

**Dairy products and substitutes**

Whipped cream, 15 g	0
Sour cream, 24 g	0
Cream, 15 g	0 (0-1)
Cheese substitutes, coconut oil, 30 g	0
Cream, non-dairy, 15 g	0 (0-1)
Cream cheese, 30 g	0 (0-1)
Evaporated milk, 15 g	0 (0-1)
Milk powder, 25 g	0 (0-3)
Quark, 100 g	1 (0-1)
Crème fraîche, 55 g	1 (0-1)
Cream substitute, oat, 15 g	1 (0-1)
Yogurt drink, 188 g	1 (0-1)
Buttermilk, 250 g	1 (0-4)
Cultured milk, 188 g	1 (0-1)
Cheeses, 30 g	1 (0-3)
Yogurt, 175 g	1 (0-3)
Yogurt drink substitute, coconut, 188 g	1 (0-3)
Processed cheese, 30 g	1 (0-2)
Cottage cheese, 125 g	1 (0-4)
Yogurt, with fruit, 175 g	1 (0-5)
Milk, 250 g	1 (0-3)
Yogurt substitute, coconut, 175 g	1 (0-13)
Rice beverage, 250 g	1 (1-3)
Almond beverage, 250 g	2 (1-3)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Oat beverage, 250 g	4 (2-5)
Coconut beverage, 250 g	4 (0-11)
Soy beverage, 250 g	7 (1-13)
Yogurt substitute, soy, 175 g	11 (4-22)

**Grain products and bakery**

Glass noodles, cooked, 215 g	0 (0-1)
Rice paper, 15 g*	0
Yeast dough, 55 g	1
Pastry doughs, 21 g	1 (0-1)
Breadcrumbs, 30 g	1
Crackers, butter-type, 30 g	1 (0-1)
Crackers, seeded, 30 g	1
Baguette, 75 g	1
Crackers, 30 g	1 (0-2)
Crackers, saltine or cream, 30 g	1 (0-1)
Soft pretzel, 55 g	1
Cold cereal, rice, 15 g	1 (0-1)
Hot cereal, rye, cooked, 194 g	1
Bread, barley, 75 g	1

Rusk, plain or fruited, 30 g	1
Cold cereal, corn, 30 g	1 (0-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
English muffin, 55 g	1
Bagel, 85 g	1 (1-2)
Flatbread, 55 g	1 (1-2)
Simple pastries, 55 g	1
Rolls and biscuits, 55 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Crispbread, 30 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Pasta, rice or corn, cooked, 215 g	1 (0-2)
Rice cakes, 15 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Rolls, seeded, 55 g	1 (1-2)
Pasta, white wheat, cooked, 215 g	1 (0-3)
Hot cereal, barley, cooked, 140 g	1 (1-3)
Cold cereals, junk food, 30 g	1 (1-3)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Pasta, white wheat, dry, 85 g	2 (1-4)
Hot cereal, wheat, dry, 40 g	2 (1-2)
Hot cereal, rice, cooked, 194 g	2 (1-2)
Potato dumpling/gnocchi, cooked, 215 g	2 (1-3)
Cold cereal, wheat bran, 30 g	2 (1-4)
Pasta, whole wheat, dry, 85 g	2 (1-3)
Pasta, whole wheat, cooked, 215 g	2 (0-3)
Cold cereal, oat ring, 15 g	2 (1-6)
Bread, whole wheat, 75 g	2 (1-5)
Bread, gluten-free, 75 g	2 (0-4)
Rolls, multigrain, 55 g	2 (1-4)
Bread, multigrain, 75 g	2 (1-11)
Bread, fruited, 75 g	3 (1-4)
Bread, seeded, 75 g	3 (1-8)
Bread, oat, 75 g	4 (1-5)
Hot cereal, multigrain, cooked, 194 g	4 (2-12)
Cold cereal, granola/muesli, 55 g	5 (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
Semolina, 45 g	1
Starch, rice, 10 g*	1

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

**Fruits - Berries**

Gooseberries, 80 g	1
Cranberries, 55 g	1
Blueberries, 80 g	1 (1-2)
Lingonberries, 80 g	1 (1-3)
Currants, 80 g	1 (0-2)

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

Brussels sprouts, cooked, 130 g	2 (1-7)
Seaweed, cooked, 15 g	2 (1-3)
Squash, cooked, 130 g	2 (1-7)
Potato, cooked with skin, 167 g	2 (1-17)
Plantain, cooked, 167 g	2 (2-3)
Asparagus, canned, 130 g	2 (1-3)
Sweet potato, canned, 167 g	2 (1-5)
Asparagus, cooked, 130 g	2 (1-5)
Onion, cooked, 130 g	2 (0-3)
Mushroom, cooked, 130 g	2 (0-3)
Mushroom, canned, 130 g	2 (1-3)
Green beans, cooked, 130 g	2 (1-10)
Yam, cooked, 167 g*	2
Tomato, canned, 130 g	2 (0-7)
Spinach, canned, 130 g	2 (1-4)
Artichoke, cooked, 130 g*	3
Peas, canned, 130 g	3 (3-8)
Taro, cooked, 167 g	3
Green beans, canned, 130 g	3 (1-5)
Parsnip, cooked, 130 g*	3
Peas, cooked, 130 g	4 (1-11)
Snap peas, cooked, 130 g*	4
Fennel, cooked, 130 g*	6
Cassava, cooked, 167 g	7 (4-10)
<b>Meat, poultry, eggs and substitutes</b>	
Rabbit, 125 g	0 (0-1)
Venison, 125 g	1
Sausage, 75 g	1 (0-1)
Beef, 125 g	1 (0-2)
Egg, 100 g	1 (0-1)
Veal, 125 g	1 (1-2)
Lamb, 125 g	1 (1-2)
Ground beef and/or pork, 125 g	1 (0-2)
Pork, 125 g	1 (0-2)
Chicken, turkey and other poultry, 125 g	1 (0-3)
Seitan, 100 g	1 (0-1)
Mutton, 125 g	1 (1-2)
Black pudding, 75 g	1 (0-2)
Soya sausage, 75 g	1 (0-2)
Organ meats, 125 g	1 (0-6)
Bacon, 54 g	1 (0-4)
TVP (texturized vegetable protein), 100 g	25 (10-53)
<b>Meat, poultry and eggs - Prepared</b>	
Bacon, cooked, 15 g	0 (0-1)
Veal, cooked, 100 g	0 (0-3)

Pork, cured, 30 g	1
Beef, cured, 30 g	1 (0-1)
Venison, cooked, 100 g	1 (0-1)
Lunch meat, canned, 55 g	1 (0-1)
Organ meats, cooked, 100 g	1 (0-8)
Egg, cooked, 100 g	1 (0-7)
Chicken, turkey and other poultry, cured,	1
Lunch meat, 55 g	1 (0-2)
Black pudding, cooked, 55 g	1 (0-1)
Meat jellies, 120 g	1
Sausage, cooked, 55 g	1 (0-5)
Mutton, cooked, 100 g	1 (1-6)
Beef, cooked, 100 g	1 (0-12)
Egg powder, 20 g	1
Chicken, turkey and other poultry, cooked	1 (0-5)
Pork, cooked, 100 g	1 (0-18)
Pate, 55 g	1 (0-4)
Lamb, cooked, 100 g	1 (0-9)
Ground beef and/or pork, cooked, 100 g	1 (0-31)
Pork, cured, cooked, 55 g	2 (0-39)
<b>Fish and seafood</b>	
Fish, roe, 15 g	0 (0-1)
Squid or octopus, 125 g	1 (1-4)
Prawn, 125 g	1 (1-5)
Lobster, 125 g	1
Eel, 125 g	1 (0-3)
Crab, 125 g	1 (1-4)
Fish, 125 g	1 (0-10)
Shrimp, 125 g	2 (1-3)
Crayfish, 125 g	2
Oysters, 125 g	5 (1-15)
Mussels, 125 g	9 (1-40)
Scallops, 125 g	26 (1-43)
Clams, 125 g	33 (1-46)
<b>Fish and seafood - Prepared</b>	
Eel, cooked, 100 g	0 (0-1)
Crustaceans, canned, 55 g	1 (0-1)
Fish, pickled, 55 g	1 (0-1)
Fish, canned, 55 g	1 (0-2)
Crab, cooked, 100 g	1
Lobster, cooked, 100 g	1
Squid or octopus, cooked, 100 g	1
Shrimp, cooked, 100 g	1 (0-2)
Prawns, cooked, 100 g	1 (1-2)
Fish, cooked, 100 g	1 (0-17)

Fish, salted or smoked, 55 g	1 (0-10)
Crayfish, cooked, 100 g	1 (1-6)
Oysters, cooked, 100 g*	2
Scallops, cooked, 100 g	2 (1-3)
Bivalves, canned, 55 g	5 (3-5)
Mussels, cooked, 100 g	6 (1-47)
Bivalves, pickled, 55 g	8 (2-15)
Snails or whelks, cooked, 100 g	8 (1-21)
<b>Beans and bean products</b>	
Beans, white, cooked, 80 g	1 (0-6)
Beans, various, canned, 80 g	3 (2-7)
Beans, chickpea, canned, 80 g	3 (2-4)
Beans, black, canned, 80 g	3 (3-4)
Beans, lentil, canned, 80 g	3 (2-5)
Beans, white, canned, 80 g	4 (2-4)
Beans, chickpea, cooked, 80 g	4 (3-5)
Beans, kidney, canned, 80 g	4 (1-4)
Beans, pinto, canned, 80 g	4 (3-6)
Beans, lima, cooked, 80 g	5 (1-10)
Beans, pinto, cooked, 80 g	6 (2-8)
Beans, various, fresh, 80 g	6 (2-10)
Beans, lentil, cooked, 80 g	7 (6-9)
Beans, various, cooked, 80 g	7 (0-25)
Beans, various, dried, 35 g	10 (2-25)
Beans, black, cooked, 80 g*	12
Tofu, 85 g	14 (2-37)
Soya flakes, 35 g*	15
<b>Nuts and seeds</b>	
Chestnuts, 30 g	2
Almond butter, 15 g	2
Peanut butter, 15 g	2 (0-6)
Pistachios, 30 g	3 (1-4)
Almonds, 30 g	3 (1-4)
Sesame seeds, 30 g	4 (1-8)
Poppy seeds, 30 g	4 (1-8)
Pumpkin seeds, 30 g	5 (1-11)
Macadamia nuts, 30 g*	5
Hazelnuts, 30 g	6 (2-10)
Flaxseed, 30 g	6 (4-7)
Peanuts, 30 g	6 (1-39)
Chia seeds, 30 g	7 (5-9)
Pine nuts, 30 g	8 (5-9)
Walnuts, 30 g	8 (4-15)
Brazil nuts, 30 g	9 (2-14)
Sunflower seeds, 30 g	10 (2-19)

Hemp seeds, 30 g	18 (15-20)	Green tea, brewed, bag, 250 g	2 (1-3)	Mint, dry, 0.5 g	0 (0-1)
Cashews, 30 g	18 (12-23)	Tea, hibiscus, brewed, 250 g	3 (0-4)	Basil, dry, 0.5 g	0 (0-1)
Alfalfa seeds, 30 g	18 (12-22)	Hot chocolate powder, 25 g	5 (2-6)	Garlic, dry, 0.5 g	1 (0-1)
Pecans, 30 g	24 (6-45)	Hot chocolate, 250 g	6	Penugreek, 0.5 g	1 (0-1)
<b>Beverages - Alcoholic</b>		<b>Beverages - Other</b>		<b>Beverages - Other</b>	
Vermouth, 83 g	1	Water, tap, 375 g	0 (0-2)	Peppermint, dry, 0.5 g	1
Liquor, 45 g	1 (0-1)	Carbonated drinks, canned, 375 g	1 (0-5)	Cumin, 0.5 g	1 (0-1)
Cider, 333 g	1	Water, bottled, 375 g	1 (0-19)	Marjoram, dry, 0.5 g	1
Wine, 188 g	1 (0-2)	Carbonated drinks, 375 g	1 (0-1)	Mace, 0.5 g*	1
Fortified wine, 83 g	1 (0-2)	Sports drink, 375 g*	1	Curry leaves, 1.5 g*	1
Beer, 333 g	1 (0-7)	Iced tea, 375 g	2 (1-2)	Nigella seeds, 0.5 g	1
<b>Beverages - Juices</b>		Coconut water, 375 g	2 (0-17)	Rosemary, fresh, 1.5 g	1
Lemon juice, 5 g	0	Malt drink, 250 g	2 (1-3)	Anise, 0.5 g*	1
Lemonade, 250 g	1 (0-1)	Vanilla milkshake, 250 g	2 (1-10)	Anchovy paste, 15 g	1 (0-1)
Citrus juice, canned, 250 g	1 (0-1)	Energy drink, 375 g	2 (1-12)	Cinnamon, 0.5 g	1 (0-1)
Mango juice, 250 g	1	Chocolate milk, 250 g	4 (1-5)	Parsley, fresh, 1.5 g	1 (0-1)
Fruit drink, 250 g	1 (0-3)	Chocolate milkshake, 250 g	4 (2-31)	Sage, dry, 0.5 g	1
Citrus juice, 250 g	1 (0-1)	<b>Herbs and spices</b>		Thyme, dry, 0.5 g	1 (0-1)
Apple juice, canned or bottled, 250 g	1 (0-4)	Tamarind, 1.5 g	0	Basil, fresh, 1.5 g	1
Grapefruit juice, 250 g	1 (0-4)	Salt, 1 g	0	Pepper, black, 0.5 g	1 (0-2)
Citrus juice, from concentrate, 250 g	1 (0-5)	Saffron, 0.5 g	0	Oregano, dry, 0.5 g	1
Grape juice, 250 g	1 (0-2)	Nutmeg, 0.5 g	0 (0-1)	Ramen noodle powder, 1.5 g*	1
Peach juice, 250 g	1	Dill, dried, 0.5 g*	0	Oregano, fresh, 1.5 g	1
Tomato juice, canned, 250 g	2	Bay leaf, dried, 0.5 g*	0	Hot peppers, dried, 0.5 g	1 (0-1)
Tomato juice, 250 g	2	Chervil, 1.5 g*	0	Cayenne pepper, 0.5 g	1 (1-2)
Pineapple juice, 250 g	2 (1-2)	Dill, fresh, 1.5 g*	0	Savoury, dried, 0.5 g*	1
Pear juice, 250 g	2 (1-3)	Mustard seed, 0.5 g	0	Hot peppers, 40 g	1 (1-2)
Tomato juice, bottled, 250 g	2 (2-6)	Onion, dried, 0.5 g*	0	Fennel, dry, 0.5 g	2 (1-2)
Vegetable juice, canned, 250 g	2 (1-9)	Cloves, 0.5 g	0	<b>Fats and oils</b>	
Vegetable juice, 250 g	3 (1-3)	Annatto, 0.5 g	0	Palm oil, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Wasabi, dry, 0.5 g	0	Cottonseed oil, 10 g	0
Prune juice, 250 g	4 (3-8)	Ginger, fresh, 1.5 g	0	Lard, 10 g	0
<b>Beverages - Hot</b>		Turmeric powder, 0.5 g	0	Grapeseed oil, 10 g	0
Tea, yerba mate, brewed, 250 g	0 (0-1)	Allspice, 0.5 g	0	Butter, 10 g	0 (0-1)
Cereal grain beverage, 250 g	0 (0-6)	Ginger, dry, 0.5 g	0 (0-1)	Mustard oil, 10 g	0
Tea, lemongrass, brewed, 250 g	1 (0-1)	Rosemary, dry, 0.5 g	0 (0-1)	Corn oil, 10 g	0 (0-1)
Instant coffee powder, 3 g	1 (0-1)	Cardamom, 0.5 g	0 (0-1)	Sunflower oil, 10 g	0 (0-1)
Tea, peppermint, brewed, 250 g	1 (0-2)	Coriander seeds, 0.5 g	0	Rice oil, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Mint leaves, 1.5 g*	0	Avocado oil, 10 g	0 (0-1)
Tea, herbal, brewed, 250 g	1 (0-3)	Garlic, 4 g	0 (0-1)	Cocoa butter, 10 g	0
Tea, brewed, loose, 250 g	1 (1-6)	Cilantro, 1.5 g	0	Hazelnut oil, 10 g	0
Tea, brewed, bag, 250 g	2 (0-3)	Parsley, dry, 0.5 g	0 (0-1)	Canola/rapeseed oil , 10 g	0 (0-1)
Tea, brewed, 250 g	2 (1-8)	Chives, 1.5 g*	0	Soybean oil, 10 g	0 (0-1)
Green tea, brewed, loose, 250 g	2 (1-3)	Paprika, 0.5 g	0 (0-1)	Olive oil, 10 g	0 (0-1)
Tea, chamomile, brewed, 250 g	2 (0-4)	Curry leaves, dry, 0.5 g	0 (0-1)	Coconut oil, 10 g	0 (0-1)
				Margarine, 10 g	0 (0-2)



Peanut oil, 10 g	1 (0-1)
Sesame oil, 10 g	1 (0-1)
Ghee, 10 g	1 (1-3)
Shortening, 10 g	2 (1-3)
<b>Snacks and desserts</b>	
Popsicle, 30 g	0 (0-1)
Chewing gum, 3 g	0 (0-1)
Gelatin dessert, 130 g	0 (0-1)
Pork rinds, 20 g	1
Graham crackers, 30 g	1 (0-1)
Pudding, not chocolate, 130 g	1 (0-6)
Applesauce, 110 g	1 (0-3)
Sherbert/sorbet, 129 g	1 (0-5)
Savoury crisps, 50 g	1 (1-2)
Pretzels, 50 g	1 (0-1)
Banana chips, 40 g*	1
Potato chips, 50 g	1 (1-3)
Raisins, 40 g	1 (0-5)
Cereal bar, rice, 35 g*	1
Corn chips, 50 g	1 (1-2)
Vanilla ice cream or frozen yogurt, 129 g	1 (0-4)
Rice pudding, 130 g	1 (1-2)
Vegetable chips, 50 g	1 (1-2)
Dried dates, 40 g	2 (1-2)
Cereal bar, 35 g	2 (1-5)
Snacks, corn-based, 50 g	2 (1-2)
Popcorn, 50 g	2 (0-5)
Cookies with nuts, 30 g	2 (1-3)
Cookies, not chocolate, 30 g	2 (0-7)
Cookies with chocolate, 30 g	2 (0-7)
Prunes, 40 g	3 (2-3)
Pudding, chocolate, 130 g	3 (2-4)
Cereal bar, with chocolate, 35 g	3 (1-7)
Dried apricots, 40 g	4 (2-5)
Snacks, bean-based, 50 g	5 (3-13)
Dried figs, 40 g	5 (5-6)
Chocolate ice cream, 129 g	5 (3-7)
Ice cream, non-dairy, 129 g	5 (2-9)
<b>Sugars and sweets</b>	
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

Honey, 20 g	1 (0-5)
Candy, 40 g	1 (0-3)
Syrup, not chocolate, 60 g	1 (0-2)
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)
Confections with nuts, 50 g	3 (1-5)
Chocolate confections with nuts, 40 g	4 (0-12)
Chocolate confections, 40 g	4 (1-13)
Syrup, chocolate, 60 g	6 (1-8)
Chocolate, 40 g	9 (2-20)
<b>Sauces, dips, condiments and spreads</b>	
Mayonnaise, 15 g	0 (0-1)
Chili sauce, 15 g	0
Fruit jelly, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Dips, dairy-based, 30 g	0 (0-2)
Mustard, 5 g	0 (0-1)
Tartar sauce, 30 g	0 (0-5)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Sweet and sour sauce, 30 g	1 (0-1)
Bechamel sauce, 125 g	1 (0-1)
Fruit jams, 15 g	1 (0-2)
Ketchup, 15 g	1 (0-1)
Barbecue sauce, 15 g	1 (0-1)
Teriyaki 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)
Dressings, 30 g	1 (0-22)
Hummus / pulse dips, 30 g	2 (1-4)
Curry sauce, 125 g	2 (1-3)
Guacamole, 30 g	2 (1-2)
Chocolate hazelnut spread, 15 g	2
Pesto, 60 g	3 (1-9)
Satay sauce, 125 g*	5
<b>Miscellaneous</b>	
Vanilla extract, 1 g	0
Yeast, 0.6 g	0
Vinegar, 15 g	0 (0-1)

Baking soda, 0.6 g	1 (0-1)
Baking powder, 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.