

Dairy products and substitutes

Whipped cream, 15 g	0
Cream, 15 g	0 (0-1)
Cream, non-dairy, 15 g	0 (0-1)
Sour cream, 24 g	0
Cream cheese, 30 g	0 (0-1)
Processed cheese, 30 g	1 (0-2)
Milk powder, 25 g	1 (0-3)
Evaporated milk, 15 g	1 (0-1)
Quark, 100 g	1 (0-1)
Yogurt drink, 188 g	1 (0-1)
Crème fraîche, 55 g	1 (0-1)
Cheeses, 30 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
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)
Yogurt, 175 g	1 (0-3)
Almond milk, 250 g*	1
Rice milk, 250 g	1 (1-2)
Paneer/khoa/halloumi, 80 g	3 (1-3)
Oat-based beverage, 250 g	4 (3-5)
Soy milk, 250 g	8 (1-13)

Grain products and bakery

Rice paper, 15 g*	0
Bread, gluten-free, 75 g	0 (0-4)
Puff pastry, 21 g	1
Phyllo, 21 g*	1
Baguette, 75 g	1
Crackers, saltine or cream, 30 g	1 (0-1)
Crackers, 30 g	1 (0-2)
Breadcrumbs, 30 g	1
Crackers, butter-type, 30 g	1 (0-1)
Cold cereal, rice, 15 g	1
Yeast dough, 55 g	1
Flatbread, 55 g	1 (1-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
Rusk, plain or fruited, 30 g	1
Hot cereal, rice, cooked, 194 g	1 (1-2)
English muffin, 55 g	1
Cold cereal, corn, 30 g	1 (0-2)
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Bread, fruited, 75 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Crispbread, 30 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)

Bagel, 85 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Bread, barley, 75 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Cold cereals, junk food, 30 g	1 (1-3)
Bread, whole wheat, 75 g	1 (1-3)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, rye, cooked, 194 g	2
Hot cereal, wheat, dry, 40 g	2 (1-2)
Rolls, oat, 55 g*	2
Rolls, seeded, 55 g*	2
Hot cereal, rye, dry, 40 g*	2
Pasta, cooked, 215 g	2 (0-3)
Barley, cooked, 140 g	2 (1-3)
Pasta, whole wheat, cooked, 215 g	2 (1-3)
Cold cereal, wheat bran, 30 g	2 (1-4)
Pasta, dry, 85 g	2 (1-4)
Rolls, multigrain, 55 g	2 (1-3)
Pasta, whole wheat, dry, 85 g	2 (1-3)
Cold cereal, oat ring, 15 g	2 (1-6)
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, granola/muesli, 55 g	4 (1-10)
Bread, oat, 75 g	4 (3-5)
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
Flour, white, 30 g	1 (0-1)
Starch, rice, 10 g*	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
Cornmeal, 30 g	1 (1-4)
Quinoa, cooked, 140 g*	1
Semolina, 45 g	1 (1-2)
Rice, white, cooked, 140 g	1 (1-4)
Wheat bran, 15 g	1 (1-3)
Flour, whole wheat, 30 g	1 (1-3)

Wheat kernels/bulgur, 45 g	1 (1-4)
Flour, rice, 30 g	1 (1-7)
Rice, brown, cooked, 140 g	2 (1-2)
Wheat germ, 15 g	2 (1-2)
Spelt, raw, 45 g	2
Rice, brown, raw, 45 g	2 (1-2)
Rice, white, raw, 45 g	2 (1-2)
Flour, spelt, whole, 30 g*	2
Flour, cassava, 30 g	2 (1-2)
Barley, raw, 45 g	2 (1-3)
Amaranth, raw, 45 g	2 (1-3)
Flour, teff, 30 g	2 (2-3)
Oat bran, 15 g*	2
Flour, almond, 15 g	3 (3-4)
Sorghum, 45 g*	3
Quinoa, raw, 45 g	4 (1-4)
Flour, millet, 30 g*	4
Flour, buckwheat, 30 g*	4
Flour, soy, 15 g	5 (5-7)
Flour, oat, 30 g*	6
Millet, raw, 40 g	7 (3-8)
Oats, raw, 40 g	7 (2-12)
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
Pomegranate, 80 g*	1
Blueberries, 80 g	1 (1-2)
Cranberries, 55 g	1
Currants, red or black, 80 g	1 (0-2)
Strawberries, 140 g	1 (0-15)
Blackberries, 80 g*	3
Raspberries, 80 g	3 (0-7)
Goji berries, 80 g*	5

Fruits - Citrus

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

Fruits - Other

Breadfruit, 140 g	1
Mango, 140 g	1 (1-2)
Cherries, 140 g	1 (1-2)
Apple, 140 g	1 (0-2)
Papaya, 140 g	1 (1-6)

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

Asparagus, cooked, 130 g	2 (1-5)	Organ meats, cooked, 100 g	1 (0-8)	Beans, fresh, 80 g	4 (2-7)
Peppers, composite, 107.5 g	2 (1-7)	Sausage, cooked, 55 g	1 (0-5)	Beans, lima, cooked, 80 g	5 (1-10)
Taro, cooked, 167 g	3	Egg powder, 20 g	1	Beans, pinto, cooked, 80 g	6 (2-8)
Peas, canned, 130 g	3 (3-8)	Pate, 55 g	1 (0-4)	Beans, fava, fresh, 80 g	6 (3-7)
Green beans, canned, 130 g	3 (1-5)	Pork, cooked, 100 g	1 (0-18)	Beans, pigeon peas, dried, 35 g	7 (6-7)
En choy (chinese spinach), cooked, 130 g*	3	Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, dried, 35 g	7 (2-10)
Brussels sprouts, cooked, 130 g	3 (1-8)	Lamb, cooked, 100 g	1 (0-9)	Beans, lentil, cooked, 80 g	7 (6-8)
Peas, cooked, 130 g	4 (1-11)	Beef, cooked, 100 g	1 (0-12)	Beans, urad, dried, 35 g	9
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Ground beef and/or pork, cooked, 100 g	1 (0-31)	Beans, brown, dried, 35 g	9 (6-12)
Sweet potato, cooked, 167 g	4 (4-6)	Mutton, cooked, 100 g	2 (1-6)	Beans, chickpea, dried, 35 g	9 (3-11)
Cassava, cooked, 167 g	7 (4-10)	Pork, cured, cooked, 55 g	3 (0-39)	Beans, kidney, dried, 35 g	10 (8-11)
Pumpkin, cooked, 130 g	7 (1-16)	Fish and seafood		Beans, lentil, dried, 35 g	10 (4-11)
Meat, poultry, eggs and substitutes		Fish, roe, 15 g	0 (0-1)	Beans, pigeon peas, fresh, 80 g*	10
Rabbit, 125 g	0 (0-1)	Shellfish, octopus, 125 g	1	Beans, white, dried, 35 g	11 (2-14)
Sausage, 75 g	1 (0-1)	Shellfish, squid, 125 g	1	Beans, mung, dried, 35 g	12 (4-12)
Venison, 125 g	1	Eel, 125 g	1 (0-3)	Beans, black, cooked, 80 g*	12
Egg, 100 g	1 (0-1)	Fish, 125 g	1 (0-10)	Soya flakes, 35 g*	15
Beef, 125 g	1 (0-2)	Shellfish, oysters, 125 g	2 (1-5)	Beans, soya, dried, 35 g	16 (6-25)
Veal, 125 g	1 (1-2)	Shellfish, crustaceans, 125 g	2 (1-9)	Tofu, 85 g	29 (4-37)
Lamb, 125 g	1 (1-2)	Shellfish, clams, 125 g	5 (5-6)	Nuts and seeds	
Pork, 125 g	1 (0-2)	Shellfish, mussels, 125 g	11 (3-18)	Chestnuts, 30 g	2
Ground beef and/or pork, 125 g	1 (0-2)	Shellfish, scallops, 125 g	28 (1-43)	Peanut butter, 15 g	2 (0-6)
Chicken, turkey and other poultry, 125 g	1 (0-3)	Fish and seafood - Prepared		Safflower seeds, 30 g*	2
Mutton, 125 g	1 (1-2)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Pistachios, 30 g	3 (1-4)
Wild boar, 125 g	1 (1-2)	Fish, canned, tomato sauce, 55 g	1 (0-2)	Seeds, 30 g	3 (3-4)
Black pudding, 75 g	1 (0-2)	Fish, canned, 55 g	1 (0-2)	Sesame seeds, 30 g	3 (1-8)
Organ meats, 125 g	1 (0-6)	Fish, pickled, 55 g	1 (0-1)	Almonds, 30 g	4 (1-4)
Bacon, 54 g	1 (0-4)	Shellfish, octopus, cooked, 100 g*	1	Poppy seeds, 30 g	4 (1-8)
Seitan, 100 g*	1	Shellfish, crustaceans, cooked, 100 g	1 (0-2)	Macadamia nuts, 30 g*	5
Soya sausage, 75 g*	2	Shellfish, squid, cooked, 100 g*	1	Hazelnuts, 30 g	6 (2-10)
Goat, 125 g*	2	Fish, cooked, 100 g	1 (0-17)	Flaxseed, 30 g	6 (5-7)
Horse, 125 g	2 (1-3)	Fish, salted or smoked, 55 g	1 (0-10)	Pumpkin seeds, 30 g	6 (1-10)
Mithun, 125 g	5 (3-8)	Shellfish, oysters, cooked, 100 g*	2	Chia seeds, 30 g	7 (7-9)
TVP (texturized vegetable protein), 100 g*	13	Shellfish, scallops, cooked, 100 g	2 (1-3)	Walnuts, 30 g	7 (4-11)
Meat, poultry and eggs - Prepared		Shellfish, oysters, canned, 55 g*	3	Pine nuts, 30 g	8 (5-9)
Venison, cured, 30 g*	0	Shellfish, mussels, canned, 55 g	5	Nuts, mixed, 30 g	8 (2-25)
Rabbit, cooked, 100 g*	0	Shellfish, mussels, cooked, 100 g	7 (1-47)	Peanuts, 30 g	8 (1-39)
Black pudding, cooked, 55 g	0 (0-1)	Shellfish, mussels, pickled, 55 g	8 (2-15)	Sunflower seeds, 30 g	9 (2-17)
Bacon, cooked, 15 g	0 (0-1)	Beans and bean products		Brazil nuts, 30 g	13 (8-14)
Veal, cooked, 100 g	1 (0-3)	Mung bean vermicelli, cooked, 80 g*	1	Alfalfa seeds, 30 g	17 (12-22)
Lunch meat, canned, 55 g	1 (0-1)	Beans, fava, dried, 35 g*	2	Cashews, 30 g	19 (12-23)
Venison, cooked, 100 g	1	Beans, canned, 80 g	3 (2-7)	Hemp seeds, 30 g*	20
Pork, cured, 30 g*	1	Beans, chickpea, canned, 80 g	3 (2-4)	Pecans, 30 g	23 (6-45)
Organ meats, cured, 125 g*	1	Beans, white, cooked, 80 g	3 (1-6)	Beverages - Alcoholic	
Meat jellies, 120 g	1 (0-1)	Beans, lentil, canned, 80 g	3 (2-5)	Liquor, 30 g	0 (0-1)
Chicken, turkey and other poultry, cured, 30 g*	1	Beans, cooked, 80 g	4 (2-5)	Madeira, 60 g*	0
Beef, cured, 30 g*	1	Beans, chickpea, cooked, 80 g	4 (3-5)	Cider, 333 g	1 (0-1)
Egg, cooked, 100 g	1 (0-7)	Beans, white, canned, 80 g*	4	Vermouth, 90 g	1
Lunch meat, 55 g	1 (0-2)	Beans, kidney, canned, 80 g	4	Port, 60 g	1

Wine, 188 g	1 (0-2)	Tea, herbal, dry, 3 g	3 (1-12)	Basil, dry, 0.5 g	1 (0-1)
Beer, 333 g	1 (0-13)	Tea, leaves, 3 g	3 (1-51)	Mace, 0.5 g*	1
Sherry, 105 g*	2	Hot chocolate powder, 25 g	4 (2-5)	Marjoram, dry, 0.5 g	1
Beverages - Juices		Hot chocolate, 250 g	5 (4-6)	Curry leaves, 1.5 g*	1
Lemon juice, 5 g	0	Beverages - Other		Cardamom, 0.5 g	1 (0-1)
Citrus juice, canned, 250 g	1 (0-1)	Soft drink syrup, 30 g	0	Mint, dry, 0.5 g*	1
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	1 (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
Cherry juice, 250 g*	1	Water, bottled, 375 g	1 (0-19)	Parsley, fresh, 1.5 g	1 (0-1)
Fruit drink, 250 g	1 (0-3)	Carbonated drinks, canned, 375 g	1 (0-5)	Cinnamon, 0.5 g	1 (0-1)
Fruit juice, concentrated, 62.5 g	1	Iced tea, 375 g	1 (1-2)	Sage, dry, 0.5 g	1
Grapefruit juice, 250 g	1 (0-4)	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	Coconut water, 375 g	2 (2-17)	Thyme, dry, 0.5 g	1
Aloe juice, 250 g*	1	Chocolate milk, 250 g	4 (1-5)	Oregano, dry, 0.5 g	1
Sugarcane juice, 250 g*	1	Chocolate milkshake, 250 g	5 (2-31)	Pepper, black, 0.5 g	1 (0-2)
Apple juice, canned or bottled, 250 g	1 (0-4)	Energy drink, 375 g	6 (1-12)	Oregano, fresh, 1.5 g	1
Peach juice, 250 g	1	Herbs and spices		Hot peppers, dried, 0.5 g	1 (0-1)
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	Salt, 1 g	0	Cayenne pepper, 0.5 g	1 (1-2)
Pear juice, 250 g	1 (1-2)	Saffron, 0.5 g	0	Hot peppers, 40 g	1 (1-2)
Grape juice, 250 g	1 (0-2)	Chervil, 1.5 g*	0	Fennel, dry, 0.5 g	2 (1-2)
Citrus juice, from concentrate, 250 g	1 (0-14)	Mustard seed, 0.5 g	0	Fats and oils	
Tomato juice, canned, 250 g	2	Onion, dried, 0.5 g*	0	Palm oil, 10 g	0
Passionfruit juice, 250 g*	2	Annatto, 0.5 g	0	Cottonseed oil, 10 g	0
Tomato juice, 250 g	2	Wasabi, dry, 0.5 g	0	Almond oil, 10 g*	0
Apricot juice, 250 g*	2	Dill, fresh, 1.5 g	0	Sunflower oil, 10 g	0 (0-1)
Acai juice, 250 g*	2	Herbs and spices, unspecified, 0.5 g	0 (0-1)	Pumpkin seed oil, 10 g*	0
Pineapple juice, 250 g	2 (1-2)	Garlic, 4 g	0 (0-1)	Corn oil, 10 g	0
Vegetable juice, 250 g	2 (1-3)	Cloves, 0.5 g	0	Vegetable oils, unspecified, 10 g	0 (0-1)
Tomato juice, bottled, 250 g	2 (2-6)	Turmeric powder, 0.5 g	0	Lard, 10 g	0
Vegetable juice, canned, 250 g	2 (1-9)	Allspice, 0.5 g	0	Grapeseed oil, 10 g	0
Goji juice, 250 g*	3	Tamarind, 1.5 g*	0	Mustard oil, 10 g	0
Pomegranate juice, 250 g*	3	Ginger, fresh, 1.5 g	0	Butter, 10 g	0 (0-1)
Pineapple juice, from concentrate, 250 g	3 (1-6)	Coriander seeds, 0.5 g	0	Hazelnut oil, 10 g	0
Prune juice, 250 g	4 (3-8)	Mint leaves, 1.5 g*	0	Rice oil, 10 g	0
Beverages - Hot		Ginger, dry, 0.5 g	0 (0-1)	Avocado oil, 10 g	0 (0-1)
Cereal grain beverage, 250 g	0 (0-6)	Cilantro, 1.5 g	0	Cocoa butter, 10 g	0
Instant coffee, 3 g	1	Chives, 1.5 g*	0	Soybean oil, 10 g	0 (0-1)
Rosehip powder, 3 g*	1	Parsley, dry, 0.5 g	0 (0-1)	Margarine, 10 g	0 (0-2)
Coffee, brewed, 250 g	1 (0-5)	Paprika, 0.5 g	0 (0-1)	Peanut oil, 10 g	1 (0-1)
Tea, brewed, loose, 250 g	1 (1-5)	Curry leaves, dry, 0.5 g	0 (0-1)	Canola/rapeseed oil, 10 g	1 (0-1)
Coffee, beans, 14 g	1 (1-2)	Nutmeg, 0.5 g	0 (0-1)	Coconut oil, 10 g	1 (0-1)
Tea, herbal, brewed, 250 g	1 (0-4)	Anchovy paste, 15 g	0 (0-1)	Sesame oil, 10 g	1 (0-1)
Tea, brewed, bag, 250 g	2 (0-3)	Garlic, dry, 0.5 g	1 (0-1)	Olive oil, 10 g	1 (0-2)
Tea, brewed, 250 g	2 (1-8)	Fenugreek, 0.5 g	1 (0-1)	Ghee, 10 g	1 (1-3)
Green tea, brewed, bag, 250 g	2 (1-3)	Peppermint, dry, 0.5 g	1	Shortening, 10 g	2 (1-3)
Green tea, brewed, loose, 250 g	2 (1-8)	Cumin, 0.5 g	1 (0-1)	Snacks and desserts	
Green tea, leaves, 3 g	2 (1-5)	Herbs de Provence, dry, 0.5 g	1	Popsicle, 30 g	0 (0-1)

Breadfruit, dried, 40 g*	0
Chewing gum, 3 g	0 (0-1)
Pork rinds, 20 g	1
Gelatin dessert, 130 g	1 (0-1)
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)
Cookies, not chocolate, 30 g	1 (0-2)
Savoury crisps, 50 g	1 (1-2)
Dried strawberry, 40 g*	1
Sherbet/sorbet, 129 g	1 (0-5)
Banana chips, 40 g*	1
Raisins, 40 g	1 (0-5)
Potato chips, 50 g	1 (1-3)
Ice cream, vanilla, 129 g	1 (0-2)
Applesauce, 110 g	1 (0-3)
Cereal bar, rice, 35 g*	1
Dried currants, 40 g*	1
Cereal bar, 35 g	1 (1-5)
Corn chips, 50 g	2 (1-2)
Dried dates, 40 g	2 (1-2)
Cookies with chocolate, 30 g	2 (0-4)
Snacks, corn-based, 50 g	2
Ice cream desserts, 129 g	2 (1-7)
Cookies with nuts, 30 g*	2
Popcorn, 50 g	2 (0-5)
Dried rosehips, 40 g*	2
Snacks, potato-based, 50 g*	2
Licorice, 40 g	2 (1-3)
Dried fruit, mixed, 40 g	2 (0-7)
Cereal bar, with chocolate, 35 g	3 (2-3)
Prunes, 40 g	3 (2-3)
Ice cream desserts, soy, 129 g*	3
Cookies with chocolate and nuts, 40 g*	4
Dried apricots, 40 g	5 (2-5)
Dried figs, 40 g	5 (5-6)
Snacks, fried chickpea, 50 g*	13
Sugars and sweets	
Xylitol, 1.4 g*	0
Fructose, 4 g*	0
Sugar, white, 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
Honey, 20 g	1 (0-5)
White chocolate, 15 g	1 (0-2)
Candy, 40 g	1 (0-3)

Corn/glucose syrup, 30 g*	1
Syrup, not chocolate, 60 g	1 (0-2)
Marzipan, 30 g*	1
Pudding, not chocolate, 130 g	2 (1-6)
Maple syrup, 60 g	2
Pudding, chocolate, 130 g*	2
Chocolate confections, 40 g	4 (1-13)
Chocolate confections with nuts, 40 g	5 (0-9)
Syrup, chocolate, 60 g	6 (1-8)
Confections with nuts, 50 g	6 (1-14)
Chocolate, 40 g	10 (2-20)
Sauces, dips, condiments and spreads	
Fruit jelly, 15 g	0 (0-1)
Mayonnaise, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Mustard, 5 g	0 (0-1)
Dips, dairy-based, 30 g	0 (0-2)
Tartar sauce, 30 g	0 (0-5)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Sweet and sour sauce, 30 g	1 (0-1)
Oyster sauce, 15 g*	1
Pesto, no nuts, 60 g*	1
Fruit jams, 15 g	1 (0-2)
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Ketchup, 15 g	1 (0-1)
Teriyaki sauce, 15 g*	1
BBQ sauce, 15 g*	1
Gravy, 60 g	1 (0-4)
Soy mayonnaise, 15 g*	1
Soy sauce, 15 g	1 (0-4)
Salsa, 60 g	1 (0-3)
Dressings, 30 g	1 (0-22)
Chocolate hazelnut spread, 15 g	2
Barley malt, dried, 30 g*	2
Hummus, 30 g	2
Pesto made with nuts, 60 g*	3
Miscellaneous	
Vanilla extract, 1 g	0
Yeast, 0.6 g	0
Emulsifer, 1.5 g	0
Baking soda, 0.6 g	1 (0-1)
Vinegar, 15 g	1 (0-1)
Baking powder, 0.6 g	1 (0-1)
Agar, 0.6 g*	1
Tomato sauce, 60 g	1 (1-2)
Broth, 250 g	1 (1-2)

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