

**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)
Rice milk, 250 g	1 (1-2)
Buttermilk, 250 g	1 (1-4)
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)
Phyllo, 21 g*	1
Crackers, butter-type, 30 g	1 (0-1)
Baguette, 75 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
Cold cereal, corn, 30 g	1 (0-2)
Rusk, plain or fruited, 30 g	1
Crackers, 30 g	1 (0-2)
English muffin, 55 g	1
Rice cakes, 15 g*	1
Cold cereal, wheat bran, 30 g	1 (1-4)
Pasta, rice, cooked, 215 g*	1
Flatbread, 55 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Crispbread, 30 g	1 (1-2)
Bread, barley, 75 g	1 (1-2)

Hot cereal, rice, dry, 40 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Bread, rye, 75 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, cooked, 215 g	2 (1-3)
Pasta, whole wheat, dry, 85 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)
Banana, 140 g	1 (1-4)

Watermelon, 150 g	1 (1-4)	Watercress, 85 g	2 (1-3)	<b>Vegetables - Prepared</b>	
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)	Seaweed, 15 g	2 (1-3)	Tomato, composite, 107.5 g	1 (0-1)
Jujube, 140 g	2	Alfalfa sprouts, 85 g	3 (2-3)	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	Turnip, cooked, 130 g	1 (1-2)
Melons, 150 g	2 (1-5)	Collard greens, 85 g*	3	Cabbage, cooked, 130 g	1 (0-7)
Papaya, 140 g	2 (1-6)	Fenugreek leaves, 85 g*	3	Beets, canned, 130 g	1 (1-2)
Dragon fruit, 140 g	2 (1-3)	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Corn, canned, 130 g	1 (1-6)
Pineapple, 140 g	2 (1-12)	Garden cress, 85 g*	4	Corn, cooked, 130 g	1 (1-2)
Fig, 140 g*	2	Nettle leaves, 85 g*	5	Carrot, composite, 107.5 g	1 (1-5)
Lychee, 140 g	3 (1-4)	<b>Vegetables - Other</b>		Cabbage, sauerkraut, 85 g*	1
Persimmon, 140 g	3 (3-4)	Olives, 15 g	1 (0-1)	Collard greens, cooked, 130 g	1 (1-4)
Dates, fresh, 140 g*	3	Pickles, 30 g	1 (0-1)	Mushroom, cooked, 130 g	1 (0-2)
Apricot, canned, 140 g	3 (1-22)	Tomato, 85 g	1 (0-2)	Nettles, cooked, 130 g*	1
Passionfruit, 140 g*	4	Celery, 85 g	1 (0-2)	Potato, instant, prepared, 140 g*	1
Star fruit, 140 g*	4	Mushrooms, 85 g	1 (0-7)	Carrot, cooked, 130 g	1 (0-2)
Plum, 140 g	5 (1-8)	Cucumber, 85 g	1 (0-3)	Okra, cooked, 130 g	1 (1-2)
Sapota, 140 g*	5	Corn, 85 g	1 (1-2)	Cabbage, canned, 130 g*	1
Avocado, 140 g	5 (2-30)	Plantain, green, 85 g*	1	Broccoli, canned, 130 g*	1
Coconut, 140 g	11 (4-19)	Leek, 85 g	1 (1-2)	Pumpkin, canned, 130 g*	1
<b>Vegetables - Root</b>		Bamboo shoot, 85 g*	1	Pumpkin, marinated, 130 g*	1
Onion, 85 g	1 (0-2)	Cauliflower, 85 g	1 (0-3)	Zucchini, cooked, 130 g	1 (1-3)
Salsify, 85 g	1	Taro stem, 85 g	1 (1-2)	Brussels sprouts, cooked, 130 g	1 (1-8)
Celeriac, 85 g	1	Peppers, 85 g	1 (0-3)	Spinach, cooked, 130 g	1 (1-2)
Carrot, 85 g	1 (0-1)	Spring onion, 40 g	1 (1-2)	Cauliflower, cooked, 130 g	1 (1-5)
Rutabaga, 85 g	1	Bottle gourd, 85 g	1 (1-2)	Broccoli, cooked, 130 g	1 (1-7)
Radish, 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	Peppers, composite, 107.5 g	1 (1-7)
Beets, 85 g	1 (1-3)	Snake gourd, 85 g	2 (1-2)	Green beans, canned, 130 g	2 (1-5)
Potato, 110 g	1 (0-5)	Squash, 85 g	2 (1-2)	Sweet potato, canned, 167 g	2 (1-4)
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	Asparagus, cooked, 130 g	2 (1-5)
Sweet potato, 110 g	2 (1-3)	Beans, runner, 85 g	2 (2-3)	Potato, french fried, 70 g	2 (1-4)
Fennel, 85 g*	3	Pumpkin, 85 g	2 (1-3)	Plantain, cooked, 167 g	2 (2-3)
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)	Mushroom, canned, 130 g	2 (1-3)
<b>Vegetables - Leafy</b>		Bean sprouts, 65 g	3 (2-4)	Green beans, cooked, 130 g	2 (1-5)
Lettuces, 85 g	1 (0-3)	Green beans, 85 g	3 (2-5)	Green beans, composite, 107.5 g	2 (1-8)
Mustard leaves, 85 g	1 (1-2)	Asparagus, 85 g	3 (2-4)	Rutabaga, cooked, 130 g	2 (1-9)
Cabbage, 85 g	1 (1-5)	Okra, 85 g	3 (2-5)	Potato, cooked with skin, 167 g	2 (1-17)
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, mung, dried, 35 g	8 (4-12)
Cassava, cooked, 167 g	7 (4-10)	Ground beef and/or pork, cooked, 100 g	3 (0-31)	Beans, urad, dried, 35 g	9
Pumpkin, cooked, 130 g	7 (1-16)			Beans, brown, dried, 35 g	9 (6-12)
<b>Meat, poultry, eggs and substitutes</b>		<b>Fish and seafood</b>		Beans, kidney, dried, 35 g	10 (8-11)
Bacon, 54 g	0 (0-1)	Fish, roe, 15 g	1 (0-1)	Beans, pigeon peas, fresh, 80 g*	10
Egg, 100 g	1 (0-1)	Shellfish, squid, 125 g	1	Beans, white, dried, 35 g	10 (2-14)
Venison, 125 g	1	Shellfish, octopus, 125 g	1	Beans, black, cooked, 80 g*	12
Sausage, 75 g	1 (0-1)	Shellfish, crustaceans, 125 g	1 (1-3)	Beans, soya, dried, 35 g	12 (6-25)
Rabbit, 125 g	1 (0-1)	Eel, 125 g	1 (0-3)	Soya flakes, 35 g*	15
Beef, 125 g	1 (0-2)	Fish, 125 g	2 (0-9)	Tofu, 85 g	23 (4-37)
Lamb, 125 g	1	Shellfish, oysters, 125 g	4 (3-5)		
Ground beef and/or pork, 125 g	1 (0-2)	Shellfish, clams, 125 g	5 (5-6)	<b>Nuts and seeds</b>	
Chicken, turkey and other poultry, 125 g	1 (0-3)	Shellfish, mussels, 125 g	11 (9-16)	Peanut butter, 15 g	1 (0-6)
Veal, 125 g	1 (1-2)	Shellfish, scallops, 125 g	22 (1-43)	Chestnuts, 30 g*	2
Pork, 125 g	1 (0-1)			Peanuts, 30 g	2 (1-22)
Black pudding, 75 g	1 (0-2)	<b>Fish and seafood - Prepared</b>		Safflower seeds, 30 g*	2
Wild boar, 125 g	1 (1-2)	Eel, smoked, 55 g*	0	Pistachios, 30 g	3 (2-3)
Mutton, 125 g	1 (1-2)	Fish, salted or smoked, 55 g	0 (0-1)	Sesame seeds, 30 g	3 (1-8)
Seitan, 100 g*	1	Fish, canned, 55 g	1 (0-2)	Almonds, 30 g	4 (2-4)
Organ meats, 125 g	1 (0-4)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Poppy seeds, 30 g	4 (1-8)
Soya sausage, 75 g*	2	Shellfish, crustaceans, cooked, 100 g	1 (0-1)	Nuts, mixed, 30 g	5 (2-25)
Goat, 125 g*	2	Fish, pickled, 55 g	1 (0-1)	Flaxseed, 30 g	6 (5-7)
Horse, 125 g	2 (1-3)	Shellfish, unspecified, cooked, 100 g	1 (1-3)	Hazelnuts, 30 g	6 (3-10)
Mithun, 125 g	5 (3-8)	Fish, canned, tomato sauce, 55 g	1 (0-2)	Pecans, 30 g*	6
TVP (texturized vegetable protein), 100 g*	13	Shellfish, squid, cooked, 100 g*	1	Pumpkin seeds, 30 g	6 (3-10)
		Fish, cooked, 100 g	1 (0-17)	Pine nuts, 30 g	8 (6-9)
		Shellfish, oysters, cooked, 100 g*	2	Chia seeds, 30 g	8 (7-9)
<b>Meat, poultry and eggs - Prepared</b>		Shellfish, scallops, cooked, 100 g*	2	Walnuts, 30 g	9 (4-11)
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)	Sunflower seeds, 30 g	10 (2-17)
Black pudding, cooked, 55 g	0 (0-1)	Shellfish, mussels, canned, 55 g	5	Brazil nuts, 30 g*	14
Bacon, cooked, 15 g	1 (0-1)			Alfalfa seeds, 30 g	18 (12-22)
Venison, cooked, 100 g	1	<b>Beans and bean products</b>		Cashews, 30 g	20 (16-23)
Lunch meat, 55 g	1 (0-2)	Mung bean vermicelli, cooked, 80 g*	1	Hemp seeds, 30 g*	20
Lunch meat, canned, 55 g	1 (0-1)	Beans, fava, dried, 35 g*	2		
Pork, cured, 30 g*	1	Beans, lentil, canned, 80 g*	2	<b>Beverages - Alcoholic</b>	
Meat jellies, 120 g	1 (0-1)	Beans, white, cooked, 80 g	3 (1-6)	Madeira, 60 g*	0
Organ meats, cured, 125 g*	1	Beans, cooked, 80 g	3 (2-4)	Liquor, 30 g	0 (0-1)
Chicken, turkey and other poultry, cured, 30 g*	1	Beans, chickpea, cooked, 80 g*	3	Vermouth, 90 g	1
Beef, cured, 30 g*	1	Beans, kidney, canned, 80 g	4	Port, 60 g	1
Egg powder, 20 g	1	Beans, chickpea, canned, 80 g*	4	Cider, 333 g	1 (0-1)
Pate, 55 g	1 (0-4)	Beans, white, canned, 80 g*	4	Beer, 333 g	1 (0-13)
Sausage, cooked, 55 g	1 (0-5)	Beans, fava, fresh, 80 g	5 (3-7)	Wine, 188 g	1 (0-2)
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, lima, cooked, 80 g	5 (1-10)	Sherry, 105 g*	2
Egg, cooked, 100 g	1 (0-7)	Beans, pinto, cooked, 80 g	5 (2-8)		
Organ meats, cooked, 100 g	1 (0-8)	Beans, pigeon peas, dried, 35 g	7 (6-7)	<b>Beverages - Juices</b>	
		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
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)	Carbonated drinks, canned, 375 g	1 (0-5)	Anise, 0.5 g*	1
Fruit juice, concentrated, 62.5 g	1	Iced tea, 375 g*	1	Parsley, fresh, 1.5 g	1 (0-1)
Cherry juice, 250 g*	1	Water, bottled, 375 g	1 (0-19)	Sage, dry, 0.5 g	1
Grape juice, 250 g	1 (0-2)	Vanilla milkshake, 250 g*	2	Anchovy paste, 15 g	1
Citrus juice, canned, 250 g	1 (0-1)	Malt drink, 250 g	2 (1-3)	Lemon balm, 0.5 g*	1
Strawberry juice, 250 g*	1	Chocolate milk, 250 g	2 (1-5)	Basil, fresh, 1.5 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	Energy drink, 375 g	3 (1-12)	Thyme, dry, 0.5 g	1
Plum juice, 250 g*	1	Oat-based beverage, 250 g	4 (3-5)	Pepper, black, 0.5 g	1 (0-2)
Aloe juice, 250 g*	1	Chocolate milkshake, 250 g	5 (2-31)	Oregano, dry, 0.5 g	1
Sugarcane 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)	<b>Herbs and spices</b>		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	2 (1-2)
Citrus juice, from concentrate, 250 g	1 (0-14)	Onion, dried, 0.5 g*	0	<b>Fats and oils</b>	
Pineapple juice, 250 g	2 (1-2)	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
Passionfruit juice, 250 g*	2	Dill, fresh, 1.5 g	0	Olive oil, 10 g	0 (0-2)
Apricot juice, 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, canned, 250 g	2	Cloves, 0.5 g	0	Pumpkin seed oil, 10 g*	0
Tomato juice, bottled, 250 g	2 (2-6)	Turmeric powder, 0.5 g	0	Lard, 10 g	0
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)	Tamarind, 1.5 g*	0	Grapeseed oil, 10 g	0
Goji juice, 250 g*	3	Coriander seeds, 0.5 g	0	Vegetable oils, unspecified, 10 g	0 (0-1)
Pomegranate juice, 250 g*	3	Mint leaves, 1.5 g*	0	Mustard oil, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Ginger, dry, 0.5 g	0 (0-1)	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>		Chives, 1.5 g*	0	Sunflower oil, 10 g	0 (0-1)
Instant coffee, 3 g	1	Parsley, dry, 0.5 g	0 (0-1)	Avocado oil, 10 g	0 (0-1)
Rosehip powder, 3 g*	1	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)	Peanut oil, 10 g	0 (0-1)
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)	Garlic, 4 g	0 (0-1)	Sesame oil, 10 g	1 (0-1)
Green tea, brewed, loose, 250 g	1 (1-3)	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	<b>Snacks and desserts</b>	
Tea, brewed, 250 g	2 (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)	Mace, 0.5 g*	1	Cookies, not chocolate, 30 g	1 (0-2)
Tea, leaves, 3 g	6 (1-51)	Basil, dry, 0.5 g	1 (0-1)	Pork rinds, 20 g	1
<b>Beverages - Other</b>		Cinnamon, 0.5 g	1 (0-1)	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)
Raisins, yogurt candy coated, 40 g*	1
Sherbet/sorbet, 129 g	1 (0-5)
Pretzels, 50 g	1 (0-1)
Chewing gum, 3 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
<b>Sugars and sweets</b>	
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)
Syrup, not chocolate, 60 g	1 (0-2)
Molasses, 20 g*	1
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)
<b>Sauces, dips, condiments and spreads</b>	
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
<b>Miscellaneous</b>	
Vanilla extract, 1 g	0
Yeast, 0.6 g	0
Baking powder, 0.6 g	0 (0-1)
Baking soda, 0.6 g	1 (0-1)
Vinegar, 15 g	1 (0-1)
Agar, 0.6 g*	1
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.