

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)
Cheeses, 30 g	1 (0-2)
Quark, 100 g	1 (0-1)
Crème fraîche, 55 g	1 (0-1)
Yogurt drink, 188 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Cottage cheese, 125 g	1 (0-4)
Cultured milk, 188 g	1 (0-1)
Milk powder, 25 g	1 (0-3)
Milk, 250 g	1 (0-5)
Almond milk, 250 g*	1
Yogurt, with fruit, 175 g	1 (0-5)
Rice milk, 250 g	1 (1-2)
Buttermilk, 250 g	1 (1-4)
Yogurt, 175 g	1 (0-3)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Soy milk, 250 g	2 (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
English muffin, 55 g	1
Rice cakes, 15 g*	1
Bread, white, 75 g	1 (1-2)
Crackers, 30 g	1 (0-2)
Rolls and biscuits, 55 g	1 (1-2)
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Croissant-like pastries, 55 g*	1
Bread, barley, 75 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, wheat, dry, 40 g	1 (1-2)
Pasta, dry, 85 g	1 (1-4)
Bread, rye, 75 g	1 (1-2)

Hot cereal, rice, cooked, 194 g	1 (1-2)
Flatbread, 55 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Bread, multigrain, 75 g	1 (1-4)
Cold cereal, corn, 30 g	1 (0-2)
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
Cold cereals, junk food, 30 g	2 (1-3)
Hot cereal, rye, dry, 40 g*	2
Bread, whole wheat, 75 g	2 (1-3)
Bread, fruited, 75 g	2 (1-2)
Crispbread, 30 g	2 (1-2)
Barley, cooked, 140 g	2 (1-3)
Rolls, multigrain, 55 g	2 (1-3)
Pasta, whole wheat, cooked, 215 g	2 (1-3)
Bread, gluten-free, 75 g	2 (0-4)
Pasta, whole wheat, dry, 85 g	3 (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)
Cold cereal, granola/muesli, 55 g	5 (1-10)
Bread, seeded, 75 g	6 (1-6)
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
Rye kernels, whole/cracked, 45 g	1
Flour, rye, whole, 30 g	1
Flour, barley, 30 g	1
Flour, white, 30 g	1 (0-1)
Flour, spelt, 30 g*	1
Rice, white, cooked, 140 g	1 (1-4)
Semolina, 45 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Flour, whole wheat, 30 g	1 (1-3)
Wheat germ, 15 g	2 (1-2)
Rice, white, raw, 45 g	2 (1-2)
Rice, brown, cooked, 140 g	2

Spelt, raw, 45 g	2
Rice, brown, raw, 45 g	2 (1-2)
Flour, spelt, whole, 30 g*	2
Flour, cassava, 30 g	2 (1-2)
Wheat bran, 15 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
Wheat kernels/bulgur, 45 g	3 (1-3)
Quinoa, raw, 45 g	3 (1-4)
Sorghum, 45 g*	3
Flour, rice, 30 g	3 (1-7)
Flour, millet, 30 g*	4
Flour, buckwheat, 30 g*	4
Flour, soy, 15 g	5 (5-6)
Millet, raw, 40 g	5 (3-8)
Oats, raw, 40 g	5 (2-12)
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
Gooseberries, 80 g	1
Pomegranate, 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)
Citrus fruits, unspecified, 140 g	1 (1-2)
Grapefruit, 140 g	1 (0-4)
Pomelo, 140 g	1 (1-2)
Orange, 140 g	1 (1-4)
Tangerine or mandarin orange, 140 g	3 (1-3)

Fruits - Other

Breadfruit, 140 g	1
Apple, 140 g	1 (0-2)
Cherries, 140 g	1 (1-2)
Kiwi, 140 g	1 (0-3)
Mango, 140 g	1 (1-2)
Jack fruit, 140 g	1 (1-2)

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

Green beans, composite, 107.5 g	3 (1-8)	Lamb, cooked, 100 g	1 (0-9)	Beans, chickpea, dried, 35 g	7 (3-11)
Peas, cooked, 130 g	3 (1-11)	Beef, cooked, 100 g	1 (0-12)	Beans, dried, 35 g	7 (2-10)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Sausage, cooked, 55 g	2 (0-5)	Beans, canned, 80 g*	7
Sweet potato, cooked, 167 g	4 (4-6)	Mutton, cooked, 100 g	2 (1-6)	Beans, lentil, dried, 35 g	8 (4-11)
Corn, canned, 130 g	4 (1-6)	Pork, cured, cooked, 55 g	2 (0-39)	Beans, lentil, cooked, 80 g*	8
Peas, canned, 130 g	5 (3-8)	Ground beef and/or pork, cooked, 100 g	3 (0-31)	Beans, mung, dried, 35 g	8 (4-12)
Cassava, cooked, 167 g	7 (4-10)	Pork, cooked, 100 g	9 (0-18)	Beans, urad, dried, 35 g	9
Pumpkin, cooked, 130 g	16 (1-16)	Fish and seafood		Beans, brown, dried, 35 g	9 (6-12)
Meat, poultry, eggs and substitutes		Fish, roe, 15 g	1 (0-1)	Beans, white, dried, 35 g	9 (2-14)
Egg, 100 g	1 (0-1)	Shellfish, squid, 125 g	1	Beans, kidney, dried, 35 g	10 (8-11)
Venison, 125 g	1	Shellfish, octopus, 125 g	1	Beans, pigeon peas, fresh, 80 g*	10
Bacon, 54 g	1 (0-1)	Fish, 125 g	1 (0-9)	Beans, black, cooked, 80 g*	12
Rabbit, 125 g	1 (0-1)	Shellfish, crustaceans, 125 g	1 (1-3)	Beans, soya, dried, 35 g	12 (6-25)
Sausage, 75 g	1 (0-1)	Eel, 125 g	1 (0-3)	Soya flakes, 35 g*	15
Beef, 125 g	1 (0-2)	Shellfish, clams, 125 g	5 (5-6)	Tofu, 85 g	20 (4-37)
Lamb, 125 g	1	Shellfish, oysters, 125 g	5 (3-5)	Nuts and seeds	
Ground beef and/or pork, 125 g	1 (0-2)	Shellfish, mussels, 125 g	11 (9-16)	Peanut butter, 15 g	2 (0-6)
Pork, 125 g	1 (0-1)	Shellfish, scallops, 125 g	22 (1-43)	Chestnuts, 30 g*	2
Chicken, turkey and other poultry, 125 g	1 (0-3)	Fish and seafood - Prepared		Safflower seeds, 30 g*	2
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)	Almonds, 30 g	3 (2-4)
Veal, 125 g	1 (1-2)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Sesame seeds, 30 g	3 (1-8)
Mutton, 125 g	1 (1-2)	Fish, canned, 55 g	1 (0-2)	Peanuts, 30 g	3 (1-22)
Seitan, 100 g*	1	Shellfish, crustaceans, cooked, 100 g	1 (0-1)	Walnuts, 30 g	4 (4-11)
Organ meats, 125 g	1 (0-4)	Fish, pickled, 55 g	1 (0-1)	Poppy seeds, 30 g	4 (1-8)
Goat, 125 g	2	Fish, canned, tomato sauce, 55 g	1 (0-2)	Flaxseed, 30 g	6 (5-7)
Soya sausage, 75 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)	Pine nuts, 30 g	8 (6-9)
TVP (texturized vegetable protein), 100 g*	13	Shellfish, oysters, cooked, 100 g*	2	Chia seeds, 30 g	8 (7-9)
Meat, poultry and eggs - Prepared		Shellfish, scallops, cooked, 100 g*	2	Nuts, mixed, 30 g	8 (2-25)
Venison, cured, 30 g*	0	Shellfish, oysters, canned, 55 g*	3	Seeds, 30 g	9 (4-13)
Rabbit, cooked, 100 g*	0	Shellfish, mussels, cooked, 100 g	4 (3-6)	Hazelnuts, 30 g	9 (3-10)
Black pudding, cooked, 55 g	0 (0-1)	Shellfish, mussels, canned, 55 g	5	Sunflower seeds, 30 g	10 (2-17)
Venison, cooked, 100 g	1	Beans and bean products		Brazil nuts, 30 g*	14
Bacon, cooked, 15 g	1 (0-1)	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)	Beverages - Alcoholic	
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
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)
Egg, cooked, 100 g	1 (0-7)	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)
Veal, cooked, 100 g	1 (0-3)	Beans, lima, cooked, 80 g	5 (1-10)	Sherry, 105 g*	2
Pate, 55 g	1 (0-4)	Beans, pinto, cooked, 80 g	6 (2-8)	Beverages - Juices	
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	Nigella seeds, 0.5 g	1
Mango juice, 250 g	1	Carbonated drinks, 375 g	1 (0-1)	Mint, dry, 0.5 g*	1
Fruit drink, 250 g	1 (0-3)	Water, tap, 375 g	1 (0-2)	Rosemary, fresh, 1.5 g	1
Citrus juice, 250 g	1 (0-1)	Iced tea, 375 g*	1	Parsley, fresh, 1.5 g	1 (0-1)
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
Peach juice, 250 g	1	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
Pear juice, 250 g	1 (1-2)	Salt, 1 g	0	Cayenne pepper, 0.5 g	1 (1-2)
Citrus juice, from concentrate, 250 g	1 (0-14)	Saffron, 0.5 g	0	Fennel, dry, 0.5 g	1 (1-2)
Pineapple juice, 250 g	2 (1-2)	Chervil, 1.5 g*	0	Hot peppers, 40 g	2 (1-2)
Passionfruit juice, 250 g*	2	Onion, dried, 0.5 g*	0	Fats and oils	
Apricot 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
Tomato juice, canned, 250 g	2	Wasabi, dry, 0.5 g	0	Almond oil, 10 g*	0
Acai juice, 250 g*	2	Dill, fresh, 1.5 g	0	Pumpkin seed oil, 10 g*	0
Apple juice, canned or bottled, 250 g	2 (0-4)	Ginger, fresh, 1.5 g	0	Butter, 10 g	0 (0-1)
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	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	3 (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	Avocado oil, 10 g	0 (0-1)
Instant coffee, 3 g	1	Parsley, dry, 0.5 g	0 (0-1)	Peanut 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)
Coffee, brewed, 250 g	1 (0-5)	Curry leaves, dry, 0.5 g	0 (0-1)	Olive oil, 10 g	0 (0-2)
Tea, brewed, loose, 250 g	1 (1-4)	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)
Tea, herbal, brewed, 250 g	1 (0-4)	Herbs and spices, unspecified, 0.5 g	0 (0-1)	Sesame oil, 10 g	1 (0-1)
Green tea, brewed, loose, 250 g	1 (1-3)	Garlic, 4 g	0 (0-1)	Coconut oil, 10 g	1 (0-1)
Coffee, beans, 14 g	2 (1-2)	Fenugreek, 0.5 g	0 (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)
Tea, brewed, 250 g	2 (1-8)	Herbs de Provence, dry, 0.5 g	1	Snacks and desserts	
Green tea, leaves, 3 g	2 (1-5)	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	Pork rinds, 20 g	1
Hot chocolate, 250 g	5 (4-6)	Cinnamon, 0.5 g	1 (0-1)	Gelatin dessert, 130 g	1 (0-1)
Tea, leaves, 3 g	6 (1-51)	Basil, dry, 0.5 g	1 (0-1)	Ice cream, vanilla, 129 g	1 (0-2)
Beverages - Other		Mace, 0.5 g*	1	Dried cherries, 40 g*	1
Soft drink syrup, 30 g	0	Curry leaves, 1.5 g*	1	Graham crackers, 30 g	1 (0-1)

Chewing gum, 3 g	1 (0-1)
Raisins, yogurt candy coated, 40 g*	1
Applesauce, 110 g	1 (0-3)
Pretzels, 50 g	1 (0-1)
Dried strawberry, 40 g*	1
Sherbet/sorbet, 129 g	1 (0-5)
Banana chips, 40 g*	1
Raisins, 40 g	1 (0-5)
Cereal bar, rice, 35 g*	1
Dried currants, 40 g*	1
Cookies, not chocolate, 30 g	1 (0-2)
Corn chips, 50 g	2 (1-2)
Dried dates, 40 g	2 (1-2)
Potato chips, 50 g	2 (1-3)
Snacks, corn-based, 50 g	2
Savoury crisps, 50 g	2 (1-2)
Popcorn, 50 g	2 (0-5)
Cereal bar, with chocolate, 35 g	2 (2-3)
Cookies with nuts, 30 g*	2
Dried rosehips, 40 g*	2
Cookies with chocolate, 30 g	2 (0-4)
Snacks, potato-based, 50 g*	2
Ice cream desserts, 129 g	2 (1-7)
Licorice, 40 g	2 (1-3)
Cereal bar, 35 g	2 (1-5)
Dried fruit, mixed, 40 g	2 (0-7)
Prunes, 40 g	3 (2-3)
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	
Xylitol, 1.4 g*	0
Sugar, white, 4 g	0
Fructose, 4 g*	0
Sugar, brown, 4 g	0
Fruit gums, 40 g*	0
Molasses, 20 g*	1
Sweetened evaporated milk, 30 g*	1
Syrup, not chocolate, 60 g	1 (0-2)
Honey, 20 g	1 (0-5)
Candy, 40 g	1 (0-6)
White chocolate, 15 g	1 (0-2)
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, 40 g	3 (1-11)
Syrup, chocolate, 60 g	3 (1-8)
Chocolate confections with nuts, 40 g	5 (0-9)
Confections with nuts, 50 g	6 (1-14)
Chocolate, 40 g	7 (2-20)
Sauces, dips, condiments and spreads	
Mayonnaise, 15 g	0 (0-1)
Mustard, 5 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Fruit jelly, 15 g	0 (0-1)
Dips, dairy-based, 30 g	0 (0-2)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
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
Salsa, 60 g	1 (0-3)
Soy sauce, 15 g	1 (0-4)
Gravy, 60 g	1 (0-4)
Barley malt, dried, 30 g*	2
Chocolate hazelnut spread, 15 g	2
Hummus, 30 g	2
Pesto made with nuts, 60 g*	3
Tartar sauce, 30 g	5 (0-5)
Dressings, 30 g	11 (0-22)
Miscellaneous	
Vanilla extract, 1 g	0
Yeast, 0.6 g	0
Baking powder, 0.6 g	0 (0-1)
Baking soda, 0.6 g	1 (0-1)
Vinegar, 15 g	1 (0-1)
Agar, 0.6 g*	1
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.