

**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)
Cheeses, 30 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Yogurt drink, 188 g	1 (0-1)
Yogurt, 175 g	1 (0-3)
Cottage cheese, 125 g	1 (0-4)
Processed cheese, 30 g	1 (0-2)
Yogurt, with fruit, 175 g	1 (0-5)
Yogurt drink substitute, coconut, 188 g	1 (0-3)
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	6 (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)
Pastry doughs, 21 g	1 (0-1)
Yeast dough, 55 g	1
Breadcrumbs, 30 g	1
Crackers, butter-type, 30 g	1 (0-1)
Baguette, 75 g	1
Crackers, seeded, 30 g	1
Crackers, saltine or cream, 30 g	1 (0-1)
Soft pretzel, 55 g	1
Crackers, 30 g	1 (0-2)
Hot cereal, rye, cooked, 194 g	1
Cold cereal, rice, 15 g	1 (0-1)
Rusk, plain or fruited, 30 g	1

Bread, barley, 75 g	1
Cold cereal, corn, 30 g	1 (0-2)
English muffin, 55 g	1
Hot cereal, rice, dry, 40 g	1 (1-2)
Simple pastries, 55 g	1
Flatbread, 55 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Rolls and biscuits, 55 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)
Pasta, white wheat, cooked, 215 g	1 (0-3)
Rice cakes, 15 g	1 (1-2)
Cold cereals, junk food, 30 g	1 (1-3)
Hot cereal, barley, cooked, 140 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)
Pasta, whole wheat, dry, 85 g	2 (1-3)
Hot cereal, rice, cooked, 194 g	2 (1-2)
Pasta, whole wheat, cooked, 215 g	2 (0-3)
Cold cereal, wheat bran, 30 g	2 (1-4)
Rolls, multigrain, 55 g	2 (1-4)
Bread, gluten-free, 75 g	2 (0-4)
Bread, whole wheat, 75 g	2 (1-5)
Cold cereal, oat ring, 15 g	2 (1-6)
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)
Rice, white, cooked, 140 g	2 (1-6)
Oat bran, 15 g*	2
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
Oats, raw, 40 g	6 (2-12)
Millet, raw, 40 g	7 (3-8)
Flour, soy, 15 g	7 (5-13)
Buckwheat, raw, 45 g	10 (2-25)
Flour, pea, 15 g	22 (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	Sweet potato, 110 g	1 (1-3)	Artichoke, 85 g*	2
<b>Fruits - Citrus</b>		Carrot, 85 g	1 (0-4)	Snow pea, 85 g*	2
Pomelo, 140 g	1 (1-2)	Water chestnut, 85 g*	1	Brussels sprouts, 85 g	2 (1-5)
Lemon / Lime, 55 g	1 (0-2)	Beets, 85 g	1 (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)	Rhubarb, 140 g	3 (1-7)
Tangerine or mandarin orange, 140 g	1 (1-3)	Parsnip, 85 g	3 (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	Bean sprouts, 65 g	4 (2-6)
<b>Fruits - Other</b>		Cassava, 110 g	4 (2-7)	Peas, dried, 35 g	4 (1-6)
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	5 (1-19)
Apple, 140 g	1 (0-2)	Head/iceberg lettuce, 85 g	1 (0-3)	<b>Vegetables - Prepared</b>	
Mango, 140 g	1 (1-2)	Lettuces, 85 g	1 (0-3)	Tomato, composite, 107.5 g	1 (0-1)
Papaya, 140 g	1 (1-6)	Cabbage, 85 g	1 (0-5)	Kohlrabi, composite, 107.5 g	1
Banana, 140 g	1 (1-4)	Mustard leaves, 85 g	1 (1-2)	Celery, composite, 107.5 g	1 (0-1)
Jack fruit, 140 g	1 (1-2)	Spinach, 85 g	1 (1-6)	Eggplant, cooked, 130 g	1 (0-5)
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)	Cabbage, cooked, 130 g	1 (0-2)
Watermelon, 150 g	2 (1-4)	Arugula/rocket, 85 g*	3	Cabbage, sauerkraut, 85 g	1
Pear, 140 g	2 (1-7)	Collard greens, 85 g*	3	Carrot, cooked, 130 g	1 (0-2)
Dragon fruit, 140 g	2 (1-3)	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	Corn, cooked, 130 g	1 (1-3)
Peach or nectarine, 140 g	2 (1-8)	<b>Vegetables - Other</b>		Spinach, cooked, 130 g	1 (1-2)
Lychee, 140 g	2 (1-4)	Pickles, 30 g	0 (0-1)	Pumpkin, cooked, 130 g	1 (1-2)
Plum, 140 g	2 (1-8)	Olives, 15 g	1 (0-1)	Okra, cooked, 130 g	1 (1-2)
Apricot, canned, 140 g	3 (1-22)	Cucumber, 85 g	1 (0-3)	Pumpkin, composite, 107.5 g	1 (1-2)
Apricot, 140 g*	3	Celery, 85 g	1 (0-2)	Potato, cooked, 167 g	1 (0-4)
Persimmon, 140 g	4 (3-4)	Zucchini, 85 g	1 (0-3)	Cauliflower, cooked, 130 g	1 (0-5)
Passionfruit, 140 g*	4	Mushrooms, 85 g	1 (0-4)	Broccoli, cooked, 130 g	1 (1-3)
Pineapple, 140 g	4 (1-7)	Squash, 85 g	1 (1-2)	Sweet potato, cooked, 167 g	1 (0-6)
Star fruit, 140 g*	4	Eggplant, 85 g	1 (0-3)	Peppers, composite, 107.5 g	1 (0-7)
Pineapple, canned, 140 g	5 (1-12)	Tomato, 85 g	1 (0-3)	Zucchini, cooked, 130 g	1 (1-6)
Avocado, 140 g	6 (1-30)	Cauliflower, 85 g	1 (0-3)	Corn, canned, 130 g	1 (1-6)
Coconut, 140 g	13 (4-19)	Leek, 85 g	1 (1-2)	Rutabaga, cooked, 130 g	1 (0-9)
<b>Vegetables - Root</b>		Peppers, 85 g	1 (0-5)	Kale, cooked, 130 g	2 (1-4)
Radish, 85 g	1	Pumpkin, 85 g	1 (1-3)	Beets, canned, 130 g	2 (1-2)
Celeriac, 85 g	1	Tomato, sun-dried, 30 g	1 (0-1)	Beets, cooked, 130 g	2 (1-4)
Rutabaga, 85 g	1	Bamboo shoot, 85 g*	1	Brussels sprouts, cooked, 130 g	2 (1-7)

Potato, french fried, 70 g	2 (1-4)	Beef, cured, 30 g	1 (0-1)	Fish, salted or smoked, 55 g	1 (0-10)
Squash, cooked, 130 g	2 (1-7)	Lunch meat, canned, 55 g	1 (0-1)	Crayfish, cooked, 100 g	1 (1-6)
Onion, cooked, 130 g	2 (0-3)	Venison, cooked, 100 g	1 (0-1)	Oysters, cooked, 100 g*	2
Plantain, cooked, 167 g	2 (2-3)	Black pudding, cooked, 55 g	1 (0-1)	Scallops, cooked, 100 g	2 (1-3)
Sweet potato, canned, 167 g	2 (1-5)	Organ meats, cooked, 100 g	1 (0-8)	Bivalves, canned, 55 g	5 (3-5)
Seaweed, cooked, 15 g	2 (1-3)	Egg, cooked, 100 g	1 (0-7)	Mussels, cooked, 100 g	6 (1-47)
Potato, cooked with skin, 167 g	2 (1-17)	Chicken, turkey and other poultry, cured, 1	1	Bivalves, pickled, 55 g	8 (2-15)
Asparagus, cooked, 130 g	2 (1-5)	Veal, cooked, 100 g	1 (0-3)	Snails or whelks, cooked, 100 g	8 (1-21)
Mushroom, cooked, 130 g	2 (0-3)	Meat jellies, 120 g	1	<b>Beans and bean products</b>	
Green beans, cooked, 130 g	2 (1-10)	Lunch meat, 55 g	1 (0-2)	Beans, white, cooked, 80 g	2 (0-6)
Asparagus, canned, 130 g	2 (1-3)	Egg powder, 20 g	1	Beans, various, canned, 80 g	3 (2-7)
Yam, cooked, 167 g*	2	Sausage, cooked, 55 g	1 (0-5)	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)
Mushroom, canned, 130 g	3 (1-3)	Chicken, turkey and other poultry, cooked, 1	1 (0-5)	Beans, white, canned, 80 g	3 (2-4)
Artichoke, cooked, 130 g*	3	Beef, cooked, 100 g	1 (0-12)	Beans, lentil, canned, 80 g	4 (2-5)
Peas, canned, 130 g	3 (3-8)	Pork, cooked, 100 g	1 (0-18)	Beans, kidney, canned, 80 g	4 (1-4)
Green beans, canned, 130 g	3 (1-5)	Pate, 55 g	1 (0-4)	Beans, chickpea, cooked, 80 g	4 (3-5)
Taro, cooked, 167 g	3	Lamb, cooked, 100 g	1 (0-9)	Beans, pinto, canned, 80 g	4 (3-6)
Spinach, canned, 130 g	3 (1-4)	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	3 (0-39)	Beans, pinto, cooked, 80 g	6 (2-8)
Peas, cooked, 130 g	4 (1-11)	<b>Fish and seafood</b>		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)	Prawn, 125 g	1 (1-5)	Beans, various, dried, 35 g	10 (2-25)
<b>Meat, poultry, eggs and substitutes</b>		Lobster, 125 g	1	Beans, black, cooked, 80 g*	12
Rabbit, 125 g	0 (0-1)	Crab, 125 g	1 (1-4)	Soya flakes, 35 g*	15
Venison, 125 g	1	Eel, 125 g	1 (0-3)	Tofu, 85 g	15 (2-37)
Sausage, 75 g	1 (0-1)	Fish, 125 g	1 (0-10)	<b>Nuts and seeds</b>	
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	8 (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	33 (1-46)	Sesame seeds, 30 g	4 (1-8)
Chicken, turkey and other poultry, 125 g	1 (0-3)	<b>Fish and seafood - Prepared</b>		Poppy seeds, 30 g	4 (1-8)
Seitan, 100 g	1 (0-1)	Eel, cooked, 100 g	1 (0-1)	Pumpkin seeds, 30 g	4 (1-11)
Mutton, 125 g	1 (1-2)	Crustaceans, canned, 55 g	1 (0-1)	Hazelnuts, 30 g	5 (2-10)
Black pudding, 75 g	1 (0-2)	Fish, pickled, 55 g	1 (0-1)	Macadamia nuts, 30 g*	5
Soya sausage, 75 g	1 (0-2)	Crab, cooked, 100 g	1	Flaxseed, 30 g	6 (4-7)
Organ meats, 125 g	1 (0-6)	Fish, canned, 55 g	1 (0-2)	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	22 (10-53)	Squid or octopus, cooked, 100 g	1	Pine nuts, 30 g	7 (5-9)
<b>Meat, poultry and eggs - Prepared</b>		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)
Pork, cured, 30 g	1	Fish, cooked, 100 g	1 (0-17)	Sunflower seeds, 30 g	10 (2-19)

Cashews, 30 g	18 (12-23)	Green tea, brewed, bag, 250 g	2 (1-3)	Mint, dry, 0.5 g	0 (0-1)
Alfalfa seeds, 30 g	18 (12-22)	Tea, hibiscus, brewed, 250 g	3 (0-4)	Basil, dry, 0.5 g	0 (0-1)
Hemp seeds, 30 g	19 (15-20)	Hot chocolate powder, 25 g	5 (2-6)	Garlic, dry, 0.5 g	1 (0-1)
Pecans, 30 g	22 (6-45)	Hot chocolate, 250 g	6	Fenugreek, 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	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	Carbonated drinks, 375 g	1 (0-1)	Mace, 0.5 g*	1
Wine, 188 g	1 (0-2)	Water, bottled, 375 g	1 (0-19)	Curry leaves, 1.5 g*	1
Beer, 333 g	1 (0-7)	Sports drink, 375 g*	1	Nigella seeds, 0.5 g	1
Fortified wine, 83 g	1 (0-2)	Energy drink, 375 g	1 (1-12)	Rosemary, fresh, 1.5 g	1
<b>Beverages - Juices</b>		Iced tea, 375 g	2 (1-2)	Anise, 0.5 g*	1
Lemon juice, 5 g	0	Malt drink, 250 g	2 (1-3)	Anchovy paste, 15 g	1 (0-1)
Lemonade, 250 g	1 (0-1)	Coconut water, 375 g	2 (0-17)	Cinnamon, 0.5 g	1 (0-1)
Citrus juice, canned, 250 g	1 (0-1)	Vanilla milkshake, 250 g	3 (1-10)	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)	<b>Herbs and spices</b>		Basil, fresh, 1.5 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	Tamarind, 1.5 g	0	Oregano, dry, 0.5 g	1
Grapefruit juice, 250 g	1 (0-4)	Salt, 1 g	0	Pepper, black, 0.5 g	1 (0-2)
Grape juice, 250 g	1 (0-2)	Saffron, 0.5 g	0	Ramen noodle powder, 1.5 g*	1
Citrus juice, from concentrate, 250 g	1 (0-5)	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, fresh, 1.5 g	1
Tomato juice, canned, 250 g	2	Chervil, 1.5 g*	0	Cayenne pepper, 0.5 g	1 (1-2)
Tomato juice, 250 g	2	Nutmeg, 0.5 g	0 (0-1)	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)
Vegetable juice, canned, 250 g	2 (1-9)	Onion, dried, 0.5 g*	0	<b>Fats and oils</b>	
Tomato juice, bottled, 250 g	2 (2-6)	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	Grapeseed oil, 10 g	0
<b>Beverages - Hot</b>		Turmeric powder, 0.5 g	0	Butter, 10 g	0 (0-1)
Tea, yerba mate, brewed, 250 g	0 (0-1)	Ginger, dry, 0.5 g	0 (0-1)	Mustard oil, 10 g	0
Tea, lemongrass, brewed, 250 g	1 (0-1)	Allspice, 0.5 g	0	Corn oil, 10 g	0 (0-1)
Instant coffee powder, 3 g	1 (0-1)	Rosemary, dry, 0.5 g	0 (0-1)	Sunflower oil, 10 g	0 (0-1)
Cereal grain beverage, 250 g	1 (0-6)	Cardamom, 0.5 g	0 (0-1)	Rice oil, 10 g	0
Tea, peppermint, brewed, 250 g	1 (0-2)	Coriander seeds, 0.5 g	0	Avocado oil, 10 g	0 (0-1)
Coffee, brewed, 250 g	1 (0-5)	Mint leaves, 1.5 g*	0	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)
Green tea, brewed, loose, 250 g	2 (1-3)	Garlic, 4 g	0 (0-1)	Olive oil, 10 g	0 (0-1)
Tea, brewed, 250 g	2 (1-8)	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)
<b>Snacks and desserts</b>	
Popsicle, 30 g	0 (0-1)
Gelatin dessert, 130 g	1 (0-1)
Chewing gum, 3 g	1 (0-1)
Pork rinds, 20 g	1
Graham crackers, 30 g	1 (0-1)
Applesauce, 110 g	1 (0-3)
Sherbert/sorbet, 129 g	1 (0-5)
Savoury crisps, 50 g	1 (1-2)
Pudding, not chocolate, 130 g	1 (0-6)
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	2 (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)
Ice cream, non-dairy, 129 g	5 (2-9)
Chocolate ice cream, 129 g	6 (3-7)
<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)
White chocolate, 15 g	1 (0-2)
Syrup, not chocolate, 60 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>	
Chili sauce, 15 g	0
Mayonnaise, 15 g	0 (0-1)
Fruit jelly, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Mustard, 5 g	0 (0-1)
Dips, dairy-based, 30 g	0 (0-2)
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)
Tartar sauce, 30 g	1 (0-5)
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 powder, 0.6 g	0 (0-1)
Baking soda, 0.6 g	1 (0-1)
Barley malt, dried, 5 g*	1
Bouillon powder, 6 g	1 (0-1)
Tomato sauce, 60 g	1 (1-2)
Broth, 250 g	1 (1-2)
Tomato paste, 30 g	2 (1-3)
Coconut, dried, 15 g	3 (1-5)
Cocoa powder, 5 g	5 (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.