

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)
Yogurt drink, 188 g	1 (0-1)
Milk powder, 25 g	1 (0-3)
Crème fraîche, 55 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Cultured milk, 188 g	1 (0-1)
Cheeses, 30 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Yogurt, with fruit, 175 g	1 (0-5)
Yogurt, 175 g	1 (0-3)
Cottage cheese, 125 g	1 (0-4)
Almond milk, 250 g*	1
Milk, 250 g	1 (0-5)
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
Puff pastry, 21 g	1
Baguette, 75 g	1
Phyllo, 21 g*	1
Crackers, saltine or cream, 30 g	1 (0-1)
Breadcrumbs, 30 g	1
Crackers, butter-type, 30 g	1 (0-1)
Crackers, 30 g	1 (0-2)
Bread, gluten-free, 75 g	1 (0-4)
Yeast dough, 55 g	1
Rusk, plain or fruited, 30 g	1
Cold cereal, rice, 15 g	1
Flatbread, 55 g	1 (1-2)
Cold cereal, corn, 30 g	1 (0-2)
English muffin, 55 g	1
Hot cereal, rice, dry, 40 g	1 (1-2)
Hot cereal, rice, cooked, 194 g	1 (1-2)
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Bread, fruited, 75 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)

Crispbread, 30 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)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, rye, cooked, 194 g	2
Bread, whole wheat, 75 g	2 (1-3)
Hot cereal, wheat, dry, 40 g	2 (1-2)
Pasta, cooked, 215 g	2 (0-3)
Rolls, oat, 55 g*	2
Rolls, seeded, 55 g*	2
Pasta, whole wheat, dry, 85 g	2 (1-3)
Hot cereal, rye, dry, 40 g*	2
Pasta, dry, 85 g	2 (1-4)
Rolls, multigrain, 55 g	2 (1-3)
Pasta, whole wheat, cooked, 215 g	2 (1-3)
Barley, cooked, 140 g	2 (1-3)
Cold cereal, wheat bran, 30 g	2 (1-4)
Bread, multigrain, 75 g	2 (1-4)
Cold cereal, oat ring, 15 g	2 (1-6)
Bread, seeded, 75 g	2 (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
Flour, rice, 30 g	1 (1-7)
Semolina, 45 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Cornmeal, 30 g	1 (1-4)
Wheat bran, 15 g	1 (1-3)
Rice, white, cooked, 140 g	1 (1-4)

Flour, whole wheat, 30 g	1 (1-3)
Wheat kernels/bulgur, 45 g	1 (1-4)
Wheat germ, 15 g	2 (1-2)
Rice, brown, cooked, 140 g	2 (1-2)
Spelt, raw, 45 g	2
Flour, spelt, whole, 30 g*	2
Rice, white, raw, 45 g	2 (1-2)
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)
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	6 (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	12 (5-25)
Rice, wild, raw, 45 g*	15
Amaranth, black, raw, 45 g*	16

Fruits - Berries

Gooseberries, 80 g	1
Lingonberries, 80 g	1
Cranberries, 55 g	1
Pomegranate, 80 g*	1
Blueberries, 80 g	1 (1-2)
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)
Lemon / Lime, 55 g	1 (0-2)
Orange, 140 g	1 (1-4)
Tangerine or mandarin orange, 140 g	1 (1-3)
Grapefruit, 140 g	2 (0-4)

Fruits - Other

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

Grape, 140 g	1 (0-7)	Kale, 85 g	2 (1-2)	Peas, dried, 35 g	6 (4-8)
Banana, 140 g	1 (1-4)	Watercress, 85 g	2 (1-3)	Vegetables - Prepared	
Jack fruit, 140 g	1 (1-2)	Spinach, 85 g	2 (1-6)	Mushroom, composite, 107.5 g	0 (0-1)
Kiwi, 140 g	1 (0-3)	Kohlrabi leaves, 85 g*	2	Tomato, composite, 107.5 g	1 (0-1)
Melons, 150 g	2 (1-5)	Leaf chicory (endive or radicchio), 85 g	2 (1-5)	Eggplant, cooked, 130 g	1 (0-2)
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)	Carrot, composite, 107.5 g	1 (0-5)
Dragon fruit, 140 g	2 (1-3)	Radish leaves, 85 g*	3	Cabbage, canned, 130 g	1
Pear, 140 g	2 (1-7)	Arugula/rocket, 85 g*	3	Brussels sprouts, composite, 107.5 g*	1
Fig, 140 g*	2	Collard greens, 85 g*	3	Turnip, cooked, 130 g	1 (1-2)
Peach or nectarine, 140 g	2 (1-20)	Garden cress, 85 g*	4	Cabbage, sauerkraut, 85 g*	1
Lychee, 140 g	3 (1-4)	Seaweed, 15 g	4 (1-11)	Corn, cooked, 130 g	1 (1-2)
Apricot, canned, 140 g	3 (1-22)	Vegetables - Other		Cauliflower, composite, 107.5 g	1 (1-4)
Plum, 140 g	3 (1-8)	Pickles, 30 g	0 (0-1)	Mushroom, cooked, 130 g	1 (0-2)
Dates, fresh, 140 g*	3	Olives, 15 g	1 (0-1)	Nettles, cooked, 130 g*	1
Apricot, 140 g*	3	Cucumber, 85 g	1 (0-3)	Potato, instant, prepared, 140 g*	1
Persimmon, 140 g	4 (3-4)	Tomato, 85 g	1 (0-2)	Carrot, 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	Zucchini, 85 g	1 (0-3)	Collard greens, cooked, 130 g	1 (1-4)
Sapota, 140 g*	5	Squash, 85 g	1 (1-2)	Broccoli, canned, 130 g*	1
Pineapple, 140 g	5 (1-12)	Eggplant, 85 g	1 (0-3)	Pumpkin, canned, 130 g*	1
Avocado, 140 g	6 (2-30)	Plantain, green, 85 g*	1	Pumpkin, marinated, 130 g*	1
Coconut, 140 g	13 (4-19)	Peppers, 85 g	1 (0-3)	Zucchini, cooked, 130 g	1 (1-3)
Vegetables - Root		Cauliflower, 85 g	1 (0-3)	Cabbage, cooked, 130 g	1 (0-2)
Salsify, 85 g	1	Leek, 85 g	1 (1-2)	Spinach, composite, 107.5 g	1 (1-3)
Celeriac, 85 g	1	Spring onion, 40 g	1 (1-2)	Spinach, cooked, 130 g	1 (1-2)
Rutabaga, 85 g	1	Mushrooms, 85 g	1 (0-7)	Cabbage, composite, 107.5 g	1 (1-5)
Radish, 85 g	1	Bamboo shoot, 85 g*	1	Broccoli, composite, 107.5 g	1 (1-3)
Onion, 85 g	1 (0-2)	Taro stem, 85 g	1 (1-2)	Potato, cooked, 167 g	1 (0-4)
Kohlrabi, 85 g*	1	Broccoli, 85 g	1 (1-3)	Corn, canned, 130 g	1 (1-6)
Turnip, 85 g	1 (0-2)	Bottle gourd, 85 g	1 (1-2)	Rutabaga, cooked, 130 g	1 (0-9)
Carrot, 85 g	1 (0-4)	Tomato, sun-dried, 30 g*	1	Beets, canned, 130 g	2 (1-2)
Water chestnut, 85 g*	1	Corn, 85 g	1 (1-4)	Cauliflower, cooked, 130 g	2 (1-5)
Parsley root, 85 g*	1	Ridge gourd, 85 g	2	Onion, cooked, 130 g	2 (0-3)
Beets, 85 g	1 (1-3)	Snake gourd, 85 g	2 (1-2)	Beets, cooked, 130 g	2 (1-4)
Potato, 110 g	2 (0-9)	Beans, runner, 85 g	2 (2-3)	Winter squash, cooked, 130 g	2 (1-4)
Yam, 110 g	2 (2-3)	Artichoke, 85 g*	2	Sweet potato, canned, 167 g	2 (1-4)
Sweet potato, 110 g	2 (1-3)	Snow pea, 85 g*	2	Plantain, cooked, 167 g	2 (2-3)
Parsnip, 85 g	3 (1-4)	Green beans, 85 g	2 (1-5)	Potato, cooked with skin, 167 g	2 (1-17)
Fennel, 85 g*	3	Bean sprouts, 65 g	2 (2-4)	Green beans, cooked, 130 g	2 (1-9)
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)	Brussels sprouts, 85 g	2 (1-5)	Seaweed, boiled, 15 g	2 (1-3)
Vegetables - Leafy		Bitter melon, 85 g	2 (1-4)	Broccoli, cooked, 130 g	2 (1-7)
Chard, 85 g	1 (1-2)	Asparagus, 85 g	3 (2-4)	Yam, cooked, 167 g*	2
Bok choy, 85 g*	1	Rhubarb, 140 g	3 (1-7)	Asparagus, canned, 130 g	2 (1-3)
Cabbage, 85 g	1 (0-5)	Okra, 85 g	3 (2-5)	Brussels sprouts, cooked, 130 g	2 (1-8)
Lettuces, 85 g	1 (0-3)	Chayote, 85 g	4 (1-7)	Mushroom, canned, 130 g	3 (1-3)
Mustard leaves, 85 g	1 (1-2)	Peas, 85 g	5 (1-19)	Peas, canned, 130 g	3 (3-8)

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

Wine, 188 g	1 (0-2)	Green tea, brewed, loose, 250 g	2 (1-8)	Herbs de Provence, dry, 0.5 g	1
Beer, 333 g	1 (0-13)	Green tea, leaves, 3 g	3 (1-5)	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)	Cardamom, 0.5 g	1 (0-1)
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	Mint, dry, 0.5 g*	1
Citrus juice, canned, 250 g	1 (0-1)	Strawberry milk, 250 g*	0	Nigella seeds, 0.5 g	1
Mango juice, 250 g	1	Carbonated drinks, 375 g	1 (0-1)	Rosemary, fresh, 1.5 g	1
Citrus juice, 250 g	1 (0-1)	Water, tap, 375 g	1 (0-2)	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)
Strawberry juice, 250 g*	1	Iced tea, 375 g	2 (1-2)	Sage, dry, 0.5 g	1
Fruit juice, concentrated, 62.5 g	1	Malt drink, 250 g	2 (1-3)	Lemon balm, 0.5 g*	1
Plum juice, 250 g*	1	Vanilla milkshake, 250 g*	2	Basil, fresh, 1.5 g	1
Aloe juice, 250 g*	1	Coconut water, 375 g	2 (2-17)	Thyme, dry, 0.5 g	1
Sugarcane juice, 250 g*	1	Chocolate milk, 250 g	4 (1-5)	Oregano, dry, 0.5 g	1
Grapefruit juice, 250 g	1 (0-4)	Energy drink, 375 g	5 (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, fresh, 1.5 g	1
Grape juice, 250 g	1 (0-2)	Herbs and spices		Hot peppers, dried, 0.5 g	1 (0-1)
Peach juice, 250 g	1	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)
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	Chervil, 1.5 g*	0	Fennel, dry, 0.5 g	2 (1-2)
Tomato juice, canned, 250 g	2	Mustard seed, 0.5 g	0	Fats and oils	
Pineapple juice, 250 g	2 (1-2)	Onion, dried, 0.5 g*	0	Palm oil, 10 g	0
Passionfruit juice, 250 g*	2	Dill, fresh, 1.5 g	0	Cottonseed oil, 10 g	0
Tomato juice, 250 g	2	Annatto, 0.5 g	0	Almond oil, 10 g*	0
Apricot juice, 250 g*	2	Wasabi, dry, 0.5 g	0	Lard, 10 g	0
Acai juice, 250 g*	2	Cloves, 0.5 g	0	Corn oil, 10 g	0
Vegetable juice, canned, 250 g	2 (1-9)	Turmeric powder, 0.5 g	0	Pumpkin seed oil, 10 g*	0
Citrus juice, from concentrate, 250 g	2 (0-14)	Herbs and spices, unspecified, 0.5 g	0 (0-1)	Vegetable oils, unspecified, 10 g	0 (0-1)
Tomato juice, bottled, 250 g	2 (2-6)	Garlic, 4 g	0 (0-1)	Butter, 10 g	0 (0-1)
Vegetable juice, 250 g	3 (1-3)	Allspice, 0.5 g	0	Sunflower oil, 10 g	0 (0-1)
Goji juice, 250 g*	3	Tamarind, 1.5 g*	0	Grapeseed oil, 10 g	0
Pomegranate juice, 250 g*	3	Ginger, fresh, 1.5 g	0	Mustard oil, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Coriander seeds, 0.5 g	0	Rice oil, 10 g	0
Prune juice, 250 g	4 (3-8)	Mint leaves, 1.5 g*	0	Avocado oil, 10 g	0 (0-1)
Beverages - Hot		Ginger, dry, 0.5 g	0 (0-1)	Cocoa butter, 10 g	0
Instant coffee, 3 g	1	Cilantro, 1.5 g	0	Hazelnut oil, 10 g	0
Rosehip powder, 3 g*	1	Chives, 1.5 g*	0	Soybean oil, 10 g	0 (0-1)
Cereal grain beverage, 250 g	1 (0-6)	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)	Basil, dry, 0.5 g	1 (0-1)	Shortening, 10 g	2 (1-3)
Tea, herbal, dry, 3 g	2 (1-12)	Peppermint, dry, 0.5 g	1	Snacks and desserts	
Tea, leaves, 3 g	2 (1-51)	Cumin, 0.5 g	1 (0-1)	Breadfruit, dried, 40 g*	0

Popsicle, 30 g	0 (0-1)
Pork rinds, 20 g	1
Chewing gum, 3 g	1 (0-1)
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)
Sherbet/sorbet, 129 g	1 (0-5)
Savoury crisps, 50 g	1 (1-2)
Dried strawberry, 40 g*	1
Applesauce, 110 g	1 (0-3)
Banana chips, 40 g*	1
Ice cream, vanilla, 129 g	1 (0-2)
Raisins, 40 g	1 (0-5)
Potato chips, 50 g	1 (1-3)
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)
Snacks, corn-based, 50 g	2
Cookies with chocolate, 30 g	2 (0-4)
Popcorn, 50 g	2 (0-5)
Cookies with nuts, 30 g*	2
Dried rosehips, 40 g*	2
Ice cream desserts, 129 g	2 (1-7)
Licorice, 40 g	2 (1-3)
Snacks, potato-based, 50 g*	2
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 with nuts, 40 g	4 (0-9)
Chocolate confections, 40 g	5 (1-13)
Confections with nuts, 50 g	5 (1-14)
Syrup, chocolate, 60 g	6 (1-8)
Chocolate, 40 g	9 (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)
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
Tartar sauce, 30 g	1 (0-5)
Ketchup, 15 g	1 (0-1)
Pesto, no nuts, 60 g*	1
Fruit jams, 15 g	1 (0-2)
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Teriyaki sauce, 15 g*	1
BBQ sauce, 15 g*	1
Soy sauce, 15 g	1 (0-4)
Soy mayonnaise, 15 g*	1
Gravy, 60 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
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)

Tomato paste, 30 g	1 (1-3)
Broth, 250 g	1 (1-2)
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.