

Dairy products and substitutes

Whipped cream, 15 g	0
Cheese substitutes, coconut oil, 30 g	0
Sour cream, 24 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)
Cheeses, 30 g	1 (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)
Processed cheese, 30 g	1 (0-2)
Cultured milk, 188 g	1 (0-1)
Cottage cheese, 125 g	1 (0-4)
Milk, 250 g	1 (0-3)
Milk powder, 25 g	1 (0-3)
Yogurt, with fruit, 175 g	1 (0-5)
Buttermilk, 250 g	1 (0-4)
Yogurt drink substitute, coconut, 188 g	1 (0-3)
Yogurt, 175 g	1 (0-3)
Almond beverage, 250 g	1 (1-3)
Rice beverage, 250 g	2 (1-3)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Soy beverage, 250 g	2 (1-13)
Yogurt substitute, coconut, 175 g	2 (0-13)
Oat beverage, 250 g	4 (2-5)
Coconut beverage, 250 g	4 (0-11)
Yogurt substitute, soy, 175 g	11 (4-22)

Grain products and bakery

Rice paper, 15 g*	0
Pastry doughs, 21 g	1 (0-1)
Crackers, butter-type, 30 g	1 (0-1)
Crackers, saltine or cream, 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
Bread, barley, 75 g	1
Breadcrumbs, 30 g	1
Rusk, plain or fruited, 30 g	1
Yeast dough, 55 g	1
English muffin, 55 g	1
Glass noodles, cooked, 215 g	1 (0-1)

Simple pastries, 55 g	1
Rolls and biscuits, 55 g	1 (1-2)
Crackers, 30 g	1 (0-2)
Bread, white, 75 g	1 (1-2)
Pasta, rice or corn, cooked, 215 g	1 (0-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Crackers, seeded, 30 g	1
Bagel, 85 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Bread, rye, 75 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Rolls, seeded, 55 g	1 (1-2)
Pasta, white wheat, dry, 85 g	1 (1-4)
Hot cereal, wheat, dry, 40 g	1 (1-2)
Rice cakes, 15 g	1 (1-2)
Flatbread, 55 g	1 (1-2)
Pasta, white wheat, cooked, 215 g	1 (0-3)
Hot cereal, barley, cooked, 140 g	1 (1-3)
Cold cereal, corn, 30 g	1 (0-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Bread, multigrain, 75 g	1 (1-11)
Hot cereal, rice, dry, 40 g	1 (1-2)
Cold cereals, junk food, 30 g	2 (1-3)
Bread, fruited, 75 g	2 (1-4)
Crispbread, 30 g	2 (1-2)
Bread, whole wheat, 75 g	2 (1-5)
Hot cereal, rice, cooked, 194 g	2 (1-2)
Potato dumpling/gnocchi, cooked, 215 g	2 (1-3)
Pasta, whole wheat, cooked, 215 g	2 (0-3)
Bread, gluten-free, 75 g	2 (0-4)
Rolls, multigrain, 55 g	2 (1-4)
Pasta, whole wheat, dry, 85 g	3 (1-3)
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)
Bread, seeded, 75 g	6 (1-8)
Cold cereal, granola/muesli, 55 g	6 (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
Starch, rice, 10 g*	1
Starch, corn, 10 g*	1

Semolina, 45 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
Flour, white, 30 g	1 (0-1)
Starch, cassava, 10 g*	1
Rice, white, cooked, 140 g	1 (1-6)
Flour, whole wheat, 30 g	1 (1-2)
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)
Quinoa, cooked, 140 g	2 (0-3)
Rice, brown, raw, 45 g	2 (1-2)
Wheat bran, 15 g	2 (1-3)
Wheat kernels/bulgur, cooked, 140 g*	2
Barley, raw, 45 g	2 (1-3)
Cornmeal, 30 g	2 (1-4)
Flour, teff, 30 g	2 (2-3)
Oat bran, 15 g*	2
Wheat kernels/bulgur, 45 g	2 (1-4)
Flour, rice, 30 g	2 (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
Millet, raw, 40 g	5 (3-8)
Oats, raw, 40 g	5 (2-12)
Flour, oat, 30 g*	6
Flour, buckwheat, 30 g	6 (2-13)
Flour, soy, 15 g	7 (5-13)
Buckwheat, raw, 45 g	10 (2-25)
Flour, pea, 15 g	20 (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)	Rutabaga, 85 g	1	Zucchini, 85 g	1 (0-3)
Blackberries, 80 g	2 (2-3)	Carrot, 85 g	1 (0-4)	Squash, 85 g	2 (1-2)
Raspberries, 80 g	3 (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	Pumpkin, 85 g	2 (1-3)
Grapefruit, 140 g	1 (0-3)	Beets, 85 g	1 (1-3)	Brussels sprouts, 85 g	2 (1-5)
Lemon / Lime, 55 g	1 (0-2)	Potato, 110 g	1 (0-9)	Green beans, 85 g	2 (1-5)
Citrus fruits, unspecified, 140 g	1 (1-2)	Sweet potato, 110 g	2 (1-3)	Rhubarb, 140 g	2 (1-7)
Orange, 140 g	1 (1-4)	Yam, 110 g	2 (2-3)	Asparagus, 85 g	3 (2-4)
Pomelo, 140 g	1 (1-2)	Parsnip, 85 g	2 (1-4)	Snap peas, 85 g*	3
Citrus fruits, canned, 140 g	2 (1-4)	Fennel, 85 g*	3	Okra, 85 g	3 (2-5)
Tangerine or mandarin orange, 140 g	3 (1-3)	Taro root, 110 g*	4	Peas, 85 g	3 (1-19)
Fruits - Other		Cassava, 110 g	4 (2-7)	Bean sprouts, 65 g	4 (2-6)
Breadfruit, 140 g	1	Vegetables - Leafy		Peas, dried, 35 g	4 (1-6)
Apple, 140 g	1 (0-2)	Lettuces, 85 g	1 (0-3)	Chayote, 85 g	4 (1-7)
Cherries, 140 g	1 (1-2)	Cabbage, 85 g	1 (0-5)	Vegetables - Prepared	
Kiwi, 140 g	1 (0-3)	Mustard leaves, 85 g	1 (1-2)	Kohlrabi, composite, 107.5 g	1
Mango, 140 g	1 (1-2)	Head/iceberg lettuce, 85 g	1 (0-3)	Tomato, composite, 107.5 g	1 (0-1)
Grape, 140 g	1 (0-7)	Spinach, 85 g	1 (1-6)	Turnip, cooked, 130 g	1 (1-2)
Jack fruit, 140 g	1 (1-2)	Kale, 85 g	2 (1-2)	Celery, composite, 107.5 g	1 (0-1)
Banana, 140 g	1 (1-4)	Chard, 85 g	2 (1-2)	Cabbage, cooked, 130 g	1 (0-2)
Watermelon, 150 g	1 (1-4)	Bok choy, 85 g	2 (1-3)	Leek, cooked, 130 g	1
Pineapple, 140 g	1 (1-7)	Watercress, 85 g	2 (1-3)	Mushroom, cooked, 130 g	1 (0-3)
Jujube, 140 g	2	Alfalfa sprouts, 85 g	3 (2-3)	Fennel, composite, 107.5 g	1
Peach or nectarine, 140 g	2 (1-8)	Arugula/rocket, 85 g*	3	Eggplant, cooked, 130 g	1 (0-5)
Melons, 150 g	2 (1-5)	Collard greens, 85 g*	3	Pumpkin, marinated, 130 g	1
Guava, 140 g	2 (1-2)	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Beets, canned, 130 g	1 (1-2)
Papaya, 140 g	2 (1-6)	Seaweed, 15 g	3 (1-11)	Cabbage, sauerkraut, 85 g	1
Dragon fruit, 140 g	2 (1-3)	Garden cress, 85 g*	4	Carrot, cooked, 130 g	1 (0-2)
Dates, fresh, 140 g	2 (2-3)	Vegetables - Other		Collard greens, cooked, 130 g	1 (1-4)
Apricot, canned, 140 g	2 (1-22)	Pickles, 30 g	1 (0-1)	Onion, cooked, 130 g	1 (0-3)
Lychee, 140 g	2 (1-4)	Olives, 15 g	1 (0-1)	Okra, cooked, 130 g	1 (1-2)
Pineapple, canned, 140 g	2 (1-12)	Celery, 85 g	1 (0-2)	Pumpkin, composite, 107.5 g	1 (1-2)
Persimmon, 140 g	3 (3-4)	Tomato, 85 g	1 (0-3)	Spinach, cooked, 130 g	1 (1-2)
Plum, 140 g	3 (1-8)	Cucumber, 85 g	1 (0-3)	Potato, french fried, 70 g	1 (1-4)
Pear, 140 g	3 (1-7)	Mushrooms, 85 g	1 (0-4)	Cauliflower, cooked, 130 g	1 (0-5)
Apricot, 140 g*	3	Leek, 85 g	1 (1-2)	Potato, cooked, 167 g	1 (0-4)
Passionfruit, 140 g*	4	Tomato, sun-dried, 30 g	1 (0-1)	Broccoli, cooked, 130 g	1 (1-3)
Star fruit, 140 g*	4	Cauliflower, 85 g	1 (0-3)	Zucchini, cooked, 130 g	1 (1-6)
Avocado, 140 g	5 (1-30)	Bamboo shoot, 85 g*	1	Beets, cooked, 130 g	1 (1-4)
Coconut, 140 g	11 (4-19)	Spring onion, 40 g	1 (1-2)	Corn, cooked, 130 g	1 (1-3)
Vegetables - Root		Peppers, 85 g	1 (0-5)	Brussels sprouts, cooked, 130 g	1 (1-7)
Onion, 85 g	1 (0-2)	Eggplant, 85 g	1 (0-3)	Green beans, canned, 130 g	2 (1-5)
Radish, 85 g	1	Corn, 85 g	1 (1-4)	Pumpkin, cooked, 130 g	2 (1-2)
Celeriac, 85 g	1	Broccoli, 85 g	1 (1-3)	Kale, cooked, 130 g	2 (1-4)

Squash, cooked, 130 g	2 (1-7)	Bacon, cooked, 15 g	1 (0-1)	Fish, cooked, 100 g	1 (0-17)
Plantain, cooked, 167 g	2 (2-3)	Beef, cured, 30 g	1 (0-1)	Oysters, cooked, 100 g*	2
Seaweed, cooked, 15 g	2 (1-3)	Lunch meat, 55 g	1 (0-2)	Scallops, cooked, 100 g	2 (1-3)
Sweet potato, canned, 167 g	2 (1-5)	Lunch meat, canned, 55 g	1 (0-1)	Bivalves, canned, 55 g	4 (3-5)
Mushroom, canned, 130 g	2 (1-3)	Chicken, turkey and other poultry, cured, 1	1	Crayfish, cooked, 100 g	4 (1-6)
Asparagus, cooked, 130 g	2 (1-5)	Black pudding, cooked, 55 g	1 (0-1)	Mussels, cooked, 100 g	6 (1-47)
Sweet potato, cooked, 167 g	2 (0-6)	Meat jellies, 120 g	1	Bivalves, pickled, 55 g	8 (2-15)
Peppers, composite, 107.5 g	2 (0-7)	Egg, cooked, 100 g	1 (0-7)	Snails or whelks, cooked, 100 g	8 (1-21)
Potato, cooked with skin, 167 g	2 (1-17)	Egg powder, 20 g	1	Beans and bean products	
Yam, cooked, 167 g*	2	Veal, cooked, 100 g	1 (0-3)	Beans, chickpea, canned, 80 g	2 (2-4)
Green beans, cooked, 130 g	2 (1-10)	Organ meats, cooked, 100 g	1 (0-8)	Beans, white, canned, 80 g	3 (2-4)
Rutabaga, cooked, 130 g	2 (0-9)	Pate, 55 g	1 (0-4)	Beans, black, canned, 80 g	3 (3-4)
Asparagus, canned, 130 g	3 (1-3)	Sausage, cooked, 55 g	1 (0-5)	Beans, kidney, canned, 80 g	3 (1-4)
Spinach, canned, 130 g	3 (1-4)	Lamb, cooked, 100 g	1 (0-9)	Beans, white, cooked, 80 g	3 (0-6)
Artichoke, cooked, 130 g*	3	Beef, cooked, 100 g	1 (0-12)	Beans, lentil, canned, 80 g	3 (2-5)
Taro, cooked, 167 g	3	Chicken, turkey and other poultry, cooked	2 (0-5)	Beans, chickpea, cooked, 80 g	4 (3-5)
Tomato, canned, 130 g	3 (0-7)	Mutton, cooked, 100 g	2 (1-6)	Beans, various, canned, 80 g	4 (2-7)
Parsnip, cooked, 130 g*	3	Pork, cured, cooked, 55 g	2 (0-39)	Beans, pinto, canned, 80 g	4 (3-6)
Peas, cooked, 130 g	3 (1-11)	Ground beef and/or pork, cooked, 100 g	2 (0-31)	Beans, various, fresh, 80 g	5 (2-10)
Peas, canned, 130 g	4 (3-8)	Pork, cooked, 100 g	9 (0-18)	Beans, lima, cooked, 80 g	5 (1-10)
Snap peas, cooked, 130 g*	4	Fish and seafood		Beans, pinto, cooked, 80 g	6 (2-8)
Corn, canned, 130 g	4 (1-6)	Fish, roe, 15 g	0 (0-1)	Beans, various, cooked, 80 g	6 (0-25)
Fennel, cooked, 130 g*	6	Lobster, 125 g	1	Beans, lentil, cooked, 80 g	7 (6-9)
Cassava, cooked, 167 g	7 (4-10)	Fish, 125 g	1 (0-10)	Beans, various, dried, 35 g	8 (2-25)
Meat, poultry, eggs and substitutes		Eel, 125 g	1 (0-3)	Tofu, 85 g	11 (2-37)
Venison, 125 g	1	Squid or octopus, 125 g	1 (1-4)	Beans, black, cooked, 80 g*	12
Egg, 100 g	1 (0-1)	Prawn, 125 g	1 (1-5)	Soya flakes, 35 g*	15
Rabbit, 125 g	1 (0-1)	Shrimp, 125 g	2 (1-3)	Nuts and seeds	
Sausage, 75 g	1 (0-1)	Crayfish, 125 g	2	Peanut butter, 15 g	2 (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	11 (1-40)	Pistachios, 30 g	3 (1-4)
Seitan, 100 g	1 (0-1)	Clams, 125 g	14 (1-46)	Almonds, 30 g	3 (1-4)
Pork, 125 g	1 (0-2)	Scallops, 125 g	18 (1-43)	Peanuts, 30 g	3 (1-39)
Chicken, turkey and other poultry, 125 g	1 (0-3)	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)
Soya sausage, 75 g	1 (0-2)	Crustaceans, canned, 55 g	1 (0-1)	Macadamia nuts, 30 g*	5
Black pudding, 75 g	1 (0-2)	Fish, canned, 55 g	1 (0-2)	Flaxseed, 30 g	6 (4-7)
Mutton, 125 g	1 (1-2)	Fish, pickled, 55 g	1 (0-1)	Walnuts, 30 g	6 (4-15)
Bacon, 54 g	1 (0-4)	Shrimp, cooked, 100 g	1 (0-2)	Pumpkin seeds, 30 g	6 (1-11)
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	26 (10-53)	Squid or octopus, cooked, 100 g	1	Pine nuts, 30 g	7 (5-9)
Meat, poultry and eggs - Prepared		Crab, cooked, 100 g	1	Brazil nuts, 30 g	8 (2-14)
Venison, cooked, 100 g	1 (0-1)	Prawns, cooked, 100 g	1 (1-2)	Hazelnuts, 30 g	9 (2-10)
Pork, cured, 30 g	1	Fish, salted or smoked, 55 g	1 (0-10)	Sunflower seeds, 30 g	11 (2-19)

Cashews, 30 g	17 (12-23)	Tea, hibiscus, brewed, 250 g	3 (0-4)	Garlic, 4 g	0 (0-1)
Alfalfa seeds, 30 g	17 (12-22)	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)
Pecans, 30 g	18 (6-45)	Hot chocolate, 250 g	6	Cinnamon, 0.5 g	0 (0-1)
Beverages - Alcoholic		Beverages - Other		Cardamom, 0.5 g	1 (0-1)
Liquor, 45 g	1 (0-1)	Water, tap, 375 g	1 (0-2)	Peppermint, dry, 0.5 g	1
Vermouth, 83 g	1	Carbonated drinks, 375 g	1 (0-1)	Cumin, 0.5 g	1 (0-1)
Cider, 333 g	1	Sports drink, 375 g	1	Marjoram, dry, 0.5 g	1
Beer, 333 g	1 (0-7)	Carbonated drinks, canned, 375 g	1 (0-5)	Mace, 0.5 g*	1
Wine, 188 g	1 (0-2)	Water, bottled, 375 g	1 (0-19)	Curry leaves, 1.5 g*	1
Fortified wine, 83 g	1 (0-2)	Iced tea, 375 g	2 (1-2)	Nigella seeds, 0.5 g	1
Beverages - Juices		Malt drink, 250 g	2 (1-3)	Rosemary, fresh, 1.5 g	1
Lemon juice, 5 g	0	Chocolate milk, 250 g	2 (1-5)	Parsley, fresh, 1.5 g	1 (0-1)
Lemonade, 250 g	1 (0-1)	Vanilla milkshake, 250 g	2 (1-10)	Anise, 0.5 g*	1
Mango juice, 250 g	1	Coconut water, 375 g	3 (0-17)	Anchovy paste, 15 g	1 (0-1)
Fruit drink, 250 g	1 (0-3)	Energy drink, 375 g	3 (1-12)	Sage, dry, 0.5 g	1
Citrus juice, 250 g	1 (0-1)	Chocolate milkshake, 250 g	5 (2-31)	Thyme, dry, 0.5 g	1 (0-1)
Citrus juice, canned, 250 g	1 (0-1)	Herbs and spices		Pepper, black, 0.5 g	1 (0-2)
Grape juice, 250 g	1 (0-2)	Salt, 1 g	0	Basil, fresh, 1.5 g	1
Citrus juice, from concentrate, 250 g	1 (0-5)	Saffron, 0.5 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Peach juice, 250 g	1	Dill, dried, 0.5 g*	0	Oregano, dry, 0.5 g	1
Grapefruit juice, 250 g	1 (0-4)	Bay leaf, dried, 0.5 g*	0	Ramen noodle powder, 1.5 g*	1
Pineapple juice, 250 g	2 (1-2)	Chervil, 1.5 g*	0	Oregano, fresh, 1.5 g	1
Tomato juice, 250 g	2	Dill, fresh, 1.5 g*	0	Cayenne pepper, 0.5 g	1 (1-2)
Tomato juice, canned, 250 g	2	Mustard seed, 0.5 g	0	Fennel, dry, 0.5 g	1 (1-2)
Pear juice, 250 g	2 (1-3)	Onion, dried, 0.5 g*	0	Savoury, dried, 0.5 g*	1
Apple juice, canned or bottled, 250 g	2 (0-4)	Annatto, 0.5 g	0	Hot peppers, 40 g	2 (1-2)
Vegetable juice, 250 g	2 (1-3)	Wasabi, dry, 0.5 g	0	Fats and oils	
Tomato juice, bottled, 250 g	2 (2-6)	Ginger, fresh, 1.5 g	0	Cottonseed oil, 10 g	0
Vegetable juice, canned, 250 g	2 (1-9)	Tamarind, 1.5 g	0	Lard, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Cloves, 0.5 g	0	Corn oil, 10 g	0 (0-1)
Prune juice, 250 g	4 (3-8)	Turmeric powder, 0.5 g	0	Grapeseed oil, 10 g	0
Beverages - Hot		Allspice, 0.5 g	0	Palm oil, 10 g	0
Tea, lemongrass, brewed, 250 g	1 (0-1)	Coriander seeds, 0.5 g	0	Butter, 10 g	0 (0-1)
Instant coffee powder, 3 g	1 (0-1)	Ginger, dry, 0.5 g	0 (0-1)	Mustard oil, 10 g	0
Tea, yerba mate, brewed, 250 g	1 (0-1)	Mint leaves, 1.5 g*	0	Rice oil, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Rosemary, dry, 0.5 g	0 (0-1)	Hazelnut oil, 10 g	0
Tea, peppermint, brewed, 250 g	1 (0-2)	Cilantro, 1.5 g	0	Olive oil, 10 g	0 (0-1)
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, bag, 250 g	1 (0-3)	Nutmeg, 0.5 g	0 (0-1)	Avocado oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-6)	Garlic, dry, 0.5 g	0 (0-1)	Cocoa butter, 10 g	0
Tea, chamomile, brewed, 250 g	1 (0-4)	Chives, 1.5 g*	0	Peanut oil, 10 g	0 (0-1)
Green tea, brewed, loose, 250 g	2 (1-3)	Curry leaves, dry, 0.5 g	0 (0-1)	Margarine, 10 g	0 (0-2)
Green tea, brewed, bag, 250 g	2 (1-3)	Mint, dry, 0.5 g	0 (0-1)	Soybean 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)

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)
Pork rinds, 20 g	1
Gelatin dessert, 130 g	1 (0-1)
Chewing gum, 3 g	1 (0-1)
Graham crackers, 30 g	1 (0-1)
Vanilla ice cream or frozen yogurt, 129 g	1 (0-4)
Applesauce, 110 g	1 (0-3)
Pretzels, 50 g	1 (0-1)
Sherbert/sorbet, 129 g	1 (0-5)
Raisins, 40 g	1 (0-5)
Banana chips, 40 g*	1
Cereal bar, rice, 35 g*	1
Cookies, not chocolate, 30 g	1 (0-7)
Vegetable chips, 50 g	1 (1-2)
Rice pudding, 130 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)
Potato chips, 50 g	2 (1-3)
Snacks, corn-based, 50 g	2 (1-2)
Cookies with nuts, 30 g	2 (1-3)
Savoury crisps, 50 g	2 (1-2)
Popcorn, 50 g	2 (0-5)
Cereal bar, with chocolate, 35 g	2 (1-7)
Cookies with chocolate, 30 g	2 (0-7)
Cereal bar, 35 g	2 (1-5)
Prunes, 40 g	3 (2-3)
Pudding, chocolate, 130 g	3 (2-4)
Dried apricots, 40 g	4 (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)
Snacks, bean-based, 50 g	13 (3-13)
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

Syrup, not chocolate, 60 g	1 (0-2)
Honey, 20 g	1 (0-5)
Candy, 40 g	1 (0-3)
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)
Chocolate confections, 40 g	3 (1-13)
Syrup, chocolate , 60 g	3 (1-8)
Confections with nuts, 50 g	3 (1-5)
Chocolate confections with nuts, 40 g	5 (0-12)
Chocolate, 40 g	7 (2-20)
Sauces, dips, condiments and spreads	
Chili sauce, 15 g	0
Mayonnaise, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Mustard, 5 g	0 (0-1)
Relish, 15 g*	0
Fruit jelly, 15 g	0 (0-1)
Dips, dairy-based, 30 g	0 (0-2)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Fruit jams, 15 g	1 (0-2)
Barbecue sauce, 15 g	1 (0-1)
Bechamel sauce, 125 g	1 (0-1)
Guacamole, 30 g	1 (1-2)
Sweet and sour sauce, 30 g	1 (0-1)
Teriyaki sauce, 15 g*	1
Soy mayonnaise, 15 g	1
Salsa, 60 g	1 (0-3)
Soy sauce, 15 g	1 (0-4)
Gravy, 60 g	1 (0-4)
Chocolate hazelnut spread, 15 g	2
Hummus / pulse dips, 30 g	2 (1-4)
Curry sauce, 125 g	3 (1-3)
Pesto, 60 g	3 (1-9)
Tartar sauce, 30 g	5 (0-5)
Satay sauce, 125 g*	5
Dressings, 30 g	10 (0-22)
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
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	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.