

**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)
Almond milk, 250 g*	1
Cottage cheese, 125 g	1 (0-4)
Yogurt, with fruit, 175 g	1 (0-5)
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
Hot cereal, wheat, dry, 40 g	1 (1-2)
Breadcrumbs, 30 g	1
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)
Rice cakes, 15 g*	1
Cold cereal, wheat bran, 30 g	1 (1-4)
Pasta, rice, cooked, 215 g*	1
Crackers, 30 g	1 (0-2)
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)
Pasta, cooked, 215 g	1 (0-3)
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, 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
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**

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	<b>Vegetables - Prepared</b>	
Jack fruit, 140 g	1 (1-2)	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)	Tomato, composite, 107.5 g	1 (0-1)
Watermelon, 150 g	1 (1-4)	Seaweed, 15 g	2 (1-3)	Turnip, cooked, 130 g	1 (1-2)
Jujube, 140 g	2	Alfalfa sprouts, 85 g	3 (2-3)	Potato, instant, 17 g	1
Peach or nectarine, 140 g	2 (1-20)	Radish leaves, 85 g*	3	Mushroom, composite, 107.5 g	1 (0-1)
Melons, 150 g	2 (1-5)	Arugula/rocket, 85 g*	3	Corn, canned, 130 g	1 (1-6)
Guava, 140 g	2 (1-2)	Collard greens, 85 g*	3	Carrot, cooked, 130 g	1 (0-2)
Pineapple, 140 g	2 (1-12)	Fenugreek leaves, 85 g*	3	Cabbage, sauerkraut, 85 g*	1
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	Beets, canned, 130 g	1 (1-2)
Fig, 140 g*	2	Nettle leaves, 85 g*	5	Onion, cooked, 130 g	1 (1-3)
Apricot, canned, 140 g	2 (1-22)	<b>Vegetables - Other</b>		Okra, cooked, 130 g	1 (1-2)
Lychee, 140 g	3 (1-4)	Olives, 15 g	1 (0-1)	Mushroom, cooked, 130 g	1 (0-2)
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	Celery, 85 g	1 (0-2)	Zucchini, cooked, 130 g	1 (1-3)
Star fruit, 140 g*	4	Cucumber, 85 g	1 (0-3)	Cabbage, canned, 130 g*	1
Plum, 140 g	5 (1-8)	Mushrooms, 85 g	1 (0-7)	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)	Spinach, cooked, 130 g	1 (1-2)
<b>Vegetables - Root</b>		Bamboo shoot, 85 g*	1	Cauliflower, cooked, 130 g	1 (1-5)
Onion, 85 g	1 (0-2)	Cauliflower, 85 g	1 (0-3)	Collard greens, cooked, 130 g	1 (1-4)
Salsify, 85 g	1	Taro stem, 85 g	1 (1-2)	Spinach, composite, 107.5 g	1 (1-3)
Celeriac, 85 g	1	Spring onion, 40 g	1 (1-2)	Broccoli, cooked, 130 g	1 (1-7)
Carrot, 85 g	1 (0-1)	Tomato, sun-dried, 30 g*	1	Potato, cooked, 167 g	1 (0-4)
Rutabaga, 85 g	1	Bottle gourd, 85 g	1 (1-2)	Cabbage, cooked, 130 g	1 (0-7)
Radish, 85 g	1	Eggplant, 85 g	1 (0-3)	Beets, cooked, 130 g	1 (1-4)
Turnip, 85 g*	1	Peppers, 85 g	1 (0-3)	Brussels sprouts, cooked, 130 g	1 (1-8)
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	Cauliflower, composite, 107.5 g	2 (1-4)
Parsley root, 85 g*	1	Snake gourd, 85 g	2 (1-2)	Potato, french fried, 70 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)	Winter squash, cooked, 130 g	2 (1-4)
Parsnip, 85 g	2 (1-3)	Artichoke, 85 g*	2	Plantain, cooked, 167 g	2 (2-3)
Yam, 110 g	2 (2-3)	Snow pea, 85 g*	2	Sweet potato, canned, 167 g	2 (1-4)
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)	Green beans, cooked, 130 g	2 (1-5)
Taro root, 110 g*	4	Bitter melon, 85 g	2 (1-4)	Asparagus, cooked, 130 g	2 (1-5)
Cassava, 110 g	4 (2-7)	Brussels sprouts, 85 g	2 (1-5)	Yam, cooked, 167 g*	2
<b>Vegetables - Leafy</b>		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)	Carrot, composite, 107.5 g	2 (1-5)
Mustard leaves, 85 g	1 (1-2)	Asparagus, 85 g	3 (2-4)	Potato, cooked with skin, 167 g	2 (1-17)
Head/iceberg lettuce, 85 g	1 (0-9)	Rhubarb, 140 g	3 (1-7)	Spinach, canned, 130 g	3 (1-4)
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)	Rutabaga, cooked, 130 g	3 (1-9)

Tomato, canned, 130 g	4 (0-7)	Sausage, cooked, 55 g	1 (0-5)	Beans, chickpea, dried, 35 g	7 (3-11)
Sweet potato, cooked, 167 g	4 (4-6)	Lamb, cooked, 100 g	1 (0-9)	Beans, dried, 35 g	7 (2-10)
Peas, cooked, 130 g	4 (1-11)	Organ meats, cooked, 100 g	1 (0-8)	Beans, canned, 80 g*	7
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Beef, cooked, 100 g	1 (0-12)	Beans, lentil, dried, 35 g	8 (4-11)
Green beans, composite, 107.5 g	4 (1-8)	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	3 (0-31)	Beans, urad, dried, 35 g	9
Pumpkin, cooked, 130 g	7 (1-16)	<b>Fish and seafood</b>		Beans, brown, dried, 35 g	9 (6-12)
<b>Meat, poultry, eggs and substitutes</b>		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)	<b>Nuts and seeds</b>	
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)	<b>Fish and seafood - Prepared</b>		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)
<b>Meat, poultry and eggs - Prepared</b>		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)	<b>Beans and bean products</b>		Nuts, mixed, 30 g	16 (2-25)
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)	<b>Beverages - Alcoholic</b>	
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 powder, 20 g	1	Beans, fava, fresh, 80 g	5 (3-7)	Wine, 188 g	1 (0-2)
Egg, cooked, 100 g	1 (0-7)	Beans, lima, cooked, 80 g	5 (1-10)	Beer, 333 g	1 (0-13)
Veal, cooked, 100 g	1 (0-3)	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)	<b>Beverages - Juices</b>	
Pork, cooked, 100 g	1 (0-18)	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)	Iced tea, 375 g*	1	Anise, 0.5 g*	1
Citrus juice, canned, 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	1 (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
Apple juice, canned or bottled, 250 g	1 (0-4)	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)
Peach juice, 250 g	1	<b>Herbs and spices</b>		Oregano, fresh, 1.5 g	1
Pear juice, 250 g	1 (1-2)	Saffron, 0.5 g	0	Cayenne pepper, 0.5 g	1 (1-2)
Citrus juice, from concentrate, 250 g	1 (0-14)	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	<b>Fats and oils</b>	
Passionfruit juice, 250 g*	2	Mustard seed, 0.5 g	0	Vegetable oils, unspecified, 10 g	0 (0-1)
Pineapple juice, 250 g	2 (1-2)	Annatto, 0.5 g	0	Cottonseed oil, 10 g	0
Apricot juice, 250 g*	2	Wasabi, dry, 0.5 g	0	Corn oil, 10 g	0
Tomato juice, 250 g	2	Dill, fresh, 1.5 g	0	Olive oil, 10 g	0 (0-2)
Acai juice, 250 g*	2	Ginger, fresh, 1.5 g	0	Almond oil, 10 g*	0
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
<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)
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	<b>Snacks and desserts</b>	
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
<b>Beverages - Other</b>		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

Applesauce, 110 g	1 (0-3)
Graham crackers, 30 g	1 (0-1)
Chewing gum, 3 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)
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 nuts, 30 g*	2
Dried rosehips, 40 g*	2
Cereal bar, with chocolate, 35 g	2 (2-3)
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)
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
<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
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)
<b>Sauces, dips, condiments and spreads</b>	
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)
Marmelade, 15 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
Oyster sauce, 15 g*	1
Dressings, 30 g	1 (0-22)
Pesto, no nuts, 60 g*	1
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)
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
<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
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.