

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)
Processed cheese, 30 g	1 (0-2)
Milk, 250 g	1 (0-5)
Almond milk, 250 g*	1
Yogurt, with fruit, 175 g	1 (0-5)
Cottage cheese, 125 g	1 (0-4)
Yogurt, 175 g	1 (0-3)
Rice milk, 250 g	1 (1-2)
Milk powder, 25 g	1 (0-3)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Buttermilk, 250 g	2 (1-4)
Soy milk, 250 g	5 (1-13)

Grain products and bakery

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

Bread, barley, 75 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
Bread, rye, 75 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)
Hot cereal, rye, dry, 40 g*	2
Cold cereals, junk food, 30 g	2 (1-3)
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)
Bread, multigrain, 75 g	2 (1-4)
Rolls, multigrain, 55 g	2 (1-3)
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, 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
Starch, rice, 10 g*	1
Starch, corn, 10 g*	1
Flour, rye, 30 g	1
Flour, white, 30 g	1 (0-1)
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)
Quinoa, cooked, 140 g*	1
Rice, white, cooked, 140 g	1 (1-4)
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
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	1 (0-15)
Raspberries, 80 g	2 (0-7)
Blackberries, 80 g*	3
Rosehips, 80 g*	4
Goji berries, 80 g*	5

Fruits - Citrus

Lemon / Lime, 55 g	1 (0-2)
Grapefruit, 140 g	1 (0-4)
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)
Grape, 140 g	1 (0-7)
Cherries, 140 g	1 (1-2)
Kiwi, 140 g	1 (0-3)
Banana, 140 g	1 (1-4)

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

Tomato, canned, 130 g	4 (0-7)	Pork, cooked, 100 g	1 (0-18)	Beans, chickpea, dried, 35 g	7 (3-11)
Green beans, composite, 107.5 g	4 (1-8)	Organ meats, cooked, 100 g	1 (0-8)	Beans, dried, 35 g	7 (2-10)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Lamb, cooked, 100 g	1 (0-9)	Beans, canned, 80 g*	7
Peas, cooked, 130 g	4 (1-11)	Beef, cooked, 100 g	1 (0-12)	Beans, lentil, dried, 35 g	8 (4-11)
Rutabaga, cooked, 130 g	4 (1-9)	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	5 (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)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Sesame seeds, 30 g	3 (1-8)
Mutton, 125 g	1 (1-2)	Shellfish, crustaceans, cooked, 100 g	1 (0-1)	Almonds, 30 g	4 (2-4)
Seitan, 100 g*	1	Fish, canned, 55 g	1 (0-2)	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	Walnuts, 30 g	8 (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	11 (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	0 (0-1)	Beans and bean products		Alfalfa seeds, 30 g	17 (12-22)
Venison, cooked, 100 g	1	Mung bean vermicelli, cooked, 80 g*	1	Nuts, mixed, 30 g	18 (2-25)
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
Beef, cured, 30 g*	1	Beans, white, canned, 80 g*	4	Cider, 333 g	1 (0-1)
Egg, cooked, 100 g	1 (0-7)	Beans, fava, fresh, 80 g	5 (3-7)	Wine, 188 g	1 (0-2)
Egg powder, 20 g	1	Beans, pinto, cooked, 80 g	6 (2-8)	Beer, 333 g	1 (0-13)
Veal, cooked, 100 g	1 (0-3)	Beans, lima, cooked, 80 g	6 (1-10)	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, canned, 250 g	1 (0-1)	Iced tea, 375 g*	1	Anise, 0.5 g*	1
Citrus juice, 250 g	1 (0-1)	Water, bottled, 375 g	1 (0-19)	Parsley, fresh, 1.5 g	1 (0-1)
Cherry juice, 250 g*	1	Carbonated drinks, canned, 375 g	2 (0-5)	Sage, dry, 0.5 g	1
Fruit juice, concentrated, 62.5 g	1	Vanilla milkshake, 250 g*	2	Anchovy paste, 15 g	1
Grape juice, 250 g	1 (0-2)	Malt drink, 250 g	2 (1-3)	Lemon balm, 0.5 g*	1
Strawberry juice, 250 g*	1	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
Apple juice, canned or bottled, 250 g	1 (0-4)	Coconut water, 375 g	9 (2-17)	Hot peppers, dried, 0.5 g	1 (0-1)
Peach juice, 250 g	1	Herbs and spices		Oregano, fresh, 1.5 g	1
Citrus juice, from concentrate, 250 g	1 (0-14)	Saffron, 0.5 g	0	Cayenne pepper, 0.5 g	1 (1-2)
Pear juice, 250 g	1 (1-2)	Salt, 1 g	0	Fennel, dry, 0.5 g	1 (1-2)
Grapefruit juice, 250 g	1 (0-4)	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	Vegetable oils, unspecified, 10 g	0 (0-1)
Tomato juice, 250 g	2	Dill, fresh, 1.5 g	0	Almond oil, 10 g*	0
Acai juice, 250 g*	2	Ginger, fresh, 1.5 g	0	Olive oil, 10 g	0 (0-2)
Tomato juice, canned, 250 g	2	Cloves, 0.5 g	0	Butter, 10 g	0 (0-1)
Vegetable juice, canned, 250 g	2 (1-9)	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
Vegetable juice, 250 g	2 (1-3)	Tamarind, 1.5 g*	0	Palm oil, 10 g	0
Goji juice, 250 g*	3	Coriander seeds, 0.5 g	0	Grapeseed oil, 10 g	0
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
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	Ice cream, vanilla, 129 g	1 (0-2)
Hot chocolate, 250 g	5 (4-6)	Cinnamon, 0.5 g	1 (0-1)	Pork rinds, 20 g	1
Tea, leaves, 3 g	6 (1-51)	Basil, dry, 0.5 g	1 (0-1)	Gelatin dessert, 130 g	1 (0-1)
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	Chewing gum, 3 g	1 (0-1)

Applesauce, 110 g	1 (0-3)
Dried cherries, 40 g*	1
Graham crackers, 30 g	1 (0-1)
Raisins, yogurt candy coated, 40 g*	1
Pretzels, 50 g	1 (0-1)
Raisins, 40 g	1 (0-5)
Dried strawberry, 40 g*	1
Banana chips, 40 g*	1
Sherbet/sorbet, 129 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	1 (1-2)
Savoury crisps, 50 g	1 (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
Cereal bar, with chocolate, 35 g	2 (2-3)
Dried rosehips, 40 g*	2
Cookies with chocolate, 30 g	2 (0-4)
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)
Prunes, 40 g	3 (2-3)
Cereal bar, 35 g	3 (1-5)
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
Candy, 40 g	1 (0-6)
Honey, 20 g	1 (0-5)
Molasses, 20 g*	1
Sweetened evaporated milk, 30 g*	1
Syrup, not chocolate, 60 g	1 (0-2)
White chocolate, 15 g	1 (0-2)
Corn/glucose syrup, 30 g*	1
Marzipan, 30 g*	1
Maple syrup, 60 g	2
Chocolate confections with nuts, 40 g	2 (0-9)
Pudding, not chocolate, 130 g	2 (1-6)

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)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Fruit jelly, 15 g	0 (0-1)
Fruit jams, 15 g	0 (0-2)
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)
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)
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Dressings, 30 g	1 (0-22)
Teriyaki sauce, 15 g*	1
BBQ sauce, 15 g*	1
Soy mayonnaise, 15 g*	1
Salsa, 60 g	1 (0-3)
Gravy, 60 g	1 (0-4)
Soy sauce, 15 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)
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.