

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 (0-3)
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
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)
Buttermilk, 250 g	2 (0-4)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Oat-based beverage, 250 g	4 (3-5)
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
Crackers, 30 g	1 (0-2)
Flatbread, 55 g	1 (1-2)
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)
Bagel, 85 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
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)
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
Flour, white, 30 g	1 (0-1)
Flour, rye, 30 g	1
Starch, corn, 10 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)
Quinoa, cooked, 140 g*	1
Rice, white, cooked, 140 g	1 (1-4)
Rice, brown, cooked, 140 g	1 (1-2)
Flour, whole wheat, 30 g	1 (1-3)
Wheat bran, 15 g	1 (1-3)

Wheat kernels/bulgur, 45 g	1 (1-4)
Wheat germ, 15 g	2 (1-2)
Rice, white, raw, 45 g	2 (1-2)
Spelt, raw, 45 g	2
Flour, spelt, whole, 30 g*	2
Rice, brown, raw, 45 g	2 (1-2)
Flour, cassava, 30 g	2 (1-2)
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
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
Oats, raw, 40 g	5 (2-12)
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	2 (0-7)
Blackberries, 80 g*	3
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)
Kiwi, 140 g	1 (0-3)

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

Taro, cooked, 167 g	3	Egg, cooked, 100 g	1 (0-7)	Beans, pinto, cooked, 80 g	6 (2-8)
Green beans, cooked, 130 g	3 (1-9)	Veal, cooked, 100 g	1 (0-3)	Beans, lima, cooked, 80 g	6 (1-10)
En choy (chinese spinach), cooked, 130 g*	3	Sausage, cooked, 55 g	1 (0-5)	Beans, pigeon peas, dried, 35 g	7 (6-7)
Peppers, composite, 107.5 g	3 (1-7)	Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, fresh, 80 g	7 (2-7)
Rutabaga, cooked, 130 g	3 (0-9)	Pork, cooked, 100 g	1 (0-18)	Beans, canned, 80 g	7 (2-7)
Tomato, canned, 130 g	4 (0-7)	Organ meats, cooked, 100 g	1 (0-8)	Beans, lentil, cooked, 80 g	7 (6-8)
Sweet potato, cooked, 167 g	4 (4-6)	Lamb, cooked, 100 g	1 (0-9)	Beans, chickpea, dried, 35 g	7 (3-11)
Peas, cooked, 130 g	4 (1-11)	Beef, cooked, 100 g	1 (0-12)	Beans, dried, 35 g	7 (2-10)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Mutton, cooked, 100 g	2 (1-6)	Beans, lentil, dried, 35 g	8 (4-11)
Peas, canned, 130 g	7 (3-8)	Pork, cured, cooked, 55 g	3 (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	0 (0-1)	Beans, white, dried, 35 g	9 (2-14)
Venison, 125 g	1	Shellfish, squid, 125 g	1	Beans, kidney, dried, 35 g	10 (8-11)
Sausage, 75 g	1 (0-1)	Shellfish, octopus, 125 g	1	Beans, pigeon peas, fresh, 80 g*	10
Rabbit, 125 g	1 (0-1)	Eel, 125 g	1 (0-3)	Beans, black, cooked, 80 g*	12
Egg, 100 g	1 (0-1)	Fish, 125 g	2 (0-10)	Beans, soya, dried, 35 g	13 (6-25)
Beef, 125 g	1 (0-2)	Shellfish, crustaceans, 125 g	2 (1-9)	Soya flakes, 35 g*	15
Ground beef and/or pork, 125 g	1 (0-2)	Shellfish, oysters, 125 g	3 (1-5)	Tofu, 85 g	21 (4-37)
Lamb, 125 g	1 (1-2)	Shellfish, clams, 125 g	5 (5-6)	Nuts and seeds	
Chicken, turkey and other poultry, 125 g	1 (0-3)	Shellfish, mussels, 125 g	11 (3-18)	Peanut butter, 15 g	1 (0-6)
Veal, 125 g	1 (1-2)	Shellfish, scallops, 125 g	29 (1-43)	Chestnuts, 30 g	2
Wild boar, 125 g	1 (1-2)	Fish and seafood - Prepared		Safflower seeds, 30 g*	2
Pork, 125 g	1 (0-2)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Peanuts, 30 g	2 (1-39)
Black pudding, 75 g	1 (0-2)	Shellfish, crustaceans, cooked, 100 g	1 (0-2)	Pistachios, 30 g	3 (1-4)
Mutton, 125 g	1 (1-2)	Fish, canned, 55 g	1 (0-2)	Almonds, 30 g	3 (1-4)
Seitan, 100 g*	1	Fish, pickled, 55 g	1 (0-1)	Sesame seeds, 30 g	3 (1-8)
Bacon, 54 g	1 (0-4)	Shellfish, octopus, cooked, 100 g*	1	Seeds, 30 g	4 (3-4)
Organ meats, 125 g	1 (0-6)	Fish, canned, tomato sauce, 55 g	1 (0-2)	Poppy seeds, 30 g	4 (1-8)
Soya sausage, 75 g*	2	Shellfish, squid, cooked, 100 g*	1	Macadamia nuts, 30 g*	5
Goat, 125 g*	2	Fish, salted or smoked, 55 g	1 (0-10)	Pumpkin seeds, 30 g	5 (1-10)
Horse, 125 g	2 (1-3)	Fish, cooked, 100 g	1 (0-17)	Flaxseed, 30 g	6 (5-7)
Mithun, 125 g	5 (3-8)	Shellfish, oysters, cooked, 100 g*	2	Hazelnuts, 30 g	6 (2-10)
TVP (texturized vegetable protein), 100 g*	13	Shellfish, scallops, cooked, 100 g	2 (1-3)	Pine nuts, 30 g	7 (5-9)
Meat, poultry and eggs - Prepared		Shellfish, oysters, canned, 55 g*	3	Chia seeds, 30 g	8 (7-9)
Venison, cured, 30 g	0	Shellfish, mussels, canned, 55 g	5	Walnuts, 30 g	8 (4-11)
Rabbit, cooked, 100 g*	0	Shellfish, mussels, pickled, 55 g	8 (2-15)	Brazil nuts, 30 g	10 (8-14)
Black pudding, cooked, 55 g	0 (0-1)	Shellfish, mussels, cooked, 100 g	8 (1-47)	Sunflower seeds, 30 g	11 (2-17)
Bacon, cooked, 15 g	0 (0-1)	Beans and bean products		Nuts, mixed, 30 g	12 (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	18 (12-23)
Lunch meat, canned, 55 g	1 (0-1)	Beans, chickpea, canned, 80 g	3 (2-4)	Pecans, 30 g	18 (6-45)
Meat jellies, 120 g	1 (0-1)	Beans, white, cooked, 80 g	3 (1-6)	Hemp seeds, 30 g*	20
Pork, cured, 30 g*	1	Beans, lentil, canned, 80 g	3 (2-5)	Beverages - Alcoholic	
Organ meats, cured, 125 g*	1	Beans, cooked, 80 g	4 (2-5)	Madeira, 60 g*	0
Pate, 55 g	1 (0-4)	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, white, canned, 80 g*	4	Port, 60 g	1
Egg powder, 20 g	1	Beans, fava, fresh, 80 g	5 (3-7)	Cider, 333 g	1 (0-1)

Wine, 188 g	1 (0-2)	Hot chocolate powder, 25 g	4 (2-5)	Marjoram, dry, 0.5 g	1
Beer, 333 g	1 (0-13)	Tea, herbal, dry, 3 g	4 (1-12)	Cinnamon, 0.5 g	1 (0-1)
Sherry, 105 g*	2	Hot chocolate, 250 g	5 (4-6)	Basil, dry, 0.5 g	1 (0-1)
Beverages - Juices		Tea, leaves, 3 g	6 (1-51)	Mace, 0.5 g*	1
Lemon juice, 5 g	0	Beverages - Other		Curry leaves, 1.5 g*	1
Lemonade, 250 g	1 (0-1)	Soft drink syrup, 30 g	0	Nigella seeds, 0.5 g	1
Mango juice, 250 g	1	Strawberry milk, 250 g*	0	Mint, dry, 0.5 g*	1
Fruit drink, 250 g	1 (0-3)	Water, tap, 375 g	0 (0-2)	Rosemary, fresh, 1.5 g	1
Citrus juice, 250 g	1 (0-1)	Carbonated drinks, 375 g	1 (0-1)	Anise, 0.5 g*	1
Citrus juice, canned, 250 g	1 (0-1)	Water, bottled, 375 g	1 (0-19)	Anchovy paste, 15 g	1 (0-1)
Cherry juice, 250 g*	1	Carbonated drinks, canned, 375 g	1 (0-5)	Parsley, fresh, 1.5 g	1 (0-1)
Fruit juice, concentrated, 62.5 g	1	Iced tea, 375 g	2 (1-2)	Sage, dry, 0.5 g	1
Grape juice, 250 g	1 (0-2)	Vanilla milkshake, 250 g*	2	Lemon balm, 0.5 g*	1
Strawberry juice, 250 g*	1	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)
Apple juice, canned or bottled, 250 g	1 (0-4)	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	Herbs and spices		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)
Grapefruit juice, 250 g	1 (0-4)	Salt, 1 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
Pineapple juice, 250 g	2 (1-2)	Annatto, 0.5 g	0	Corn oil, 10 g	0
Apricot juice, 250 g*	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	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
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)	Cocoa butter, 10 g	0
Rosehip powder, 3 g*	1	Curry leaves, dry, 0.5 g	0 (0-1)	Margarine, 10 g	0 (0-2)
Tea, brewed, loose, 250 g	1 (1-5)	Nutmeg, 0.5 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Tea, brewed, bag, 250 g	1 (0-3)	Paprika, 0.5 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Tea, herbal, brewed, 250 g	1 (0-4)	Garlic, 4 g	0 (0-1)	Canola/rapeseed oil, 10 g	1 (0-1)
Coffee, beans, 14 g	2 (1-2)	Fenugreek, 0.5 g	0 (0-1)	Sesame oil, 10 g	1 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Herbs and spices, unspecified, 0.5 g	1 (0-1)	Coconut oil, 10 g	1 (0-1)
Tea, brewed, 250 g	2 (1-8)	Cardamom, 0.5 g	1 (0-1)	Ghee, 10 g	1 (1-3)
Green tea, leaves, 3 g	2 (1-5)	Herbs de Provence, dry, 0.5 g	1	Shortening, 10 g	2 (1-3)
Green tea, brewed, loose, 250 g	2 (1-8)	Peppermint, dry, 0.5 g	1	Snacks and desserts	
Cereal grain beverage, 250 g	3 (0-6)	Cumin, 0.5 g	1 (0-1)	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)
Cookies, not chocolate, 30 g	1 (0-2)
Dried cherries, 40 g*	1
Chewing gum, 3 g	1 (0-1)
Applesauce, 110 g	1 (0-3)
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)
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	5 (5-6)
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)
Molasses, 20 g	1 (0-1)
Candy, 40 g	1 (0-3)
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
Pudding, not chocolate, 130 g	2 (1-6)
Chocolate confections with nuts, 40 g	2 (0-9)
Pudding, chocolate, 130 g*	2
Chocolate, 40 g	4 (2-20)
Chocolate confections, 40 g	4 (1-13)
Syrup, chocolate, 60 g	6 (1-8)
Confections with nuts, 50 g	6 (1-14)
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)
Oyster sauce, 15 g*	1
Pesto, no nuts, 60 g*	1
Sweet and sour sauce, 30 g	1 (0-1)
Dressings, 30 g	1 (0-22)
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)
Soy sauce, 15 g	1 (0-4)
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
Emulsifer, 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)
Cocoa mass, 5 g	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 tbsps
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.