

**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)
Evaporated milk, 15 g	0 (0-1)
Cream cheese, 30 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)
Cultured milk, 188 g	1 (0-1)
Cottage cheese, 125 g	1 (0-4)
Milk, 250 g	1 (0-5)
Almond milk, 250 g*	1
Yogurt, 175 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Rice milk, 250 g	1 (1-2)
Milk powder, 25 g	1 (0-3)
Yogurt, with fruit, 175 g	1 (0-5)
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
Crackers, saltine or cream, 30 g	1 (0-1)
Phyllo, 21 g*	1
Crackers, butter-type, 30 g	1 (0-1)
Baguette, 75 g	1
Cold cereal, rice, 15 g	1
Breadcrumbs, 30 g	1
Hot cereal, wheat, dry, 40 g	1 (1-2)
Yeast dough, 55 g	1
Cold cereal, corn, 30 g	1 (0-2)
Rusk, plain or fruited, 30 g	1
Crackers, 30 g	1 (0-2)
English muffin, 55 g	1
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Flatbread, 55 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Rolls and biscuits, 55 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, corn, cooked, 194 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
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	5 (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
Wheat bran, 15 g	1 (1-3)
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)
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)
Mango, 140 g	1 (1-2)
Grape, 140 g	1 (0-7)

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

Asparagus, canned, 130 g	2 (1-3)	Sausage, cooked, 55 g	1 (0-5)	Beans, lima, cooked, 80 g	5 (1-10)
Green beans, cooked, 130 g	2 (1-9)	Egg, cooked, 100 g	1 (0-7)	Beans, pinto, cooked, 80 g	5 (2-8)
Taro, cooked, 167 g	3	Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, pigeon peas, dried, 35 g	7 (6-7)
Spinach, canned, 130 g	3 (1-4)	Veal, cooked, 100 g	1 (0-3)	Beans, fresh, 80 g	7 (2-7)
En choy (chinese spinach), cooked, 130 g*	3	Organ meats, cooked, 100 g	1 (0-8)	Beans, canned, 80 g	7 (2-7)
Peas, cooked, 130 g	3 (1-11)	Pork, cooked, 100 g	1 (0-18)	Beans, lentil, cooked, 80 g	7 (6-8)
Tomato, canned, 130 g	4 (0-7)	Lamb, cooked, 100 g	2 (0-9)	Beans, chickpea, dried, 35 g	7 (3-11)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Beef, cooked, 100 g	2 (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, mung, dried, 35 g	8 (4-12)
Peas, canned, 130 g	7 (3-8)	Ground beef and/or pork, cooked, 100 g	3 (0-31)	Beans, urad, dried, 35 g	9
Cassava, cooked, 167 g	7 (4-10)	Pork, cured, cooked, 55 g	3 (0-39)	Beans, lentil, dried, 35 g	9 (4-11)
Pumpkin, cooked, 130 g	7 (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)
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)
Beef, 125 g	1 (0-2)	Shellfish, crustaceans, 125 g	2 (1-9)	Soya flakes, 35 g*	15
Ground beef and/or pork, 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)	<b>Nuts and seeds</b>	
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
Pork, 125 g	1 (0-2)	<b>Fish and seafood - Prepared</b>		Safflower seeds, 30 g*	2
Wild boar, 125 g	1 (1-2)	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)
Organ meats, 125 g	1 (0-6)	Fish, canned, tomato sauce, 55 g	1 (0-2)	Seeds, 30 g	4 (3-4)
Bacon, 54 g	1 (0-4)	Shellfish, octopus, cooked, 100 g*	1	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)	Nuts, mixed, 30 g	6 (2-25)
<b>Meat, poultry and eggs - Prepared</b>		Shellfish, oysters, canned, 55 g*	3	Pine nuts, 30 g	7 (5-9)
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)	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)	<b>Beans and bean products</b>		Sunflower seeds, 30 g	10 (2-17)
Venison, cooked, 100 g	1	Mung bean vermicelli, cooked, 80 g*	1	Pecans, 30 g	17 (6-45)
Lunch meat, canned, 55 g	1 (0-1)	Beans, fava, dried, 35 g*	2	Cashews, 30 g	18 (12-23)
Lunch meat, 55 g	1 (0-2)	Beans, chickpea, canned, 80 g	3 (2-4)	Alfalfa seeds, 30 g	18 (12-22)
Pork, cured, 30 g*	1	Beans, white, cooked, 80 g	3 (1-6)	Hemp seeds, 30 g*	20
Meat jellies, 120 g	1 (0-1)	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
Pate, 55 g	1 (0-4)	Beans, white, canned, 80 g*	4	Port, 60 g	1
Egg powder, 20 g	1	Beans, fava, fresh, 80 g	5 (3-7)	Cider, 333 g	1 (0-1)

Beer, 333 g	1 (0-13)	Hot chocolate powder, 25 g	4 (2-5)	Marjoram, dry, 0.5 g	1
Wine, 188 g	1 (0-2)	Tea, herbal, dry, 3 g	4 (1-12)	Basil, dry, 0.5 g	1 (0-1)
Sherry, 105 g*	2	Hot chocolate, 250 g	5 (4-6)	Cinnamon, 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)	Water, tap, 375 g	0 (0-2)	Rosemary, fresh, 1.5 g	1
Citrus juice, 250 g	1 (0-1)	Carbonated drinks, 375 g	1 (0-1)	Anchovy paste, 15 g	1 (0-1)
Fruit juice, concentrated, 62.5 g	1	Carbonated drinks, canned, 375 g	1 (0-5)	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)
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)
Grapefruit juice, 250 g	1 (0-4)	<b>Herbs and spices</b>		Oregano, fresh, 1.5 g	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	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	<b>Fats and oils</b>	
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	Corn oil, 10 g	0
Tomato juice, 250 g	2	Dill, fresh, 1.5 g	0	Olive oil, 10 g	0 (0-2)
Apricot juice, 250 g*	2	Wasabi, dry, 0.5 g	0	Almond oil, 10 g*	0
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	Pumpkin seed oil, 10 g*	0
Tomato juice, bottled, 250 g	2 (2-6)	Turmeric powder, 0.5 g	0	Lard, 10 g	0
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	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
<b>Beverages - Hot</b>		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	<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)
Ice cream, vanilla, 129 g	1 (0-2)
Pork rinds, 20 g	1
Cookies, not chocolate, 30 g	1 (0-2)
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
Chewing gum, 3 g	1 (0-1)
Sherbet/sorbet, 129 g	1 (0-5)
Pretzels, 50 g	1 (0-1)
Applesauce, 110 g	1 (0-3)
Dried strawberry, 40 g*	1
Banana chips, 40 g*	1
Raisins, 40 g	1 (0-5)
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 chocolate, 30 g	2 (0-4)
Cookies with nuts, 30 g*	2
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
<b>Sugars and sweets</b>	
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	0 (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	1 (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)
<b>Sauces, dips, condiments and spreads</b>	
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
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Sweet and sour sauce, 30 g	1 (0-1)
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
<b>Miscellaneous</b>	
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)
Carob flour, 5 g*	2
Broth, 250 g	2 (1-2)
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.