                    | 1 (0-12)  | Beans, lentil, cooked, 80 g*     | 8          |
| Peas, cooked, 130 g                              | 4 (1-11) | Pate, 55 g                             | 1 (0-4)   | Beans, chickpea, dried, 35 g     | 8 (3-11)   |
| Gai lan (chinese kale/broccoli), cooked, 130 g*  | 4        | Ground beef and/or pork, cooked, 100 g | 1 (0-31)  | Beans, urad, dried, 35 g         | 9          |
| Brussels sprouts, cooked, 130 g                  | 4 (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              | 2 (0-39)  | Beans, lentil, dried, 35 g       | 10 (4-11)  |
| Pumpkin, cooked, 130 g                           | 7 (1-16) | <b>Fish and seafood</b>                |           | Beans, kidney, dried, 35 g       | 10 (8-11)  |
| <b>Meat, poultry, eggs and substitutes</b>       |          | Fish, roe, 15 g                        | 0 (0-1)   | Beans, pigeon peas, fresh, 80 g* | 10         |
| Bacon, 54 g                                      | 0 (0-1)  | Shellfish, squid, 125 g                | 1         | Beans, mung, dried, 35 g         | 12 (4-12)  |
| Rabbit, 125 g                                    | 0 (0-1)  | Shellfish, octopus, 125 g              | 1         | Beans, black, cooked, 80 g*      | 12         |
| Egg, 100 g                                       | 1 (0-1)  | Shellfish, crustaceans, 125 g          | 1 (1-3)   | Beans, white, dried, 35 g        | 13 (2-14)  |
| Veal, 125 g                                      | 1 (1-2)  | Fish, 125 g                            | 1 (0-9)   | Soya flakes, 35 g*               | 15         |
| Sausage, 75 g                                    | 1 (0-1)  | Eel, 125 g                             | 2 (0-3)   | Beans, soya, dried, 35 g         | 15 (6-25)  |
| Venison, 125 g                                   | 1        | Shellfish, oysters, 125 g              | 3 (3-5)   | Tofu, 85 g                       | 36 (4-37)  |
| Beef, 125 g                                      | 1 (0-2)  | Shellfish, clams, 125 g                | 5 (5-6)   | <b>Nuts and seeds</b>            |            |
| Lamb, 125 g                                      | 1        | Shellfish, mussels, 125 g              | 12 (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          |
| Ground beef and/or pork, 125 g                   | 1 (0-2)  | <b>Fish and seafood - Prepared</b>     |           | Safflower seeds, 30 g*           | 2          |
| Organ meats, 125 g                               | 1 (0-4)  | 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)   |
| Horse, 125 g                                     | 1 (1-3)  | Fish, canned, tomato sauce, 55 g       | 1 (0-2)   | Pumpkin seeds, 30 g              | 6 (3-10)   |
| Soya sausage, 75 g*                              | 2        | Shellfish, squid, cooked, 100 g*       | 1         | Pecans, 30 g*                    | 6          |
| Goat, 125 g*                                     | 2        | Fish, cooked, 100 g                    | 1 (0-17)  | Flaxseed, 30 g                   | 7 (5-7)    |
| 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         | Pine nuts, 30 g                  | 8 (6-9)    |
| <b>Meat, poultry and eggs - Prepared</b>         |          | 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         | Walnuts, 30 g                    | 8 (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            | 9 (2-17)   |
| Bacon, cooked, 15 g                              | 0 (0-1)  | <b>Beans and bean products</b>         |           | 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                    | 19 (16-23) |
| Veal, cooked, 100 g                              | 1 (0-3)  | 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)    |
| Chicken, turkey and other poultry, cured, 30 g*  | 1        | Beans, kidney, canned, 80 g            | 4         | Vermouth, 90 g                   | 1          |
| Chicken, turkey and other poultry, cooked, 100 g | 1 (0-4)  | Beans, chickpea, canned, 80 g*         | 4         | Port, 60 g                       | 1          |
| Beef, cured, 30 g*                               | 1        | Beans, white, canned, 80 g*            | 4         | Cider, 333 g                     | 1 (0-1)    |
| Egg powder, 20 g                                 | 1        | 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)   |
| Sausage, cooked, 55 g                            | 1 (0-5)  | 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)   | <b>Beverages - Juices</b>        |            |
| Organ meats, cooked, 100 g                       | 1 (0-8)  | 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        | Mint, dry, 0.5 g*                 | 1       |
| Citrus juice, canned, 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)  | Cinnamon, 0.5 g                   | 1 (0-1) |
| Citrus juice, 250 g                            | 1 (0-1)  | Iced tea, 375 g*                     | 1        | Anise, 0.5 g*                     | 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       |
| Strawberry juice, 250 g*                       | 1        | Vanilla milkshake, 250 g*            | 2        | Basil, fresh, 1.5 g               | 1       |
| Plum juice, 250 g*                             | 1        | Coconut water, 375 g                 | 3 (2-17) | Thyme, dry, 0.5 g                 | 1       |
| Grapefruit juice, 250 g                        | 1 (0-4)  | Oat-based beverage, 250 g            | 4 (3-5)  | Pepper, black, 0.5 g              | 1 (0-2) |
| Aloe juice, 250 g*                             | 1        | Chocolate milk, 250 g                | 4 (1-5)  | Parsley, fresh, 1.5 g             | 1 (0-1) |
| Sugarcane juice, 250 g*                        | 1        | Energy drink, 375 g                  | 4 (1-12) | 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        | <b>Herbs and spices</b>              |          | Hot peppers, dried, 0.5 g         | 1 (0-1) |
| Grape juice, 250 g                             | 1 (0-2)  | 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                 | 1 (1-2) |
| Fruit juice, various, canned or bottled, 250 g | 1 (0-10) | Mustard seed, 0.5 g                  | 0        | <b>Fats and oils</b>              |         |
| 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        | Corn oil, 10 g                    | 0       |
| Passionfruit juice, 250 g*                     | 2        | Dill, fresh, 1.5 g                   | 0        | Almond oil, 10 g*                 | 0       |
| Pineapple juice, 250 g                         | 2 (1-2)  | Wasabi, dry, 0.5 g                   | 0        | Palm oil, 10 g                    | 0       |
| Apricot juice, 250 g*                          | 2        | Cloves, 0.5 g                        | 0        | Sunflower oil, 10 g               | 0 (0-1) |
| Acai juice, 250 g*                             | 2        | Allspice, 0.5 g                      | 0        | Vegetable oils, unspecified, 10 g | 0 (0-1) |
| Tomato juice, bottled, 250 g                   | 2 (2-6)  | Tamarind, 1.5 g*                     | 0        | Pumpkin seed oil, 10 g*           | 0       |
| Vegetable juice, canned, 250 g                 | 2 (1-9)  | Turmeric powder, 0.5 g               | 0        | Butter, 10 g                      | 0 (0-1) |
| Vegetable juice, 250 g                         | 3 (1-3)  | Herbs and spices, unspecified, 0.5 g | 0 (0-1)  | 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)  | Cilantro, 1.5 g                      | 0        | Hazelnut oil, 10 g                | 0       |
| <b>Beverages - Hot</b>                         |          | Ginger, dry, 0.5 g                   | 0 (0-1)  | Avocado oil, 10 g                 | 0 (0-1) |
| Instant coffee, 3 g                            | 1        | Chives, 1.5 g*                       | 0        | Soybean oil, 10 g                 | 0 (0-1) |
| Rosehip powder, 3 g*                           | 1        | Parsley, dry, 0.5 g                  | 0 (0-1)  | Margarine, 10 g                   | 0 (0-2) |
| Tea, brewed, loose, 250 g                      | 1 (1-4)  | Garlic, 4 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) |
| Tea, brewed, bag, 250 g                        | 1 (0-3)  | 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, 250 g                             | 2 (1-8)  | Fenugreek, 0.5 g                     | 1 (0-1)  | Ghee, 10 g                        | 1 (1-3) |
| Green tea, brewed, loose, 250 g                | 2 (1-3)  | 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)  | <b>Snacks and desserts</b>        |         |
| Green tea, leaves, 3 g                         | 2 (1-5)  | Herbs de Provence, dry, 0.5 g        | 1        | Popsicle, 30 g                    | 0 (0-1) |
| Tea, herbal, dry, 3 g                          | 3 (1-12) | Peppermint, 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       |
| <b>Beverages - Other</b>                       |          | 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) |

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| 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) |
| Sherbet/sorbet, 129 g                  | 1 (0-5) |
| Dried strawberry, 40 g*                | 1       |
| Ice cream, vanilla, 129 g              | 1 (0-2) |
| Raisins, 40 g                          | 1 (0-5) |
| Banana chips, 40 g*                    | 1       |
| Applesauce, 110 g                      | 1 (0-3) |
| Potato chips, 50 g                     | 1 (1-3) |
| 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       |
| Dried rosehips, 40 g*                  | 2       |
| Ice cream desserts, 129 g              | 2 (1-7) |
| 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      |
| <b>Sugars and sweets</b>               |         |
| 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       |
| Syrup, not chocolate, 60 g             | 1 (0-2) |
| Marzipan, 30 g*                        | 1       |
| Pudding, not chocolate, 130 g          | 2 (1-6) |
| Maple syrup, 60 g                      | 2       |
| Candy, 40 g                            | 2 (0-6) |
| Pudding, chocolate, 130 g*             | 2       |

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| Chocolate confections, 40 g                 | 4 (1-11) |
| Chocolate confections with nuts, 40 g       | 4 (0-9)  |
| Confections with nuts, 50 g                 | 5 (1-14) |
| Syrup, chocolate, 60 g                      | 6 (1-8)  |
| Chocolate, 40 g                             | 8 (2-20) |
| <b>Sauces, dips, condiments and spreads</b> |          |
| 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)  |
| Horseradish, 5 g                            | 1 (0-1)  |
| Chutney, 15 g                               | 1 (0-1)  |
| Marmelade, 15 g                             | 1 (0-1)  |
| Sweet and sour sauce, 30 g                  | 1 (0-1)  |
| Oyster sauce, 15 g*                         | 1        |
| Ketchup, 15 g                               | 1 (0-1)  |
| Tartar sauce, 30 g                          | 1 (0-5)  |
| Pesto, no nuts, 60 g*                       | 1        |
| Bechamel sauce, 30 g*                       | 1        |
| Guacamole, 30 g*                            | 1        |
| Fruit jams, 15 g                            | 1 (0-2)  |
| Teriyaki sauce, 15 g*                       | 1        |
| BBQ sauce, 15 g*                            | 1        |
| Salsa, 60 g                                 | 1 (0-3)  |
| Soy mayonnaise, 15 g*                       | 1        |
| Soy sauce, 15 g                             | 1 (0-4)  |
| Gravy, 60 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        |
| <b>Miscellaneous</b>                        |          |
| 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.