

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)
Yogurt drink, 188 g	1 (0-1)
Cheeses, 30 g	1 (0-3)
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)
Yogurt, with fruit, 175 g	1 (0-5)
Rice milk, 250 g	1 (1-2)
Milk powder, 25 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Oat-based beverage, 250 g	4 (3-5)
Soy milk, 250 g	6 (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)
Crackers, butter-type, 30 g	1 (0-1)
Baguette, 75 g	1
Phyllo, 21 g*	1
Cold cereal, rice, 15 g	1
Breadcrumbs, 30 g	1
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
Flatbread, 55 g	1 (1-2)
Pasta, rice, cooked, 215 g*	1
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Crispbread, 30 g	1 (1-2)
Croissant-like pastries, 55 g*	1
Bread, barley, 75 g	1 (1-2)

Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, wheat, dry, 40 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Pasta, cooked, 215 g	1 (0-3)
Hot cereal, rice, cooked, 194 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, rice, dry, 40 g	1 (1-2)
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)
Bread, whole wheat, 75 g	2 (1-3)
Hot cereal, rye, dry, 40 g*	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
Semolina, 45 g	1 (1-2)
Rice, brown, cooked, 140 g	1 (1-2)
Rice, white, cooked, 140 g	1 (1-4)
Quinoa, cooked, 140 g*	1
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
Millet, raw, 40 g	5 (3-8)
Flour, soy, 15 g	6 (5-7)
Flour, oat, 30 g*	6
Oats, raw, 40 g	6 (2-12)
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)
Blueberries, 80 g	1 (1-2)
Strawberries, 140 g	1 (0-15)
Raspberries, 80 g	3 (0-7)
Blackberries, 80 g*	3
Goji berries, 80 g*	5

Fruits - Citrus

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

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

Rutabaga, cooked, 130 g	2 (0-9)	Sausage, cooked, 55 g	1 (0-5)	Beans, canned, 80 g	4 (2-7)
Peppers, composite, 107.5 g	2 (1-7)	Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	Beans, fava, fresh, 80 g	5 (3-7)
Tomato, canned, 130 g	2 (0-7)	Veal, cooked, 100 g	1 (0-3)	Beans, lima, cooked, 80 g	5 (1-10)
Spinach, canned, 130 g	3 (1-4)	Pate, 55 g	1 (0-4)	Beans, pinto, cooked, 80 g	6 (2-8)
Taro, cooked, 167 g	3	Organ meats, cooked, 100 g	1 (0-8)	Beans, pigeon peas, dried, 35 g	7 (6-7)
En choy (chinese spinach), cooked, 130 g*	3	Lamb, cooked, 100 g	1 (0-9)	Beans, lentil, cooked, 80 g	7 (6-8)
Peas, cooked, 130 g	3 (1-11)	Beef, cooked, 100 g	1 (0-12)	Beans, chickpea, dried, 35 g	7 (3-11)
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	Pork, cooked, 100 g	1 (0-18)	Beans, dried, 35 g	7 (2-10)
Sweet potato, cooked, 167 g	4 (4-6)	Mutton, cooked, 100 g	2 (1-6)	Beans, lentil, dried, 35 g	8 (4-11)
Peas, canned, 130 g	4 (3-8)	Pork, cured, cooked, 55 g	3 (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	3 (0-31)	Beans, urad, dried, 35 g	9
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	1 (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
Lamb, 125 g	1 (1-2)	Shellfish, oysters, 125 g	3 (1-5)	Tofu, 85 g	21 (4-37)
Ground beef and/or pork, 125 g	1 (0-2)	Shellfish, clams, 125 g	5 (5-6)	Nuts and seeds	
Pork, 125 g	1 (0-2)	Shellfish, mussels, 125 g	11 (3-18)	Chestnuts, 30 g	2
Chicken, turkey and other poultry, 125 g	1 (0-3)	Shellfish, scallops, 125 g	29 (1-43)	Peanut butter, 15 g	2 (0-6)
Wild boar, 125 g	1 (1-2)	Fish and seafood - Prepared		Safflower seeds, 30 g*	2
Veal, 125 g	1 (1-2)	Shellfish, crustaceans, canned, 55 g	1 (0-1)	Pistachios, 30 g	3 (1-4)
Black pudding, 75 g	1 (0-2)	Fish, canned, 55 g	1 (0-2)	Almonds, 30 g	3 (1-4)
Mutton, 125 g	1 (1-2)	Fish, pickled, 55 g	1 (0-1)	Sesame seeds, 30 g	3 (1-8)
Seitan, 100 g*	1	Shellfish, crustaceans, cooked, 100 g	1 (0-2)	Seeds, 30 g	4 (3-4)
Bacon, 54 g	1 (0-4)	Fish, canned, tomato sauce, 55 g	1 (0-2)	Poppy seeds, 30 g	4 (1-8)
Organ meats, 125 g	1 (0-6)	Shellfish, octopus, cooked, 100 g*	1	Peanuts, 30 g	4 (1-39)
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)
Meat, poultry and eggs - Prepared		Shellfish, oysters, canned, 55 g*	3	Walnuts, 30 g	7 (4-11)
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)	Nuts, mixed, 30 g	8 (2-25)
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)	Beans and bean products		Sunflower seeds, 30 g	10 (2-17)
Venison, cooked, 100 g	1	Mung bean vermicelli, cooked, 80 g*	1	Alfalfa seeds, 30 g	17 (12-22)
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)	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)	Beverages - Alcoholic	
Organ meats, cured, 125 g*	1	Beans, cooked, 80 g	4 (2-5)	Madeira, 60 g*	0
Egg powder, 20 g	1	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, fresh, 80 g	4 (2-7)	Port, 60 g	1
Egg, cooked, 100 g	1 (0-7)	Beans, white, canned, 80 g*	4	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)
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)	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
Fruit juice, concentrated, 62.5 g	1	Carbonated drinks, canned, 375 g	1 (0-5)	Anchovy paste, 15 g	1 (0-1)
Cherry juice, 250 g*	1	Water, bottled, 375 g	1 (0-19)	Parsley, fresh, 1.5 g	1 (0-1)
Citrus juice, canned, 250 g	1 (0-1)	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
Grape juice, 250 g	1 (0-2)	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)
Apple juice, canned or bottled, 250 g	1 (0-4)	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)
Peach juice, 250 g	1	Herbs and spices		Oregano, fresh, 1.5 g	1
Grapefruit juice, 250 g	1 (0-4)	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
Apricot juice, 250 g*	2	Wasabi, dry, 0.5 g	0	Almond oil, 10 g*	0
Tomato juice, 250 g	2	Dill, fresh, 1.5 g	0	Lard, 10 g	0
Tomato juice, canned, 250 g	2	Ginger, fresh, 1.5 g	0	Pumpkin seed oil, 10 g*	0
Acai juice, 250 g*	2	Cloves, 0.5 g	0	Palm oil, 10 g	0
Tomato juice, bottled, 250 g	2 (2-6)	Turmeric powder, 0.5 g	0	Vegetable oils, unspecified, 10 g	0 (0-1)
Vegetable juice, 250 g	2 (1-3)	Allspice, 0.5 g	0	Grapeseed oil, 10 g	0
Vegetable juice, canned, 250 g	2 (1-9)	Tamarind, 1.5 g*	0	Mustard oil, 10 g	0
Goji juice, 250 g*	3	Coriander seeds, 0.5 g	0	Rice oil, 10 g	0
Pomegranate juice, 250 g*	3	Mint leaves, 1.5 g*	0	Hazelnut oil, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Ginger, dry, 0.5 g	0 (0-1)	Butter, 10 g	0 (0-1)
Prune juice, 250 g	4 (3-8)	Cilantro, 1.5 g	0	Sunflower oil, 10 g	0 (0-1)
Beverages - Hot		Chives, 1.5 g*	0	Avocado oil, 10 g	0 (0-1)
Instant coffee, 3 g	1	Parsley, dry, 0.5 g	0 (0-1)	Cocoa butter, 10 g	0
Rosehip powder, 3 g*	1	Garlic, dry, 0.5 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Coffee, brewed, 250 g	1 (0-5)	Curry leaves, dry, 0.5 g	0 (0-1)	Olive oil, 10 g	0 (0-2)
Tea, brewed, loose, 250 g	1 (1-5)	Nutmeg, 0.5 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Tea, brewed, bag, 250 g	1 (0-3)	Paprika, 0.5 g	0 (0-1)	Canola/rapeseed oil, 10 g	1 (0-1)
Tea, herbal, brewed, 250 g	1 (0-4)	Garlic, 4 g	0 (0-1)	Sesame oil, 10 g	1 (0-1)
Coffee, beans, 14 g	2 (1-2)	Herbs and spices, unspecified, 0.5 g	0 (0-1)	Margarine, 10 g	1 (0-2)
Green tea, brewed, bag, 250 g	2 (1-3)	Fenugreek, 0.5 g	0 (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)
Pork rinds, 20 g	1
Gelatin dessert, 130 g	1 (0-1)
Ice cream, vanilla, 129 g	1 (0-2)
Dried cherries, 40 g*	1
Chewing gum, 3 g	1 (0-1)
Graham crackers, 30 g	1 (0-1)
Cookies, not chocolate, 30 g	1 (0-2)
Applesauce, 110 g	1 (0-3)
Raisins, yogurt candy coated, 40 g*	1
Pretzels, 50 g	1 (0-1)
Dried strawberry, 40 g*	1
Sherbet/sorbet, 129 g	1 (0-5)
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
Cereal bar, with chocolate, 35 g	2 (2-3)
Dried rosehips, 40 g*	2
Snacks, potato-based, 50 g*	2
Ice cream desserts, 129 g	2 (1-7)
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
Sugars and sweets	
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)
Sweetened evaporated milk, 30 g*	1
Candy, 40 g	1 (0-3)
Syrup, not chocolate, 60 g	1 (0-2)
Honey, 20 g	1 (0-5)

White chocolate, 15 g	1 (0-2)
Corn/glucose syrup, 30 g*	1
Marzipan, 30 g*	1
Pudding, not chocolate, 130 g	2 (1-6)
Maple syrup, 60 g	2
Pudding, chocolate, 130 g*	2
Chocolate confections with nuts, 40 g	3 (0-9)
Chocolate confections, 40 g	4 (1-13)
Syrup, chocolate, 60 g	6 (1-8)
Confections with nuts, 50 g	6 (1-14)
Sauces, 40 g	7 (2-20)
Sauces, dips, condiments and spreads	
Mayonnaise, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Mustard, 5 g	0 (0-1)
Fruit jelly, 15 g	0 (0-1)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
Fruit jams, 15 g	1 (0-2)
Sweet and sour sauce, 30 g	1 (0-1)
Oyster sauce, 15 g*	1
Pesto, no nuts, 60 g*	1
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
Salsa, 60 g	1 (0-3)
Gravy, 60 g	1 (0-4)
Dressings, 30 g	1 (0-22)
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
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.