

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)
Evaporated milk, 15 g	0 (0-1)
Cream cheese, 30 g	0 (0-1)
Cheeses, 30 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)
Processed cheese, 30 g	1 (0-2)
Cultured milk, 188 g	1 (0-1)
Yogurt drink, 188 g	1 (0-1)
Cottage cheese, 125 g	1 (0-4)
Milk, 250 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Yogurt, 175 g	1 (0-3)
Almond beverage, 250 g	1 (1-3)
Milk powder, 25 g	1 (0-3)
Yogurt drink substitute, coconut, 188 g	1 (0-3)
Yogurt, with fruit, 175 g	1 (0-5)
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	5 (1-13)
Yogurt substitute, soy, 175 g	11 (4-22)

Grain products and bakery

Rice paper, 15 g*	0
Pastry doughs, 21 g	0 (0-1)
Crackers, saltine or cream, 30 g	1 (0-1)
Simple pastries, 55 g	1
Yeast dough, 55 g	1
Crackers, butter-type, 30 g	1 (0-1)
Baguette, 75 g	1
Soft pretzel, 55 g	1
Cold cereal, rice, 15 g	1 (0-1)
Hot cereal, rye, cooked, 194 g	1
Hot cereal, wheat, dry, 40 g	1 (1-2)
Bread, barley, 75 g	1
Rusk, plain or fruited, 30 g	1
Crackers, 30 g	1 (0-2)

Cold cereal, corn, 30 g	1 (0-2)
Breadcrumbs, 30 g	1
Pasta, rice or corn, cooked, 215 g	1 (0-2)
English muffin, 55 g	1
Crackers, seeded, 30 g	1
Glass noodles, cooked, 215 g	1 (0-1)
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)
Cold cereal, wheat bran, 30 g	1 (1-4)
Bagel, 85 g	1 (1-2)
Crispbread, 30 g	1 (1-2)
Flatbread, 55 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
Rolls, seeded, 55 g	1 (1-2)
Pasta, white wheat, cooked, 215 g	1 (0-3)
Rice cakes, 15 g	1 (1-2)
Pasta, whole wheat, cooked, 215 g	1 (0-3)
Hot cereal, barley, cooked, 140 g	1 (1-3)
Pasta, white wheat, dry, 85 g	1 (1-4)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Cold cereals, junk food, 30 g	2 (1-3)
Bread, whole wheat, 75 g	2 (1-5)
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)
Bread, multigrain, 75 g	2 (1-11)
Rolls, multigrain, 55 g	2 (1-4)
Bread, gluten-free, 75 g	2 (0-4)
Bread, fruited, 75 g	2 (1-4)
Bread, seeded, 75 g	3 (1-8)
Cold cereal, oat ring, 15 g	4 (1-6)
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
Flour, white, 30 g	1 (0-1)
Starch, rice, 10 g*	1

Semolina, 45 g	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
Rice, white, cooked, 140 g	1 (1-6)
Flour, whole wheat, 30 g	1 (1-2)
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, cooked, 140 g	2 (1-3)
Rice, brown, raw, 45 g	2 (1-2)
Wheat kernels/bulgur, cooked, 140 g*	2
Barley, raw, 45 g	2 (1-3)
Corneal, 30 g	2 (1-4)
Quinoa, cooked, 140 g	2 (0-3)
Flour, teff, 30 g	2 (2-3)
Oat bran, 15 g*	2
Flour, rice, 30 g	3 (1-4)
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
Oats, raw, 40 g	5 (2-12)
Millet, raw, 40 g	5 (3-8)
Flour, buckwheat, 30 g	5 (2-13)
Flour, oat, 30 g*	6
Flour, soy, 15 g	7 (5-13)
Buckwheat, raw, 45 g	11 (2-25)
Flour, pea, 15 g	22 (1-52)

Fruits - Berries

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

Green beans, canned, 130 g	2 (1-5)	Beef, cured, 30 g	1 (0-1)	Fish, cooked, 100 g	1 (0-17)
Squash, cooked, 130 g	2 (1-7)	Venison, cooked, 100 g	1 (0-1)	Oysters, cooked, 100 g*	2
Mushroom, canned, 130 g	2 (1-3)	Lunch meat, canned, 55 g	1 (0-1)	Scallops, cooked, 100 g	2 (1-3)
Potato, french fried, 70 g	2 (1-4)	Lunch meat, 55 g	1 (0-2)	Crayfish, cooked, 100 g	4 (1-6)
Asparagus, cooked, 130 g	2 (1-5)	Black pudding, cooked, 55 g	1 (0-1)	Bivalves, canned, 55 g	5 (3-5)
Mushroom, cooked, 130 g	2 (0-3)	Chicken, turkey and other poultry, cured, 1	1	Mussels, cooked, 100 g	7 (1-47)
Plantain, cooked, 167 g	2 (2-3)	Meat jellies, 120 g	1	Bivalves, pickled, 55 g	8 (2-15)
Seaweed, cooked, 15 g	2 (1-3)	Egg powder, 20 g	1	Snails or whelks, cooked, 100 g	8 (1-21)
Peppers, composite, 107.5 g	2 (0-7)	Pate, 55 g	1 (0-4)	Beans and bean products	
Potato, cooked with skin, 167 g	2 (1-17)	Sausage, cooked, 55 g	1 (0-5)	Beans, chickpea, canned, 80 g	2 (2-4)
Green beans, cooked, 130 g	2 (1-10)	Chicken, turkey and other poultry, cooked	1 (0-5)	Beans, kidney, canned, 80 g	2 (1-4)
Yam, cooked, 167 g*	2	Egg, cooked, 100 g	1 (0-7)	Beans, white, canned, 80 g	3 (2-4)
Sweet potato, cooked, 167 g	2 (0-6)	Organ meats, cooked, 100 g	1 (0-8)	Beans, black, canned, 80 g	3 (3-4)
Asparagus, canned, 130 g	2 (1-3)	Veal, cooked, 100 g	1 (0-3)	Beans, white, cooked, 80 g	3 (0-6)
Artichoke, cooked, 130 g*	3	Pork, cooked, 100 g	1 (0-18)	Beans, lentil, canned, 80 g	3 (2-5)
Taro, cooked, 167 g	3	Lamb, cooked, 100 g	1 (0-9)	Beans, chickpea, cooked, 80 g	4 (3-5)
Spinach, canned, 130 g	3 (1-4)	Mutton, cooked, 100 g	2 (1-6)	Beans, pinto, canned, 80 g	4 (3-6)
Peas, cooked, 130 g	3 (1-11)	Beef, cooked, 100 g	2 (0-12)	Beans, pinto, cooked, 80 g	5 (2-8)
Parsnip, cooked, 130 g*	3	Ground beef and/or pork, cooked, 100 g	3 (0-31)	Beans, lima, cooked, 80 g	5 (1-10)
Tomato, canned, 130 g	3 (0-7)	Pork, cured, cooked, 55 g	3 (0-39)	Beans, various, fresh, 80 g	6 (2-10)
Snap peas, cooked, 130 g*	4	Fish and seafood		Beans, various, canned, 80 g	6 (2-7)
Fennel, cooked, 130 g*	6	Fish, roe, 15 g	0 (0-1)	Beans, various, cooked, 80 g	6 (0-25)
Peas, canned, 130 g	7 (3-8)	Lobster, 125 g	1	Tofu, 85 g	6 (2-37)
Cassava, cooked, 167 g	7 (4-10)	Eel, 125 g	1 (0-3)	Beans, lentil, cooked, 80 g	7 (6-9)
Meat, poultry, eggs and substitutes		Prawn, 125 g	1 (1-5)	Beans, various, dried, 35 g	7 (2-25)
Venison, 125 g	1	Squid or octopus, 125 g	1 (1-4)	Beans, black, cooked, 80 g*	12
Sausage, 75 g	1 (0-1)	Shrimp, 125 g	2 (1-3)	Soya flakes, 35 g*	15
Rabbit, 125 g	1 (0-1)	Fish, 125 g	2 (0-10)	Nuts and seeds	
Egg, 100 g	1 (0-1)	Crayfish, 125 g	2	Peanut butter, 15 g	1 (0-6)
Beef, 125 g	1 (0-2)	Crab, 125 g	2 (1-4)	Chestnuts, 30 g	2
Lamb, 125 g	1 (1-2)	Oysters, 125 g	6 (1-15)	Almond butter, 15 g	2
Ground beef and/or pork, 125 g	1 (0-2)	Mussels, 125 g	10 (1-40)	Peanuts, 30 g	2 (1-39)
Chicken, turkey and other poultry, 125 g	1 (0-3)	Clams, 125 g	14 (1-46)	Pistachios, 30 g	3 (1-4)
Seitan, 100 g	1 (0-1)	Scallops, 125 g	18 (1-43)	Almonds, 30 g	3 (1-4)
Pork, 125 g	1 (0-2)	Fish and seafood - Prepared		Sesame seeds, 30 g	4 (1-8)
Veal, 125 g	1 (1-2)	Eel, cooked, 100 g	0 (0-1)	Poppy seeds, 30 g	4 (1-8)
Black pudding, 75 g	1 (0-2)	Fish, canned, 55 g	1 (0-2)	Macadamia nuts, 30 g*	5
Soya sausage, 75 g	1 (0-2)	Crustaceans, canned, 55 g	1 (0-1)	Pumpkin seeds, 30 g	5 (1-11)
Mutton, 125 g	1 (1-2)	Shrimp, cooked, 100 g	1 (0-2)	Flaxseed, 30 g	6 (4-7)
Organ meats, 125 g	1 (0-6)	Fish, pickled, 55 g	1 (0-1)	Hazelnuts, 30 g	6 (2-10)
Bacon, 54 g	1 (0-4)	Lobster, cooked, 100 g	1	Pine nuts, 30 g	7 (5-9)
TVP (texturized vegetable protein), 100 g	25 (10-53)	Crab, cooked, 100 g	1	Chia seeds, 30 g	7 (5-9)
Meat, poultry and eggs - Prepared		Squid or octopus, cooked, 100 g	1	Brazil nuts, 30 g	9 (2-14)
Bacon, cooked, 15 g	0 (0-1)	Prawns, cooked, 100 g	1 (1-2)	Sunflower seeds, 30 g	10 (2-19)
Pork, cured, 30 g	1	Fish, salted or smoked, 55 g	1 (0-10)	Walnuts, 30 g	12 (4-15)

Cashews, 30 g	16 (12-23)	Tea, hibiscus, brewed, 250 g	3 (0-4)	Paprika, 0.5 g	0 (0-1)
Pecans, 30 g	17 (6-45)	Cereal grain beverage, 250 g	3 (0-6)	Fenugreek, 0.5 g	0 (0-1)
Hemp seeds, 30 g	18 (15-20)	Hot chocolate powder, 25 g	4 (2-6)	Basil, dry, 0.5 g	0 (0-1)
Alfalfa seeds, 30 g	18 (12-22)	Hot chocolate, 250 g	6	Cinnamon, 0.5 g	0 (0-1)
Beverages - Alcoholic		Beverages - Other		Beverages - Other	
Liquor, 45 g	0 (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
Beer, 333 g	1 (0-7)	Carbonated drinks, canned, 375 g	1 (0-5)	Cumin, 0.5 g	1 (0-1)
Cider, 333 g	1	Sports drink, 375 g*	1	Marjoram, dry, 0.5 g	1
Wine, 188 g	1 (0-2)	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		Energy drink, 375 g	2 (1-12)	Nigella seeds, 0.5 g	1
Lemon juice, 5 g	0	Malt drink, 250 g	2 (1-3)	Rosemary, fresh, 1.5 g	1
Lemonade, 250 g	1 (0-1)	Chocolate milk, 250 g	2 (1-5)	Anise, 0.5 g*	1
Mango juice, 250 g	1	Vanilla milkshake, 250 g	3 (1-10)	Parsley, fresh, 1.5 g	1 (0-1)
Fruit drink, 250 g	1 (0-3)	Coconut water, 375 g	4 (0-17)	Anchovy paste, 15 g	1 (0-1)
Citrus juice, 250 g	1 (0-1)	Chocolate milkshake, 250 g	5 (2-31)	Sage, dry, 0.5 g	1
Citrus juice, canned, 250 g	1 (0-1)	Herbs and spices		Thyme, dry, 0.5 g	1 (0-1)
Grape juice, 250 g	1 (0-2)	Salt, 1 g	0	Pepper, black, 0.5 g	1 (0-2)
Apple juice, canned or bottled, 250 g	1 (0-4)	Saffron, 0.5 g	0	Basil, fresh, 1.5 g	1
Grapefruit juice, 250 g	1 (0-4)	Dill, dried, 0.5 g*	0	Hot peppers, dried, 0.5 g	1 (0-1)
Peach juice, 250 g	1	Bay leaf, dried, 0.5 g*	0	Oregano, dry, 0.5 g	1
Citrus juice, from concentrate, 250 g	1 (0-5)	Chervil, 1.5 g*	0	Ramen noodle powder, 1.5 g*	1
Pineapple juice, 250 g	2 (1-2)	Dill, fresh, 1.5 g*	0	Oregano, fresh, 1.5 g	1
Pear juice, 250 g	2 (1-3)	Mustard seed, 0.5 g	0	Cayenne pepper, 0.5 g	1 (1-2)
Vegetable juice, 250 g	2 (1-3)	Onion, dried, 0.5 g*	0	Fennel, dry, 0.5 g	1 (1-2)
Tomato juice, 250 g	2	Annatto, 0.5 g	0	Savoury, dried, 0.5 g*	1
Tomato juice, canned, 250 g	2	Tamarind, 1.5 g	0	Hot peppers, 40 g	1 (1-2)
Tomato juice, bottled, 250 g	2 (2-6)	Wasabi, dry, 0.5 g	0	Fats and oils	
Vegetable juice, canned, 250 g	2 (1-9)	Ginger, fresh, 1.5 g	0	Olive oil, 10 g	0 (0-1)
Pineapple juice, from concentrate, 250 g	4 (1-6)	Cloves, 0.5 g	0	Cottonseed oil, 10 g	0
Prune juice, 250 g	4 (3-8)	Turmeric powder, 0.5 g	0	Lard, 10 g	0
Beverages - Hot		Allspice, 0.5 g	0	Butter, 10 g	0 (0-1)
Tea, lemongrass, brewed, 250 g	1 (0-1)	Garlic, 4 g	0 (0-1)	Corn oil, 10 g	0 (0-1)
Instant coffee powder, 3 g	1 (0-1)	Ginger, dry, 0.5 g	0 (0-1)	Grapeseed oil, 10 g	0
Tea, yerba mate, brewed, 250 g	1 (0-1)	Coriander seeds, 0.5 g	0	Palm oil, 10 g	0
Tea, peppermint, brewed, 250 g	1 (0-2)	Mint leaves, 1.5 g*	0	Mustard oil, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Rosemary, dry, 0.5 g	0 (0-1)	Rice oil, 10 g	0
Tea, brewed, bag, 250 g	1 (0-3)	Cilantro, 1.5 g	0	Hazelnut oil, 10 g	0
Tea, herbal, brewed, 250 g	1 (0-3)	Parsley, dry, 0.5 g	0 (0-1)	Sunflower oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-6)	Nutmeg, 0.5 g	0 (0-1)	Avocado oil, 10 g	0 (0-1)
Tea, chamomile, brewed, 250 g	1 (0-4)	Chives, 1.5 g*	0	Cocoa butter, 10 g	0
Green tea, brewed, loose, 250 g	2 (1-3)	Garlic, dry, 0.5 g	0 (0-1)	Margarine, 10 g	0 (0-2)
Green tea, brewed, bag, 250 g	2 (1-3)	Curry leaves, dry, 0.5 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Tea, brewed, 250 g	2 (1-8)	Mint, dry, 0.5 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
				Coconut oil, 10 g	0 (0-1)

Canola/rapeseed 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)
Vanilla ice cream or frozen yogurt, 129 g	1 (0-4)
Pork rinds, 20 g	1
Gelatin dessert, 130 g	1 (0-1)
Cookies, not chocolate, 30 g	1 (0-7)
Graham crackers, 30 g	1 (0-1)
Chewing gum, 3 g	1 (0-1)
Sherbert/sorbet, 129 g	1 (0-5)
Pretzels, 50 g	1 (0-1)
Applesauce, 110 g	1 (0-3)
Banana chips, 40 g*	1
Raisins, 40 g	1 (0-5)
Cereal bar, rice, 35 g*	1
Potato chips, 50 g	1 (1-3)
Savoury crisps, 50 g	1 (1-2)
Rice pudding, 130 g	1 (1-2)
Vegetable chips, 50 g	1 (1-2)
Pudding, not chocolate, 130 g	1 (0-6)
Corn chips, 50 g	2 (1-2)
Dried dates, 40 g	2 (1-2)
Snacks, corn-based, 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)
Pudding, chocolate, 130 g	3 (2-4)
Cereal bar, with chocolate, 35 g	3 (1-7)
Dried apricots, 40 g	4 (2-5)
Dried figs, 40 g	5 (5-6)
Ice cream, non-dairy, 129 g	5 (2-9)
Chocolate ice cream, 129 g	6 (3-7)
Snacks, bean-based, 50 g	7 (3-13)
Sugars and sweets	
Sugar, white, 4 g	0
Sugar, brown, 4 g	0
Corn/glucose syrup, 30 g*	0
Gummy candy, 40 g	0 (0-1)
Honey, 20 g	0 (0-5)
Candy, 40 g	0 (0-3)

Molasses, 20 g	1 (0-1)
Syrup, not chocolate, 60 g	1 (0-2)
Sweetened evaporated milk, 30 g*	1
White chocolate, 15 g	1 (0-2)
Marzipan, 30 g*	1
Malt syrup, 30 g*	2
Maple syrup, 60 g	2
Chocolate confections with nuts, 40 g	2 (0-12)
Licorice, 40 g	2 (1-3)
Confections with nuts, 50 g	3 (1-5)
Chocolate, 40 g	4 (2-20)
Chocolate confections, 40 g	4 (1-13)
Syrup, chocolate , 60 g	6 (1-8)
Sauces, dips, condiments and spreads	
Mayonnaise, 15 g	0 (0-1)
Chili sauce, 15 g	0
Mustard, 5 g	0 (0-1)
Fruit jelly, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Fruit jams, 15 g	0 (0-2)
Dressings, 30 g	0 (0-22)
Horseradish, 5 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Dips, dairy-based, 30 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
Soy sauce, 15 g	1 (0-4)
Salsa, 60 g	1 (0-3)
Guacamole, 30 g	1 (1-2)
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)
Tartar sauce, 30 g	2 (0-5)
Pesto, 60 g	3 (1-9)
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)
Tomato paste, 30 g	2 (1-3)
Broth, 250 g	2 (1-2)
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.