

<b>Dairy products and substitutes</b>								
Whipped cream, 15 g	0		Bread, barley, 75 g	1 (1-2)		Wheat germ, 15 g	2 (1-2)	
Sour cream, 24 g	0		Crispbread, 30 g	1 (1-2)		Spelt, raw, 45 g	2	
Cream, 15 g	0 (0-1)		Hot cereal, corn, cooked, 194 g	1 (1-2)		Rice, brown, cooked, 140 g	2 (1-2)	
Cream, non-dairy, 15 g	0 (0-1)		Hot cereal, rice, dry, 40 g	1 (1-2)		Rice, white, raw, 45 g	2 (1-2)	
Evaporated milk, 15 g	0 (0-1)		Pasta, cooked, 215 g	1 (0-3)		Flour, cassava, 30 g	2 (1-2)	
Cream cheese, 30 g	0 (0-1)		Hot cereal, rye, cooked, 194 g	2		Rice, brown, raw, 45 g	2 (1-2)	
Quark, 100 g	1 (0-1)		Bread, fruited, 75 g	2 (1-2)		Flour, spelt, whole, 30 g*	2	
Crème fraîche, 55 g	1 (0-1)		Rolls, oat, 55 g*	2		Cornmeal, 30 g	2 (1-4)	
Yogurt drink, 188 g	1 (0-1)		Rolls, seeded, 55 g*	2		Barley, raw, 45 g	2 (1-3)	
Cheeses, 30 g	1 (0-3)		Cold cereals, junk food, 30 g	2 (1-3)		Amaranth, raw, 45 g	2 (1-3)	
Cultured milk, 188 g	1 (0-1)		Pasta, dry, 85 g	2 (1-4)		Flour, teff, 30 g	2 (2-3)	
Processed cheese, 30 g	1 (0-2)		Bread, whole wheat, 75 g	2 (1-3)		Oat bran, 15 g*	2	
Cottage cheese, 125 g	1 (0-4)		Hot cereal, rye, dry, 40 g*	2		Flour, rice, 30 g	2 (1-7)	
Almond milk, 250 g*	1		Hot cereal, rice, cooked, 194 g	2 (1-2)		Flour, almond, 15 g	3 (3-4)	
Milk powder, 25 g	1 (0-3)		Hot cereal, wheat, cooked, 194 g	2 (1-6)		Quinoa, raw, 45 g	3 (1-4)	
Buttermilk, 250 g	1 (0-4)		Bread, gluten-free, 75 g	2 (0-4)		Sorghum, 45 g*	3	
Yogurt, 175 g	1 (0-3)		Pasta, whole wheat, dry, 85 g	2 (1-3)		Flour, millet, 30 g*	4	
Milk, 250 g	1 (0-5)		Rolls, multigrain, 55 g	2 (1-3)		Flour, buckwheat, 30 g*	4	
Rice milk, 250 g	1 (1-2)		Barley, cooked, 140 g	2 (1-3)		Oats, raw, 40 g	5 (2-12)	
Yogurt, with fruit, 175 g	1 (0-5)		Bread, multigrain, 75 g	2 (1-4)		Flour, soy, 15 g	6 (5-7)	
Paneer/khoa/halloumi, 80 g	2 (1-3)		Pasta, whole wheat, cooked, 215 g	2 (1-3)		Millet, raw, 40 g	6 (3-8)	
Oat-based beverage, 250 g	4 (3-5)		Bread, seeded, 75 g	3 (1-6)		Flour, oat, 30 g*	6	
Soy milk, 250 g	5 (1-13)		Rolls, multigrain with fruit, 55 g*	3		Buckwheat, raw, 45 g	12 (5-25)	
<b>Grain products and bakery</b>			Pasta, gluten-free, dry, 85 g*	3		Rice, wild, raw, 45 g*	15	
Rice paper, 15 g*	0		Cold cereal, oat ring, 15 g	4 (1-6)		Amaranth, black, raw, 45 g*	16	
Puff pastry, 21 g	1		Bread, oat, 75 g	4 (3-5)		<b>Fruits - Berries</b>		
Crackers, saltine or cream, 30 g	1 (0-1)		Cold cereal, granola/muesli, 55 g	5 (1-10)		Lingonberries, 80 g	1	
Phyllo, 21 g*	1		Buckwheat crackers, 30 g*	6		Gooseberries, 80 g	1	
Baguette, 75 g	1		Hot cereal, millet, cooked, 194 g	7 (6-8)		Cranberries, 55 g	1	
Crackers, butter-type, 30 g	1 (0-1)		Hot cereal, 4-grain, cooked, 194 g	7 (5-12)		Pomegranate, 80 g*	1	
Breadcrumbs, 30 g	1		Hot cereal, buckwheat, 140 g	9 (8-11)		Currants, red or black, 80 g	1 (0-2)	
Cold cereal, rice, 15 g	1		Hot cereal, oat, cooked, 194 g	9 (2-19)		Blueberries, 80 g	1 (1-2)	
Yeast dough, 55 g	1		<b>Whole grains, flours and starches</b>			Strawberries, 140 g	2 (0-15)	
Rusk, plain or fruited, 30 g	1		Starch, potato, 10 g	0		Raspberries, 80 g	2 (0-7)	
Crackers, 30 g	1 (0-2)		Flour, potato, 30 g*	0		Blackberries, 80 g*	3	
Cold cereal, corn, 30 g	1 (0-2)		Flour, white, 30 g	1 (0-1)		Goji berries, 80 g*	5	
Hot cereal, wheat, dry, 40 g	1 (1-2)		Starch, rice, 10 g*	1		<b>Fruits - Citrus</b>		
English muffin, 55 g	1		Starch, corn, 10 g*	1		Grapefruit, 140 g	1 (0-4)	
Rice cakes, 15 g*	1		Flour, rye, 30 g	1		Lemon / Lime, 55 g	1 (0-2)	
Pasta, rice, cooked, 215 g*	1		Rye kernels, whole/cracked, 45 g	1		Orange, 140 g	1 (1-4)	
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)		Flour, rye, whole, 30 g	1		Citrus fruits, unspecified, 140 g	1 (1-2)	
Bread, white, 75 g	1 (1-2)		Flour, barley, 30 g	1		Pomelo, 140 g	1 (1-2)	
Flatbread, 55 g	1 (1-2)		Flour, spelt, 30 g*	1		Tangerine or mandarin orange, 140 g	1 (1-3)	
Bagel, 85 g	1 (1-2)		Semolina, 45 g	1 (1-2)		<b>Fruits - Other</b>		
Rolls and biscuits, 55 g	1 (1-2)		Rice, white, cooked, 140 g	1 (1-4)		Breadfruit, 140 g	1	
Cold cereal, wheat bran, 30 g	1 (1-4)		Quinoa, cooked, 140 g*	1		Apple, 140 g	1 (0-2)	
Croissant-like pastries, 55 g*	1		Wheat bran, 15 g	1 (1-3)		Cherries, 140 g	1 (1-2)	
Bread, rye, 75 g	1 (1-2)		Flour, whole wheat, 30 g	1 (1-3)		Mango, 140 g	1 (1-2)	
			Wheat kernels/bulgur, 45 g	1 (1-4)		Watermelon, 150 g	1 (1-4)	

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

Mushroom, canned, 130 g	3 (1-3)	Sausage, cooked, 55 g	1 (0-5)	Beans, pinto, cooked, 80 g	5 (2-8)
Asparagus, canned, 130 g	3 (1-3)	Organ meats, cooked, 100 g	1 (0-8)	Beans, fava, fresh, 80 g	5 (3-7)
Taro, cooked, 167 g	3	Egg, cooked, 100 g	1 (0-7)	Beans, canned, 80 g	5 (2-7)
En choy (chinese spinach), cooked, 130 g*	3	Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, fresh, 80 g	6 (2-7)
Peas, cooked, 130 g	3 (1-11)	Veal, cooked, 100 g	1 (0-3)	Beans, pigeon peas, dried, 35 g	7 (6-7)
Spinach, canned, 130 g	3 (1-4)	Lamb, cooked, 100 g	2 (0-9)	Beans, lentil, cooked, 80 g	7 (6-8)
Tomato, canned, 130 g	3 (0-7)	Mutton, cooked, 100 g	2 (1-6)	Beans, dried, 35 g	7 (2-10)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Beef, cooked, 100 g	2 (0-12)	Beans, chickpea, dried, 35 g	7 (3-11)
Sweet potato, cooked, 167 g	5 (4-6)	Pork, cooked, 100 g	2 (0-18)	Beans, urad, dried, 35 g	9
Peas, canned, 130 g	6 (3-8)	Pork, cured, cooked, 55 g	4 (0-39)	Beans, brown, dried, 35 g	9 (6-12)
Cassava, cooked, 167 g	7 (4-10)	Ground beef and/or pork, cooked, 100 g	5 (0-31)	Beans, lentil, dried, 35 g	9 (4-11)
Pumpkin, cooked, 130 g	7 (1-16)	<b>Fish and seafood</b>		Beans, kidney, dried, 35 g	10 (8-11)
<b>Meat, poultry, eggs and substitutes</b>		Fish, roe, 15 g	0 (0-1)	Beans, pigeon peas, fresh, 80 g*	10
Venison, 125 g	1	Shellfish, squid, 125 g	1	Beans, mung, dried, 35 g	10 (4-12)
Sausage, 75 g	1 (0-1)	Shellfish, octopus, 125 g	1	Beans, white, dried, 35 g	10 (2-14)
Rabbit, 125 g	1 (0-1)	Eel, 125 g	1 (0-3)	Beans, black, cooked, 80 g*	12
Beef, 125 g	1 (0-2)	Fish, 125 g	1 (0-10)	Beans, soya, dried, 35 g	13 (6-25)
Egg, 100 g	1 (0-1)	Shellfish, crustaceans, 125 g	2 (1-9)	Soya flakes, 35 g*	15
Lamb, 125 g	1 (1-2)	Shellfish, oysters, 125 g	3 (1-5)	Tofu, 85 g	27 (4-37)
Ground beef and/or pork, 125 g	1 (0-2)	Shellfish, clams, 125 g	5 (5-6)	<b>Nuts and seeds</b>	
Pork, 125 g	1 (0-2)	Shellfish, mussels, 125 g	11 (3-18)	Peanut butter, 15 g	1 (0-6)
Veal, 125 g	1 (1-2)	Shellfish, scallops, 125 g	28 (1-43)	Chestnuts, 30 g	2
Chicken, turkey and other poultry, 125 g	1 (0-3)	<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)	Pistachios, 30 g	2 (1-4)
Black pudding, 75 g	1 (0-2)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Almonds, 30 g	2 (1-4)
Mutton, 125 g	1 (1-2)	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)	Pumpkin seeds, 30 g	3 (1-10)
Seitan, 100 g*	1	Shellfish, crustaceans, cooked, 100 g	1 (0-2)	Peanuts, 30 g	3 (1-39)
Horse, 125 g	1 (1-3)	Shellfish, octopus, cooked, 100 g*	1	Seeds, 30 g	4 (3-4)
Soya sausage, 75 g*	2	Shellfish, squid, cooked, 100 g*	1	Poppy seeds, 30 g	4 (1-8)
Goat, 125 g*	2	Fish, salted or smoked, 55 g	1 (0-10)	Macadamia nuts, 30 g*	5
Bacon, 54 g	2 (0-4)	Fish, cooked, 100 g	1 (0-17)	Hazelnuts, 30 g	5 (2-10)
Mithun, 125 g	5 (3-8)	Shellfish, oysters, cooked, 100 g*	2	Nuts, mixed, 30 g	5 (2-25)
TVP (texturized vegetable protein), 100 g*	13	Shellfish, scallops, cooked, 100 g	2 (1-3)	Flaxseed, 30 g	6 (5-7)
<b>Meat, poultry and eggs - Prepared</b>		Shellfish, oysters, canned, 55 g*	3	Pine nuts, 30 g	6 (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)	<b>Beans and bean products</b>		Sunflower seeds, 30 g	10 (2-17)
Lunch meat, canned, 55 g	1 (0-1)	Mung bean vermicelli, cooked, 80 g*	1	Pecans, 30 g	17 (6-45)
Venison, cooked, 100 g	1	Beans, fava, dried, 35 g*	2	Alfalfa seeds, 30 g	19 (12-22)
Lunch meat, 55 g	1 (0-2)	Beans, chickpea, canned, 80 g	2 (2-4)	Cashews, 30 g	19 (12-23)
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, cooked, 80 g	4 (2-5)	<b>Beverages - Alcoholic</b>	
Chicken, turkey and other poultry, cured, 30 g*	1	Beans, kidney, canned, 80 g	4	Madeira, 60 g*	0
Meat jellies, 120 g	1 (0-1)	Beans, lentil, canned, 80 g	4 (2-5)	Liquor, 30 g	0 (0-1)
Beef, cured, 30 g*	1	Beans, white, canned, 80 g*	4	Vermouth, 90 g	1
Egg powder, 20 g	1	Beans, chickpea, cooked, 80 g	4 (3-5)	Cider, 333 g	1 (0-1)
Pate, 55 g	1 (0-4)	Beans, lima, cooked, 80 g	5 (1-10)	Port, 60 g	1

Beer, 333 g	1 (0-13)	Tea, herbal, dry, 3 g	3 (1-12)	Cumin, 0.5 g	1 (0-1)
Wine, 188 g	1 (0-2)	Hot chocolate powder, 25 g	4 (2-5)	Marjoram, dry, 0.5 g	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	5 (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	Cinnamon, 0.5 g	1 (0-1)
Mango juice, 250 g	1	Strawberry milk, 250 g*	0	Nigella seeds, 0.5 g	1
Cherry juice, 250 g*	1	Carbonated drinks, 375 g	1 (0-1)	Mint, dry, 0.5 g*	1
Citrus juice, 250 g	1 (0-1)	Water, tap, 375 g	1 (0-2)	Rosemary, fresh, 1.5 g	1
Fruit drink, 250 g	1 (0-3)	Carbonated drinks, canned, 375 g	1 (0-5)	Parsley, fresh, 1.5 g	1 (0-1)
Fruit juice, concentrated, 62.5 g	1	Water, bottled, 375 g	1 (0-19)	Anise, 0.5 g*	1
Strawberry juice, 250 g*	1	Iced tea, 375 g	2 (1-2)	Sage, dry, 0.5 g	1
Plum juice, 250 g*	1	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
Aloe juice, 250 g*	1	Chocolate milk, 250 g	2 (1-5)	Thyme, dry, 0.5 g	1
Sugarcane juice, 250 g*	1	Energy drink, 375 g	4 (1-12)	Pepper, black, 0.5 g	1 (0-2)
Grape juice, 250 g	1 (0-2)	Chocolate milkshake, 250 g	5 (2-31)	Oregano, dry, 0.5 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	Coconut water, 375 g	7 (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)
Pineapple juice, 250 g	2 (1-2)	Onion, dried, 0.5 g*	0	<b>Fats and oils</b>	
Tomato juice, 250 g	2	Mustard seed, 0.5 g	0	Cottonseed oil, 10 g	0
Passionfruit juice, 250 g*	2	Dill, fresh, 1.5 g	0	Corn oil, 10 g	0
Apricot juice, 250 g*	2	Annatto, 0.5 g	0	Lard, 10 g	0
Tomato juice, canned, 250 g	2	Wasabi, dry, 0.5 g	0	Butter, 10 g	0 (0-1)
Acai juice, 250 g*	2	Ginger, fresh, 1.5 g	0	Almond oil, 10 g*	0
Tomato juice, bottled, 250 g	2 (2-6)	Cloves, 0.5 g	0	Palm oil, 10 g	0
Citrus juice, from concentrate, 250 g	2 (0-14)	Turmeric powder, 0.5 g	0	Pumpkin seed oil, 10 g*	0
Vegetable juice, canned, 250 g	2 (1-9)	Allspice, 0.5 g	0	Grapeseed oil, 10 g	0
Vegetable juice, 250 g	3 (1-3)	Tamarind, 1.5 g*	0	Olive oil, 10 g	0 (0-2)
Goji juice, 250 g*	3	Coriander seeds, 0.5 g	0	Sunflower oil, 10 g	0 (0-1)
Pomegranate juice, 250 g*	3	Mint leaves, 1.5 g*	0	Mustard oil, 10 g	0
Pineapple juice, from concentrate, 250 g	4 (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	Vegetable oils, unspecified, 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	Curry leaves, dry, 0.5 g	0 (0-1)	Cocoa butter, 10 g	0
Tea, brewed, loose, 250 g	1 (1-5)	Garlic, dry, 0.5 g	0 (0-1)	Margarine, 10 g	0 (0-2)
Tea, brewed, bag, 250 g	1 (0-3)	Nutmeg, 0.5 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Coffee, brewed, 250 g	1 (0-5)	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)
Green tea, leaves, 3 g	2 (1-5)	Cardamom, 0.5 g	1 (0-1)	Ghee, 10 g	1 (1-3)
Green tea, brewed, loose, 250 g	2 (1-8)	Anchovy paste, 15 g	1 (0-1)	Shortening, 10 g	2 (1-3)
Cereal grain beverage, 250 g	2 (0-6)	Herbs de Provence, dry, 0.5 g	1	<b>Snacks and desserts</b>	
Tea, brewed, 250 g	3 (1-8)	Peppermint, dry, 0.5 g	1	Breadfruit, dried, 40 g*	0

Popsicle, 30 g	0 (0-1)
Pork rinds, 20 g	1
Ice cream, vanilla, 129 g	1 (0-2)
Cookies, not chocolate, 30 g	1 (0-2)
Gelatin dessert, 130 g	1 (0-1)
Dried cherries, 40 g*	1
Chewing gum, 3 g	1 (0-1)
Graham crackers, 30 g	1 (0-1)
Sherbet/sorbet, 129 g	1 (0-5)
Raisins, yogurt candy coated, 40 g*	1
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 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)
Prunes, 40 g	2 (2-3)
Snacks, potato-based, 50 g*	2
Licorice, 40 g	2 (1-3)
Dried fruit, mixed, 40 g	2 (0-7)
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)
Molasses, 20 g	1 (0-1)
Candy, 40 g	1 (0-3)
Sweetened evaporated milk, 30 g*	1
Syrup, not chocolate, 60 g	1 (0-2)

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)
Maple syrup, 60 g	2
Chocolate confections with nuts, 40 g	2 (0-9)
Pudding, chocolate, 130 g*	2
Chocolate confections, 40 g	4 (1-13)
Chocolate, 40 g	4 (2-20)
Confections with nuts, 50 g	5 (1-14)
Syrup, chocolate, 60 g	6 (1-8)
<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)
Dips, dairy-based, 30 g	0 (0-2)
Horseradish, 5 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Oyster sauce, 15 g*	1
Chutney, 15 g	1 (0-1)
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
Dressings, 30 g	1 (0-22)
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	2 (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 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.