

**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)
Cream cheese, 30 g	0 (0-1)
Evaporated milk, 15 g	1 (0-1)
Quark, 100 g	1 (0-1)
Milk powder, 25 g	1 (0-3)
Processed cheese, 30 g	1 (0-2)
Yogurt drink, 188 g	1 (0-1)
Crème fraîche, 55 g	1 (0-1)
Cultured milk, 188 g	1 (0-1)
Cheeses, 30 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Yogurt, with fruit, 175 g	1 (0-5)
Yogurt, 175 g	1 (0-3)
Cottage cheese, 125 g	1 (0-4)
Almond milk, 250 g*	1
Milk, 250 g	1 (0-5)
Rice milk, 250 g	1 (1-2)
Paneer/khoa/halloumi, 80 g	3 (1-3)
Oat-based beverage, 250 g	4 (3-5)
Soy milk, 250 g	8 (1-13)

**Grain products and bakery**

Rice paper, 15 g*	0
Puff pastry, 21 g	1
Baguette, 75 g	1
Phyllo, 21 g*	1
Crackers, saltine or cream, 30 g	1 (0-1)
Breadcrumbs, 30 g	1
Bread, gluten-free, 75 g	1 (0-4)
Crackers, butter-type, 30 g	1 (0-1)
Crackers, 30 g	1 (0-2)
Yeast dough, 55 g	1
Cold cereal, rice, 15 g	1
Rusk, plain or fruited, 30 g	1
Flatbread, 55 g	1 (1-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
Cold cereal, corn, 30 g	1 (0-2)
English muffin, 55 g	1
Hot cereal, rice, cooked, 194 g	1 (1-2)
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Bread, white, 75 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bread, fruited, 75 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Crispbread, 30 g	1 (1-2)

Rolls and biscuits, 55 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Bread, barley, 75 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Cold cereals, junk food, 30 g	1 (1-3)
Bread, whole wheat, 75 g	1 (1-3)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, rye, cooked, 194 g	2
Hot cereal, wheat, dry, 40 g	2 (1-2)
Pasta, cooked, 215 g	2 (0-3)
Rolls, oat, 55 g*	2
Rolls, seeded, 55 g*	2
Hot cereal, rye, dry, 40 g*	2
Pasta, whole wheat, dry, 85 g	2 (1-3)
Pasta, dry, 85 g	2 (1-4)
Rolls, multigrain, 55 g	2 (1-3)
Pasta, whole wheat, cooked, 215 g	2 (1-3)
Barley, cooked, 140 g	2 (1-3)
Bread, multigrain, 75 g	2 (1-4)
Cold cereal, wheat bran, 30 g	2 (1-4)
Cold cereal, oat ring, 15 g	2 (1-6)
Bread, seeded, 75 g	2 (1-6)
Rolls, multigrain with fruit, 55 g*	3
Pasta, gluten-free, dry, 85 g*	3
Cold cereal, granola/muesli, 55 g	4 (1-10)
Bread, oat, 75 g	4 (3-5)
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
Flour, rye, 30 g	1
Starch, corn, 10 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
Flour, rice, 30 g	1 (1-7)
Semolina, 45 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Cornmeal, 30 g	1 (1-4)
Wheat bran, 15 g	1 (1-3)
Rice, white, cooked, 140 g	1 (1-4)

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)
Spelt, raw, 45 g	2
Flour, spelt, whole, 30 g*	2
Rice, white, raw, 45 g	2 (1-2)
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)
Flour, teff, 30 g	2 (2-3)
Oat bran, 15 g*	2
Flour, almond, 15 g	3 (3-4)
Sorghum, 45 g*	3
Quinoa, raw, 45 g	4 (1-4)
Flour, millet, 30 g*	4
Flour, buckwheat, 30 g*	4
Flour, soy, 15 g	6 (5-7)
Flour, oat, 30 g*	6
Millet, raw, 40 g	7 (3-8)
Oats, raw, 40 g	7 (2-12)
Buckwheat, raw, 45 g	12 (5-25)
Rice, wild, raw, 45 g*	15
Amaranth, black, raw, 45 g*	16

**Fruits - Berries**

Gooseberries, 80 g	1
Lingonberries, 80 g	1
Cranberries, 55 g	1
Pomegranate, 80 g*	1
Blueberries, 80 g	1 (1-2)
Currants, red or black, 80 g	1 (0-2)
Strawberries, 140 g	1 (0-15)
Blackberries, 80 g*	3
Raspberries, 80 g	3 (0-7)
Goji berries, 80 g*	5

**Fruits - Citrus**

Pomelo, 140 g	1 (1-2)
Citrus fruits, unspecified, 140 g	1 (1-2)
Orange, 140 g	1 (1-4)
Lemon / Lime, 55 g	1 (0-2)
Tangerine or mandarin orange, 140 g	1 (1-3)
Grapefruit, 140 g	2 (0-4)

**Fruits - Other**

Breadfruit, 140 g	1
Cherries, 140 g	1 (1-2)
Mango, 140 g	1 (1-2)
Apple, 140 g	1 (0-2)
Papaya, 140 g	1 (1-6)

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

Taro, cooked, 167 g	3	Beef, cured, 30 g*	1	Beans, fresh, 80 g	4 (2-7)
Spinach, canned, 130 g	3 (1-4)	Sausage, cooked, 55 g	1 (0-5)	Beans, lima, cooked, 80 g	5 (1-10)
Asparagus, cooked, 130 g	3 (1-5)	Veal, cooked, 100 g	1 (0-3)	Beans, pinto, cooked, 80 g	6 (2-8)
Green beans, canned, 130 g	3 (1-5)	Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, fava, fresh, 80 g	6 (3-7)
En choy (chinese spinach), cooked, 130 g*	3	Pork, cooked, 100 g	1 (0-18)	Beans, pigeon peas, dried, 35 g	7 (6-7)
Brussels sprouts, cooked, 130 g	3 (1-8)	Pate, 55 g	1 (0-4)	Beans, lentil, cooked, 80 g	7 (6-8)
Peppers, composite, 107.5 g	3 (1-7)	Lamb, cooked, 100 g	1 (0-9)	Beans, dried, 35 g	8 (2-10)
Peas, cooked, 130 g	4 (1-11)	Beef, cooked, 100 g	1 (0-12)	Beans, chickpea, dried, 35 g	8 (3-11)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Ground beef and/or pork, cooked, 100 g	1 (0-31)	Beans, urad, dried, 35 g	9
Sweet potato, cooked, 167 g	4 (4-6)	Mutton, cooked, 100 g	2 (1-6)	Beans, brown, dried, 35 g	9 (6-12)
Cassava, cooked, 167 g	7 (4-10)	Pork, cured, cooked, 55 g	4 (0-39)	Beans, kidney, dried, 35 g	10 (8-11)
Pumpkin, cooked, 130 g	7 (1-16)	<b>Fish and seafood</b>		Beans, lentil, dried, 35 g	10 (4-11)
<b>Meat, poultry, eggs and substitutes</b>		Fish, roe, 15 g	0 (0-1)	Beans, pigeon peas, fresh, 80 g*	10
Rabbit, 125 g	0 (0-1)	Shellfish, squid, 125 g	1	Beans, white, dried, 35 g	11 (2-14)
Sausage, 75 g	1 (0-1)	Shellfish, octopus, 125 g	1	Beans, mung, dried, 35 g	12 (4-12)
Venison, 125 g	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)	Soya flakes, 35 g*	15
Egg, 100 g	1 (0-1)	Shellfish, oysters, 125 g	2 (1-5)	Beans, soya, dried, 35 g	15 (6-25)
Veal, 125 g	1 (1-2)	Shellfish, crustaceans, 125 g	2 (1-9)	Tofu, 85 g	29 (4-37)
Lamb, 125 g	1 (1-2)	Shellfish, clams, 125 g	5 (5-6)	<b>Nuts and seeds</b>	
Ground beef and/or pork, 125 g	1 (0-2)	Shellfish, mussels, 125 g	11 (3-18)	Peanut butter, 15 g	1 (0-6)
Pork, 125 g	1 (0-2)	Shellfish, scallops, 125 g	29 (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)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Pistachios, 30 g	3 (1-4)
Mutton, 125 g	1 (1-2)	Fish, canned, tomato sauce, 55 g	1 (0-2)	Seeds, 30 g	3 (3-4)
Black pudding, 75 g	1 (0-2)	Fish, canned, 55 g	1 (0-2)	Almonds, 30 g	3 (1-4)
Organ meats, 125 g	1 (0-6)	Fish, pickled, 55 g	1 (0-1)	Sesame seeds, 30 g	3 (1-8)
Seitan, 100 g*	1	Shellfish, octopus, cooked, 100 g*	1	Poppy seeds, 30 g	4 (1-8)
Bacon, 54 g	1 (0-4)	Shellfish, crustaceans, cooked, 100 g	1 (0-2)	Pumpkin seeds, 30 g	4 (1-10)
Soya sausage, 75 g*	2	Shellfish, squid, cooked, 100 g*	1	Hazelnuts, 30 g	5 (2-10)
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	Pine nuts, 30 g	7 (5-9)
TVP (texturized vegetable protein), 100 g*	13	Shellfish, scallops, cooked, 100 g	2 (1-3)	Nuts, mixed, 30 g	7 (2-25)
<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	Walnuts, 30 g	8 (4-11)
Rabbit, cooked, 100 g*	0	Shellfish, mussels, pickled, 55 g	8 (2-15)	Sunflower seeds, 30 g	9 (2-17)
Black pudding, cooked, 55 g	0 (0-1)	Shellfish, mussels, cooked, 100 g	8 (1-47)	Peanuts, 30 g	9 (1-39)
Bacon, cooked, 15 g	0 (0-1)	<b>Beans and bean products</b>		Brazil nuts, 30 g	12 (8-14)
Lunch meat, canned, 55 g	1 (0-1)	Mung bean vermicelli, cooked, 80 g*	1	Alfalfa seeds, 30 g	18 (12-22)
Venison, cooked, 100 g	1	Beans, fava, dried, 35 g*	2	Cashews, 30 g	19 (12-23)
Meat jellies, 120 g	1 (0-1)	Beans, chickpea, canned, 80 g	2 (2-4)	Hemp seeds, 30 g*	20
Egg, cooked, 100 g	1 (0-7)	Beans, canned, 80 g	3 (2-7)	Pecans, 30 g	23 (6-45)
Pork, cured, 30 g*	1	Beans, white, cooked, 80 g	3 (1-6)	<b>Beverages - Alcoholic</b>	
Organ meats, cured, 125 g*	1	Beans, cooked, 80 g	4 (2-5)	Madeira, 60 g*	0
Organ meats, cooked, 100 g	1 (0-8)	Beans, lentil, canned, 80 g	4 (2-5)	Liquor, 30 g	0 (0-1)
Lunch meat, 55 g	1 (0-2)	Beans, kidney, canned, 80 g	4	Vermouth, 90 g	1
Egg powder, 20 g	1	Beans, white, canned, 80 g*	4	Cider, 333 g	1 (0-1)
Chicken, turkey and other poultry, cured, 30 g*	1	Beans, chickpea, cooked, 80 g	4 (3-5)	Port, 60 g	1

Wine, 188 g	1 (0-2)	Tea, leaves, 3 g	2 (1-51)	Herbs de Provence, dry, 0.5 g	1
Beer, 333 g	1 (0-13)	Green tea, leaves, 3 g	3 (1-5)	Mace, 0.5 g*	1
Sherry, 105 g*	2	Hot chocolate powder, 25 g	4 (2-5)	Marjoram, dry, 0.5 g	1
<b>Beverages - Juices</b>		Hot chocolate, 250 g	5 (4-6)	Curry leaves, 1.5 g*	1
Lemon juice, 5 g	0	<b>Beverages - Other</b>		Cardamom, 0.5 g	1 (0-1)
Citrus juice, canned, 250 g	1 (0-1)	Soft drink syrup, 30 g	0	Mint, dry, 0.5 g*	1
Lemonade, 250 g	1 (0-1)	Strawberry milk, 250 g*	0	Nigella seeds, 0.5 g	1
Mango juice, 250 g	1	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)	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)
Fruit drink, 250 g	1 (0-3)	Carbonated drinks, canned, 375 g	1 (0-5)	Cinnamon, 0.5 g	1 (0-1)
Fruit juice, concentrated, 62.5 g	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
Plum juice, 250 g*	1	Malt drink, 250 g	2 (1-3)	Basil, fresh, 1.5 g	1
Grapefruit juice, 250 g	1 (0-4)	Coconut water, 375 g	2 (2-17)	Thyme, dry, 0.5 g	1
Aloe juice, 250 g*	1	Chocolate milk, 250 g	4 (1-5)	Oregano, dry, 0.5 g	1
Sugarcane juice, 250 g*	1	Energy drink, 375 g	5 (1-12)	Pepper, black, 0.5 g	1 (0-2)
Apple juice, canned or bottled, 250 g	1 (0-4)	Chocolate milkshake, 250 g	5 (2-31)	Oregano, fresh, 1.5 g	1
Peach juice, 250 g	1	<b>Herbs and spices</b>		Hot peppers, dried, 0.5 g	1 (0-1)
Grape juice, 250 g	1 (0-2)	Salt, 1 g	0	Cayenne pepper, 0.5 g	1 (1-2)
Pear juice, 250 g	1 (1-2)	Saffron, 0.5 g	0	Hot peppers, 40 g	1 (1-2)
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	Chervil, 1.5 g*	0	Fennel, dry, 0.5 g	2 (1-2)
Tomato juice, canned, 250 g	2	Mustard seed, 0.5 g	0	<b>Fats and oils</b>	
Tomato juice, 250 g	2	Onion, dried, 0.5 g*	0	Palm oil, 10 g	0
Passionfruit juice, 250 g*	2	Dill, fresh, 1.5 g	0	Cottonseed oil, 10 g	0
Pineapple juice, 250 g	2 (1-2)	Annatto, 0.5 g	0	Almond oil, 10 g*	0
Apricot juice, 250 g*	2	Wasabi, dry, 0.5 g	0	Pumpkin seed oil, 10 g*	0
Acai juice, 250 g*	2	Herbs and spices, unspecified, 0.5 g	0 (0-1)	Lard, 10 g	0
Citrus juice, from concentrate, 250 g	2 (0-14)	Cloves, 0.5 g	0	Vegetable oils, unspecified, 10 g	0 (0-1)
Vegetable juice, canned, 250 g	2 (1-9)	Turmeric powder, 0.5 g	0	Corn oil, 10 g	0
Tomato juice, bottled, 250 g	2 (2-6)	Garlic, 4 g	0 (0-1)	Sunflower oil, 10 g	0 (0-1)
Vegetable juice, 250 g	3 (1-3)	Allspice, 0.5 g	0	Butter, 10 g	0 (0-1)
Goji juice, 250 g*	3	Tamarind, 1.5 g*	0	Grapeseed oil, 10 g	0
Pomegranate juice, 250 g*	3	Ginger, fresh, 1.5 g	0	Mustard oil, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Coriander seeds, 0.5 g	0	Rice oil, 10 g	0
Prune juice, 250 g	4 (3-8)	Mint leaves, 1.5 g*	0	Avocado oil, 10 g	0 (0-1)
<b>Beverages - Hot</b>		Ginger, dry, 0.5 g	0 (0-1)	Cocoa butter, 10 g	0
Instant coffee, 3 g	1	Cilantro, 1.5 g	0	Hazelnut oil, 10 g	0
Cereal grain beverage, 250 g	1 (0-6)	Chives, 1.5 g*	0	Soybean oil, 10 g	0 (0-1)
Rosehip powder, 3 g*	1	Parsley, dry, 0.5 g	0 (0-1)	Margarine, 10 g	0 (0-2)
Coffee, brewed, 250 g	1 (0-5)	Paprika, 0.5 g	0 (0-1)	Peanut oil, 10 g	1 (0-1)
Tea, brewed, loose, 250 g	1 (1-5)	Curry leaves, dry, 0.5 g	0 (0-1)	Canola/rapeseed oil, 10 g	1 (0-1)
Coffee, beans, 14 g	1 (1-2)	Nutmeg, 0.5 g	0 (0-1)	Coconut oil, 10 g	1 (0-1)
Tea, herbal, brewed, 250 g	1 (0-4)	Anchovy paste, 15 g	0 (0-1)	Sesame oil, 10 g	1 (0-1)
Tea, brewed, 250 g	1 (1-8)	Garlic, dry, 0.5 g	1 (0-1)	Olive oil, 10 g	1 (0-2)
Tea, brewed, bag, 250 g	2 (0-3)	Fenugreek, 0.5 g	1 (0-1)	Ghee, 10 g	1 (1-3)
Green tea, brewed, bag, 250 g	2 (1-3)	Basil, dry, 0.5 g	1 (0-1)	Shortening, 10 g	2 (1-3)
Tea, herbal, dry, 3 g	2 (1-12)	Peppermint, dry, 0.5 g	1	<b>Snacks and desserts</b>	
Green tea, brewed, loose, 250 g	2 (1-8)	Cumin, 0.5 g	1 (0-1)	Popsicle, 30 g	0 (0-1)

Breadfruit, dried, 40 g*	0
Chewing gum, 3 g	0 (0-1)
Pork rinds, 20 g	1
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
Pretzels, 50 g	1 (0-1)
Cookies, not chocolate, 30 g	1 (0-2)
Savoury crisps, 50 g	1 (1-2)
Sherbet/sorbet, 129 g	1 (0-5)
Dried strawberry, 40 g*	1
Banana chips, 40 g*	1
Applesauce, 110 g	1 (0-3)
Ice cream, vanilla, 129 g	1 (0-2)
Raisins, 40 g	1 (0-5)
Potato chips, 50 g	1 (1-3)
Cereal bar, rice, 35 g*	1
Dried currants, 40 g*	1
Cereal bar, 35 g	1 (1-5)
Corn chips, 50 g	2 (1-2)
Dried dates, 40 g	2 (1-2)
Cookies with chocolate, 30 g	2 (0-4)
Snacks, corn-based, 50 g	2
Cookies with nuts, 30 g*	2
Popcorn, 50 g	2 (0-5)
Dried rosehips, 40 g*	2
Ice cream desserts, 129 g	2 (1-7)
Licorice, 40 g	2 (1-3)
Snacks, potato-based, 50 g*	2
Dried fruit, mixed, 40 g	2 (0-7)
Cereal bar, with chocolate, 35 g	3 (2-3)
Prunes, 40 g	3 (2-3)
Ice cream desserts, soy, 129 g*	3
Cookies with chocolate and nuts, 40 g*	4
Dried apricots, 40 g	5 (2-5)
Dried figs, 40 g	5 (5-6)
Snacks, fried chickpea, 50 g*	13
<b>Sugars and sweets</b>	
Xylitol, 1.4 g*	0
Fructose, 4 g*	0
Sugar, white, 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
Honey, 20 g	1 (0-5)
White chocolate, 15 g	1 (0-2)
Candy, 40 g	1 (0-3)

Corn/glucose syrup, 30 g*	1
Marzipan, 30 g*	1
Syrup, not chocolate, 60 g	1 (0-2)
Pudding, not chocolate, 130 g	2 (1-6)
Maple syrup, 60 g	2
Pudding, chocolate, 130 g*	2
Chocolate confections with nuts, 40 g	4 (0-9)
Chocolate confections, 40 g	5 (1-13)
Confections with nuts, 50 g	5 (1-14)
Syrup, chocolate, 60 g	6 (1-8)
Chocolate, 40 g	9 (2-20)
<b>Sauces, dips, condiments and spreads</b>	
Fruit jelly, 15 g	0 (0-1)
Mayonnaise, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Mustard, 5 g	0 (0-1)
Dips, dairy-based, 30 g	0 (0-2)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Sweet and sour sauce, 30 g	1 (0-1)
Tartar sauce, 30 g	1 (0-5)
Oyster sauce, 15 g*	1
Pesto, no nuts, 60 g*	1
Ketchup, 15 g	1 (0-1)
Fruit jams, 15 g	1 (0-2)
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
Gravy, 60 g	1 (0-4)
Salsa, 60 g	1 (0-3)
Dressings, 30 g	1 (0-22)
Chocolate hazelnut spread, 15 g	2
Barley malt, dried, 30 g*	2
Hummus, 30 g	2
Pesto made with nuts, 60 g*	3
<b>Miscellaneous</b>	
Vanilla extract, 1 g	0
Yeast, 0.6 g	0
Emulsifer, 1.5 g	0
Baking soda, 0.6 g	1 (0-1)
Baking powder, 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	1 (1-3)
Broth, 250 g	1 (1-2)
Carob flour, 5 g*	2
Coconut milk, canned, 83 g	2 (0-3)
Coconut, dried, 15 g	3 (1-5)
Cocoa mass, 5 g	3
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.