

Dairy products and substitutes

Whipped cream, 15 g	0
Sour cream, 24 g	0
Cream, 15 g	0 (0-1)
Evaporated milk, 15 g	0 (0-1)
Cream, non-dairy, 15 g	0 (0-1)
Cream cheese, 30 g	0 (0-1)
Cheeses, 30 g	0 (0-3)
Quark, 100 g	1 (0-1)
Crème fraîche, 55 g	1 (0-1)
Yogurt drink, 188 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Cultured milk, 188 g	1 (0-1)
Milk, 250 g	1 (0-5)
Cottage cheese, 125 g	1 (0-4)
Almond milk, 250 g*	1
Yogurt, 175 g	1 (0-3)
Rice milk, 250 g	1 (1-2)
Yogurt, with fruit, 175 g	1 (0-5)
Milk powder, 25 g	1 (0-3)
Buttermilk, 250 g	1 (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, saltine or cream, 30 g	1 (0-1)
Crackers, butter-type, 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)
Rice cakes, 15 g*	1
Flatbread, 55 g	1 (1-2)
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran, 30 g	1 (1-4)
Bagel, 85 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Crispbread, 30 g	1 (1-2)

Bread, barley, 75 g	1 (1-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
Bread, rye, 75 g	1 (1-2)
Hot cereal, rye, cooked, 194 g	2
Bread, fruited, 75 g	2 (1-2)
Rolls, oat, 55 g*	2
Rolls, seeded, 55 g*	2
Cold cereals, junk food, 30 g	2 (1-3)
Pasta, dry, 85 g	2 (1-4)
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, 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
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, spelt, 30 g*	1
Rice, white, cooked, 140 g	1 (1-4)
Semolina, 45 g	1 (1-2)
Quinoa, cooked, 140 g*	1
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, brown, cooked, 140 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
Pomegranate, 80 g*	1
Gooseberries, 80 g	1
Cranberries, 55 g	1
Currants, red or black, 80 g	1 (0-2)
Blueberries, 80 g	1 (1-2)
Raspberries, 80 g	2 (0-7)
Strawberries, 140 g	2 (0-15)
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)
Mango, 140 g	1 (1-2)

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

Potato, cooked with skin, 167 g	2 (1-17)	Egg, cooked, 100 g	1 (0-7)	Beans, lima, cooked, 80 g	5 (1-10)
Green beans, cooked, 130 g	2 (1-9)	Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, pinto, cooked, 80 g	6 (2-8)
Spinach, canned, 130 g	3 (1-4)	Sausage, cooked, 55 g	1 (0-5)	Beans, pigeon peas, dried, 35 g	7 (6-7)
Taro, cooked, 167 g	3	Veal, cooked, 100 g	1 (0-3)	Beans, fresh, 80 g	7 (2-7)
En choy (chinese spinach), cooked, 130 g*	3	Pork, cooked, 100 g	1 (0-18)	Beans, canned, 80 g	7 (2-7)
Peas, cooked, 130 g	3 (1-11)	Organ meats, cooked, 100 g	1 (0-8)	Beans, lentil, cooked, 80 g	7 (6-8)
Tomato, canned, 130 g	4 (0-7)	Lamb, cooked, 100 g	1 (0-9)	Beans, chickpea, dried, 35 g	7 (3-11)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Beef, cooked, 100 g	1 (0-12)	Beans, dried, 35 g	7 (2-10)
Sweet potato, cooked, 167 g	5 (4-6)	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	2 (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	3 (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)
Ground beef and/or pork, 125 g	1 (0-2)	Shellfish, crustaceans, 125 g	2 (1-9)	Soya flakes, 35 g*	15
Beef, 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)	Fish, canned, 55 g	1 (0-2)	Peanuts, 30 g	2 (1-39)
Black pudding, 75 g	1 (0-2)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Pistachios, 30 g	3 (1-4)
Mutton, 125 g	1 (1-2)	Shellfish, crustaceans, cooked, 100 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	Pumpkin seeds, 30 g	4 (1-10)
Goat, 125 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)	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	Nuts, mixed, 30 g	8 (2-25)
Rabbit, cooked, 100 g*	0	Shellfish, mussels, pickled, 55 g	8 (2-15)	Walnuts, 30 g	9 (4-11)
Black pudding, cooked, 55 g	0 (0-1)	Shellfish, mussels, cooked, 100 g	8 (1-47)	Brazil nuts, 30 g	10 (8-14)
Bacon, cooked, 15 g	0 (0-1)	Beans and bean products		Sunflower seeds, 30 g	11 (2-17)
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
Egg powder, 20 g	1	Beans, white, canned, 80 g*	4	Port, 60 g	1
Beef, cured, 30 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	Water, tap, 375 g	0 (0-2)	Mint, dry, 0.5 g*	1
Fruit drink, 250 g	1 (0-3)	Strawberry milk, 250 g*	0	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
Fruit juice, concentrated, 62.5 g	1	Carbonated drinks, canned, 375 g	1 (0-5)	Anchovy paste, 15 g	1 (0-1)
Cherry juice, 250 g*	1	Water, bottled, 375 g	1 (0-19)	Parsley, fresh, 1.5 g	1 (0-1)
Apple juice, canned or bottled, 250 g	1 (0-4)	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
Citrus juice, canned, 250 g	1 (0-1)	Malt drink, 250 g	2 (1-3)	Basil, fresh, 1.5 g	1
Strawberry juice, 250 g*	1	Chocolate milk, 250 g	2 (1-5)	Thyme, dry, 0.5 g	1
Plum juice, 250 g*	1	Energy drink, 375 g	4 (1-12)	Pepper, black, 0.5 g	1 (0-2)
Aloe juice, 250 g*	1	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
Grapefruit juice, 250 g	1 (0-4)	Salt, 1 g	0	Cayenne pepper, 0.5 g	1 (1-2)
Pear juice, 250 g	1 (1-2)	Saffron, 0.5 g	0	Fennel, dry, 0.5 g	1 (1-2)
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	Chervil, 1.5 g*	0	Hot peppers, 40 g	2 (1-2)
Citrus juice, from concentrate, 250 g	1 (0-14)	Onion, dried, 0.5 g*	0	Fats and oils	
Pineapple juice, 250 g	2 (1-2)	Mustard seed, 0.5 g	0	Cottonseed oil, 10 g	0
Passionfruit juice, 250 g*	2	Annatto, 0.5 g	0	Olive oil, 10 g	0 (0-2)
Tomato juice, 250 g	2	Wasabi, dry, 0.5 g	0	Corn oil, 10 g	0
Apricot juice, 250 g*	2	Dill, fresh, 1.5 g	0	Vegetable oils, unspecified, 10 g	0 (0-1)
Acai juice, 250 g*	2	Ginger, fresh, 1.5 g	0	Butter, 10 g	0 (0-1)
Tomato juice, canned, 250 g	2	Cloves, 0.5 g	0	Almond oil, 10 g*	0
Tomato juice, bottled, 250 g	2 (2-6)	Turmeric powder, 0.5 g	0	Pumpkin seed oil, 10 g*	0
Vegetable juice, 250 g	2 (1-3)	Allspice, 0.5 g	0	Lard, 10 g	0
Vegetable juice, canned, 250 g	2 (1-9)	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)
Rosehip powder, 3 g*	1	Garlic, dry, 0.5 g	0 (0-1)	Cocoa butter, 10 g	0
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)	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)
Gelatin dessert, 130 g	1 (0-1)
Pork rinds, 20 g	1
Cookies, not chocolate, 30 g	1 (0-2)
Dried cherries, 40 g*	1
Graham crackers, 30 g	1 (0-1)
Applesauce, 110 g	1 (0-3)
Raisins, yogurt candy coated, 40 g*	1
Chewing gum, 3 g	1 (0-1)
Pretzels, 50 g	1 (0-1)
Sherbet/sorbet, 129 g	1 (0-5)
Dried strawberry, 40 g*	1
Raisins, 40 g	1 (0-5)
Banana chips, 40 g*	1
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
Cookies with chocolate, 30 g	2 (0-4)
Dried rosehips, 40 g*	2
Cereal bar, with chocolate, 35 g	2 (2-3)
Snacks, potato-based, 50 g*	2
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, 129 g	3 (1-7)
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)
Candy, 40 g	1 (0-3)
Molasses, 20 g	1 (0-1)
Syrup, not chocolate, 60 g	1 (0-2)
Sweetened evaporated milk, 30 g*	1

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)
Chocolate confections with nuts, 40 g	2 (0-9)
Maple syrup, 60 g	2
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)
Fruit jelly, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Fruit jams, 15 g	0 (0-2)
Dressings, 30 g	0 (0-22)
Horseradish, 5 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Oyster sauce, 15 g*	1
Dips, dairy-based, 30 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 sauce, 15 g	1 (0-4)
Soy mayonnaise, 15 g*	1
Salsa, 60 g	1 (0-3)
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
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	2 (1-3)
Broth, 250 g	2 (1-2)
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.