

**Dairy products and substitutes**

Whipped cream, 15 g	0
Sour cream, 24 g	0
Cream, 15 g	0 (0-1)
Cream, non-dairy, 15 g	0 (0-1)
Cream cheese, 30 g	0 (0-1)
Evaporated milk, 15 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)
Milk, 250 g	1 (0-5)
Almond milk, 250 g*	1
Yogurt, with fruit, 175 g	1 (0-5)
Cottage cheese, 125 g	1 (0-4)
Yogurt, 175 g	1 (0-3)
Rice milk, 250 g	1 (1-2)
Milk powder, 25 g	1 (0-3)
Buttermilk, 250 g	2 (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, butter-type, 30 g	1 (0-1)
Crackers, saltine or cream, 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)
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)
Flatbread, 55 g	1 (1-2)
Rice cakes, 15 g*	1
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran, 30 g	1 (1-4)
Rolls and biscuits, 55 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Crispbread, 30 g	1 (1-2)

Bread, white, 75 g	1 (1-2)
Bread, barley, 75 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
Hot cereal, rye, cooked, 194 g	2
Bread, fruited, 75 g	2 (1-2)
Rolls, oat, 55 g*	2
Rolls, seeded, 55 g*	2
Pasta, dry, 85 g	2 (1-4)
Hot cereal, rye, dry, 40 g*	2
Cold cereals, junk food, 30 g	2 (1-3)
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)
Bread, multigrain, 75 g	2 (1-4)
Rolls, multigrain, 55 g	2 (1-3)
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, buckwheat, 140 g	9 (8-11)
Hot cereal, oat, cooked, 194 g	9 (2-19)

**Whole grains, flours and starches**

Starch, potato, 10 g	0
Flour, potato, 30 g*	0
Starch, rice, 10 g*	1
Flour, rye, 30 g	1
Flour, white, 30 g	1 (0-1)
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
Semolina, 45 g	1 (1-2)
Quinoa, cooked, 140 g*	1
Rice, brown, cooked, 140 g	1 (1-2)
Rice, white, cooked, 140 g	1 (1-4)
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, 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
Gooseberries, 80 g	1
Cranberries, 55 g	1
Pomegranate, 80 g*	1
Currants, red or black, 80 g	1 (0-2)
Strawberries, 140 g	1 (0-15)
Blueberries, 80 g	2 (1-2)
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)
Grape, 140 g	1 (0-7)
Cherries, 140 g	1 (1-2)
Kiwi, 140 g	1 (0-3)

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

Taro, cooked, 167 g	3	Veal, cooked, 100 g	1 (0-3)	Beans, pinto, cooked, 80 g	6 (2-8)
Green beans, cooked, 130 g	3 (1-9)	Egg powder, 20 g	1	Beans, lima, cooked, 80 g	6 (1-10)
En choy (chinese spinach), cooked, 130 g*	3	Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, pigeon peas, dried, 35 g	7 (6-7)
Peppers, composite, 107.5 g	3 (1-7)	Sausage, cooked, 55 g	1 (0-5)	Beans, fresh, 80 g	7 (2-7)
Rutabaga, cooked, 130 g	3 (0-9)	Pork, cooked, 100 g	1 (0-18)	Beans, canned, 80 g	7 (2-7)
Sweet potato, cooked, 167 g	4 (4-6)	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)
Peas, cooked, 130 g	4 (1-11)	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	5 (0-31)	Beans, urad, dried, 35 g	9
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)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Peanuts, 30 g	2 (1-39)
Black pudding, 75 g	1 (0-2)	Shellfish, crustaceans, cooked, 100 g	1 (0-2)	Pistachios, 30 g	3 (1-4)
Mutton, 125 g	1 (1-2)	Fish, pickled, 55 g	1 (0-1)	Almonds, 30 g	3 (1-4)
Seitan, 100 g*	1	Fish, canned, 55 g	1 (0-2)	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	Macadamia nuts, 30 g*	5
Goat, 125 g*	2	Fish, salted or smoked, 55 g	1 (0-10)	Pumpkin seeds, 30 g	5 (1-10)
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)
<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)	Brazil nuts, 30 g	10 (8-14)
Black pudding, cooked, 55 g	0 (0-1)	Shellfish, mussels, cooked, 100 g	8 (1-47)	Sunflower seeds, 30 g	11 (2-17)
Bacon, cooked, 15 g	0 (0-1)	<b>Beans and bean products</b>		Nuts, mixed, 30 g	14 (2-25)
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)	<b>Beverages - Alcoholic</b>	
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
Beef, cured, 30 g*	1	Beans, white, canned, 80 g*	4	Port, 60 g	1
Egg, cooked, 100 g	1 (0-7)	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)
<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, canned, 250 g	1 (0-1)	Carbonated drinks, 375 g	1 (0-1)	Anise, 0.5 g*	1
Cherry juice, 250 g*	1	Water, bottled, 375 g	1 (0-19)	Anchovy paste, 15 g	1 (0-1)
Citrus juice, 250 g	1 (0-1)	Carbonated drinks, canned, 375 g	1 (0-5)	Parsley, fresh, 1.5 g	1 (0-1)
Fruit juice, concentrated, 62.5 g	1	Iced tea, 375 g	2 (1-2)	Sage, dry, 0.5 g	1
Grape juice, 250 g	1 (0-2)	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
Plum juice, 250 g*	1	Chocolate milk, 250 g	3 (1-5)	Thyme, dry, 0.5 g	1
Aloe juice, 250 g*	1	Energy drink, 375 g	4 (1-12)	Pepper, black, 0.5 g	1 (0-2)
Sugarcane juice, 250 g*	1	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	9 (2-17)	Hot peppers, dried, 0.5 g	1 (0-1)
Peach juice, 250 g	1	<b>Herbs and spices</b>		Oregano, fresh, 1.5 g	1
Citrus juice, from concentrate, 250 g	1 (0-14)	Saffron, 0.5 g	0	Cayenne pepper, 0.5 g	1 (1-2)
Pear juice, 250 g	1 (1-2)	Salt, 1 g	0	Fennel, dry, 0.5 g	1 (1-2)
Grapefruit juice, 250 g	1 (0-4)	Chervil, 1.5 g*	0	Hot peppers, 40 g	2 (1-2)
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	Onion, dried, 0.5 g*	0	<b>Fats and oils</b>	
Passionfruit juice, 250 g*	2	Mustard seed, 0.5 g	0	Cottonseed oil, 10 g	0
Apricot juice, 250 g*	2	Annatto, 0.5 g	0	Corn oil, 10 g	0
Pineapple juice, 250 g	2 (1-2)	Wasabi, dry, 0.5 g	0	Vegetable oils, unspecified, 10 g	0 (0-1)
Tomato juice, 250 g	2	Dill, fresh, 1.5 g	0	Almond oil, 10 g*	0
Acai juice, 250 g*	2	Ginger, fresh, 1.5 g	0	Olive oil, 10 g	0 (0-2)
Tomato juice, canned, 250 g	2	Cloves, 0.5 g	0	Butter, 10 g	0 (0-1)
Vegetable juice, canned, 250 g	2 (1-9)	Turmeric powder, 0.5 g	0	Pumpkin seed oil, 10 g*	0
Tomato juice, bottled, 250 g	2 (2-6)	Allspice, 0.5 g	0	Lard, 10 g	0
Vegetable juice, 250 g	2 (1-3)	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)
Coffee, brewed, 250 g	1 (0-5)	Garlic, dry, 0.5 g	0 (0-1)	Cocoa butter, 10 g	0
Rosehip powder, 3 g*	1	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
Chewing gum, 3 g	1 (0-1)
Gelatin dessert, 130 g	1 (0-1)
Cookies, not chocolate, 30 g	1 (0-2)
Applesauce, 110 g	1 (0-3)
Dried cherries, 40 g*	1
Graham crackers, 30 g	1 (0-1)
Raisins, yogurt candy coated, 40 g*	1
Raisins, 40 g	1 (0-5)
Pretzels, 50 g	1 (0-1)
Dried strawberry, 40 g*	1
Banana chips, 40 g*	1
Sherbet/sorbet, 129 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
Dried rosehips, 40 g*	2
Cereal bar, with chocolate, 35 g	2 (2-3)
Cookies with chocolate, 30 g	2 (0-4)
Ice cream desserts, 129 g	2 (1-7)
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, 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>	
Xylitol, 1.4 g*	0
Sugar, white, 4 g	0
Fructose, 4 g*	0
Sugar, brown, 4 g	0
Fruit gums, 40 g*	0
Molasses, 20 g	1 (0-1)
Candy, 40 g	1 (0-3)
Honey, 20 g	1 (0-5)
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
Maple syrup, 60 g	2
Chocolate confections with nuts, 40 g	2 (0-9)
Pudding, not chocolate, 130 g	2 (1-6)
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)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Fruit jelly, 15 g	0 (0-1)
Fruit jams, 15 g	0 (0-2)
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
Sweet and sour sauce, 30 g	1 (0-1)
Dressings, 30 g	1 (0-22)
Bechamel sauce, 30 g*	1
Guacamole, 30 g*	1
Teriyaki sauce, 15 g*	1
BBQ sauce, 15 g*	1
Soy mayonnaise, 15 g*	1
Salsa, 60 g	1 (0-3)
Gravy, 60 g	1 (0-4)
Soy sauce, 15 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
Emulsifer, 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)

Broth, 250 g	2 (1-2)
Tomato paste, 30 g	2 (1-3)
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.