

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)
Quark, 100 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Yogurt drink, 188 g	1 (0-1)
Evaporated milk, 15 g	1 (0-1)
Crème fraîche, 55 g	1 (0-1)
Cultured milk, 188 g	1 (0-1)
Milk powder, 25 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Yogurt, 175 g	1 (0-3)
Cheeses, 30 g	1 (0-3)
Yogurt, with fruit, 175 g	1 (0-5)
Almond milk, 250 g*	1
Milk, 250 g	1 (0-5)
Cottage cheese, 125 g	1 (0-4)
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
Phyllo, 21 g*	1
Baguette, 75 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
Cold cereal, rice, 15 g	1
Rusk, plain or fruited, 30 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, fruited, 75 g	1 (1-2)
Bread, white, 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)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Cold cereals, junk food, 30 g	1 (1-3)
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
Hot cereal, rye, dry, 40 g*	2
Pasta, whole wheat, dry, 85 g	2 (1-3)
Pasta, dry, 85 g	2 (1-4)
Barley, cooked, 140 g	2 (1-3)
Rolls, multigrain, 55 g	2 (1-3)
Pasta, whole wheat, cooked, 215 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	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, barley, 30 g	1
Flour, rye, whole, 30 g	1
Flour, spelt, 30 g*	1
Semolina, 45 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Rice, brown, cooked, 140 g	1 (1-2)
Cornmeal, 30 g	1 (1-4)
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)
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
Flour, cassava, 30 g	2 (1-2)
Rice, brown, raw, 45 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

Lingonberries, 80 g	1
Gooseberries, 80 g	1
Pomegranate, 80 g*	1
Cranberries, 55 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)

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

Tomato, canned, 130 g	2 (0-7)	Egg powder, 20 g	1	Beans, fresh, 80 g	4 (2-7)
Brussels sprouts, cooked, 130 g	2 (1-8)	Organ meats, cooked, 100 g	1 (0-8)	Beans, lima, cooked, 80 g	5 (1-10)
Peas, canned, 130 g	3 (3-8)	Sausage, cooked, 55 g	1 (0-5)	Beans, pinto, cooked, 80 g	6 (2-8)
Taro, cooked, 167 g	3	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)
Green beans, canned, 130 g	3 (1-5)	Lamb, cooked, 100 g	1 (0-9)	Beans, lentil, cooked, 80 g	7 (6-8)
Asparagus, cooked, 130 g	3 (1-5)	Beef, cooked, 100 g	1 (0-12)	Beans, dried, 35 g	7 (2-10)
Sweet potato, cooked, 167 g	4 (4-6)	Pate, 55 g	1 (0-4)	Beans, chickpea, dried, 35 g	8 (3-11)
Peas, cooked, 130 g	4 (1-11)	Ground beef and/or pork, cooked, 100 g	1 (0-31)	Beans, urad, dried, 35 g	9
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Mutton, cooked, 100 g	2 (1-6)	Beans, brown, dried, 35 g	9 (6-12)
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, squid, 125 g	1	Beans, white, dried, 35 g	10 (2-14)
Sausage, 75 g	1 (0-1)	Shellfish, octopus, 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	2 (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	28 (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)	Chestnuts, 30 g	2
Pork, 125 g	1 (0-2)	Shellfish, scallops, 125 g	33 (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
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, 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	3 (1-4)
Seitan, 100 g*	1	Shellfish, octopus, cooked, 100 g*	1	Poppy seeds, 30 g	4 (1-8)
Bacon, 54 g	1 (0-4)	Shellfish, crustaceans, cooked, 100 g	1 (0-2)	Pumpkin seeds, 30 g	4 (1-10)
Horse, 125 g	1 (1-3)	Shellfish, squid, cooked, 100 g*	1	Macadamia nuts, 30 g*	5
Soya sausage, 75 g*	2	Fish, cooked, 100 g	1 (0-17)	Hazelnuts, 30 g	6 (2-10)
Goat, 125 g*	2	Fish, salted or smoked, 55 g	1 (0-10)	Flaxseed, 30 g	7 (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	Walnuts, 30 g	7 (4-11)
Venison, cured, 30 g*	0	Shellfish, mussels, canned, 55 g	5	Chia seeds, 30 g	8 (7-9)
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	12 (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)
Veal, cooked, 100 g	1 (0-3)	Beans, chickpea, canned, 80 g	2 (2-4)	Hemp seeds, 30 g*	20
Meat jellies, 120 g	1 (0-1)	Beans, canned, 80 g	3 (2-7)	Pecans, 30 g	27 (6-45)
Pork, cured, 30 g*	1	Beans, white, cooked, 80 g	3 (1-6)	Beverages - Alcoholic	
Organ meats, cured, 125 g*	1	Beans, cooked, 80 g	4 (2-5)	Madeira, 60 g*	0
Chicken, turkey and other poultry, cured, 30 g*	1	Beans, kidney, canned, 80 g	4	Liquor, 30 g	0 (0-1)
Egg, cooked, 100 g	1 (0-7)	Beans, lentil, canned, 80 g	4 (2-5)	Vermouth, 90 g	1
Beef, cured, 30 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	3 (1-8)	Marjoram, dry, 0.5 g	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)	Cumin, 0.5 g	1 (0-1)
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	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
Fruit drink, 250 g	1 (0-3)	Water, bottled, 375 g	1 (0-19)	Cinnamon, 0.5 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	Malt drink, 250 g	2 (1-3)	Lemon balm, 0.5 g*	1
Strawberry juice, 250 g*	1	Iced tea, 375 g	2 (1-2)	Parsley, fresh, 1.5 g	1 (0-1)
Plum juice, 250 g*	1	Vanilla milkshake, 250 g*	2	Basil, fresh, 1.5 g	1
Grapefruit juice, 250 g	1 (0-4)	Coconut water, 375 g	3 (2-17)	Thyme, dry, 0.5 g	1
Aloe juice, 250 g*	1	Chocolate milk, 250 g	4 (1-5)	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)	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)
Grape juice, 250 g	1 (0-2)	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	1 (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
Pineapple juice, 250 g	2 (1-2)	Dill, fresh, 1.5 g	0	Corn oil, 10 g	0
Apricot juice, 250 g*	2	Wasabi, dry, 0.5 g	0	Almond oil, 10 g*	0
Tomato juice, 250 g	2	Herbs and spices, unspecified, 0.5 g	0 (0-1)	Sunflower oil, 10 g	0 (0-1)
Acai juice, 250 g*	2	Cloves, 0.5 g	0	Pumpkin seed oil, 10 g*	0
Tomato juice, bottled, 250 g	2 (2-6)	Garlic, 4 g	0 (0-1)	Vegetable oils, unspecified, 10 g	0 (0-1)
Vegetable juice, canned, 250 g	2 (1-9)	Turmeric powder, 0.5 g	0	Lard, 10 g	0
Vegetable juice, 250 g	3 (1-3)	Allspice, 0.5 g	0	Butter, 10 g	0 (0-1)
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	Grapeseed 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	Hazelnut oil, 10 g	0
Beverages - Hot		Cilantro, 1.5 g	0	Avocado oil, 10 g	0 (0-1)
Instant coffee, 3 g	1	Ginger, dry, 0.5 g	0 (0-1)	Cocoa butter, 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, brewed, bag, 250 g	1 (0-3)	Anchovy paste, 15 g	0 (0-1)	Sesame oil, 10 g	1 (0-1)
Tea, brewed, 250 g	1 (1-8)	Garlic, dry, 0.5 g	1 (0-1)	Olive oil, 10 g	1 (0-2)
Tea, herbal, brewed, 250 g	1 (0-4)	Fenugreek, 0.5 g	1 (0-1)	Ghee, 10 g	1 (1-3)
Green tea, brewed, bag, 250 g	2 (1-3)	Herbs de Provence, dry, 0.5 g	1	Shortening, 10 g	2 (1-3)
Green tea, leaves, 3 g	2 (1-5)	Peppermint, dry, 0.5 g	1	Snacks and desserts	
Tea, herbal, dry, 3 g	3 (1-12)	Basil, dry, 0.5 g	1 (0-1)	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)
Sherbet/sorbet, 129 g	1 (0-5)
Dried strawberry, 40 g*	1
Ice cream, vanilla, 129 g	1 (0-2)
Banana chips, 40 g*	1
Applesauce, 110 g	1 (0-3)
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)
Cookies with chocolate, 30 g	2 (0-4)
Snacks, corn-based, 50 g	2
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)
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 figs, 40 g	5 (5-6)
Dried apricots, 40 g	5 (2-5)
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
White chocolate, 15 g	1 (0-2)
Honey, 20 g	1 (0-5)
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
Ketchup, 15 g	1 (0-1)
Tartar sauce, 30 g	1 (0-5)
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
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)
Bouillon powder, 6 g	1 (0-1)

Broth, 250 g	1 (1-2)
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.