

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)
Cheeses, 30 g	1 (0-3)
Processed cheese, 30 g	1 (0-2)
Buttermilk, 250 g	1 (0-4)
Cultured milk, 188 g	1 (0-1)
Yogurt drink substitute, coconut, 188 g	1 (0-3)
Yogurt, 175 g	1 (0-3)
Yogurt, with fruit, 175 g	1 (0-5)
Cottage cheese, 125 g	1 (0-4)
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	12 (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
Hot cereal, rice, dry, 40 g	1 (1-2)
Cold cereal, corn, 30 g	1 (0-2)
English muffin, 55 g	1
Rolls and biscuits, 55 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Flatbread, 55 g	1 (1-2)
Simple pastries, 55 g	1
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)
Rolls, seeded, 55 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, barley, cooked, 140 g	1 (1-3)
Pasta, white wheat, cooked, 215 g	1 (0-3)
Pasta, white wheat, dry, 85 g	1 (1-4)
Cold cereals, junk food, 30 g	1 (1-3)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, wheat, dry, 40 g	2 (1-2)
Cold cereal, wheat bran, 30 g	2 (1-4)
Hot cereal, rice, cooked, 194 g	2 (1-2)
Pasta, whole wheat, cooked, 215 g	2 (0-3)
Potato dumpling/gnocchi, cooked, 215 g	2 (1-3)
Pasta, whole wheat, dry, 85 g	2 (1-3)
Bread, whole wheat, 75 g	2 (1-5)
Cold cereal, oat ring, 15 g	2 (1-6)
Bread, gluten-free, 75 g	2 (0-4)
Rolls, multigrain, 55 g	2 (1-4)
Bread, fruited, 75 g	3 (1-4)
Bread, multigrain, 75 g	3 (1-11)
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, rye, whole, 30 g	1
Flour, barley, 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)
Flour, rice, 30 g	2 (1-4)
Oat bran, 15 g*	2
Rice, white, cooked, 140 g	2 (1-6)
Flour, almond, 15 g	3 (2-4)
Rice, brown, cooked, 140 g	3 (1-3)
Flour, chickpea, 15 g	3 (2-7)
Quinoa, raw, 45 g	3 (1-11)
Flour, coconut, 15 g*	3
Sorghum, cooked, 140 g*	3
Sorghum, dry, 45 g*	3
Flour, millet, 30 g*	4
Amaranth, raw, 45 g	5 (1-8)
Flour, soy, 15 g	6 (5-13)
Flour, oat, 30 g*	6
Flour, buckwheat, 30 g	6 (2-13)
Millet, raw, 40 g	7 (3-8)
Oats, raw, 40 g	7 (2-12)
Flour, pea, 15 g	8 (1-52)
Buckwheat, raw, 45 g	11 (2-25)

Fruits - Berries

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

Strawberries, 140 g	1 (0-5)	Onion, 85 g	1 (0-2)	Broccoli, 85 g	1 (1-3)
Blackberries, 80 g	2 (2-3)	Turnip, 85 g	1 (0-2)	Corn, 85 g	1 (1-4)
Raspberries, 80 g	3 (0-8)	Kohlrabi, 85 g*	1	Spring onion, 40 g	2 (1-2)
Rosehips, 80 g*	4	Carrot, 85 g	1 (0-4)	Artichoke, 85 g*	2
Fruits - Citrus		Beets, 85 g	1 (1-3)	Snow pea, 85 g*	2
Pomelo, 140 g	1 (1-2)	Water chestnut, 85 g*	1	Brussels sprouts, 85 g	2 (1-5)
Tangerine or mandarin orange, 140 g	1 (1-3)	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)
Lemon / Lime, 55 g	1 (0-2)	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)
Fruits - Other		Cassava, 110 g	4 (2-7)	Chayote, 85 g	4 (1-7)
Breadfruit, 140 g	1	Vegetables - Leafy		Bean sprouts, 65 g	4 (2-6)
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)	Vegetables - Prepared	
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)
Jack fruit, 140 g	1 (1-2)	Spinach, 85 g	1 (1-6)	Celery, composite, 107.5 g	1 (0-1)
Banana, 140 g	1 (1-4)	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	Seaweed, 15 g	2 (1-11)	Carrot, cooked, 130 g	1 (0-2)
Guava, 140 g	2 (1-2)	Bok choy, 85 g	3 (1-3)	Cabbage, sauerkraut, 85 g	1
Pear, 140 g	2 (1-7)	Alfalfa sprouts, 85 g	3 (2-3)	Cabbage, cooked, 130 g	1 (0-2)
Dragon fruit, 140 g	2 (1-3)	Arugula/rocket, 85 g*	3	Turnip, cooked, 130 g	1 (1-2)
Watermelon, 150 g	2 (1-4)	Collard greens, 85 g*	3	Sweet potato, cooked, 167 g	1 (0-6)
Plum, 140 g	2 (1-8)	Garden cress, 85 g*	4	Pumpkin, cooked, 130 g	1 (1-2)
Dates, fresh, 140 g	2 (2-3)	Vegetables - Other		Collard greens, cooked, 130 g	1 (1-4)
Peach or nectarine, 140 g	2 (1-8)	Pickles, 30 g	1 (0-1)	Spinach, cooked, 130 g	1 (1-2)
Lychee, 140 g	2 (1-4)	Cucumber, 85 g	1 (0-3)	Okra, cooked, 130 g	1 (1-2)
Apricot, canned, 140 g	3 (1-22)	Olives, 15 g	1 (0-1)	Peppers, composite, 107.5 g	1 (0-7)
Apricot, 140 g*	3	Celery, 85 g	1 (0-2)	Corn, cooked, 130 g	1 (1-3)
Pineapple, canned, 140 g	3 (1-12)	Zucchini, 85 g	1 (0-3)	Pumpkin, composite, 107.5 g	1 (1-2)
Persimmon, 140 g	4 (3-4)	Mushrooms, 85 g	1 (0-4)	Potato, cooked, 167 g	1 (0-4)
Passionfruit, 140 g*	4	Eggplant, 85 g	1 (0-3)	Broccoli, cooked, 130 g	1 (1-3)
Pineapple, 140 g	4 (1-7)	Squash, 85 g	1 (1-2)	Corn, canned, 130 g	1 (1-6)
Star fruit, 140 g*	4	Tomato, 85 g	1 (0-3)	Zucchini, cooked, 130 g	1 (1-6)
Avocado, 140 g	7 (1-30)	Leek, 85 g	1 (1-2)	Cauliflower, cooked, 130 g	1 (0-5)
Coconut, 140 g	11 (4-19)	Pumpkin, 85 g	1 (1-3)	Potato, french fried, 70 g	1 (1-4)
Vegetables - Root		Cauliflower, 85 g	1 (0-3)	Seaweed, cooked, 15 g	1 (1-3)
Radish, 85 g	1	Tomato, sun-dried, 30 g	1 (0-1)	Beets, 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	Kale, cooked, 130 g	2 (1-4)

Rutabaga, cooked, 130 g	2 (0-9)	Veal, cooked, 100 g	0 (0-3)	Fish, salted or smoked, 55 g	1 (0-10)
Brussels sprouts, cooked, 130 g	2 (1-7)	Pork, cured, 30 g	1	Crayfish, cooked, 100 g	1 (1-6)
Asparagus, canned, 130 g	2 (1-3)	Venison, cooked, 100 g	1 (0-1)	Oysters, cooked, 100 g*	2
Squash, cooked, 130 g	2 (1-7)	Lunch meat, canned, 55 g	1 (0-1)	Scallops, cooked, 100 g	2 (1-3)
Potato, cooked with skin, 167 g	2 (1-17)	Organ meats, cooked, 100 g	1 (0-8)	Bivalves, canned, 55 g	4 (3-5)
Mushroom, canned, 130 g	2 (1-3)	Egg, cooked, 100 g	1 (0-7)	Mussels, cooked, 100 g	6 (1-47)
Plantain, cooked, 167 g	2 (2-3)	Lunch meat, 55 g	1 (0-2)	Bivalves, pickled, 55 g	8 (2-15)
Onion, cooked, 130 g	2 (0-3)	Chicken, turkey and other poultry, cured, 1	1	Snails or whelks, cooked, 100 g	8 (1-21)
Asparagus, cooked, 130 g	2 (1-5)	Sausage, cooked, 55 g	1 (0-5)	Beans and bean products	
Mushroom, cooked, 130 g	2 (0-3)	Meat jellies, 120 g	1	Beans, white, cooked, 80 g	1 (0-6)
Sweet potato, canned, 167 g	2 (1-5)	Beef, cooked, 100 g	1 (0-12)	Beans, various, canned, 80 g	3 (2-7)
Green beans, cooked, 130 g	2 (1-10)	Black pudding, cooked, 55 g	1 (0-1)	Beans, chickpea, canned, 80 g	3 (2-4)
Tomato, canned, 130 g	2 (0-7)	Mutton, cooked, 100 g	1 (1-6)	Beans, black, canned, 80 g	3 (3-4)
Yam, cooked, 167 g*	2	Pate, 55 g	1 (0-4)	Beans, lentil, canned, 80 g	3 (2-5)
Spinach, canned, 130 g	2 (1-4)	Egg powder, 20 g	1	Beans, white, canned, 80 g	4 (2-4)
Artichoke, cooked, 130 g*	3	Chicken, turkey and other poultry, cooked	1 (0-5)	Beans, chickpea, cooked, 80 g	4 (3-5)
Peas, canned, 130 g	3 (3-8)	Pork, cooked, 100 g	1 (0-18)	Beans, kidney, canned, 80 g	4 (1-4)
Taro, cooked, 167 g	3	Lamb, cooked, 100 g	1 (0-9)	Beans, pinto, canned, 80 g	4 (3-6)
Green beans, canned, 130 g	3 (1-5)	Ground beef and/or pork, cooked, 100 g	1 (0-31)	Beans, lima, cooked, 80 g	5 (1-10)
Parsnip, cooked, 130 g*	3	Pork, cured, cooked, 55 g	1 (0-39)	Beans, pinto, cooked, 80 g	6 (2-8)
Peas, cooked, 130 g	4 (1-11)	Fish and seafood		Beans, various, fresh, 80 g	6 (2-10)
Snap peas, cooked, 130 g*	4	Fish, roe, 15 g	0 (0-1)	Beans, lentil, cooked, 80 g	8 (6-9)
Fennel, cooked, 130 g*	6	Squid or octopus, 125 g	1 (1-4)	Beans, various, cooked, 80 g	8 (0-25)
Cassava, cooked, 167 g	7 (4-10)	Lobster, 125 g	1	Beans, various, dried, 35 g	11 (2-25)
Meat, poultry, eggs and substitutes		Prawn, 125 g	1 (1-5)	Beans, black, cooked, 80 g*	12
Rabbit, 125 g	0 (0-1)	Eel, 125 g	1 (0-3)	Tofu, 85 g	13 (2-37)
Venison, 125 g	1	Crab, 125 g	1 (1-4)	Soya flakes, 35 g*	15
Sausage, 75 g	1 (0-1)	Fish, 125 g	1 (0-10)	Nuts and seeds	
Beef, 125 g	1 (0-2)	Shrimp, 125 g	2 (1-3)	Chestnuts, 30 g	2
Egg, 100 g	1 (0-1)	Crayfish, 125 g	2	Almond butter, 15 g	2
Veal, 125 g	1 (1-2)	Oysters, 125 g	5 (1-15)	Peanut butter, 15 g	2 (0-6)
Lamb, 125 g	1 (1-2)	Mussels, 125 g	9 (1-40)	Pistachios, 30 g	3 (1-4)
Ground beef and/or pork, 125 g	1 (0-2)	Scallops, 125 g	26 (1-43)	Almonds, 30 g	4 (1-4)
Pork, 125 g	1 (0-2)	Clams, 125 g	32 (1-46)	Sesame seeds, 30 g	4 (1-8)
Chicken, turkey and other poultry, 125 g	1 (0-3)	Fish and seafood - Prepared		Poppy seeds, 30 g	4 (1-8)
Seitan, 100 g	1 (0-1)	Eel, cooked, 100 g	0 (0-1)	Macadamia nuts, 30 g*	5
Mutton, 125 g	1 (1-2)	Crustaceans, canned, 55 g	1 (0-1)	Pumpkin seeds, 30 g	5 (1-11)
Soya sausage, 75 g	1 (0-2)	Fish, pickled, 55 g	1 (0-1)	Peanuts, 30 g	5 (1-39)
Black pudding, 75 g	1 (0-2)	Fish, canned, 55 g	1 (0-2)	Hazelnuts, 30 g	6 (2-10)
Bacon, 54 g	1 (0-4)	Crab, cooked, 100 g	1	Flaxseed, 30 g	6 (4-7)
Organ meats, 125 g	1 (0-6)	Lobster, cooked, 100 g	1	Chia seeds, 30 g	7 (5-9)
TVP (texturized vegetable protein), 100 g	27 (10-53)	Squid or octopus, cooked, 100 g	1	Pine nuts, 30 g	8 (5-9)
Meat, poultry and eggs - Prepared		Shrimp, cooked, 100 g	1 (0-2)	Walnuts, 30 g	8 (4-15)
Bacon, cooked, 15 g	0 (0-1)	Prawns, cooked, 100 g	1 (1-2)	Brazil nuts, 30 g	8 (2-14)
Beef, cured, 30 g	0 (0-1)	Fish, cooked, 100 g	1 (0-17)	Sunflower seeds, 30 g	9 (2-19)

Alfalfa seeds, 30 g	17 (12-22)	Green tea, brewed, bag, 250 g	2 (1-3)	Mint, dry, 0.5 g	0 (0-1)
Hemp seeds, 30 g	18 (15-20)	Tea, hibiscus, brewed, 250 g	3 (0-4)	Basil, dry, 0.5 g	0 (0-1)
Cashews, 30 g	18 (12-23)	Hot chocolate powder, 25 g	5 (2-6)	Garlic, dry, 0.5 g	1 (0-1)
Pecans, 30 g	23 (6-45)	Hot chocolate, 250 g	6	Penugreek, 0.5 g	1 (0-1)
Beverages - Alcoholic		Beverages - Other		Beverages - Other	
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	1 (1-2)	Nigella seeds, 0.5 g	1
Beverages - Juices		Coconut water, 375 g	1 (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
Citrus juice, canned, 250 g	1 (0-1)	Vanilla milkshake, 250 g	2 (1-10)	Cinnamon, 0.5 g	1 (0-1)
Lemonade, 250 g	1 (0-1)	Energy drink, 375 g	3 (1-12)	Anchovy paste, 15 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)	Herbs and spices		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	Fats and oils	
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)	Ginger, fresh, 1.5 g	0	Cottonseed oil, 10 g	0
Prune juice, 250 g	4 (3-8)	Wasabi, dry, 0.5 g	0	Lard, 10 g	0
Beverages - Hot		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)	Sunflower oil, 10 g	0 (0-1)
Instant coffee powder, 3 g	1 (0-1)	Garlic, 4 g	0 (0-1)	Corn oil, 10 g	0 (0-1)
Tea, peppermint, brewed, 250 g	1 (0-2)	Coriander seeds, 0.5 g	0	Hazelnut oil, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Cardamom, 0.5 g	0 (0-1)	Rice oil, 10 g	0
Tea, herbal, brewed, 250 g	1 (0-3)	Mint leaves, 1.5 g*	0	Avocado oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-6)	Cilantro, 1.5 g	0	Cocoa butter, 10 g	0
Green tea, brewed, loose, 250 g	1 (1-3)	Parsley, dry, 0.5 g	0 (0-1)	Canola/rapeseed oil, 10 g	0 (0-1)
Tea, chamomile, brewed, 250 g	1 (0-4)	Chives, 1.5 g*	0	Soybean oil, 10 g	0 (0-1)
Tea, brewed, bag, 250 g	2 (0-3)	Paprika, 0.5 g	0 (0-1)	Olive oil, 10 g	0 (0-1)
Tea, brewed, 250 g	2 (1-8)	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)
Snacks and desserts	
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
Pudding, not chocolate, 130 g	1 (0-6)
Graham crackers, 30 g	1 (0-1)
Sherbert/sorbet, 129 g	1 (0-5)
Savoury crisps, 50 g	1 (1-2)
Applesauce, 110 g	1 (0-3)
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
Vanilla ice cream or frozen yogurt, 129 g	1 (0-4)
Corn chips, 50 g	1 (1-2)
Vegetable chips, 50 g	1 (1-2)
Rice pudding, 130 g	1 (1-2)
Dried dates, 40 g	2 (1-2)
Snacks, corn-based, 50 g	2 (1-2)
Cereal bar, 35 g	2 (1-5)
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)
Snacks, bean-based, 50 g	4 (3-13)
Dried apricots, 40 g	5 (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)
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

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	10 (2-20)
Sauces, dips, condiments and spreads	
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)
Bechamel sauce, 125 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)
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
Miscellaneous	
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)
Broth, 250 g	1 (1-2)
Bouillon powder, 6 g	1 (0-1)
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.