

**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)
Yogurt drink, 188 g	1 (0-1)
Cultured milk, 188 g	1 (0-1)
Milk, 250 g	1 (0-3)
Cottage cheese, 125 g	1 (0-4)
Almond beverage, 250 g	1 (1-3)
Yogurt, 175 g	1 (0-3)
Yogurt, with fruit, 175 g	1 (0-5)
Milk powder, 25 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Yogurt drink substitute, coconut, 188 g	1 (0-3)
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	6 (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)
Simple pastries, 55 g	1
Crackers, butter-type, 30 g	1 (0-1)
Yeast dough, 55 g	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, wheat, dry, 40 g	1 (1-2)
Cold cereal, corn, 30 g	1 (0-2)
Hot cereal, rye, cooked, 194 g	1
Bread, barley, 75 g	1
Rusk, plain or fruited, 30 g	1

Pasta, rice or corn, cooked, 215 g	1 (0-2)
Breadcrumbs, 30 g	1
Crackers, 30 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, 30 g	1 (1-4)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Crispbread, 30 g	1 (1-2)
Flatbread, 55 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
Pasta, white wheat, cooked, 215 g	1 (0-3)
Rolls, seeded, 55 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
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)
Cold cereals, junk food, 30 g	2 (1-3)
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)
Bread, multigrain, 75 g	2 (1-11)
Pasta, whole wheat, dry, 85 g	2 (1-3)
Bread, gluten-free, 75 g	2 (0-4)
Bread, fruited, 75 g	2 (1-4)
Rolls, multigrain, 55 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	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
Semolina, 45 g	1

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

Kale, cooked, 130 g	2 (1-4)	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, cooked, 130 g	2 (0-3)	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)
Peppers, composite, 107.5 g	2 (0-7)	Chicken, turkey and other poultry, cured, 1	1	Crayfish, cooked, 100 g	4 (1-6)
Plantain, cooked, 167 g	2 (2-3)	Black pudding, cooked, 55 g	1 (0-1)	Mussels, cooked, 100 g	6 (1-47)
Seaweed, cooked, 15 g	2 (1-3)	Meat jellies, 120 g	1	Bivalves, pickled, 55 g	8 (2-15)
Asparagus, canned, 130 g	2 (1-3)	Pate, 55 g	1 (0-4)	Snails or whelks, cooked, 100 g	8 (1-21)
Asparagus, cooked, 130 g	2 (1-5)	Egg powder, 20 g	1	<b>Beans and bean products</b>	
Green beans, cooked, 130 g	2 (1-10)	Sausage, cooked, 55 g	1 (0-5)	Beans, chickpea, canned, 80 g	2 (2-4)
Yam, cooked, 167 g*	2	Egg, cooked, 100 g	1 (0-7)	Beans, kidney, canned, 80 g	2 (1-4)
Sweet potato, cooked, 167 g	2 (0-6)	Chicken, turkey and other poultry, cooked, 1	1 (0-5)	Beans, white, canned, 80 g	3 (2-4)
Rutabaga, cooked, 130 g	2 (0-9)	Pork, cooked, 100 g	1 (0-18)	Beans, black, canned, 80 g	3 (3-4)
Potato, cooked with skin, 167 g	2 (1-17)	Veal, cooked, 100 g	1 (0-3)	Beans, white, cooked, 80 g	3 (0-6)
Artichoke, cooked, 130 g*	3	Lamb, cooked, 100 g	1 (0-9)	Beans, lentil, canned, 80 g	3 (2-5)
Spinach, canned, 130 g	3 (1-4)	Organ meats, cooked, 100 g	1 (0-8)	Tofu, 85 g	3 (2-37)
Taro, cooked, 167 g	3	Beef, cooked, 100 g	1 (0-12)	Beans, chickpea, cooked, 80 g	4 (3-5)
Parsnip, cooked, 130 g*	3	Mutton, cooked, 100 g	2 (1-6)	Beans, pinto, canned, 80 g	4 (3-6)
Peas, cooked, 130 g	3 (1-11)	Pork, cured, cooked, 55 g	2 (0-39)	Beans, lima, cooked, 80 g	5 (1-10)
Tomato, canned, 130 g	4 (0-7)	Ground beef and/or pork, cooked, 100 g	2 (0-31)	Beans, various, dried, 35 g	5 (2-25)
Snap peas, cooked, 130 g*	4	<b>Fish and seafood</b>		Beans, pinto, cooked, 80 g	6 (2-8)
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	Beans, various, fresh, 80 g	7 (2-10)
Cassava, cooked, 167 g	7 (4-10)	Eel, 125 g	1 (0-3)	Beans, various, canned, 80 g	7 (2-7)
<b>Meat, poultry, eggs and substitutes</b>		Squid or octopus, 125 g	1 (1-4)	Beans, lentil, cooked, 80 g	7 (6-9)
Venison, 125 g	1	Prawn, 125 g	1 (1-5)	Beans, black, cooked, 80 g*	12
Rabbit, 125 g	1 (0-1)	Shrimp, 125 g	2 (1-3)	Soya flakes, 35 g*	15
Sausage, 75 g	1 (0-1)	Crayfish, 125 g	2	<b>Nuts and seeds</b>	
Egg, 100 g	1 (0-1)	Fish, 125 g	2 (0-10)	Peanut butter, 15 g	1 (0-6)
Ground beef and/or pork, 125 g	1 (0-2)	Crab, 125 g	2 (1-4)	Chestnuts, 30 g	2
Beef, 125 g	1 (0-2)	Oysters, 125 g	6 (1-15)	Almond butter, 15 g	2
Lamb, 125 g	1 (1-2)	Mussels, 125 g	11 (1-40)	Peanuts, 30 g	2 (1-39)
Chicken, turkey and other poultry, 125 g	1 (0-3)	Clams, 125 g	14 (1-46)	Almonds, 30 g	3 (1-4)
Seitan, 100 g	1 (0-1)	Scallops, 125 g	18 (1-43)	Pistachios, 30 g	3 (1-4)
Veal, 125 g	1 (1-2)	<b>Fish and seafood - Prepared</b>		Sesame seeds, 30 g	4 (1-8)
Pork, 125 g	1 (0-2)	Eel, cooked, 100 g	0 (0-1)	Poppy seeds, 30 g	4 (1-8)
Soya sausage, 75 g	1 (0-2)	Fish, canned, 55 g	1 (0-2)	Macadamia nuts, 30 g*	5
Black pudding, 75 g	1 (0-2)	Crustaceans, canned, 55 g	1 (0-1)	Flaxseed, 30 g	6 (4-7)
Mutton, 125 g	1 (1-2)	Shrimp, cooked, 100 g	1 (0-2)	Hazelnuts, 30 g	6 (2-10)
Bacon, 54 g	1 (0-4)	Fish, pickled, 55 g	1 (0-1)	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)
<b>Meat, poultry and eggs - Prepared</b>		Crab, cooked, 100 g	1	Brazil nuts, 30 g	8 (2-14)
Bacon, cooked, 15 g	0 (0-1)	Prawns, cooked, 100 g	1 (1-2)	Sunflower seeds, 30 g	11 (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	15 (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)
<b>Beverages - Alcoholic</b>		<b>Beverages - Other</b>		Cardamom, 0.5 g	1 (0-1)
Liquor, 45 g	0 (0-1)	Water, tap, 375 g	0 (0-2)	Peppermint, dry, 0.5 g	1
Beer, 333 g	1 (0-7)	Carbonated drinks, 375 g	1 (0-1)	Cumin, 0.5 g	1 (0-1)
Vermouth, 83 g	1	Carbonated drinks, canned, 375 g	1 (0-5)	Marjoram, dry, 0.5 g	1
Cider, 333 g	1	Sports drink, 375 g*	1	Mace, 0.5 g*	1
Wine, 188 g	1 (0-2)	Energy drink, 375 g	1 (1-12)	Curry leaves, 1.5 g*	1
Fortified wine, 83 g	1 (0-2)	Water, bottled, 375 g	1 (0-19)	Nigella seeds, 0.5 g	1
<b>Beverages - Juices</b>		Iced tea, 375 g	2 (1-2)	Rosemary, fresh, 1.5 g	1
Lemon juice, 5 g	0	Malt drink, 250 g	2 (1-3)	Anise, 0.5 g*	1
Lemonade, 250 g	1 (0-1)	Chocolate milk, 250 g	2 (1-5)	Anchovy paste, 15 g	1 (0-1)
Mango juice, 250 g	1	Vanilla milkshake, 250 g	2 (1-10)	Parsley, fresh, 1.5 g	1 (0-1)
Fruit drink, 250 g	1 (0-3)	Coconut water, 375 g	5 (0-17)	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)
Apple juice, canned or bottled, 250 g	1 (0-4)	<b>Herbs and spices</b>		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, canned, 250 g	1 (0-1)	Saffron, 0.5 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Citrus juice, from concentrate, 250 g	1 (0-5)	Dill, dried, 0.5 g*	0	Oregano, dry, 0.5 g	1
Peach juice, 250 g	1	Bay leaf, dried, 0.5 g*	0	Ramen noodle powder, 1.5 g*	1
Grapefruit juice, 250 g	1 (0-4)	Chervil, 1.5 g*	0	Oregano, fresh, 1.5 g	1
Pineapple juice, 250 g	2 (1-2)	Dill, fresh, 1.5 g*	0	Cayenne pepper, 0.5 g	1 (1-2)
Vegetable juice, 250 g	2 (1-3)	Mustard seed, 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
Pear juice, 250 g	2 (1-3)	Onion, dried, 0.5 g*	0	Hot peppers, 40 g	2 (1-2)
Tomato juice, canned, 250 g	2	Wasabi, dry, 0.5 g	0	<b>Fats and oils</b>	
Tomato juice, bottled, 250 g	2 (2-6)	Ginger, fresh, 1.5 g	0	Olive oil, 10 g	0 (0-1)
Vegetable juice, canned, 250 g	2 (1-9)	Tamarind, 1.5 g	0	Cottonseed oil, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Cloves, 0.5 g	0	Butter, 10 g	0 (0-1)
Prune juice, 250 g	4 (3-8)	Turmeric powder, 0.5 g	0	Lard, 10 g	0
<b>Beverages - Hot</b>		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	Grapeseed oil, 10 g	0
Instant coffee powder, 3 g	1 (0-1)	Ginger, dry, 0.5 g	0 (0-1)	Palm oil, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Mint leaves, 1.5 g*	0	Mustard oil, 10 g	0
Tea, yerba mate, brewed, 250 g	1 (0-1)	Rosemary, dry, 0.5 g	0 (0-1)	Rice oil, 10 g	0
Tea, peppermint, brewed, 250 g	1 (0-2)	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, 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	Margarine, 10 g	0 (0-2)
Green tea, brewed, loose, 250 g	2 (1-3)	Curry leaves, dry, 0.5 g	0 (0-1)	Peanut 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)
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)
<b>Snacks and desserts</b>	
Popsicle, 30 g	0 (0-1)
Gelatin dessert, 130 g	1 (0-1)
Pork rinds, 20 g	1
Vanilla ice cream or frozen yogurt, 129 g	1 (0-4)
Cookies, not chocolate, 30 g	1 (0-7)
Graham crackers, 30 g	1 (0-1)
Applesauce, 110 g	1 (0-3)
Chewing gum, 3 g	1 (0-1)
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
Potato chips, 50 g	1 (1-3)
Vegetable chips, 50 g	1 (1-2)
Rice pudding, 130 g	1 (1-2)
Savoury crisps, 50 g	1 (1-2)
Corn chips, 50 g	2 (1-2)
Dried dates, 40 g	2 (1-2)
Pudding, not chocolate, 130 g	2 (0-6)
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)
Chocolate ice cream, 129 g	5 (3-7)
Ice cream, non-dairy, 129 g	5 (2-9)
Snacks, bean-based, 50 g	7 (3-13)
<b>Sugars and sweets</b>	
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	1 (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
Chocolate confections with nuts, 40 g	2 (0-12)
Maple syrup, 60 g	2
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)
<b>Sauces, dips, condiments and spreads</b>	
Chili sauce, 15 g	0
Mayonnaise, 15 g	0 (0-1)
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)
Barbecue sauce, 15 g	1 (0-1)
Bechamel sauce, 125 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
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)
Gravy, 60 g	1 (0-4)
Guacamole, 30 g	1 (1-2)
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
<b>Miscellaneous</b>	
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)
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.