

Dairy products and substitutes

Whipped cream, 15 g	0
Cream, 15 g	0 (0-1)
Sour cream, 24 g	0
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)
Processed cheese, 30 g	1 (0-2)
Crème fraîche, 55 g	1 (0-1)
Cheeses, 30 g	1 (0-3)
Yogurt drink, 188 g	1 (0-1)
Cultured milk, 188 g	1 (0-1)
Cottage cheese, 125 g	1 (0-4)
Milk, 250 g	1 (0-5)
Yogurt, with fruit, 175 g	1 (0-5)
Almond milk, 250 g*	1
Rice milk, 250 g	1 (1-2)
Yogurt, 175 g	1 (0-3)
Milk powder, 25 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Oat-based beverage, 250 g	4 (3-5)
Soy milk, 250 g	6 (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)
Crackers, butter-type, 30 g	1 (0-1)
Baguette, 75 g	1
Phyllo, 21 g*	1
Cold cereal, rice, 15 g	1
Breadcrumbs, 30 g	1
Yeast dough, 55 g	1
Rusk, plain or fruited, 30 g	1
Cold cereal, corn, 30 g	1 (0-2)
English muffin, 55 g	1
Pasta, dry, 85 g	1 (1-4)
Crackers, 30 g	1 (0-2)
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Flatbread, 55 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Bread, barley, 75 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Hot cereal, corn, cooked, 194 g	1 (1-2)

Hot cereal, wheat, dry, 40 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Crispbread, 30 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
Hot cereal, rice, cooked, 194 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, rice, dry, 40 g	1 (1-2)
Hot cereal, rye, cooked, 194 g	2
Rolls, oat, 55 g*	2
Rolls, seeded, 55 g*	2
Bread, white, 75 g	2 (1-2)
Cold cereals, junk food, 30 g	2 (1-3)
Bread, fruited, 75 g	2 (1-2)
Hot cereal, rye, dry, 40 g*	2
Bread, whole wheat, 75 g	2 (1-3)
Bread, multigrain, 75 g	2 (1-4)
Barley, cooked, 140 g	2 (1-3)
Rolls, multigrain, 55 g	2 (1-3)
Bread, gluten-free, 75 g	2 (0-4)
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
Pasta, gluten-free, dry, 85 g*	3
Cold cereal, oat ring, 15 g	4 (1-6)
Bread, oat, 75 g	4 (3-5)
Bread, seeded, 75 g	4 (1-6)
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, 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
Starch, rice, 10 g*	1
Starch, corn, 10 g*	1
Flour, white, 30 g	1 (0-1)
Flour, rye, 30 g	1
Rye kernels, whole/cracked, 45 g	1
Flour, rye, whole, 30 g	1
Flour, barley, 30 g	1
Rice, white, raw, 45 g	1 (1-2)
Flour, spelt, 30 g*	1
Semolina, 45 g	1 (1-2)
Rice, brown, cooked, 140 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Rice, white, cooked, 140 g	1 (1-4)
Flour, whole wheat, 30 g	1 (1-3)

Wheat germ, 15 g	2 (1-2)
Spelt, raw, 45 g	2
Wheat bran, 15 g	2 (1-3)
Rice, brown, raw, 45 g	2 (1-2)
Flour, cassava, 30 g	2 (1-2)
Wheat kernels/bulgur, 45 g	2 (1-4)
Flour, spelt, whole, 30 g*	2
Barley, raw, 45 g	2 (1-3)
Amaranth, raw, 45 g	2 (1-3)
Cornmeal, 30 g	2 (1-4)
Flour, teff, 30 g	2 (2-3)
Oat bran, 15 g*	2
Oats, raw, 40 g	2 (2-12)
Quinoa, raw, 45 g	3 (1-4)
Flour, almond, 15 g	3 (3-4)
Sorghum, 45 g*	3
Flour, rice, 30 g	3 (1-7)
Flour, millet, 30 g*	4
Flour, buckwheat, 30 g*	4
Millet, raw, 40 g	5 (3-8)
Flour, soy, 15 g	6 (5-7)
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	3 (0-7)
Blackberries, 80 g*	3
Goji berries, 80 g*	5

Fruits - Citrus

Lemon / Lime, 55 g	1 (0-2)
Citrus fruits, unspecified, 140 g	1 (1-2)
Orange, 140 g	1 (1-4)
Grapefruit, 140 g	1 (0-4)
Pomelo, 140 g	1 (1-2)
Tangerine or mandarin orange, 140 g	2 (1-3)

Fruits - Other

Breadfruit, 140 g	1
Apple, 140 g	1 (0-2)
Mango, 140 g	1 (1-2)
Cherries, 140 g	1 (1-2)
Grape, 140 g	1 (0-7)

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

Peppers, composite, 107.5 g	2 (1-7)	Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, white, canned, 80 g*	4
Tomato, canned, 130 g	2 (0-7)	Sausage, cooked, 55 g	1 (0-5)	Beans, canned, 80 g	4 (2-7)
Green beans, cooked, 130 g	3 (1-9)	Veal, cooked, 100 g	1 (0-3)	Beans, fava, fresh, 80 g	5 (3-7)
Spinach, canned, 130 g	3 (1-4)	Lamb, cooked, 100 g	1 (0-9)	Beans, lima, cooked, 80 g	5 (1-10)
En choy (chinese spinach), cooked, 130 g*	3	Pate, 55 g	1 (0-4)	Beans, pinto, cooked, 80 g	6 (2-8)
Taro, cooked, 167 g	3	Organ meats, cooked, 100 g	1 (0-8)	Beans, pigeon peas, dried, 35 g	7 (6-7)
Pumpkin, cooked, 130 g	3 (1-16)	Beef, cooked, 100 g	1 (0-12)	Beans, lentil, cooked, 80 g	7 (6-8)
Peas, cooked, 130 g	4 (1-11)	Pork, cooked, 100 g	1 (0-18)	Beans, chickpea, dried, 35 g	7 (3-11)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Mutton, cooked, 100 g	2 (1-6)	Beans, dried, 35 g	7 (2-10)
Sweet potato, cooked, 167 g	4 (4-6)	Pork, cured, cooked, 55 g	3 (0-39)	Beans, lentil, dried, 35 g	8 (4-11)
Peas, canned, 130 g	4 (3-8)	Ground beef and/or pork, cooked, 100 g	3 (0-31)	Beans, mung, dried, 35 g	8 (4-12)
Cassava, cooked, 167 g	7 (4-10)	Fish and seafood		Beans, urad, dried, 35 g	9
Meat, poultry, eggs and substitutes		Fish, roe, 15 g	0 (0-1)	Beans, brown, dried, 35 g	9 (6-12)
Venison, 125 g	1	Shellfish, squid, 125 g	1	Beans, white, dried, 35 g	9 (2-14)
Rabbit, 125 g	1 (0-1)	Shellfish, octopus, 125 g	1	Beans, kidney, dried, 35 g	10 (8-11)
Egg, 100 g	1 (0-1)	Fish, 125 g	1 (0-10)	Beans, pigeon peas, fresh, 80 g*	10
Beef, 125 g	1 (0-2)	Eel, 125 g	1 (0-3)	Beans, black, cooked, 80 g*	12
Bacon, 54 g	1 (0-4)	Shellfish, crustaceans, 125 g	2 (1-9)	Beans, soya, dried, 35 g	13 (6-25)
Pork, 125 g	1 (0-2)	Shellfish, crustaceans, 125 g*	2	Soya flakes, 35 g*	15
Lamb, 125 g	1 (1-2)	Shellfish, oysters, 125 g	4 (1-5)	Tofu, 85 g	20 (4-37)
Chicken, turkey and other poultry, 125 g	1 (0-3)	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 (3-18)	Chestnuts, 30 g	2
Sausage, 75 g	1 (0-1)	Shellfish, scallops, 125 g	29 (1-43)	Safflower seeds, 30 g*	2
Wild boar, 125 g	1 (1-2)	Fish and seafood - Prepared		Almonds, 30 g	2 (1-4)
Veal, 125 g	1 (1-2)	Fish, canned, 55 g	0 (0-2)	Pistachios, 30 g	3 (1-4)
Black pudding, 75 g	1 (0-2)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Peanut butter, 15 g	3 (0-6)
Organ meats, 125 g	1 (0-6)	Fish, pickled, 55 g	1 (0-1)	Sesame seeds, 30 g	3 (1-8)
Mutton, 125 g	1 (1-2)	Shellfish, crustaceans, cooked, 100 g	1 (0-2)	Seeds, 30 g	4 (3-4)
Seitan, 100 g*	1	Fish, canned, tomato sauce, 55 g	1 (0-2)	Poppy seeds, 30 g	4 (1-8)
Soya sausage, 75 g*	2	Shellfish, octopus, cooked, 100 g*	1	Peanuts, 30 g	4 (1-39)
Goat, 125 g*	2	Shellfish, squid, cooked, 100 g*	1	Macadamia nuts, 30 g*	5
Horse, 125 g	2 (1-3)	Fish, salted or smoked, 55 g	1 (0-10)	Pumpkin seeds, 30 g	5 (1-10)
Mithun, 125 g	5 (3-8)	Fish, cooked, 100 g	1 (0-17)	Flaxseed, 30 g	6 (5-7)
TVP (texturized vegetable protein), 100 g*	13	Shellfish, oysters, cooked, 100 g*	2	Hazelnuts, 30 g	6 (2-10)
Meat, poultry and eggs - Prepared		Shellfish, scallops, cooked, 100 g	2 (1-3)	Pine nuts, 30 g	7 (5-9)
Venison, cured, 30 g*	0	Shellfish, oysters, canned, 55 g*	3	Walnuts, 30 g	7 (4-11)
Rabbit, cooked, 100 g*	0	Shellfish, mussels, canned, 55 g	5	Chia seeds, 30 g	8 (7-9)
Black pudding, cooked, 55 g	0 (0-1)	Shellfish, mussels, pickled, 55 g	8 (2-15)	Nuts, mixed, 30 g	8 (2-25)
Bacon, cooked, 15 g	0 (0-1)	Shellfish, mussels, cooked, 100 g	8 (1-47)	Brazil nuts, 30 g	10 (8-14)
Venison, cooked, 100 g	1	Beans and bean products		Sunflower seeds, 30 g	10 (2-17)
Lunch meat, canned, 55 g	1 (0-1)	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	18 (12-23)
Meat jellies, 120 g	1 (0-1)	Beans, chickpea, canned, 80 g	3 (2-4)	Pecans, 30 g	18 (6-45)
Pork, cured, 30 g*	1	Beans, white, cooked, 80 g	3 (1-6)	Hemp seeds, 30 g*	20
Organ meats, cured, 125 g*	1	Beans, lentil, canned, 80 g	3 (2-5)	Beverages - Alcoholic	
Egg powder, 20 g	1	Beans, cooked, 80 g	4 (2-5)	Madeira, 60 g*	0
Egg, cooked, 100 g	1 (0-7)	Beans, chickpea, cooked, 80 g	4 (3-5)	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
Beef, cured, 30 g*	1	Beans, fresh, 80 g	4 (2-7)	Port, 60 g	1

Cider, 333 g	1 (0-1)	Cereal grain beverage, 250 g	3 (0-6)	Peppermint, dry, 0.5 g	1
Wine, 188 g	1 (0-2)	Hot chocolate powder, 25 g	4 (2-5)	Cumin, 0.5 g	1 (0-1)
Beer, 333 g	1 (0-13)	Tea, herbal, dry, 3 g	4 (1-12)	Marjoram, dry, 0.5 g	1
Sherry, 105 g*	2	Hot chocolate, 250 g	5 (4-6)	Cinnamon, 0.5 g	1 (0-1)
Beverages - Juices		Tea, leaves, 3 g	6 (1-51)	Basil, dry, 0.5 g	1 (0-1)
Lemon juice, 5 g	0	Beverages - Other		Mace, 0.5 g*	1
Lemonade, 250 g	1 (0-1)	Soft drink syrup, 30 g	0	Curry leaves, 1.5 g*	1
Mango juice, 250 g	1	Strawberry milk, 250 g*	0	Nigella seeds, 0.5 g	1
Fruit drink, 250 g	1 (0-3)	Water, tap, 375 g	0 (0-2)	Mint, dry, 0.5 g*	1
Citrus juice, 250 g	1 (0-1)	Carbonated drinks, 375 g	1 (0-1)	Rosemary, fresh, 1.5 g	1
Cherry juice, 250 g*	1	Carbonated drinks, canned, 375 g	1 (0-5)	Anise, 0.5 g*	1
Fruit juice, concentrated, 62.5 g	1	Water, bottled, 375 g	1 (0-19)	Anchovy paste, 15 g	1 (0-1)
Citrus juice, canned, 250 g	1 (0-1)	Iced tea, 375 g	2 (1-2)	Sage, dry, 0.5 g	1
Strawberry juice, 250 g*	1	Vanilla milkshake, 250 g*	2	Lemon balm, 0.5 g*	1
Grape juice, 250 g	1 (0-2)	Malt drink, 250 g	2 (1-3)	Basil, fresh, 1.5 g	1
Plum juice, 250 g*	1	Chocolate milk, 250 g	3 (1-5)	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
Grapefruit juice, 250 g	1 (0-4)	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)
Pineapple juice, 250 g	2 (1-2)	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
Tomato juice, 250 g	2	Annatto, 0.5 g	0	Corn oil, 10 g	0
Apricot juice, 250 g*	2	Wasabi, dry, 0.5 g	0	Butter, 10 g	0 (0-1)
Tomato juice, canned, 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	Pumpkin seed oil, 10 g*	0
Fruit juice, various, canned or bottled, 250 g	2 (0-10)	Cloves, 0.5 g	0	Lard, 10 g	0
Tomato juice, bottled, 250 g	2 (2-6)	Turmeric powder, 0.5 g	0	Palm oil, 10 g	0
Vegetable juice, 250 g	2 (1-3)	Allspice, 0.5 g	0	Vegetable oils, unspecified, 10 g	0 (0-1)
Vegetable juice, canned, 250 g	2 (1-9)	Tamarind, 1.5 g*	0	Grapeseed oil, 10 g	0
Goji juice, 250 g*	3	Parsley, fresh, 1.5 g	0 (0-1)	Mustard oil, 10 g	0
Pomegranate juice, 250 g*	3	Coriander seeds, 0.5 g	0	Rice oil, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Mint leaves, 1.5 g*	0	Hazelnut oil, 10 g	0
Prune juice, 250 g	4 (3-8)	Ginger, dry, 0.5 g	0 (0-1)	Sunflower oil, 10 g	0 (0-1)
Beverages - Hot		Cilantro, 1.5 g	0	Canola/rapeseed 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	Chives, 1.5 g*	0	Cocoa butter, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Garlic, dry, 0.5 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-5)	Curry leaves, dry, 0.5 g	0 (0-1)	Olive oil, 10 g	0 (0-2)
Tea, brewed, 250 g	1 (1-8)	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)	Sesame oil, 10 g	1 (0-1)
Tea, herbal, brewed, 250 g	1 (0-4)	Garlic, 4 g	0 (0-1)	Margarine, 10 g	1 (0-2)
Coffee, beans, 14 g	2 (1-2)	Herbs and spices, unspecified, 0.5 g	0 (0-1)	Coconut oil, 10 g	1 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Fenugreek, 0.5 g	0 (0-1)	Ghee, 10 g	1 (1-3)
Green tea, leaves, 3 g	2 (1-5)	Cardamom, 0.5 g	1 (0-1)	Shortening, 10 g	2 (1-3)
Green tea, brewed, loose, 250 g	2 (1-8)	Herbs de Provence, dry, 0.5 g	1	Snacks and desserts	

Breadfruit, dried, 40 g*	0
Popsicle, 30 g	0 (0-1)
Ice cream, vanilla, 129 g	1 (0-2)
Pork rinds, 20 g	1
Gelatin dessert, 130 g	1 (0-1)
Dried cherries, 40 g*	1
Chewing gum, 3 g	1 (0-1)
Graham crackers, 30 g	1 (0-1)
Raisins, yogurt candy coated, 40 g*	1
Applesauce, 110 g	1 (0-3)
Raisins, 40 g	1 (0-5)
Cookies, not chocolate, 30 g	1 (0-2)
Pretzels, 50 g	1 (0-1)
Dried strawberry, 40 g*	1
Sherbet/sorbet, 129 g	1 (0-5)
Banana chips, 40 g*	1
Cereal bar, rice, 35 g*	1
Dried currants, 40 g*	1
Corn chips, 50 g	2 (1-2)
Potato chips, 50 g	2 (1-3)
Dried dates, 40 g	2 (1-2)
Savoury crisps, 50 g	2 (1-2)
Snacks, corn-based, 50 g	2
Popcorn, 50 g	2 (0-5)
Cereal bar, with chocolate, 35 g	2 (2-3)
Cookies with nuts, 30 g*	2
Cookies with chocolate, 30 g	2 (0-4)
Dried rosehips, 40 g*	2
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	5 (5-6)
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
Molasses, 20 g	1 (0-1)
Sweetened evaporated milk, 30 g*	1
Syrup, not chocolate, 60 g	1 (0-2)
Candy, 40 g	1 (0-3)

Honey, 20 g	1 (0-5)
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)
Maple syrup, 60 g	2
Pudding, chocolate, 130 g*	2
Chocolate confections with nuts, 40 g	3 (0-9)
Chocolate confections, 40 g	4 (1-13)
Chocolate, 40 g	4 (2-20)
Syrup, chocolate, 60 g	5 (1-8)
Confections with nuts, 50 g	6 (1-14)
Sauces, dips, condiments and spreads	
Mayonnaise, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Mustard, 5 g	0 (0-1)
Fruit jelly, 15 g	0 (0-1)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
Oyster sauce, 15 g*	1
Fruit jams, 15 g	1 (0-2)
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
Soy sauce, 15 g	1 (0-4)
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
Dressings, 30 g	2 (0-22)
Tartar sauce, 30 g	3 (0-5)
Pesto made with nuts, 60 g*	3
Miscellaneous	
Vanilla extract, 1 g	0
Yeast, 0.6 g	0
Emulsifier, 1.5 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 (1-2)

Bouillon powder, 6 g	1 (0-1)
Broth, 250 g	2 (1-2)
Tomato paste, 30 g	2 (1-3)
Carob flour, 5 g*	2
Coconut milk, canned, 83 g	2 (0-3)
Coconut, dried, 15 g	3 (1-5)
Cocoa mass, 5 g	3
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.