

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)
Cultured milk, 188 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Yogurt drink, 188 g	1 (0-1)
Cottage cheese, 125 g	1 (0-4)
Almond milk, 250 g*	1
Milk powder, 25 g	1 (0-3)
Buttermilk, 250 g	1 (1-4)
Yogurt, 175 g	1 (0-3)
Rice milk, 250 g	1 (1-2)
Milk, 250 g	1 (0-5)
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
Baguette, 75 g	1
Crackers, butter-type, 30 g	1 (0-1)
Breadcrumbs, 30 g	1
Cold cereal, rice, 15 g	1
Yeast dough, 55 g	1
Rusk, plain or fruited, 30 g	1
Cold cereal, corn, 30 g	1 (0-2)
Crackers, 30 g	1 (0-2)
Hot cereal, wheat, dry, 40 g	1 (1-2)
English muffin, 55 g	1
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Flatbread, 55 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Rolls and biscuits, 55 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)
Bread, rye, 75 g	1 (1-2)

Crispbread, 30 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
Hot cereal, 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)
Bread, whole wheat, 75 g	2 (1-3)
Hot cereal, rye, dry, 40 g*	2
Hot cereal, rice, cooked, 194 g	2 (1-2)
Bread, gluten-free, 75 g	2 (0-4)
Hot cereal, wheat, cooked, 194 g	2 (1-6)
Pasta, whole wheat, dry, 85 g	2 (1-3)
Rolls, multigrain, 55 g	2 (1-3)
Barley, cooked, 140 g	2 (1-3)
Pasta, whole wheat, cooked, 215 g	2 (1-3)
Bread, multigrain, 75 g	2 (1-4)
Bread, seeded, 75 g	3 (1-6)
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)
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
Semolina, 45 g	1 (1-2)
Rice, white, cooked, 140 g	1 (1-4)
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, brown, raw, 45 g	2 (1-2)
Rice, white, raw, 45 g	2 (1-2)
Flour, cassava, 30 g	2 (1-2)
Flour, spelt, whole, 30 g*	2
Cornmeal, 30 g	2 (1-4)
Amaranth, raw, 45 g	2 (1-3)
Flour, teff, 30 g	2 (2-3)
Barley, raw, 45 g	2 (1-3)
Oat bran, 15 g*	2
Flour, rice, 30 g	2 (1-7)
Quinoa, raw, 45 g	3 (1-4)
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	6 (5-6)
Millet, raw, 40 g	6 (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)
Watermelon, 150 g	1 (1-4)
Jack fruit, 140 g	1 (1-2)

Banana, 140 g	1 (1-4)	Watercress, 85 g	2 (1-3)	Vegetables - Prepared	
Pear, 140 g	1 (1-7)	Beet greens, 85 g*	2	Mushroom, composite, 107.5 g	0 (0-1)
Kiwi, 140 g	1 (0-3)	Spinach, 85 g	2 (1-6)	Eggplant, cooked, 130 g	1 (0-2)
Grape, 140 g	1 (0-7)	Alfalfa sprouts, 85 g	3 (2-3)	Tomato, composite, 107.5 g	1 (0-1)
Jujube, 140 g	2	Radish leaves, 85 g*	3	Onion, cooked, 130 g	1 (1-3)
Guava, 140 g	2 (1-2)	Seaweed, 15 g	3 (1-3)	Potato, instant, 17 g	1
Papaya, 140 g	2 (1-6)	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Turnip, cooked, 130 g	1 (1-2)
Peach or nectarine, 140 g	2 (1-20)	Arugula/rocket, 85 g*	3	Carrot, composite, 107.5 g	1 (1-5)
Dragon fruit, 140 g	2 (1-3)	Collard greens, 85 g*	3	Beets, canned, 130 g	1 (1-2)
Melons, 150 g	2 (1-5)	Fenugreek leaves, 85 g*	3	Corn, cooked, 130 g	1 (1-2)
Fig, 140 g*	2	Garden cress, 85 g*	4	Cabbage, cooked, 130 g	1 (0-7)
Pineapple, 140 g	2 (1-12)	Nettle leaves, 85 g*	5	Corn, canned, 130 g	1 (1-6)
Apricot, canned, 140 g	2 (1-22)	Vegetables - Other		Collard greens, cooked, 130 g	1 (1-4)
Lychee, 140 g	3 (1-4)	Pickles, 30 g	0 (0-1)	Cabbage, sauerkraut, 85 g*	1
Dates, fresh, 140 g*	3	Olives, 15 g	1 (0-1)	Nettles, cooked, 130 g*	1
Persimmon, 140 g	4 (3-4)	Tomato, 85 g	1 (0-2)	Potato, instant, prepared, 140 g*	1
Passionfruit, 140 g*	4	Celery, 85 g	1 (0-2)	Mushroom, cooked, 130 g	1 (0-2)
Plum, 140 g	4 (1-8)	Mushrooms, 85 g	1 (0-7)	Brussels sprouts, cooked, 130 g	1 (1-8)
Star fruit, 140 g*	4	Cucumber, 85 g	1 (0-3)	Carrot, cooked, 130 g	1 (0-2)
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	Okra, cooked, 130 g	1 (1-2)
Coconut, 140 g	12 (4-19)	Peppers, 85 g	1 (0-3)	Broccoli, canned, 130 g*	1
Vegetables - Root		Cauliflower, 85 g	1 (0-3)	Pumpkin, canned, 130 g*	1
Onion, 85 g	1 (0-2)	Bamboo shoot, 85 g*	1	Pumpkin, marinated, 130 g*	1
Salsify, 85 g	1	Leek, 85 g	1 (1-2)	Spinach, cooked, 130 g	1 (1-2)
Celeriac, 85 g	1	Taro stem, 85 g	1 (1-2)	Zucchini, cooked, 130 g	1 (1-3)
Radish, 85 g	1	Spring onion, 40 g	1 (1-2)	Cauliflower, cooked, 130 g	1 (1-5)
Rutabaga, 85 g	1	Eggplant, 85 g	1 (0-3)	Broccoli, composite, 107.5 g	1 (1-3)
Carrot, 85 g	1 (0-1)	Bottle gourd, 85 g	1 (1-2)	Broccoli, cooked, 130 g	1 (1-7)
Turnip, 85 g*	1	Broccoli, 85 g	1 (1-3)	Spinach, composite, 107.5 g	1 (1-3)
Kohlrabi, 85 g*	1	Tomato, sun-dried, 30 g*	1	Potato, cooked, 167 g	1 (0-4)
Potato, 110 g	1 (0-5)	Zucchini, 85 g	1 (0-3)	Rutabaga, cooked, 130 g	1 (1-9)
Water chestnut, 85 g*	1	Squash, 85 g	1 (1-2)	Sweet potato, canned, 167 g	2 (1-4)
Parsley root, 85 g*	1	Ridge gourd, 85 g	2	Asparagus, cooked, 130 g	2 (1-5)
Beets, 85 g	1 (1-3)	Snake gourd, 85 g	2 (1-2)	Cauliflower, composite, 107.5 g	2 (1-4)
Parsnip, 85 g	2 (1-3)	Artichoke, 85 g*	2	Beets, cooked, 130 g	2 (1-4)
Yam, 110 g	2 (2-3)	Beans, runner, 85 g	2 (2-3)	Green beans, canned, 130 g	2 (1-5)
Sweet potato, 110 g	2 (1-3)	Snow pea, 85 g*	2	Green beans, composite, 107.5 g	2 (1-8)
Fennel, 85 g*	3	Pumpkin, 85 g	2 (1-3)	Potato, french fried, 70 g	2 (1-4)
Taro root, 110 g*	4	Brussels sprouts, 85 g	2 (1-5)	Plantain, cooked, 167 g	2 (2-3)
Cassava, 110 g	4 (2-7)	Bean sprouts, 65 g	2 (2-4)	Winter squash, cooked, 130 g	2 (1-4)
Vegetables - Leafy		Bitter melon, 85 g	2 (1-4)	Potato, cooked with skin, 167 g	2 (1-17)
Lettuces, 85 g	1 (0-3)	Green beans, 85 g	3 (2-5)	Yam, cooked, 167 g*	2
Mustard leaves, 85 g	1 (1-2)	Asparagus, 85 g	3 (2-4)	Green beans, cooked, 130 g	2 (1-5)
Chard, 85 g	1 (1-2)	Okra, 85 g	3 (2-5)	Peppers, composite, 107.5 g	2 (1-7)
Cabbage, 85 g	1 (1-5)	Rhubarb, 140 g	4 (1-7)	Mushroom, canned, 130 g	3 (1-3)
Kale, 85 g	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	4 (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, canned, 80 g*	7
Peas, cooked, 130 g	3 (1-11)	Lamb, cooked, 100 g	2 (0-9)	Beans, dried, 35 g	7 (2-10)
Tomato, canned, 130 g	3 (0-7)	Mutton, cooked, 100 g	2 (1-6)	Beans, chickpea, dried, 35 g	7 (3-11)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Beef, cooked, 100 g	2 (0-12)	Beans, lentil, cooked, 80 g*	8
Sweet potato, cooked, 167 g	5 (4-6)	Pork, cooked, 100 g	2 (0-18)	Beans, urad, dried, 35 g	9
Peas, canned, 130 g	6 (3-8)	Pork, cured, cooked, 55 g	4 (0-39)	Beans, lentil, dried, 35 g	9 (4-11)
Cassava, cooked, 167 g	7 (4-10)	Ground beef and/or pork, cooked, 100 g	5 (0-31)	Beans, brown, dried, 35 g	9 (6-12)
Pumpkin, cooked, 130 g	7 (1-16)	Fish and seafood		Beans, kidney, dried, 35 g	10 (8-11)
Meat, poultry, eggs and substitutes		Fish, roe, 15 g	1 (0-1)	Beans, mung, dried, 35 g	10 (4-12)
Bacon, 54 g	0 (0-1)	Shellfish, squid, 125 g	1	Beans, pigeon peas, fresh, 80 g*	10
Venison, 125 g	1	Shellfish, octopus, 125 g	1	Beans, white, dried, 35 g	11 (2-14)
Sausage, 75 g	1 (0-1)	Shellfish, crustaceans, 125 g	1 (1-3)	Beans, black, cooked, 80 g*	12
Egg, 100 g	1 (0-1)	Fish, 125 g	1 (0-9)	Beans, soya, dried, 35 g	12 (6-25)
Rabbit, 125 g	1 (0-1)	Eel, 125 g	2 (0-3)	Soya flakes, 35 g*	15
Beef, 125 g	1 (0-2)	Shellfish, oysters, 125 g	4 (3-5)	Tofu, 85 g	31 (4-37)
Lamb, 125 g	1	Shellfish, clams, 125 g	5 (5-6)	Nuts and seeds	
Pork, 125 g	1 (0-1)	Shellfish, mussels, 125 g	11 (9-16)	Peanut butter, 15 g	1 (0-6)
Ground beef and/or pork, 125 g	1 (0-2)	Shellfish, scallops, 125 g	19 (1-43)	Chestnuts, 30 g*	2
Veal, 125 g	1 (1-2)	Fish and seafood - Prepared		Safflower seeds, 30 g*	2
Chicken, turkey and other poultry, 125 g	1 (0-3)	Eel, smoked, 55 g*	0	Peanuts, 30 g	2 (1-22)
Wild boar, 125 g	1 (1-2)	Fish, salted or smoked, 55 g	0 (0-1)	Pistachios, 30 g	3 (2-3)
Black pudding, 75 g	1 (0-2)	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)
Organ meats, 125 g	1 (0-4)	Shellfish, crustaceans, cooked, 100 g	1 (0-1)	Poppy seeds, 30 g	4 (1-8)
Seitan, 100 g*	1	Fish, pickled, 55 g	1 (0-1)	Nuts, mixed, 30 g	4 (2-25)
Horse, 125 g	1 (1-3)	Shellfish, unspecified, cooked, 100 g	1 (1-3)	Pumpkin seeds, 30 g	5 (3-10)
Soya sausage, 75 g*	2	Fish, canned, tomato sauce, 55 g	1 (0-2)	Flaxseed, 30 g	6 (5-7)
Goat, 125 g*	2	Shellfish, squid, cooked, 100 g*	1	Hazelnuts, 30 g	6 (3-10)
Mithun, 125 g	5 (3-8)	Fish, cooked, 100 g	1 (0-17)	Pecans, 30 g*	6
TVP (texturized vegetable protein), 100 g*	13	Shellfish, oysters, cooked, 100 g*	2	Pine nuts, 30 g	8 (6-9)
Meat, poultry and eggs - Prepared		Shellfish, scallops, cooked, 100 g*	2	Chia seeds, 30 g	8 (7-9)
Venison, cured, 30 g*	0	Shellfish, oysters, canned, 55 g*	3	Walnuts, 30 g	9 (4-11)
Rabbit, cooked, 100 g*	0	Shellfish, mussels, cooked, 100 g	4 (3-6)	Seeds, 30 g	9 (4-13)
Black pudding, cooked, 55 g	1 (0-1)	Shellfish, mussels, canned, 55 g	5	Sunflower seeds, 30 g	10 (2-17)
Bacon, cooked, 15 g	1 (0-1)	Beans and bean products		Brazil nuts, 30 g*	14
Venison, cooked, 100 g	1	Mung bean vermicelli, cooked, 80 g*	1	Cashews, 30 g	19 (16-23)
Lunch meat, 55 g	1 (0-2)	Beans, fava, dried, 35 g*	2	Alfalfa seeds, 30 g	19 (12-22)
Lunch meat, canned, 55 g	1 (0-1)	Beans, lentil, canned, 80 g*	2	Hemp seeds, 30 g*	20
Pork, cured, 30 g*	1	Beans, white, cooked, 80 g	3 (1-6)	Beverages - Alcoholic	
Organ meats, cured, 125 g*	1	Beans, cooked, 80 g	3 (2-4)	Madeira, 60 g*	0
Chicken, turkey and other poultry, cured, 30 g*	1	Beans, chickpea, cooked, 80 g*	3	Liquor, 30 g	0 (0-1)
Meat jellies, 120 g	1 (0-1)	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)
Sausage, cooked, 55 g	1 (0-5)	Beans, lima, cooked, 80 g	5 (1-10)	Beer, 333 g	1 (0-13)
Pate, 55 g	1 (0-4)	Beans, pinto, cooked, 80 g	5 (2-8)	Wine, 188 g	1 (0-2)
Organ meats, cooked, 100 g	1 (0-8)	Beans, fava, fresh, 80 g	5 (3-7)	Sherry, 105 g*	2
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, fresh, 80 g	6 (2-7)	Beverages - Juices	
Egg, cooked, 100 g	1 (0-7)	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
Cherry juice, 250 g*	1	Water, tap, 375 g	1 (0-2)	Rosemary, fresh, 1.5 g	1
Citrus juice, 250 g	1 (0-1)	Carbonated drinks, canned, 375 g	1 (0-5)	Anise, 0.5 g*	1
Fruit drink, 250 g	1 (0-3)	Iced tea, 375 g*	1	Parsley, fresh, 1.5 g	1 (0-1)
Fruit juice, concentrated, 62.5 g	1	Water, bottled, 375 g	1 (0-19)	Sage, dry, 0.5 g	1
Strawberry juice, 250 g*	1	Vanilla milkshake, 250 g*	2	Anchovy paste, 15 g	1
Plum juice, 250 g*	1	Malt drink, 250 g	2 (1-3)	Lemon balm, 0.5 g*	1
Citrus juice, canned, 250 g	1 (0-1)	Chocolate milk, 250 g	2 (1-5)	Basil, fresh, 1.5 g	1
Aloe juice, 250 g*	1	Energy drink, 375 g	2 (1-12)	Thyme, dry, 0.5 g	1
Grape juice, 250 g	1 (0-2)	Oat-based beverage, 250 g	4 (3-5)	Pepper, black, 0.5 g	1 (0-2)
Sugarcane juice, 250 g*	1	Chocolate milkshake, 250 g	5 (2-31)	Oregano, dry, 0.5 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	Coconut water, 375 g	7 (2-17)	Hot peppers, dried, 0.5 g	1 (0-1)
Grapefruit juice, 250 g	1 (0-4)	Herbs and spices		Oregano, fresh, 1.5 g	1
Peach juice, 250 g	1	Salt, 1 g	0	Cayenne pepper, 0.5 g	1 (1-2)
Pear juice, 250 g	1 (1-2)	Saffron, 0.5 g	0	Fennel, dry, 0.5 g	1 (1-2)
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	Chervil, 1.5 g*	0	Hot peppers, 40 g	1 (1-2)
Pineapple juice, 250 g	2 (1-2)	Onion, dried, 0.5 g*	0	Fats and oils	
Tomato juice, 250 g	2	Mustard seed, 0.5 g	0	Cottonseed oil, 10 g	0
Passionfruit juice, 250 g*	2	Dill, fresh, 1.5 g	0	Corn oil, 10 g	0
Apricot juice, 250 g*	2	Annatto, 0.5 g	0	Almond oil, 10 g*	0
Tomato juice, canned, 250 g	2	Wasabi, dry, 0.5 g	0	Butter, 10 g	0 (0-1)
Acai juice, 250 g*	2	Ginger, fresh, 1.5 g	0	Pumpkin seed oil, 10 g*	0
Tomato juice, bottled, 250 g	2 (2-6)	Cloves, 0.5 g	0	Grapeseed oil, 10 g	0
Citrus juice, from concentrate, 250 g	2 (0-14)	Turmeric powder, 0.5 g	0	Lard, 10 g	0
Vegetable juice, canned, 250 g	2 (1-9)	Allspice, 0.5 g	0	Olive oil, 10 g	0 (0-2)
Vegetable juice, 250 g	3 (1-3)	Tamarind, 1.5 g*	0	Palm oil, 10 g	0
Goji juice, 250 g*	3	Coriander seeds, 0.5 g	0	Sunflower oil, 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	4 (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	Vegetable oils, unspecified, 10 g	0 (0-1)
Instant coffee, 3 g	1	Parsley, dry, 0.5 g	0 (0-1)	Avocado oil, 10 g	0 (0-1)
Rosehip powder, 3 g*	1	Curry leaves, dry, 0.5 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-4)	Garlic, dry, 0.5 g	0 (0-1)	Margarine, 10 g	0 (0-2)
Tea, brewed, bag, 250 g	1 (0-3)	Nutmeg, 0.5 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Coffee, brewed, 250 g	1 (0-5)	Paprika, 0.5 g	0 (0-1)	Canola/rapeseed oil, 10 g	1 (0-1)
Green tea, brewed, loose, 250 g	1 (1-3)	Garlic, 4 g	0 (0-1)	Sesame oil, 10 g	1 (0-1)
Coffee, beans, 14 g	1 (1-2)	Fenugreek, 0.5 g	0 (0-1)	Coconut oil, 10 g	1 (0-1)
Tea, herbal, brewed, 250 g	1 (0-4)	Herbs and spices, unspecified, 0.5 g	1 (0-1)	Ghee, 10 g	1 (1-3)
Green tea, brewed, bag, 250 g	2 (1-3)	Cardamom, 0.5 g	1 (0-1)	Shortening, 10 g	2 (1-3)
Green tea, leaves, 3 g	2 (1-5)	Herbs de Provence, dry, 0.5 g	1	Snacks and desserts	
Tea, brewed, 250 g	3 (1-8)	Peppermint, dry, 0.5 g	1	Breadfruit, dried, 40 g*	0
Tea, herbal, dry, 3 g	3 (1-12)	Cumin, 0.5 g	1 (0-1)	Popsicle, 30 g	0 (0-1)
Hot chocolate powder, 25 g	4 (2-5)	Marjoram, dry, 0.5 g	1	Ice cream, vanilla, 129 g	1 (0-2)
Hot chocolate, 250 g	5 (4-6)	Basil, dry, 0.5 g	1 (0-1)	Cookies, not chocolate, 30 g	1 (0-2)
Tea, leaves, 3 g	6 (1-51)	Mace, 0.5 g*	1	Pork rinds, 20 g	1
Beverages - Other		Curry leaves, 1.5 g*	1	Dried cherries, 40 g*	1
Soft drink syrup, 30 g	0	Cinnamon, 0.5 g	1 (0-1)	Gelatin dessert, 130 g	1 (0-1)

Graham crackers, 30 g	1 (0-1)
Sherbet/sorbet, 129 g	1 (0-5)
Chewing gum, 3 g	1 (0-1)
Raisins, yogurt candy coated, 40 g*	1
Pretzels, 50 g	1 (0-1)
Applesauce, 110 g	1 (0-3)
Dried strawberry, 40 g*	1
Banana chips, 40 g*	1
Savoury crisps, 50 g	1 (1-2)
Raisins, 40 g	1 (0-5)
Cereal bar, rice, 35 g*	1
Dried currants, 40 g*	1
Potato chips, 50 g	1 (1-3)
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 nuts, 30 g*	2
Cookies with chocolate, 30 g	2 (0-4)
Dried rosehips, 40 g*	2
Cereal bar, with chocolate, 35 g	2 (2-3)
Prunes, 40 g	2 (2-3)
Snacks, potato-based, 50 g*	2
Licorice, 40 g	2 (1-3)
Dried fruit, mixed, 40 g	2 (0-7)
Cereal bar, 35 g	3 (1-5)
Ice cream desserts, 129 g	3 (1-7)
Dried apricots, 40 g	3 (2-5)
Ice cream desserts, soy, 129 g*	3
Cookies with chocolate and nuts, 40 g*	4
Dried figs, 40 g*	6
Snacks, fried chickpea, 50 g*	13
Sugars and sweets	
Sugar, white, 4 g	0
Xylitol, 1.4 g*	0
Fructose, 4 g*	0
Sugar, brown, 4 g	0
Fruit gums, 40 g*	0
Honey, 20 g	0 (0-5)
Candy, 40 g	1 (0-6)
Molasses, 20 g*	1
Syrup, not chocolate, 60 g	1 (0-2)
Sweetened evaporated milk, 30 g*	1
White chocolate, 15 g	1 (0-2)
Corn/glucose syrup, 30 g*	1
Marzipan, 30 g*	1
Pudding, not chocolate, 130 g	1 (1-6)
Maple syrup, 60 g	2
Pudding, chocolate, 130 g*	2

Chocolate confections with nuts, 40 g	2 (0-9)
Chocolate confections, 40 g	4 (1-11)
Confections with nuts, 50 g	5 (1-14)
Syrup, chocolate, 60 g	6 (1-8)
Chocolate, 40 g	7 (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)
Dips, dairy-based, 30 g	0 (0-2)
Horseradish, 5 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Oyster sauce, 15 g*	1
Marmelade, 15 g	1 (0-1)
Chutney, 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
Dressings, 30 g	1 (0-22)
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	2 (0-4)
Chocolate hazelnut spread, 15 g	2
Hummus, 30 g	2
Barley malt, dried, 30 g*	2
Tartar sauce, 30 g	2 (0-5)
Pesto made with nuts, 60 g*	3
Miscellaneous	
Vanilla extract, 1 g	0
Yeast, 0.6 g	0
Baking powder, 0.6 g	0 (0-1)
Baking soda, 0.6 g	1 (0-1)
Vinegar, 15 g	1 (0-1)
Agar, 0.6 g*	1
Bouillon powder, 6 g	1 (0-1)
Tomato sauce, 60 g	1 (1-3)
Tomato paste, 30 g	2 (1-3)
Broth, 250 g	2 (1-2)
Coconut milk, canned, 83 g	2 (0-3)
Coconut, dried, 15 g	3 (1-5)
Cocoa powder, 5 g	5 (3-7)

Legend

Less than 1 µg nickel per serving	
Less than 10 µg nickel per serving	
Less than 20 µg nickel per serving	
More than 30 µg nickel per serving	

- For adults, a reasonable target is 15 points per day.
- Foods are ordered from lowest to highest average nickel score.
- A * means there are very few measurements, so it's unreliable.
- Minimum and maximum scores are shown in brackets beside the average score. If the range is large, be suspicious.
- Avoid stainless steel utensils and equipment except 18/0. Line metal pans with parchment paper.
- Pay attention to serving sizes! We recommend using a kitchen scale until you get used to serving sizes. For reference, 1 gram is approximately 1 mL of a liquid, so for liquids:
 - 5 g ~ 5 mL ~ 1 tsp
 - 15 g ~ 15 mL ~ 1 tbsp
 - 30 g ~ 30 mL ~ 1 fl oz
 - 60 g ~ 60 mL ~ 1/4 cup
 - 125 g ~ 125 mL ~ 1/2 cup
- "Prepared" meats, fish and vegetables are separated from raw because cooking affects nickel content. If someone else is doing the cooking, use the "prepared" score. If you are preparing the food with low nickel equipment, use the regular score.
- Follow all appropriate hygiene and food preparation standards.

For more information, see <http://rebelytics.ca/nickelinfoods.html>.

To explore the data, change serving sizes and log your nickel intake, try the Nickel Navigator app, available for both iOS and Android.

NOTE: This diet is intended for individuals with a diagnosed nickel allergy. If you have not been patch tested, please do so before starting this diet. Consult a medical professional or nutritional advisor to ensure that your long-term dietary needs are being met.