

**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)
Cheeses, 30 g	1 (0-3)
Crème fraîche, 55 g	1 (0-1)
Yogurt drink, 188 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Cottage cheese, 125 g	1 (0-4)
Cultured milk, 188 g	1 (0-1)
Milk powder, 25 g	1 (0-3)
Milk, 250 g	1 (0-5)
Almond milk, 250 g*	1
Yogurt, with fruit, 175 g	1 (0-5)
Rice milk, 250 g	1 (1-2)
Buttermilk, 250 g	1 (0-4)
Yogurt, 175 g	1 (0-3)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Soy milk, 250 g	2 (1-13)
Oat-based beverage, 250 g	4 (3-5)

**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
English muffin, 55 g	1
Rice cakes, 15 g*	1
Crackers, 30 g	1 (0-2)
Bread, white, 75 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Croissant-like pastries, 55 g*	1
Bread, barley, 75 g	1 (1-2)
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)

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

Rice, white, raw, 45 g	2 (1-2)
Spelt, raw, 45 g	2
Rice, brown, raw, 45 g	2 (1-2)
Flour, spelt, whole, 30 g*	2
Flour, cassava, 30 g	2 (1-2)
Wheat bran, 15 g	2 (1-3)
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
Wheat kernels/bulgur, 45 g	2 (1-4)
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)
Oats, raw, 40 g	5 (2-12)
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)
Grapefruit, 140 g	1 (0-4)
Pomelo, 140 g	1 (1-2)
Orange, 140 g	1 (1-4)
Tangerine or mandarin orange, 140 g	3 (1-3)

**Fruits - Other**

Breadfruit, 140 g	1
Apple, 140 g	1 (0-2)
Cherries, 140 g	1 (1-2)
Kiwi, 140 g	1 (0-3)
Mango, 140 g	1 (1-2)

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

Tomato, canned, 130 g	2 (0-7)	Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, canned, 80 g	4 (2-7)
Asparagus, canned, 130 g	3 (1-3)	Veal, cooked, 100 g	1 (0-3)	Beans, fava, fresh, 80 g	5 (3-7)
Spinach, canned, 130 g	3 (1-4)	Pate, 55 g	1 (0-4)	Beans, lima, cooked, 80 g	5 (1-10)
En choy (chinese spinach), cooked, 130 g*	3	Organ meats, cooked, 100 g	1 (0-8)	Beans, pinto, cooked, 80 g	6 (2-8)
Taro, cooked, 167 g	3	Lamb, cooked, 100 g	1 (0-9)	Beans, pigeon peas, dried, 35 g	7 (6-7)
Peas, cooked, 130 g	3 (1-11)	Beef, cooked, 100 g	1 (0-12)	Beans, lentil, cooked, 80 g	7 (6-8)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Sausage, cooked, 55 g	2 (0-5)	Beans, chickpea, dried, 35 g	7 (3-11)
Sweet potato, cooked, 167 g	4 (4-6)	Mutton, cooked, 100 g	2 (1-6)	Beans, dried, 35 g	7 (2-10)
Peas, canned, 130 g	4 (3-8)	Pork, cured, cooked, 55 g	3 (0-39)	Beans, lentil, dried, 35 g	8 (4-11)
Corn, canned, 130 g	4 (1-6)	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)	Pork, cooked, 100 g	9 (0-18)	Beans, urad, dried, 35 g	9
Pumpkin, cooked, 130 g	16 (1-16)	<b>Fish and seafood</b>		Beans, brown, dried, 35 g	9 (6-12)
<b>Meat, poultry, eggs and substitutes</b>		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)
Egg, 100 g	1 (0-1)	Shellfish, octopus, 125 g	1	Beans, pigeon peas, fresh, 80 g*	10
Rabbit, 125 g	1 (0-1)	Fish, 125 g	1 (0-10)	Beans, black, cooked, 80 g*	12
Sausage, 75 g	1 (0-1)	Eel, 125 g	1 (0-3)	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
Lamb, 125 g	1 (1-2)	Shellfish, clams, 125 g	5 (5-6)	Tofu, 85 g	21 (4-37)
Ground beef and/or pork, 125 g	1 (0-2)	Shellfish, oysters, 125 g	5 (1-5)	<b>Nuts and seeds</b>	
Pork, 125 g	1 (0-2)	Shellfish, mussels, 125 g	11 (3-18)	Peanut butter, 15 g	2 (0-6)
Chicken, turkey and other poultry, 125 g	1 (0-3)	Shellfish, scallops, 125 g	29 (1-43)	Chestnuts, 30 g	2
Wild boar, 125 g	1 (1-2)	<b>Fish and seafood - Prepared</b>		Safflower seeds, 30 g*	2
Veal, 125 g	1 (1-2)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Pistachios, 30 g	3 (1-4)
Black pudding, 75 g	1 (0-2)	Fish, canned, 55 g	1 (0-2)	Almonds, 30 g	3 (1-4)
Mutton, 125 g	1 (1-2)	Fish, pickled, 55 g	1 (0-1)	Sesame seeds, 30 g	3 (1-8)
Bacon, 54 g	1 (0-4)	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)	Walnuts, 30 g	4 (4-11)
Organ meats, 125 g	1 (0-6)	Shellfish, octopus, cooked, 100 g*	1	Poppy seeds, 30 g	4 (1-8)
Goat, 125 g	2	Shellfish, squid, cooked, 100 g*	1	Peanuts, 30 g	4 (1-39)
Soya sausage, 75 g*	2	Fish, salted or smoked, 55 g	1 (0-10)	Macadamia nuts, 30 g*	5
Horse, 125 g	2 (1-3)	Fish, cooked, 100 g	1 (0-17)	Pumpkin seeds, 30 g	5 (1-10)
Mithun, 125 g	5 (3-8)	Shellfish, oysters, cooked, 100 g*	2	Flaxseed, 30 g	6 (5-7)
TVP (texturized vegetable protein), 100 g*	13	Shellfish, scallops, cooked, 100 g	2 (1-3)	Pine nuts, 30 g	7 (5-9)
<b>Meat, poultry and eggs - Prepared</b>		Shellfish, oysters, canned, 55 g*	3	Chia seeds, 30 g	8 (7-9)
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, pickled, 55 g	8 (2-15)	Hazelnuts, 30 g	9 (2-10)
Black pudding, cooked, 55 g	0 (0-1)	Shellfish, mussels, cooked, 100 g	8 (1-47)	Brazil nuts, 30 g	10 (8-14)
Venison, cooked, 100 g	1	<b>Beans and bean products</b>		Sunflower seeds, 30 g	10 (2-17)
Bacon, cooked, 15 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)
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)	<b>Beverages - Alcoholic</b>	
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, chickpea, cooked, 80 g	4 (3-5)	Liquor, 30 g	0 (0-1)
Beef, cured, 30 g*	1	Beans, kidney, canned, 80 g	4	Vermouth, 90 g	1
Egg powder, 20 g	1	Beans, fresh, 80 g	4 (2-7)	Port, 60 g	1
Egg, cooked, 100 g	1 (0-7)	Beans, white, canned, 80 g*	4	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)
<b>Beverages - Juices</b>		Tea, leaves, 3 g	6 (1-51)	Mace, 0.5 g*	1
Lemon juice, 5 g	0	<b>Beverages - Other</b>		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)	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)	Parsley, fresh, 1.5 g	1 (0-1)
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
Peach juice, 250 g	1	Coconut water, 375 g	9 (2-17)	Hot peppers, dried, 0.5 g	1 (0-1)
Grapefruit juice, 250 g	1 (0-4)	<b>Herbs and spices</b>		Oregano, fresh, 1.5 g	1
Pear juice, 250 g	1 (1-2)	Salt, 1 g	0	Cayenne pepper, 0.5 g	1 (1-2)
Citrus juice, from concentrate, 250 g	1 (0-14)	Saffron, 0.5 g	0	Fennel, dry, 0.5 g	1 (1-2)
Pineapple juice, 250 g	2 (1-2)	Chervil, 1.5 g*	0	Hot peppers, 40 g	2 (1-2)
Passionfruit juice, 250 g*	2	Onion, dried, 0.5 g*	0	<b>Fats and oils</b>	
Apricot 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
Tomato juice, canned, 250 g	2	Wasabi, dry, 0.5 g	0	Almond oil, 10 g*	0
Acai juice, 250 g*	2	Dill, fresh, 1.5 g	0	Lard, 10 g	0
Apple juice, canned or bottled, 250 g	2 (0-4)	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	Palm oil, 10 g	0
Tomato juice, bottled, 250 g	2 (2-6)	Turmeric powder, 0.5 g	0	Butter, 10 g	0 (0-1)
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	Coriander seeds, 0.5 g	0	Mustard oil, 10 g	0
Pomegranate juice, 250 g*	3	Mint leaves, 1.5 g*	0	Rice oil, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Ginger, dry, 0.5 g	0 (0-1)	Hazelnut oil, 10 g	0
Prune juice, 250 g	4 (3-8)	Cilantro, 1.5 g	0	Sunflower oil, 10 g	0 (0-1)
<b>Beverages - Hot</b>		Chives, 1.5 g*	0	Avocado oil, 10 g	0 (0-1)
Instant coffee, 3 g	1	Parsley, dry, 0.5 g	0 (0-1)	Cocoa butter, 10 g	0
Rosehip powder, 3 g*	1	Garlic, dry, 0.5 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Coffee, brewed, 250 g	1 (0-5)	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)	Olive oil, 10 g	0 (0-2)
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)	Herbs and spices, unspecified, 0.5 g	0 (0-1)	Sesame oil, 10 g	1 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Fenugreek, 0.5 g	0 (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	<b>Snacks and desserts</b>	
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)
Pork rinds, 20 g	1
Gelatin dessert, 130 g	1 (0-1)
Ice cream, vanilla, 129 g	1 (0-2)
Dried cherries, 40 g*	1
Chewing gum, 3 g	1 (0-1)
Graham crackers, 30 g	1 (0-1)
Applesauce, 110 g	1 (0-3)
Raisins, yogurt candy coated, 40 g*	1
Pretzels, 50 g	1 (0-1)
Dried strawberry, 40 g*	1
Sherbet/sorbet, 129 g	1 (0-5)
Raisins, 40 g	1 (0-5)
Banana chips, 40 g*	1
Cereal bar, rice, 35 g*	1
Dried currants, 40 g*	1
Cookies, not chocolate, 30 g	1 (0-2)
Corn chips, 50 g	2 (1-2)
Dried dates, 40 g	2 (1-2)
Potato chips, 50 g	2 (1-3)
Snacks, corn-based, 50 g	2
Savoury crisps, 50 g	2 (1-2)
Popcorn, 50 g	2 (0-5)
Cereal bar, with chocolate, 35 g	2 (2-3)
Cookies with nuts, 30 g*	2
Dried rosehips, 40 g*	2
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)
Cereal bar, 35 g	2 (1-5)
Dried fruit, mixed, 40 g	2 (0-7)
Prunes, 40 g	3 (2-3)
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
<b>Sugars and sweets</b>	
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)
Honey, 20 g	1 (0-5)
Candy, 40 g	1 (0-3)

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, 40 g	3 (1-13)
Syrup, chocolate, 60 g	3 (1-8)
Chocolate confections with nuts, 40 g	5 (0-9)
Confections with nuts, 50 g	6 (1-14)
Chocolate, 40 g	7 (2-20)
<b>Sauces, dips, condiments and spreads</b>	
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)
Dips, dairy-based, 30 g	0 (0-2)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
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
Salsa, 60 g	1 (0-3)
Soy sauce, 15 g	1 (0-4)
Gravy, 60 g	1 (0-4)
Barley malt, dried, 30 g*	2
Chocolate hazelnut spread, 15 g	2
Hummus, 30 g	2
Pesto made with nuts, 60 g*	3
Tartar sauce, 30 g	5 (0-5)
Dressings, 30 g	11 (0-22)
<b>Miscellaneous</b>	
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 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.