

Dairy products and substitutes

Whipped cream, 15 g	0
Sour cream, 24 g	0
Cheese substitutes, coconut oil, 30 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)
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)
Cultured milk, 188 g	1 (0-1)
Buttermilk, 250 g	1 (0-4)
Yogurt drink, 188 g	1 (0-1)
Cheeses, 30 g	1 (0-3)
Yogurt, 175 g	1 (0-3)
Processed cheese, 30 g	1 (0-2)
Yogurt drink substitute, coconut, 188 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	2 (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

Rice paper, 15 g*	0
Glass noodles, cooked, 215 g	0 (0-1)
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, saltine or cream, 30 g	1 (0-1)
Soft pretzel, 55 g	1
Crackers, 30 g	1 (0-2)
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
Flatbread, 55 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Simple pastries, 55 g	1
Rolls and biscuits, 55 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bread, white, 75 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)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Rolls, seeded, 55 g	1 (1-2)
Rice cakes, 15 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)
Potato dumpling/gnocchi, cooked, 215 g	2 (1-3)
Hot cereal, rice, cooked, 194 g	2 (1-2)
Pasta, whole wheat, dry, 85 g	2 (1-3)
Cold cereal, wheat bran, 30 g	2 (1-4)
Pasta, whole wheat, cooked, 215 g	2 (0-3)
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, whole wheat, 75 g	2 (1-5)
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
Rice, white, raw, 45 g	2 (1-2)
Flour, cassava, 30 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, almond, 15 g	3 (2-4)
Flour, rice, 30 g	3 (1-4)
Quinoa, raw, 45 g	3 (1-11)
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)
Flour, millet, 30 g*	4
Flour, buckwheat, 30 g	5 (2-13)
Flour, oat, 30 g*	6
Millet, raw, 40 g	7 (3-8)
Oats, raw, 40 g	7 (2-12)
Flour, soy, 15 g	7 (5-13)
Buckwheat, raw, 45 g	10 (2-25)
Flour, pea, 15 g	18 (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)	Turnip, 85 g	1 (0-2)	Spring onion, 40 g	2 (1-2)
Raspberries, 80 g	3 (0-8)	Kohlrabi, 85 g*	1	Corn, 85 g	2 (1-4)
Rosehips, 80 g*	4	Carrot, 85 g	1 (0-4)	Artichoke, 85 g*	2
Fruits - Citrus		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)
Citrus fruits, unspecified, 140 g	1 (1-2)	Yam, 110 g	2 (2-3)	Asparagus, 85 g	3 (2-4)
Tangerine or mandarin orange, 140 g	1 (1-3)	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)	Bean sprouts, 65 g	4 (2-6)
Breadfruit, 140 g	1	Vegetables - Leafy		Chayote, 85 g	4 (1-7)
Cherries, 140 g	1 (1-2)	Chard, 85 g	1 (1-2)	Peas, 85 g	5 (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
Banana, 140 g	1 (1-4)	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)
Kiwi, 140 g	1 (0-3)	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)	Turnip, cooked, 130 g	1 (1-2)
Guava, 140 g	2 (1-2)	Alfalfa sprouts, 85 g	3 (2-3)	Carrot, cooked, 130 g	1 (0-2)
Pear, 140 g	2 (1-7)	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, sauerkraut, 85 g	1
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	Spinach, cooked, 130 g	1 (1-2)
Peach or nectarine, 140 g	2 (1-8)	Vegetables - Other		Pumpkin, cooked, 130 g	1 (1-2)
Plum, 140 g	2 (1-8)	Pickles, 30 g	0 (0-1)	Corn, cooked, 130 g	1 (1-3)
Lychee, 140 g	2 (1-4)	Olives, 15 g	1 (0-1)	Peppers, composite, 107.5 g	1 (0-7)
Apricot, canned, 140 g	3 (1-22)	Cucumber, 85 g	1 (0-3)	Okra, cooked, 130 g	1 (1-2)
Apricot, 140 g*	3	Celery, 85 g	1 (0-2)	Sweet potato, cooked, 167 g	1 (0-6)
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)	Kale, cooked, 130 g	2 (1-4)
Vegetables - Root		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)	Beets, canned, 130 g	2 (1-2)
Celeriac, 85 g	1	Peppers, 85 g	1 (0-5)	Potato, french fried, 70 g	2 (1-4)
Rutabaga, 85 g	1	Bamboo shoot, 85 g*	1	Rutabaga, cooked, 130 g	2 (0-9)

Brussels sprouts, cooked, 130 g	2 (1-7)	Pork, cured, 30 g	1	Fish, salted or smoked, 55 g	1 (0-10)
Seaweed, cooked, 15 g	2 (1-3)	Beef, cured, 30 g	1 (0-1)	Crayfish, cooked, 100 g	1 (1-6)
Squash, cooked, 130 g	2 (1-7)	Venison, cooked, 100 g	1 (0-1)	Oysters, cooked, 100 g*	2
Plantain, cooked, 167 g	2 (2-3)	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	5 (3-5)
Asparagus, canned, 130 g	2 (1-3)	Egg, cooked, 100 g	1 (0-7)	Mussels, cooked, 100 g	6 (1-47)
Sweet potato, canned, 167 g	2 (1-5)	Chicken, turkey and other poultry, cured, 1	1	Bivalves, pickled, 55 g	8 (2-15)
Asparagus, cooked, 130 g	2 (1-5)	Black pudding, cooked, 55 g	1 (0-1)	Snails or whelks, cooked, 100 g	8 (1-21)
Onion, cooked, 130 g	2 (0-3)	Lunch meat, 55 g	1 (0-2)	Beans and bean products	
Mushroom, canned, 130 g	2 (1-3)	Meat jellies, 120 g	1	Beans, white, cooked, 80 g	2 (0-6)
Mushroom, cooked, 130 g	2 (0-3)	Sausage, cooked, 55 g	1 (0-5)	Beans, various, canned, 80 g	3 (2-7)
Green beans, cooked, 130 g	2 (1-10)	Mutton, cooked, 100 g	1 (1-6)	Beans, chickpea, canned, 80 g	3 (2-4)
Yam, cooked, 167 g*	2	Beef, cooked, 100 g	1 (0-12)	Beans, black, canned, 80 g	3 (3-4)
Tomato, canned, 130 g	2 (0-7)	Egg powder, 20 g	1	Beans, white, canned, 80 g	4 (2-4)
Spinach, canned, 130 g	2 (1-4)	Chicken, turkey and other poultry, cooked	1 (0-5)	Beans, lentil, canned, 80 g	4 (2-5)
Artichoke, cooked, 130 g*	3	Pork, cooked, 100 g	1 (0-18)	Beans, chickpea, cooked, 80 g	4 (3-5)
Peas, canned, 130 g	3 (3-8)	Pate, 55 g	1 (0-4)	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, various, cooked, 80 g	6 (0-25)
Fennel, cooked, 130 g*	6	Squid or octopus, 125 g	1 (1-4)	Beans, lentil, cooked, 80 g	7 (6-9)
Cassava, cooked, 167 g	7 (4-10)	Lobster, 125 g	1	Beans, various, dried, 35 g	10 (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	6 (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	25 (1-43)	Almonds, 30 g	3 (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)	Pumpkin seeds, 30 g	5 (1-11)
Mutton, 125 g	1 (1-2)	Crustaceans, canned, 55 g	1 (0-1)	Macadamia nuts, 30 g*	5
Black pudding, 75 g	1 (0-2)	Fish, pickled, 55 g	1 (0-1)	Hazelnuts, 30 g	6 (2-10)
Soya sausage, 75 g	1 (0-2)	Fish, canned, 55 g	1 (0-2)	Flaxseed, 30 g	6 (4-7)
Organ meats, 125 g	1 (0-6)	Crab, cooked, 100 g	1	Peanuts, 30 g	6 (1-39)
Bacon, 54 g	1 (0-4)	Lobster, cooked, 100 g	1	Chia seeds, 30 g	7 (5-9)
TVP (texturized vegetable protein), 100 g	24 (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	9 (4-15)
Bacon, cooked, 15 g	0 (0-1)	Prawns, cooked, 100 g	1 (1-2)	Brazil nuts, 30 g	9 (2-14)
Veal, cooked, 100 g	0 (0-3)	Fish, cooked, 100 g	1 (0-17)	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	25 (6-45)	Hot chocolate, 250 g	6	Fenugreek, 0.5 g	1 (0-1)
Beverages - Alcoholic		Beverages - Other		Peppermint, dry, 0.5 g	
Vermouth, 83 g	1	Water, tap, 375 g	1 (0-2)	Cumin, 0.5 g	1 (0-1)
Liquor, 45 g	1 (0-1)	Carbonated drinks, canned, 375 g	1 (0-5)	Marjoram, dry, 0.5 g	1
Cider, 333 g	1	Water, bottled, 375 g	1 (0-19)	Mace, 0.5 g*	1
Wine, 188 g	1 (0-2)	Sports drink, 375 g*	1	Curry leaves, 1.5 g*	1
Fortified wine, 83 g	1 (0-2)	Carbonated drinks, 375 g	1 (0-1)	Nigella seeds, 0.5 g	1
Beer, 333 g	1 (0-7)	Iced tea, 375 g	2 (1-2)	Rosemary, fresh, 1.5 g	1
Beverages - Juices		Malt drink, 250 g	2 (1-3)	Anise, 0.5 g*	1
Lemon juice, 5 g	0	Coconut water, 375 g	2 (0-17)	Anchovy paste, 15 g	1 (0-1)
Lemonade, 250 g	1 (0-1)	Vanilla milkshake, 250 g	2 (1-10)	Cinnamon, 0.5 g	1 (0-1)
Citrus juice, canned, 250 g	1 (0-1)	Energy drink, 375 g	3 (1-12)	Parsley, fresh, 1.5 g	1 (0-1)
Mango juice, 250 g	1	Chocolate milk, 250 g	4 (1-5)	Sage, dry, 0.5 g	1
Citrus juice, 250 g	1 (0-1)	Chocolate milkshake, 250 g	4 (2-31)	Thyme, dry, 0.5 g	1 (0-1)
Fruit drink, 250 g	1 (0-3)	Herbs and spices		Basil, fresh, 1.5 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	Tamarind, 1.5 g	0	Pepper, black, 0.5 g	1 (0-2)
Grapefruit juice, 250 g	1 (0-4)	Salt, 1 g	0	Oregano, dry, 0.5 g	1
Citrus juice, from concentrate, 250 g	1 (0-5)	Saffron, 0.5 g	0	Ramen noodle powder, 1.5 g*	1
Grape juice, 250 g	1 (0-2)	Nutmeg, 0.5 g	0 (0-1)	Oregano, fresh, 1.5 g	1
Peach juice, 250 g	1	Dill, dried, 0.5 g*	0	Hot peppers, dried, 0.5 g	1 (0-1)
Tomato juice, canned, 250 g	2	Bay leaf, dried, 0.5 g*	0	Cayenne pepper, 0.5 g	1 (1-2)
Tomato juice, 250 g	2	Chervil, 1.5 g*	0	Savoury, dried, 0.5 g*	1
Pineapple juice, 250 g	2 (1-2)	Dill, fresh, 1.5 g*	0	Hot peppers, 40 g	1 (1-2)
Pear juice, 250 g	2 (1-3)	Mustard seed, 0.5 g	0	Fennel, dry, 0.5 g	2 (1-2)
Tomato juice, bottled, 250 g	2 (2-6)	Onion, dried, 0.5 g*	0	Fats and oils	
Vegetable juice, canned, 250 g	2 (1-9)	Cloves, 0.5 g	0	Palm oil, 10 g	0
Vegetable juice, 250 g	3 (1-3)	Annatto, 0.5 g	0	Cottonseed oil, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Wasabi, dry, 0.5 g	0	Lard, 10 g	0
Prune juice, 250 g	4 (3-8)	Ginger, fresh, 1.5 g	0	Butter, 10 g	0 (0-1)
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	Mustard oil, 10 g	0
Cereal grain beverage, 250 g	0 (0-6)	Ginger, dry, 0.5 g	0 (0-1)	Corn oil, 10 g	0 (0-1)
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)	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, peppermint, brewed, 250 g	1 (0-2)	Garlic, 4 g	0 (0-1)	Cocoa butter, 10 g	0
Tea, herbal, brewed, 250 g	1 (0-3)	Cilantro, 1.5 g	0	Hazelnut oil, 10 g	0
Tea, brewed, loose, 250 g	1 (1-6)	Parsley, dry, 0.5 g	0 (0-1)	Canola/rapeseed oil , 10 g	0 (0-1)
Tea, brewed, bag, 250 g	2 (0-3)	Chives, 1.5 g*	0	Soybean oil, 10 g	0 (0-1)
Tea, brewed, 250 g	2 (1-8)	Cardamom, 0.5 g	0 (0-1)	Olive oil, 10 g	0 (0-1)
Green tea, brewed, loose, 250 g	2 (1-3)	Paprika, 0.5 g	0 (0-1)	Coconut oil, 10 g	0 (0-1)
Tea, chamomile, brewed, 250 g	2 (0-4)	Curry leaves, dry, 0.5 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
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)
Rice pudding, 130 g	1 (1-2)
Vanilla ice cream or frozen yogurt, 129 g	1 (0-4)
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)
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	9 (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)
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
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)
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.