

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)
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)
Milk powder, 25 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Yogurt, 175 g	1 (0-3)
Yogurt drink, 188 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Cheeses, 30 g	1 (0-3)
Yogurt, with fruit, 175 g	1 (0-5)
Yogurt drink substitute, coconut, 188 g	1 (0-3)
Milk, 250 g	1 (0-3)
Cottage cheese, 125 g	1 (0-4)
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	10 (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)
Cold cereal, rice, 15 g	1 (0-1)
Hot cereal, rye, cooked, 194 g	1
Rusk, plain or fruited, 30 g	1

Bread, barley, 75 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)
Simple pastries, 55 g	1
Bagel, 85 g	1 (1-2)
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)
Pasta, white wheat, cooked, 215 g	1 (0-3)
Rice cakes, 15 g	1 (1-2)
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)
Hot cereal, wheat, dry, 40 g	2 (1-2)
Pasta, white wheat, dry, 85 g	2 (1-4)
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)
Rolls, multigrain, 55 g	2 (1-4)
Bread, gluten-free, 75 g	2 (0-4)
Cold cereal, oat ring, 15 g	2 (1-6)
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
Flour, barley, 30 g*	1
Rye kernels, whole/cracked, 45 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)
Rice, brown, cooked, 140 g	2 (1-3)
Flour, teff, 30 g	2 (2-3)
Rice, white, cooked, 140 g	2 (1-6)
Oat bran, 15 g*	2
Flour, almond, 15 g	3 (2-4)
Quinoa, raw, 45 g	3 (1-11)
Flour, rice, 30 g	3 (1-4)
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)
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	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)	Turnip, 85 g	1 (0-2)	Spring onion, 40 g	2 (1-2)
Raspberries, 80 g	3 (0-8)	Kohlrabi, 85 g*	1	Artichoke, 85 g*	2
Rosehips, 80 g*	4	Sweet potato, 110 g	1 (1-3)	Snow pea, 85 g*	2
Fruits - Citrus		Carrot, 85 g	1 (0-4)	Brussels sprouts, 85 g	2 (1-5)
Pomelo, 140 g	1 (1-2)	Beets, 85 g	1 (1-3)	Corn, 85 g	2 (1-4)
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)	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
Jack fruit, 140 g	1 (1-2)	Mustard leaves, 85 g	1 (1-2)	Eggplant, cooked, 130 g	1 (0-5)
Banana, 140 g	1 (1-4)	Kale, 85 g	2 (1-2)	Celery, composite, 107.5 g	1 (0-1)
Melons, 150 g	1 (1-5)	Watercress, 85 g	2 (1-3)	Leek, cooked, 130 g	1
Kiwi, 140 g	1 (0-3)	Spinach, 85 g	2 (1-6)	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)
Pear, 140 g	2 (1-7)	Alfalfa sprouts, 85 g	3 (2-3)	Cabbage, cooked, 130 g	1 (0-2)
Guava, 140 g	2 (1-2)	Arugula/rocket, 85 g*	3	Carrot, cooked, 130 g	1 (0-2)
Watermelon, 150 g	2 (1-4)	Collard greens, 85 g*	3	Cabbage, sauerkraut, 85 g	1
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	Spinach, cooked, 130 g	1 (1-2)
Plum, 140 g	2 (1-8)	Vegetables - Other		Corn, cooked, 130 g	1 (1-3)
Peach or nectarine, 140 g	2 (1-8)	Pickles, 30 g	0 (0-1)	Pumpkin, cooked, 130 g	1 (1-2)
Lychee, 140 g	2 (1-4)	Cucumber, 85 g	1 (0-3)	Peppers, composite, 107.5 g	1 (0-7)
Apricot, canned, 140 g	3 (1-22)	Olives, 15 g	1 (0-1)	Pumpkin, composite, 107.5 g	1 (1-2)
Apricot, 140 g*	3	Zucchini, 85 g	1 (0-3)	Okra, cooked, 130 g	1 (1-2)
Persimmon, 140 g	4 (3-4)	Celery, 85 g	1 (0-2)	Potato, cooked, 167 g	1 (0-4)
Pineapple, 140 g	4 (1-7)	Eggplant, 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, canned, 140 g	4 (1-12)	Squash, 85 g	1 (1-2)	Sweet potato, cooked, 167 g	1 (0-6)
Star fruit, 140 g*	4	Tomato, 85 g	1 (0-3)	Corn, canned, 130 g	1 (1-6)
Avocado, 140 g	5 (1-30)	Leek, 85 g	1 (1-2)	Zucchini, cooked, 130 g	1 (1-6)
Coconut, 140 g	12 (4-19)	Tomato, sun-dried, 30 g	1 (0-1)	Kale, cooked, 130 g	2 (1-4)
Vegetables - Root		Pumpkin, 85 g	1 (1-3)	Beets, cooked, 130 g	2 (1-4)
Radish, 85 g	1	Cauliflower, 85 g	1 (0-3)	Beets, canned, 130 g	2 (1-2)
Rutabaga, 85 g	1	Peppers, 85 g	1 (0-5)	Potato, french fried, 70 g	2 (1-4)
Celeriac, 85 g	1	Bamboo shoot, 85 g*	1	Brussels sprouts, cooked, 130 g	2 (1-7)

Squash, cooked, 130 g	2 (1-7)	Beef, cured, 30 g	1 (0-1)	Fish, salted or smoked, 55 g	1 (0-10)
Rutabaga, cooked, 130 g	2 (0-9)	Veal, cooked, 100 g	1 (0-3)	Crayfish, cooked, 100 g	1 (1-6)
Seaweed, cooked, 15 g	2 (1-3)	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)
Onion, cooked, 130 g	2 (0-3)	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)	Black pudding, cooked, 55 g	1 (0-1)	Bivalves, pickled, 55 g	8 (2-15)
Potato, cooked with skin, 167 g	2 (1-17)	Chicken, turkey and other poultry, cured,	1	Snails or whelks, cooked, 100 g	8 (1-21)
Asparagus, cooked, 130 g	2 (1-5)	Meat jellies, 120 g	1	Beans and bean products	
Mushroom, canned, 130 g	2 (1-3)	Lunch meat, 55 g	1 (0-2)	Beans, white, cooked, 80 g	2 (0-6)
Green beans, cooked, 130 g	2 (1-10)	Sausage, cooked, 55 g	1 (0-5)	Beans, various, canned, 80 g	2 (2-7)
Mushroom, cooked, 130 g	2 (0-3)	Egg powder, 20 g	1	Beans, chickpea, canned, 80 g	3 (2-4)
Yam, cooked, 167 g*	2	Mutton, cooked, 100 g	1 (1-6)	Beans, black, canned, 80 g	3 (3-4)
Spinach, canned, 130 g	2 (1-4)	Beef, cooked, 100 g	1 (0-12)	Beans, white, canned, 80 g	3 (2-4)
Tomato, canned, 130 g	2 (0-7)	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, kidney, canned, 80 g	4 (1-4)
Peas, canned, 130 g	3 (3-8)	Lamb, cooked, 100 g	1 (0-9)	Beans, chickpea, cooked, 80 g	4 (3-5)
Taro, cooked, 167 g	3	Ground beef and/or pork, cooked, 100 g	1 (0-31)	Beans, pinto, canned, 80 g	4 (3-6)
Green beans, canned, 130 g	3 (1-5)	Pate, 55 g	1 (0-4)	Beans, lima, cooked, 80 g	5 (1-10)
Parsnip, cooked, 130 g*	3	Pork, cured, cooked, 55 g	1 (0-39)	Beans, various, cooked, 80 g	5 (0-25)
Peas, cooked, 130 g	4 (1-11)	Fish and seafood		Beans, pinto, cooked, 80 g	6 (2-8)
Snap peas, cooked, 130 g*	4	Fish, roe, 15 g	0 (0-1)	Beans, various, fresh, 80 g	6 (2-10)
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	11 (2-25)
Meat, poultry, eggs and substitutes		Eel, 125 g	1 (0-3)	Beans, black, cooked, 80 g*	12
Rabbit, 125 g	0 (0-1)	Prawn, 125 g	2 (1-5)	Tofu, 85 g	12 (2-37)
Venison, 125 g	1	Crayfish, 125 g	2	Soya flakes, 35 g*	15
Sausage, 75 g	1 (0-1)	Fish, 125 g	2 (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)	Crab, 125 g	2 (1-4)	Almond butter, 15 g	2
Veal, 125 g	1 (1-2)	Oysters, 125 g	8 (1-15)	Peanut butter, 15 g	2 (0-6)
Lamb, 125 g	1 (1-2)	Mussels, 125 g	10 (1-40)	Pistachios, 30 g	3 (1-4)
Ground beef and/or pork, 125 g	1 (0-2)	Scallops, 125 g	24 (1-43)	Almonds, 30 g	3 (1-4)
Pork, 125 g	1 (0-2)	Clams, 125 g	30 (1-46)	Sesame seeds, 30 g	3 (1-8)
Seitan, 100 g	1 (0-1)	Fish and seafood - Prepared		Poppy seeds, 30 g	4 (1-8)
Chicken, turkey and other poultry, 125 g	1 (0-3)	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)	Macadamia nuts, 30 g*	5
Black pudding, 75 g	1 (0-2)	Fish, pickled, 55 g	1 (0-1)	Flaxseed, 30 g	6 (4-7)
Soya sausage, 75 g	1 (0-2)	Fish, canned, 55 g	1 (0-2)	Hazelnuts, 30 g	6 (2-10)
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	22 (10-53)	Squid or octopus, cooked, 100 g	1	Pine nuts, 30 g	7 (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)
Pork, cured, 30 g	1	Fish, cooked, 100 g	1 (0-17)	Sunflower seeds, 30 g	10 (2-19)

Hemp seeds, 30 g	17 (15-20)	Green tea, brewed, loose, 250 g	2 (1-3)	Basil, dry, 0.5 g	0 (0-1)
Cashews, 30 g	18 (12-23)	Tea, hibiscus, brewed, 250 g	3 (0-4)	Garlic, dry, 0.5 g	1 (0-1)
Alfalfa seeds, 30 g	18 (12-22)	Hot chocolate powder, 25 g	4 (2-6)	Fenugreek, 0.5 g	1 (0-1)
Pecans, 30 g	27 (6-45)	Hot chocolate, 250 g	6	Cardamom, 0.5 g	1 (0-1)
Beverages - Alcoholic		Beverages - Other		Beverages - Other	
Vermouth, 83 g	1	Water, tap, 375 g	1 (0-2)	Peppermint, dry, 0.5 g	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	Sports drink, 375 g*	1	Cumin, 0.5 g	1 (0-1)
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)	Water, bottled, 375 g	1 (0-19)	Curry leaves, 1.5 g*	1
Beer, 333 g	1 (0-7)	Malt drink, 250 g	2 (1-3)	Nigella seeds, 0.5 g	1
Beverages - Juices		Iced tea, 375 g	2 (1-2)	Rosemary, fresh, 1.5 g	1
Lemon juice, 5 g	0	Coconut water, 375 g	2 (0-17)	Anise, 0.5 g*	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)	Chocolate milk, 250 g	4 (1-5)	Anchovy paste, 15 g	1 (0-1)
Mango juice, 250 g	1	Energy drink, 375 g	4 (1-12)	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		Parsley, fresh, 1.5 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
Citrus juice, from concentrate, 250 g	1 (0-5)	Salt, 1 g	0	Pepper, black, 0.5 g	1 (0-2)
Grape juice, 250 g	1 (0-2)	Saffron, 0.5 g	0	Oregano, dry, 0.5 g	1
Grapefruit juice, 250 g	1 (0-4)	Dill, dried, 0.5 g*	0	Ramen noodle powder, 1.5 g*	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	Hot peppers, dried, 0.5 g	1 (0-1)
Tomato juice, 250 g	2	Nutmeg, 0.5 g	0 (0-1)	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	1 (1-2)
Vegetable juice, canned, 250 g	2 (1-9)	Annatto, 0.5 g	0	Fats and oils	
Vegetable juice, 250 g	3 (1-3)	Cloves, 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
Beverages - Hot		Turmeric powder, 0.5 g	0	Butter, 10 g	0 (0-1)
Tea, yerba mate, brewed, 250 g	0 (0-1)	Allspice, 0.5 g	0	Corn oil, 10 g	0 (0-1)
Tea, lemongrass, brewed, 250 g	1 (0-1)	Coriander seeds, 0.5 g	0	Sunflower oil, 10 g	0 (0-1)
Instant coffee powder, 3 g	1 (0-1)	Mint leaves, 1.5 g*	0	Mustard oil, 10 g	0
Cereal grain beverage, 250 g	1 (0-6)	Rosemary, dry, 0.5 g	0 (0-1)	Grapeseed oil, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Ginger, dry, 0.5 g	0 (0-1)	Coconut oil, 10 g	0 (0-1)
Tea, peppermint, brewed, 250 g	1 (0-2)	Garlic, 4 g	0 (0-1)	Rice oil, 10 g	0
Tea, herbal, brewed, 250 g	1 (0-3)	Cilantro, 1.5 g	0	Hazelnut oil, 10 g	0
Tea, brewed, bag, 250 g	1 (0-3)	Chives, 1.5 g*	0	Avocado oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-6)	Parsley, dry, 0.5 g	0 (0-1)	Cocoa butter, 10 g	0
Tea, brewed, 250 g	2 (1-8)	Paprika, 0.5 g	0 (0-1)	Canola/rapeseed oil, 10 g	0 (0-1)
Tea, chamomile, brewed, 250 g	2 (0-4)	Curry leaves, dry, 0.5 g	0 (0-1)	Olive oil, 10 g	0 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Mint, dry, 0.5 g	0 (0-1)	Soybean 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	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)
Pudding, not chocolate, 130 g	1 (0-6)
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
Rice pudding, 130 g	1 (1-2)
Corn chips, 50 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)
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)
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

Candy, 40 g	1 (0-3)
Honey, 20 g	1 (0-5)
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	4 (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	
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
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.