

Dairy products and substitutes

Whipped cream, 15 g	0
Cheese substitutes, coconut oil, 30 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	0 (0-1)
Cheeses, 30 g	0 (0-3)
Quark, 100 g	1 (0-1)
Crème fraîche, 55 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Cream substitute, oat, 15 g	1 (0-1)
Yogurt drink, 188 g	1 (0-1)
Cultured milk, 188 g	1 (0-1)
Cottage cheese, 125 g	1 (0-4)
Milk, 250 g	1 (0-3)
Yogurt, with fruit, 175 g	1 (0-5)
Yogurt, 175 g	1 (0-3)
Milk powder, 25 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Yogurt drink substitute, coconut, 188 g	1 (0-3)
Almond beverage, 250 g	1 (1-3)
Rice beverage, 250 g	2 (1-3)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Yogurt substitute, coconut, 175 g	2 (0-13)
Oat beverage, 250 g	4 (2-5)
Coconut beverage, 250 g	4 (0-11)
Soy beverage, 250 g	6 (1-13)
Yogurt substitute, soy, 175 g	11 (4-22)

Grain products and bakery

Rice paper, 15 g*	0
Pastry doughs, 21 g	1 (0-1)
Crackers, butter-type, 30 g	1 (0-1)
Crackers, saltine or cream, 30 g	1 (0-1)
Baguette, 75 g	1
Soft pretzel, 55 g	1
Cold cereal, rice, 15 g	1 (0-1)
Yeast dough, 55 g	1
Hot cereal, rye, cooked, 194 g	1
Bread, barley, 75 g	1
Breadcrumbs, 30 g	1
Rusk, plain or fruited, 30 g	1
Cold cereal, corn, 30 g	1 (0-2)
Pasta, white wheat, dry, 85 g	1 (1-4)

English muffin, 55 g	1
Crackers, 30 g	1 (0-2)
Simple pastries, 55 g	1
Glass noodles, cooked, 215 g	1 (0-1)
Rolls and biscuits, 55 g	1 (1-2)
Crackers, seeded, 30 g	1
Pasta, rice or corn, cooked, 215 g	1 (0-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Flatbread, 55 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Crispbread, 30 g	1 (1-2)
Rolls, seeded, 55 g	1 (1-2)
Pasta, white wheat, cooked, 215 g	1 (0-3)
Hot cereal, wheat, dry, 40 g	1 (1-2)
Rice cakes, 15 g	1 (1-2)
Hot cereal, barley, cooked, 140 g	1 (1-3)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, rice, dry, 40 g	1 (1-2)
Bread, white, 75 g	2 (1-2)
Cold cereals, junk food, 30 g	2 (1-3)
Hot cereal, rice, cooked, 194 g	2 (1-2)
Potato dumpling/gnocchi, cooked, 215 g	2 (1-3)
Pasta, whole wheat, cooked, 215 g	2 (0-3)
Bread, whole wheat, 75 g	2 (1-5)
Bread, fruited, 75 g	2 (1-4)
Bread, multigrain, 75 g	2 (1-11)
Bread, gluten-free, 75 g	2 (0-4)
Rolls, multigrain, 55 g	2 (1-4)
Pasta, whole wheat, dry, 85 g	2 (1-3)
Cold cereal, oat ring, 15 g	4 (1-6)
Bread, oat, 75 g	4 (1-5)
Bread, seeded, 75 g	4 (1-8)
Hot cereal, multigrain, cooked, 194 g	4 (2-12)
Cold cereal, granola/muesli, 55 g	6 (1-13)
Hot cereal, oat, cooked, 194 g	8 (2-19)
Hot cereal, millet, cooked, 194 g	10 (8-10)
Hot cereal, buckwheat, cooked, 140 g	16 (4-22)

Whole grains, flours and starches

Starch, potato, 10 g*	0
Flour, potato, 30 g*	0
Starch, rice, 10 g*	1
Semolina, 45 g	1

Starch, corn, 10 g*	1
Flour, rye, 30 g	1
Flour, white, 30 g	1 (0-1)
Rye kernels, whole/cracked, 45 g	1
Flour, barley, 30 g*	1
Flour, rye, whole, 30 g	1
Rice, white, raw, 45 g	1 (1-2)
Starch, cassava, 10 g*	1
Flour, whole wheat, 30 g	1 (1-2)
Rice, white, cooked, 140 g	1 (1-6)
Wheat germ, 15 g	2 (1-2)
Spelt, raw, 45 g	2
Flour, cassava, 30 g	2 (1-2)
Wheat bran, 15 g	2 (1-3)
Rice, brown, cooked, 140 g	2 (1-3)
Wheat kernels/bulgur, 45 g	2 (1-4)
Quinoa, cooked, 140 g	2 (0-3)
Rice, brown, raw, 45 g	2 (1-2)
Wheat kernels/bulgur, cooked, 140 g*	2
Barley, raw, 45 g	2 (1-3)
Cornmeal, 30 g	2 (1-4)
Flour, teff, 30 g	2 (2-3)
Oat bran, 15 g*	2
Flour, rice, 30 g	2 (1-4)
Oats, raw, 40 g	3 (2-12)
Flour, almond, 15 g	3 (2-4)
Flour, coconut, 15 g*	3
Sorghum, cooked, 140 g*	3
Sorghum, dry, 45 g*	3
Flour, chickpea, 15 g	4 (2-7)
Amaranth, raw, 45 g	4 (1-8)
Quinoa, raw, 45 g	4 (1-11)
Flour, millet, 30 g*	4
Millet, raw, 40 g	5 (3-8)
Flour, oat, 30 g*	6
Flour, buckwheat, 30 g	6 (2-13)
Flour, soy, 15 g	7 (5-13)
Buckwheat, raw, 45 g	10 (2-25)
Flour, pea, 15 g	20 (1-52)

Fruits - Berries

Cranberries, 55 g	1
Gooseberries, 80 g	1
Strawberries, 140 g	1 (0-5)
Blueberries, 80 g	1 (1-2)
Lingonberries, 80 g	1 (1-3)

Currants, 80 g	1 (0-2)	Rutabaga, 85 g	1	Zucchini, 85 g	1 (0-3)
Blackberries, 80 g	2 (2-3)	Carrot, 85 g	1 (0-4)	Squash, 85 g	2 (1-2)
Raspberries, 80 g	3 (0-8)	Kohlrabi, 85 g*	1	Artichoke, 85 g*	2
Rosehips, 80 g*	4	Turnip, 85 g	1 (0-2)	Snow pea, 85 g*	2
Fruits - Citrus		Water chestnut, 85 g*	1	Pumpkin, 85 g	2 (1-3)
Grapefruit, 140 g	1 (0-3)	Beets, 85 g	1 (1-3)	Brussels sprouts, 85 g	2 (1-5)
Lemon / Lime, 55 g	1 (0-2)	Potato, 110 g	1 (0-9)	Green beans, 85 g	2 (1-5)
Orange, 140 g	1 (1-4)	Sweet potato, 110 g	2 (1-3)	Rhubarb, 140 g	2 (1-7)
Citrus fruits, unspecified, 140 g	1 (1-2)	Yam, 110 g	2 (2-3)	Asparagus, 85 g	3 (2-4)
Pomelo, 140 g	1 (1-2)	Parsnip, 85 g	2 (1-4)	Snap peas, 85 g*	3
Tangerine or mandarin orange, 140 g	2 (1-3)	Fennel, 85 g*	3	Okra, 85 g	3 (2-5)
Citrus fruits, canned, 140 g	2 (1-4)	Taro root, 110 g*	4	Bean sprouts, 65 g	3 (2-6)
Fruits - Other		Cassava, 110 g	4 (2-7)	Peas, dried, 35 g	4 (1-6)
Breadfruit, 140 g	1	Vegetables - Leafy		Chayote, 85 g	4 (1-7)
Apple, 140 g	1 (0-2)	Lettuces, 85 g	1 (0-3)	Peas, 85 g	4 (1-19)
Mango, 140 g	1 (1-2)	Cabbage, 85 g	1 (0-5)	Vegetables - Prepared	
Cherries, 140 g	1 (1-2)	Mustard leaves, 85 g	1 (1-2)	Kohlrabi, composite, 107.5 g	1
Grape, 140 g	1 (0-7)	Head/iceberg lettuce, 85 g	1 (0-3)	Tomato, composite, 107.5 g	1 (0-1)
Banana, 140 g	1 (1-4)	Seaweed, 15 g	1 (1-11)	Turnip, cooked, 130 g	1 (1-2)
Pineapple, 140 g	1 (1-7)	Spinach, 85 g	1 (1-6)	Cabbage, cooked, 130 g	1 (0-2)
Kiwi, 140 g	1 (0-3)	Kale, 85 g	2 (1-2)	Celery, composite, 107.5 g	1 (0-1)
Jack fruit, 140 g	1 (1-2)	Chard, 85 g	2 (1-2)	Carrot, cooked, 130 g	1 (0-2)
Pear, 140 g	1 (1-7)	Bok choy, 85 g	2 (1-3)	Leek, cooked, 130 g	1
Jujube, 140 g	2	Watercress, 85 g	2 (1-3)	Fennel, composite, 107.5 g	1
Watermelon, 150 g	2 (1-4)	Alfalfa sprouts, 85 g	3 (2-3)	Mushroom, cooked, 130 g	1 (0-3)
Peach or nectarine, 140 g	2 (1-8)	Arugula/rocket, 85 g*	3	Eggplant, cooked, 130 g	1 (0-5)
Guava, 140 g	2 (1-2)	Collard greens, 85 g*	3	Pumpkin, marinated, 130 g	1
Melons, 150 g	2 (1-5)	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Onion, cooked, 130 g	1 (0-3)
Papaya, 140 g	2 (1-6)	Garden cress, 85 g*	4	Corn, cooked, 130 g	1 (1-3)
Dragon fruit, 140 g	2 (1-3)	Vegetables - Other		Cabbage, sauerkraut, 85 g	1
Dates, fresh, 140 g	2 (2-3)	Olives, 15 g	1 (0-1)	Collard greens, cooked, 130 g	1 (1-4)
Lychee, 140 g	2 (1-4)	Pickles, 30 g	1 (0-1)	Okra, cooked, 130 g	1 (1-2)
Pineapple, canned, 140 g	2 (1-12)	Celery, 85 g	1 (0-2)	Beets, canned, 130 g	1 (1-2)
Apricot, canned, 140 g	2 (1-22)	Cucumber, 85 g	1 (0-3)	Pumpkin, composite, 107.5 g	1 (1-2)
Persimmon, 140 g	3 (3-4)	Tomato, 85 g	1 (0-3)	Spinach, cooked, 130 g	1 (1-2)
Plum, 140 g	3 (1-8)	Mushrooms, 85 g	1 (0-4)	Cauliflower, cooked, 130 g	1 (0-5)
Apricot, 140 g*	3	Corn, 85 g	1 (1-4)	Potato, cooked, 167 g	1 (0-4)
Passionfruit, 140 g*	4	Leek, 85 g	1 (1-2)	Zucchini, cooked, 130 g	1 (1-6)
Star fruit, 140 g*	4	Tomato, sun-dried, 30 g	1 (0-1)	Beets, cooked, 130 g	1 (1-4)
Avocado, 140 g	10 (1-30)	Cauliflower, 85 g	1 (0-3)	Corn, canned, 130 g	1 (1-6)
Coconut, 140 g	11 (4-19)	Bamboo shoot, 85 g*	1	Brussels sprouts, cooked, 130 g	1 (1-7)
Vegetables - Root		Spring onion, 40 g	1 (1-2)	Broccoli, cooked, 130 g	2 (1-3)
Onion, 85 g	1 (0-2)	Peppers, 85 g	1 (0-5)	Potato, french fried, 70 g	2 (1-4)
Radish, 85 g	1	Eggplant, 85 g	1 (0-3)	Green beans, canned, 130 g	2 (1-5)
Celeriac, 85 g	1	Broccoli, 85 g	1 (1-3)	Kale, cooked, 130 g	2 (1-4)

Squash, cooked, 130 g	2 (1-7)	Beef, cured, 30 g	1 (0-1)	Fish, cooked, 100 g	1 (0-17)
Pumpkin, cooked, 130 g	2 (1-2)	Venison, cooked, 100 g	1 (0-1)	Oysters, cooked, 100 g*	2
Plantain, cooked, 167 g	2 (2-3)	Lunch meat, 55 g	1 (0-2)	Scallops, cooked, 100 g	2 (1-3)
Seaweed, cooked, 15 g	2 (1-3)	Lunch meat, canned, 55 g	1 (0-1)	Bivalves, canned, 55 g	4 (3-5)
Sweet potato, canned, 167 g	2 (1-5)	Chicken, turkey and other poultry, cured, 1	1	Crayfish, cooked, 100 g	4 (1-6)
Mushroom, canned, 130 g	2 (1-3)	Black pudding, cooked, 55 g	1 (0-1)	Mussels, cooked, 100 g	6 (1-47)
Asparagus, cooked, 130 g	2 (1-5)	Meat jellies, 120 g	1	Bivalves, pickled, 55 g	8 (2-15)
Asparagus, canned, 130 g	2 (1-3)	Egg, cooked, 100 g	1 (0-7)	Snails or whelks, cooked, 100 g	8 (1-21)
Sweet potato, cooked, 167 g	2 (0-6)	Egg powder, 20 g	1	Beans and bean products	
Peppers, composite, 107.5 g	2 (0-7)	Sausage, cooked, 55 g	1 (0-5)	Beans, chickpea, canned, 80 g	2 (2-4)
Yam, cooked, 167 g*	2	Veal, cooked, 100 g	1 (0-3)	Beans, white, canned, 80 g	3 (2-4)
Potato, cooked with skin, 167 g	2 (1-17)	Chicken, turkey and other poultry, cooked, 1	1 (0-5)	Beans, black, canned, 80 g	3 (3-4)
Rutabaga, cooked, 130 g	2 (0-9)	Organ meats, cooked, 100 g	1 (0-8)	Beans, kidney, canned, 80 g	3 (1-4)
Green beans, cooked, 130 g	3 (1-10)	Lamb, cooked, 100 g	1 (0-9)	Beans, white, cooked, 80 g	3 (0-6)
Spinach, canned, 130 g	3 (1-4)	Pate, 55 g	1 (0-4)	Beans, lentil, canned, 80 g	3 (2-5)
Artichoke, cooked, 130 g*	3	Beef, cooked, 100 g	1 (0-12)	Beans, chickpea, cooked, 80 g	4 (3-5)
Taro, cooked, 167 g	3	Pork, cooked, 100 g	1 (0-18)	Beans, various, canned, 80 g	4 (2-7)
Tomato, canned, 130 g	3 (0-7)	Mutton, cooked, 100 g	2 (1-6)	Beans, pinto, canned, 80 g	4 (3-6)
Parsnip, cooked, 130 g*	3	Pork, cured, cooked, 55 g	2 (0-39)	Beans, various, fresh, 80 g	5 (2-10)
Peas, cooked, 130 g	4 (1-11)	Ground beef and/or pork, cooked, 100 g	2 (0-31)	Beans, lima, cooked, 80 g	5 (1-10)
Peas, canned, 130 g	4 (3-8)	Fish and seafood		Beans, pinto, cooked, 80 g	6 (2-8)
Snap peas, cooked, 130 g*	4	Fish, roe, 15 g	0 (0-1)	Beans, various, cooked, 80 g	6 (0-25)
Fennel, cooked, 130 g*	6	Lobster, 125 g	1	Beans, lentil, cooked, 80 g	7 (6-9)
Cassava, cooked, 167 g	7 (4-10)	Eel, 125 g	1 (0-3)	Beans, various, dried, 35 g	8 (2-25)
Meat, poultry, eggs and substitutes		Fish, 125 g	1 (0-10)	Tofu, 85 g	11 (2-37)
Venison, 125 g	1	Squid or octopus, 125 g	1 (1-4)	Beans, black, cooked, 80 g*	12
Rabbit, 125 g	1 (0-1)	Prawn, 125 g	1 (1-5)	Soya flakes, 35 g*	15
Egg, 100 g	1 (0-1)	Shrimp, 125 g	2 (1-3)	Nuts and seeds	
Beef, 125 g	1 (0-2)	Crayfish, 125 g	2	Chestnuts, 30 g	2
Bacon, 54 g	1 (0-4)	Crab, 125 g	2 (1-4)	Almond butter, 15 g	2
Pork, 125 g	1 (0-2)	Oysters, 125 g	6 (1-15)	Almonds, 30 g	2 (1-4)
Lamb, 125 g	1 (1-2)	Mussels, 125 g	12 (1-40)	Pistachios, 30 g	3 (1-4)
Chicken, turkey and other poultry, 125 g	1 (0-3)	Clams, 125 g	14 (1-46)	Peanut butter, 15 g	3 (0-6)
Ground beef and/or pork, 125 g	1 (0-2)	Scallops, 125 g	18 (1-43)	Peanuts, 30 g	3 (1-39)
Sausage, 75 g	1 (0-1)	Fish and seafood - Prepared		Sesame seeds, 30 g	4 (1-8)
Seitan, 100 g	1 (0-1)	Eel, cooked, 100 g	0 (0-1)	Poppy seeds, 30 g	4 (1-8)
Veal, 125 g	1 (1-2)	Fish, canned, 55 g	0 (0-2)	Macadamia nuts, 30 g*	5
Soya sausage, 75 g	1 (0-2)	Crustaceans, canned, 55 g	1 (0-1)	Flaxseed, 30 g	6 (4-7)
Black pudding, 75 g	1 (0-2)	Fish, pickled, 55 g	1 (0-1)	Hazelnuts, 30 g	6 (2-10)
Organ meats, 125 g	1 (0-6)	Shrimp, cooked, 100 g	1 (0-2)	Pumpkin seeds, 30 g	6 (1-11)
Mutton, 125 g	1 (1-2)	Prawns, cooked, 100 g	1 (1-2)	Chia seeds, 30 g	7 (5-9)
TVP (texturized vegetable protein), 100 g	26 (10-53)	Lobster, cooked, 100 g	1	Pine nuts, 30 g	7 (5-9)
Meat, poultry and eggs - Prepared		Squid or octopus, cooked, 100 g	1	Brazil nuts, 30 g	8 (2-14)
Bacon, cooked, 15 g	0 (0-1)	Crab, cooked, 100 g	1	Walnuts, 30 g	10 (4-15)
Pork, cured, 30 g	1	Fish, salted or smoked, 55 g	1 (0-10)	Sunflower seeds, 30 g	11 (2-19)

Cashews, 30 g	17 (12-23)	Tea, hibiscus, brewed, 250 g	3 (0-4)	Paprika, 0.5 g	0 (0-1)
Alfalfa seeds, 30 g	17 (12-22)	Cereal grain beverage, 250 g	3 (0-6)	Garlic, 4 g	0 (0-1)
Hemp seeds, 30 g	18 (15-20)	Hot chocolate powder, 25 g	4 (2-6)	Fenugreek, 0.5 g	0 (0-1)
Pecans, 30 g	18 (6-45)	Hot chocolate, 250 g	6	Basil, dry, 0.5 g	0 (0-1)
Beverages - Alcoholic		Beverages - Other		Cinnamon, 0.5 g	0 (0-1)
Liquor, 45 g	1 (0-1)	Water, tap, 375 g	0 (0-2)	Cardamom, 0.5 g	1 (0-1)
Vermouth, 83 g	1	Carbonated drinks, 375 g	1 (0-1)	Peppermint, dry, 0.5 g	1
Cider, 333 g	1	Sports drink, 375 g*	1	Cumin, 0.5 g	1 (0-1)
Wine, 188 g	1 (0-2)	Carbonated drinks, canned, 375 g	1 (0-5)	Marjoram, dry, 0.5 g	1
Beer, 333 g	1 (0-7)	Water, bottled, 375 g	1 (0-19)	Mace, 0.5 g*	1
Fortified wine, 83 g	1 (0-2)	Iced tea, 375 g	2 (1-2)	Curry leaves, 1.5 g*	1
Beverages - Juices		Malt drink, 250 g	2 (1-3)	Nigella seeds, 0.5 g	1
Lemon juice, 5 g	0	Chocolate milk, 250 g	2 (1-5)	Rosemary, fresh, 1.5 g	1
Lemonade, 250 g	1 (0-1)	Vanilla milkshake, 250 g	2 (1-10)	Anise, 0.5 g*	1
Mango juice, 250 g	1	Coconut water, 375 g	3 (0-17)	Anchovy paste, 15 g	1 (0-1)
Fruit drink, 250 g	1 (0-3)	Energy drink, 375 g	3 (1-12)	Sage, dry, 0.5 g	1
Citrus juice, 250 g	1 (0-1)	Chocolate milkshake, 250 g	5 (2-31)	Thyme, dry, 0.5 g	1 (0-1)
Citrus juice, canned, 250 g	1 (0-1)	Herbs and spices		Pepper, black, 0.5 g	1 (0-2)
Grape juice, 250 g	1 (0-2)	Salt, 1 g	0	Basil, fresh, 1.5 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	Saffron, 0.5 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Citrus juice, from concentrate, 250 g	1 (0-5)	Dill, dried, 0.5 g*	0	Oregano, dry, 0.5 g	1
Peach juice, 250 g	1	Bay leaf, dried, 0.5 g*	0	Ramen noodle powder, 1.5 g*	1
Grapefruit juice, 250 g	1 (0-4)	Chervil, 1.5 g*	0	Oregano, fresh, 1.5 g	1
Pineapple juice, 250 g	2 (1-2)	Dill, fresh, 1.5 g*	0	Cayenne pepper, 0.5 g	1 (1-2)
Tomato juice, 250 g	2	Mustard seed, 0.5 g	0	Fennel, dry, 0.5 g	1 (1-2)
Tomato juice, canned, 250 g	2	Annatto, 0.5 g	0	Savoury, dried, 0.5 g*	1
Pear juice, 250 g	2 (1-3)	Onion, dried, 0.5 g*	0	Hot peppers, 40 g	2 (1-2)
Vegetable juice, 250 g	2 (1-3)	Wasabi, dry, 0.5 g	0	Fats and oils	
Tomato juice, bottled, 250 g	2 (2-6)	Ginger, fresh, 1.5 g	0	Cottonseed oil, 10 g	0
Vegetable juice, canned, 250 g	2 (1-9)	Tamarind, 1.5 g	0	Lard, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Cloves, 0.5 g	0	Butter, 10 g	0 (0-1)
Prune juice, 250 g	4 (3-8)	Turmeric powder, 0.5 g	0	Corn oil, 10 g	0 (0-1)
Beverages - Hot		Allspice, 0.5 g	0	Grapeseed oil, 10 g	0
Tea, lemongrass, brewed, 250 g	1 (0-1)	Parsley, fresh, 1.5 g	0 (0-1)	Palm oil, 10 g	0
Instant coffee powder, 3 g	1 (0-1)	Coriander seeds, 0.5 g	0	Mustard oil, 10 g	0
Tea, yerba mate, brewed, 250 g	1 (0-1)	Ginger, dry, 0.5 g	0 (0-1)	Rice oil, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Mint leaves, 1.5 g*	0	Hazelnut oil, 10 g	0
Tea, peppermint, brewed, 250 g	1 (0-2)	Rosemary, dry, 0.5 g	0 (0-1)	Olive oil, 10 g	0 (0-1)
Tea, herbal, brewed, 250 g	1 (0-3)	Cilantro, 1.5 g	0	Sunflower oil, 10 g	0 (0-1)
Tea, brewed, 250 g	1 (1-8)	Parsley, dry, 0.5 g	0 (0-1)	Canola/rapeseed oil, 10 g	0 (0-1)
Tea, brewed, bag, 250 g	1 (0-3)	Nutmeg, 0.5 g	0 (0-1)	Avocado oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-6)	Garlic, dry, 0.5 g	0 (0-1)	Cocoa butter, 10 g	0
Tea, chamomile, brewed, 250 g	1 (0-4)	Chives, 1.5 g*	0	Peanut oil, 10 g	0 (0-1)
Green tea, brewed, loose, 250 g	2 (1-3)	Curry leaves, dry, 0.5 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Mint, dry, 0.5 g	0 (0-1)	Coconut oil, 10 g	0 (0-1)

Sesame oil, 10 g	1 (0-1)
Margarine, 10 g	1 (0-2)
Ghee, 10 g	1 (1-3)
Shortening, 10 g	2 (1-3)
Snacks and desserts	
Popsicle, 30 g	0 (0-1)
Pork rinds, 20 g	1
Gelatin dessert, 130 g	1 (0-1)
Vanilla ice cream or frozen yogurt, 129 g	1 (0-4)
Chewing gum, 3 g	1 (0-1)
Graham crackers, 30 g	1 (0-1)
Applesauce, 110 g	1 (0-3)
Raisins, 40 g	1 (0-5)
Pretzels, 50 g	1 (0-1)
Sherbert/sorbet, 129 g	1 (0-5)
Banana chips, 40 g*	1
Cereal bar, rice, 35 g*	1
Cookies, not chocolate, 30 g	1 (0-7)
Vegetable chips, 50 g	1 (1-2)
Rice pudding, 130 g	1 (1-2)
Pudding, not chocolate, 130 g	1 (0-6)
Corn chips, 50 g	2 (1-2)
Potato chips, 50 g	2 (1-3)
Dried dates, 40 g	2 (1-2)
Snacks, corn-based, 50 g	2 (1-2)
Savoury crisps, 50 g	2 (1-2)
Popcorn, 50 g	2 (0-5)
Cookies with nuts, 30 g	2 (1-3)
Cookies with chocolate, 30 g	2 (0-7)
Prunes, 40 g	3 (2-3)
Cereal bar, 35 g	3 (1-5)
Cereal bar, with chocolate, 35 g	3 (1-7)
Pudding, chocolate, 130 g	3 (2-4)
Dried apricots, 40 g	4 (2-5)
Dried figs, 40 g	5 (5-6)
Chocolate ice cream, 129 g	5 (3-7)
Ice cream, non-dairy, 129 g	5 (2-9)
Snacks, bean-based, 50 g	10 (3-13)
Sugars and sweets	
Sugar, white, 4 g	0
Sugar, brown, 4 g	0
Corn/glucose syrup, 30 g*	0
Molasses, 20 g	1 (0-1)
Gummy candy, 40 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)
Marzipan, 30 g*	1
Malt syrup, 30 g*	2
Maple syrup, 60 g	2
Licorice, 40 g	2 (1-3)
Chocolate confections with nuts, 40 g	3 (0-12)
Confections with nuts, 50 g	3 (1-5)
Chocolate confections, 40 g	4 (1-13)
Chocolate, 40 g	5 (2-20)
Syrup, chocolate, 60 g	5 (1-8)
Sauces, dips, condiments and spreads	
Chili sauce, 15 g	0
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)
Barbecue sauce, 15 g	1 (0-1)
Bechamel sauce, 125 g	1 (0-1)
Sweet and sour sauce, 30 g	1 (0-1)
Teriyaki sauce, 15 g*	1
Soy mayonnaise, 15 g	1
Guacamole, 30 g	1 (1-2)
Soy sauce, 15 g	1 (0-4)
Salsa, 60 g	1 (0-3)
Gravy, 60 g	1 (0-4)
Hummus / pulse dips, 30 g	2 (1-4)
Chocolate hazelnut spread, 15 g	2
Curry sauce, 125 g	2 (1-3)
Dressings, 30 g	2 (0-22)
Pesto, 60 g	3 (1-9)
Tartar sauce, 30 g	3 (0-5)
Satay sauce, 125 g*	5
Miscellaneous	
Vanilla extract, 1 g	0
Yeast, 0.6 g	0
Baking powder, 0.6 g	0 (0-1)

Vinegar, 15 g	0 (0-1)
Baking soda, 0.6 g	1 (0-1)
Barley malt, dried, 5 g*	1
Tomato sauce, 60 g	1 (1-2)
Bouillon powder, 6 g	1 (0-1)
Broth, 250 g	1 (1-2)
Tomato paste, 30 g	2 (1-3)
Coconut, dried, 15 g	3 (1-5)
Cocoa powder, 5 g	6 (3-9)

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.

To explore the data, change serving sizes and log your nickel intake, try the Nickel Navigator app, available on iOS and Android.

NOTE: This diet is intended for individuals with a diagnosed nickel allergy. If you have not been tested, please do so before starting this diet. Consult a health care professional to ensure that your long-term dietary needs are being met.