

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	0 (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)
Cultured milk, 188 g	1 (0-1)
Milk, 250 g	1 (0-5)
Cottage cheese, 125 g	1 (0-4)
Almond milk, 250 g*	1
Yogurt, 175 g	1 (0-3)
Yogurt, with fruit, 175 g	1 (0-5)
Rice milk, 250 g	1 (1-2)
Milk powder, 25 g	1 (0-3)
Buttermilk, 250 g	1 (1-4)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Soy milk, 250 g	5 (1-13)

Grain products and bakery

Rice paper, 15 g*	0
Puff pastry, 21 g	1
Crackers, butter-type, 30 g	1 (0-1)
Phyllo, 21 g*	1
Crackers, saltine or cream, 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)
Cold cereal, corn, 30 g	1 (0-2)
Yeast dough, 55 g	1
Rusk, plain or fruited, 30 g	1
English muffin, 55 g	1
Rice cakes, 15 g*	1
Crackers, 30 g	1 (0-2)
Flatbread, 55 g	1 (1-2)
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran, 30 g	1 (1-4)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Crispbread, 30 g	1 (1-2)

Bread, barley, 75 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
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)
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	6 (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, oat, cooked, 194 g	8 (2-19)
Hot cereal, buckwheat, 140 g	9 (8-11)

Whole grains, flours and starches

Starch, potato, 10 g	0
Flour, potato, 30 g*	0
Flour, white, 30 g	1 (0-1)
Starch, rice, 10 g*	1
Starch, corn, 10 g*	1
Flour, rye, 30 g	1
Rye kernels, whole/cracked, 45 g	1
Flour, rye, whole, 30 g	1
Flour, barley, 30 g	1
Flour, spelt, 30 g*	1
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)
Flour, whole wheat, 30 g	1 (1-3)
Wheat bran, 15 g	1 (1-3)
Wheat germ, 15 g	2 (1-2)

Rice, brown, cooked, 140 g	2
Rice, white, raw, 45 g	2 (1-2)
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)
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
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
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
Gooseberries, 80 g	1
Cranberries, 55 g	1
Pomegranate, 80 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	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)
Grape, 140 g	1 (0-7)
Mango, 140 g	1 (1-2)
Banana, 140 g	1 (1-4)

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

Green beans, composite, 107.5 g	3 (1-8)	Veal, cooked, 100 g	1 (0-3)	Beans, chickpea, dried, 35 g	7 (3-11)
Peas, cooked, 130 g	3 (1-11)	Lamb, cooked, 100 g	1 (0-9)	Beans, dried, 35 g	7 (2-10)
Tomato, canned, 130 g	4 (0-7)	Beef, cooked, 100 g	1 (0-12)	Beans, canned, 80 g*	7
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Organ meats, cooked, 100 g	1 (0-8)	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	2 (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	2 (0-31)	Beans, urad, dried, 35 g	9
Pumpkin, cooked, 130 g	7 (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)
Bacon, 54 g	0 (0-1)	Shellfish, squid, 125 g	1	Beans, kidney, dried, 35 g	10 (8-11)
Egg, 100 g	1 (0-1)	Shellfish, octopus, 125 g	1	Beans, pigeon peas, fresh, 80 g*	10
Venison, 125 g	1	Shellfish, crustaceans, 125 g	1 (1-3)	Beans, black, cooked, 80 g*	12
Sausage, 75 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	2 (0-9)	Soya flakes, 35 g*	15
Beef, 125 g	1 (0-2)	Shellfish, oysters, 125 g	4 (3-5)	Tofu, 85 g	20 (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	22 (1-43)	Chestnuts, 30 g*	2
Veal, 125 g	1 (1-2)	Fish and seafood - Prepared		Peanuts, 30 g	2 (1-22)
Pork, 125 g	1 (0-1)	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)	Flaxseed, 30 g	6 (5-7)
Soya sausage, 75 g*	2	Shellfish, unspecified, cooked, 100 g	1 (1-3)	Hazelnuts, 30 g	6 (3-10)
Goat, 125 g*	2	Fish, canned, tomato sauce, 55 g	1 (0-2)	Pecans, 30 g*	6
Horse, 125 g	2 (1-3)	Shellfish, squid, cooked, 100 g*	1	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	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	11 (2-17)
Bacon, cooked, 15 g	0 (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	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
Pate, 55 g	1 (0-4)	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)
Beef, cured, 30 g*	1	Beans, fava, fresh, 80 g	5 (3-7)	Beer, 333 g	1 (0-13)
Pork, cooked, 100 g	1 (0-18)	Beans, lima, cooked, 80 g	5 (1-10)	Wine, 188 g	1 (0-2)
Egg, cooked, 100 g	1 (0-7)	Beans, pinto, cooked, 80 g	6 (2-8)	Sherry, 105 g	2
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, pigeon peas, dried, 35 g	7 (6-7)	Beverages - Juices	
Sausage, cooked, 55 g	1 (0-5)	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	Water, tap, 375 g	0 (0-2)	Mint, dry, 0.5 g*	1
Fruit drink, 250 g	1 (0-3)	Carbonated drinks, 375 g	1 (0-1)	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
Cherry juice, 250 g*	1	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
Apple juice, canned or bottled, 250 g	1 (0-4)	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
Grape juice, 250 g	1 (0-2)	Chocolate milk, 250 g	2 (1-5)	Basil, fresh, 1.5 g	1
Strawberry juice, 250 g*	1	Oat-based beverage, 250 g	4 (3-5)	Thyme, dry, 0.5 g	1
Plum juice, 250 g*	1	Energy drink, 375 g	4 (1-12)	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)	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)
Citrus juice, from concentrate, 250 g	1 (0-14)	Chervil, 1.5 g*	0	Hot peppers, 40 g	2 (1-2)
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	Onion, dried, 0.5 g*	0	Fats and oils	
Passionfruit juice, 250 g*	2	Mustard seed, 0.5 g	0	Cottonseed oil, 10 g	0
Apricot juice, 250 g*	2	Annatto, 0.5 g	0	Corn oil, 10 g	0
Pineapple juice, 250 g	2 (1-2)	Wasabi, dry, 0.5 g	0	Olive oil, 10 g	0 (0-2)
Tomato juice, 250 g	2	Dill, fresh, 1.5 g	0	Vegetable oils, unspecified, 10 g	0 (0-1)
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	Almond oil, 10 g*	0
Vegetable juice, 250 g	2 (1-3)	Turmeric powder, 0.5 g	0	Pumpkin seed oil, 10 g*	0
Tomato juice, bottled, 250 g	2 (2-6)	Allspice, 0.5 g	0	Lard, 10 g	0
Goji juice, 250 g*	3	Tamarind, 1.5 g*	0	Palm oil, 10 g	0
Pomegranate juice, 250 g*	3	Coriander seeds, 0.5 g	0	Grapeseed oil, 10 g	0
Vegetable juice, canned, 250 g	3 (1-9)	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
Beverages - Hot		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)
Coffee, brewed, 250 g	1 (0-5)	Garlic, dry, 0.5 g	0 (0-1)	Margarine, 10 g	0 (0-2)
Rosehip powder, 3 g*	1	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)	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	Gelatin dessert, 130 g	1 (0-1)
Hot chocolate, 250 g	5 (4-6)	Cinnamon, 0.5 g	1 (0-1)	Ice cream, vanilla, 129 g	1 (0-2)
Tea, leaves, 3 g	6 (1-51)	Basil, dry, 0.5 g	1 (0-1)	Pork rinds, 20 g	1
Beverages - Other		Mace, 0.5 g*	1	Cookies, not chocolate, 30 g	1 (0-2)
Soft drink syrup, 30 g	0	Curry leaves, 1.5 g*	1	Dried cherries, 40 g*	1

Graham crackers, 30 g	1 (0-1)
Applesauce, 110 g	1 (0-3)
Raisins, yogurt candy coated, 40 g*	1
Pretzels, 50 g	1 (0-1)
Chewing gum, 3 g	1 (0-1)
Sherbet/sorbet, 129 g	1 (0-5)
Dried strawberry, 40 g*	1
Raisins, 40 g	1 (0-5)
Banana chips, 40 g*	1
Cereal bar, rice, 35 g*	1
Potato chips, 50 g	1 (1-3)
Dried currants, 40 g*	1
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)
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	2 (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)
Marmelade, 15 g	1 (0-1)
Oyster sauce, 15 g*	1
Pesto, no nuts, 60 g*	1
Sweet and sour sauce, 30 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Teriyaki sauce, 15 g*	1
BBQ sauce, 15 g*	1
Soy sauce, 15 g	1 (0-4)
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
Tomato sauce, 60 g	1 (1-3)
Bouillon powder, 6 g	1 (0-1)
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.