

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)
Crème fraîche, 55 g	1 (0-1)
Cheeses, 30 g	1 (0-3)
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)
Almond milk, 250 g*	1
Milk, 250 g	1 (0-5)
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 with raisins, 30 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
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)
Bread, rye, 75 g	1 (1-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
Hot cereal, corn, cooked, 194 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)
Strawberries, 140 g	2 (0-15)
Raspberries, 80 g	2 (0-7)
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)
Jack fruit, 140 g	1 (1-2)

Banana, 140 g	1 (1-4)	Chard, 85 g	2 (1-2)	Peas, dried, 35 g	6 (4-8)
Grape, 140 g	1 (0-7)	Head/iceberg lettuce, 85 g	2 (0-9)	Vegetables - Prepared	
Watermelon, 150 g	1 (1-4)	Kohlrabi leaves, 85 g*	2	Mushroom, composite, 107.5 g	0 (0-1)
Kiwi, 140 g	1 (0-3)	Beet greens, 85 g*	2	Eggplant, cooked, 130 g	1 (0-2)
Pear, 140 g	1 (1-7)	Watercress, 85 g	2 (1-3)	Tomato, composite, 107.5 g	1 (0-1)
Jujube, 140 g	2	Spinach, 85 g	2 (1-6)	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	Beets, canned, 130 g	1 (1-2)
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, cooked, 130 g	1 (1-2)
Lychee, 140 g	3 (1-4)	Vegetables - Other		Brussels sprouts, composite, 107.5 g*	1
Dates, fresh, 140 g*	3	Olives, 15 g	1 (0-1)	Corn, canned, 130 g	1 (1-6)
Apricot, canned, 140 g	3 (1-22)	Pickles, 30 g	1 (0-1)	Carrot, composite, 107.5 g	1 (0-5)
Apricot, 140 g*	3	Tomato, 85 g	1 (0-2)	Cabbage, composite, 107.5 g	1 (1-5)
Persimmon, 140 g	4 (3-4)	Celery, 85 g	1 (0-2)	Cabbage, sauerkraut, 85 g*	1
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)	Carrot, cooked, 130 g	1 (0-2)
Avocado, 140 g	5 (2-30)	Leek, 85 g	1 (1-2)	Potato, instant, prepared, 140 g*	1
Coconut, 140 g	11 (4-19)	Spring onion, 40 g	1 (1-2)	Okra, cooked, 130 g	1 (1-2)
Vegetables - Root		Bamboo shoot, 85 g*	1	Broccoli, canned, 130 g*	1
Onion, 85 g	1 (0-2)	Cauliflower, 85 g	1 (0-3)	Pumpkin, canned, 130 g*	1
Salsify, 85 g	1	Peppers, 85 g	1 (0-3)	Pumpkin, marinated, 130 g*	1
Carrot, 85 g	1 (0-4)	Taro stem, 85 g	1 (1-2)	Zucchini, cooked, 130 g	1 (1-3)
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	Cauliflower, cooked, 130 g	1 (1-5)
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	Potato, cooked, 167 g	1 (0-4)
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)	Spinach, composite, 107.5 g	1 (1-3)
Beets, 85 g	1 (1-3)	Squash, 85 g	2 (1-2)	Beets, cooked, 130 g	1 (1-4)
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	Rutabaga, cooked, 130 g	1 (0-9)
Sweet potato, 110 g	2 (1-3)	Beans, runner, 85 g	2 (2-3)	Green beans, canned, 130 g	2 (1-5)
Parsnip, 85 g	3 (1-4)	Pumpkin, 85 g	2 (1-3)	Cauliflower, composite, 107.5 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	Bitter melon, 85 g	2 (1-4)	Asparagus, cooked, 130 g	2 (1-5)
Cassava, 110 g	4 (2-7)	Green beans, 85 g	2 (1-5)	Potato, french fried, 70 g	2 (1-4)
Vegetables - Leafy		Bean sprouts, 65 g	3 (2-4)	Plantain, cooked, 167 g	2 (2-3)
Lettuces, 85 g	1 (0-3)	Asparagus, 85 g	3 (2-4)	Winter squash, cooked, 130 g	2 (1-4)
Bok choy, 85 g*	1	Okra, 85 g	3 (2-5)	Mushroom, canned, 130 g	2 (1-3)
Mustard leaves, 85 g	1 (1-2)	Rhubarb, 140 g	3 (1-7)	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)

Green beans, cooked, 130 g	2 (1-9)	Sausage, cooked, 55 g	1 (0-5)	Beans, lima, cooked, 80 g	5 (1-10)
Asparagus, canned, 130 g	3 (1-3)	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)
En choy (chinese spinach), cooked, 130 g*	3	Organ meats, cooked, 100 g	1 (0-8)	Beans, fresh, 80 g	7 (2-7)
Spinach, canned, 130 g	3 (1-4)	Veal, cooked, 100 g	1 (0-3)	Beans, lentil, cooked, 80 g	7 (6-8)
Peas, cooked, 130 g	3 (1-11)	Pork, cooked, 100 g	1 (0-18)	Beans, canned, 80 g	7 (2-7)
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)	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)
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	22 (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
Pork, 125 g	1 (0-2)	Fish and seafood - Prepared		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)
Meat, poultry and eggs - Prepared		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	1 (0-1)	Beans and bean products		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
Organ meats, cured, 125 g*	1	Beans, lentil, canned, 80 g	3 (2-5)	Beverages - Alcoholic	
Meat jellies, 120 g	1 (0-1)	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)
Beef, cured, 30 g*	1	Beans, chickpea, cooked, 80 g	4 (3-5)	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)
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	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)	Anchovy paste, 15 g	1 (0-1)
Citrus juice, 250 g	1 (0-1)	Carbonated drinks, 375 g	1 (0-1)	Rosemary, fresh, 1.5 g	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)
Grape juice, 250 g	1 (0-2)	Iced tea, 375 g	2 (1-2)	Sage, dry, 0.5 g	1
Citrus juice, canned, 250 g	1 (0-1)	Vanilla milkshake, 250 g*	2	Lemon balm, 0.5 g*	1
Strawberry juice, 250 g*	1	Malt drink, 250 g	2 (1-3)	Basil, fresh, 1.5 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	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)	Herbs and spices		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	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	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	Lard, 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	Palm oil, 10 g	0
Vegetable juice, canned, 250 g	2 (1-9)	Tamarind, 1.5 g*	0	Vegetable oils, unspecified, 10 g	0 (0-1)
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)
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)
Chewing gum, 3 g	1 (0-1)
Raisins, yogurt candy coated, 40 g*	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
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	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)
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)
Dips, dairy-based, 30 g	1 (0-2)
Oyster sauce, 15 g*	1
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
Soy sauce, 15 g	1 (0-4)
BBQ sauce, 15 g*	1
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)
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 tbsps
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.