

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)
Evaporated milk, 15 g	0 (0-1)
Cream cheese, 30 g	0 (0-1)
Quark, 100 g	1 (0-1)
Crème fraîche, 55 g	1 (0-1)
Cheeses, 30 g	1 (0-3)
Cream substitute, oat, 15 g	1 (0-1)
Cultured milk, 188 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Cottage cheese, 125 g	1 (0-4)
Yogurt drink, 188 g	1 (0-1)
Milk, 250 g	1 (0-3)
Milk powder, 25 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Yogurt, 175 g	1 (0-3)
Almond beverage, 250 g	1 (1-3)
Yogurt drink substitute, coconut, 188 g	1 (0-3)
Yogurt, with fruit, 175 g	1 (0-5)
Rice beverage, 250 g	1 (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)
Yeast dough, 55 g	1
Crackers, saltine or cream, 30 g	1 (0-1)
Baguette, 75 g	1
Crackers, butter-type, 30 g	1 (0-1)
Soft pretzel, 55 g	1
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
Simple pastries, 55 g	1
Crackers, 30 g	1 (0-2)
Breadcrumbs, 30 g	1

Cold cereal, corn, 30 g	1 (0-2)
Glass noodles, cooked, 215 g	1 (0-1)
Hot cereal, wheat, dry, 40 g	1 (1-2)
Crackers, seeded, 30 g	1
English muffin, 55 g	1
Pasta, rice or corn, cooked, 215 g	1 (0-2)
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)
Bagel, 85 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Crispbread, 30 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Flatbread, 55 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)
Hot cereal, barley, cooked, 140 g	1 (1-3)
Rice cakes, 15 g	1 (1-2)
Pasta, whole wheat, cooked, 215 g	1 (0-3)
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)
Rolls, multigrain, 55 g	2 (1-4)
Bread, multigrain, 75 g	2 (1-11)
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, rye, whole, 30 g	1
Flour, barley, 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
Flour, cassava, 30 g	2 (1-2)
Rice, brown, cooked, 140 g	2 (1-3)
Rice, white, raw, 45 g	2 (1-2)
Rice, brown, raw, 45 g	2 (1-2)
Wheat kernels/bulgur, cooked, 140 g*	2
Cornmeal, 30 g	2 (1-4)
Barley, raw, 45 g	2 (1-3)
Quinoa, cooked, 140 g	2 (0-3)
Flour, teff, 30 g	2 (2-3)
Oat bran, 15 g*	2
Flour, almond, 15 g	3 (2-4)
Flour, rice, 30 g	3 (1-4)
Flour, coconut, 15 g*	3
Sorghum, cooked, 140 g*	3
Sorghum, dry, 45 g*	3
Quinoa, raw, 45 g	4 (1-11)
Amaranth, raw, 45 g	4 (1-8)
Flour, chickpea, 15 g	4 (2-7)
Flour, millet, 30 g*	4
Oats, raw, 40 g	5 (2-12)
Flour, buckwheat, 30 g	5 (2-13)
Millet, raw, 40 g	6 (3-8)
Flour, oat, 30 g*	6
Flour, soy, 15 g	8 (5-13)
Buckwheat, raw, 45 g	11 (2-25)
Flour, pea, 15 g	25 (1-52)

Fruits - Berries

Gooseberries, 80 g	1
Cranberries, 55 g	1
Lingonberries, 80 g	1 (1-3)
Blueberries, 80 g	1 (1-2)
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	1 (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)	Sweet potato, 110 g	1 (1-3)	Pumpkin, 85 g	2 (1-3)
Lemon / Lime, 55 g	1 (0-2)	Beets, 85 g	1 (1-3)	Green beans, 85 g	3 (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	Bean sprouts, 65 g	3 (2-6)
Citrus fruits, canned, 140 g	2 (1-4)	Taro root, 110 g*	4	Rhubarb, 140 g	3 (1-7)
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	
Watermelon, 150 g	1 (1-4)	Spinach, 85 g	1 (1-6)	Tomato, composite, 107.5 g	1 (0-1)
Pineapple, 140 g	1 (1-7)	Mustard leaves, 85 g	1 (1-2)	Cabbage, cooked, 130 g	1 (0-2)
Banana, 140 g	1 (1-4)	Kale, 85 g	2 (1-2)	Kohlrabi, composite, 107.5 g	1
Jack fruit, 140 g	1 (1-2)	Chard, 85 g	2 (1-2)	Onion, cooked, 130 g	1 (0-3)
Mango, 140 g	1 (1-2)	Head/iceberg lettuce, 85 g	2 (0-3)	Celery, composite, 107.5 g	1 (0-1)
Pear, 140 g	1 (1-7)	Bok choy, 85 g	2 (1-3)	Turnip, cooked, 130 g	1 (1-2)
Kiwi, 140 g	1 (0-3)	Watercress, 85 g	2 (1-3)	Corn, cooked, 130 g	1 (1-3)
Grape, 140 g	1 (0-7)	Alfalfa sprouts, 85 g	3 (2-3)	Beets, canned, 130 g	1 (1-2)
Papaya, 140 g	1 (1-6)	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Leek, cooked, 130 g	1
Jujube, 140 g	2	Arugula/rocket, 85 g*	3	Fennel, composite, 107.5 g	1
Peach or nectarine, 140 g	2 (1-8)	Collard greens, 85 g*	3	Corn, canned, 130 g	1 (1-6)
Guava, 140 g	2 (1-2)	Garden cress, 85 g*	4	Collard greens, cooked, 130 g	1 (1-4)
Melons, 150 g	2 (1-5)	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)
Lychee, 140 g	2 (1-4)	Olives, 15 g	1 (0-1)	Carrot, cooked, 130 g	1 (0-2)
Pineapple, canned, 140 g	2 (1-12)	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)	Spinach, cooked, 130 g	1 (1-2)
Persimmon, 140 g	4 (3-4)	Cucumber, 85 g	1 (0-3)	Kale, cooked, 130 g	1 (1-4)
Plum, 140 g	4 (1-8)	Peppers, 85 g	1 (0-5)	Cauliflower, cooked, 130 g	1 (0-5)
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)	Potato, cooked, 167 g	1 (0-4)
Avocado, 140 g	4 (1-30)	Leek, 85 g	1 (1-2)	Zucchini, cooked, 130 g	1 (1-6)
Coconut, 140 g	12 (4-19)	Bamboo shoot, 85 g*	1	Brussels sprouts, cooked, 130 g	1 (1-7)
Vegetables - Root		Eggplant, 85 g	1 (0-3)	Rutabaga, cooked, 130 g	1 (0-9)
Onion, 85 g	1 (0-2)	Spring onion, 40 g	1 (1-2)	Pumpkin, cooked, 130 g	2 (1-2)
Radish, 85 g	1	Corn, 85 g	1 (1-4)	Beets, cooked, 130 g	2 (1-4)
Carrot, 85 g	1 (0-4)	Broccoli, 85 g	1 (1-3)	Sweet potato, canned, 167 g	2 (1-5)

Green beans, canned, 130 g	2 (1-5)	Lunch meat, canned, 55 g	1 (0-1)	Fish, cooked, 100 g	1 (0-17)
Asparagus, cooked, 130 g	2 (1-5)	Beef, cured, 30 g	1 (0-1)	Oysters, cooked, 100 g*	2
Squash, cooked, 130 g	2 (1-7)	Lunch meat, 55 g	1 (0-2)	Scallops, cooked, 100 g	2 (1-3)
Potato, french fried, 70 g	2 (1-4)	Venison, cooked, 100 g	1 (0-1)	Crayfish, cooked, 100 g	2 (1-6)
Mushroom, cooked, 130 g	2 (0-3)	Black pudding, cooked, 55 g	1 (0-1)	Bivalves, canned, 55 g	5 (3-5)
Plantain, cooked, 167 g	2 (2-3)	Chicken, turkey and other poultry, cured, 1	1	Mussels, cooked, 100 g	7 (1-47)
Potato, cooked with skin, 167 g	2 (1-17)	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)
Mushroom, canned, 130 g	2 (1-3)	Sausage, cooked, 55 g	1 (0-5)	Beans and bean products	
Green beans, cooked, 130 g	2 (1-10)	Pate, 55 g	1 (0-4)	Beans, chickpea, canned, 80 g	2 (2-4)
Sweet potato, cooked, 167 g	2 (0-6)	Organ meats, cooked, 100 g	1 (0-8)	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)
Peppers, composite, 107.5 g	2 (0-7)	Chicken, turkey and other poultry, cooked	1 (0-5)	Beans, black, canned, 80 g	3 (3-4)
Asparagus, canned, 130 g	3 (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	4 (2-5)
Taro, cooked, 167 g	3	Mutton, cooked, 100 g	2 (1-6)	Beans, chickpea, cooked, 80 g	4 (3-5)
Peas, cooked, 130 g	3 (1-11)	Lamb, cooked, 100 g	2 (0-9)	Beans, pinto, canned, 80 g	4 (3-6)
Spinach, canned, 130 g	3 (1-4)	Beef, cooked, 100 g	2 (0-12)	Beans, pinto, cooked, 80 g	5 (2-8)
Parsnip, cooked, 130 g*	3	Pork, cured, cooked, 55 g	3 (0-39)	Beans, lima, cooked, 80 g	5 (1-10)
Tomato, canned, 130 g	3 (0-7)	Ground beef and/or pork, cooked, 100 g	4 (0-31)	Beans, various, canned, 80 g	5 (2-7)
Snap peas, cooked, 130 g*	4	Fish and seafood		Beans, various, cooked, 80 g	5 (0-25)
Fennel, cooked, 130 g*	6	Fish, roe, 15 g	0 (0-1)	Beans, various, fresh, 80 g	6 (2-10)
Peas, canned, 130 g	6 (3-8)	Lobster, 125 g	1	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	8 (2-25)
Meat, poultry, eggs and substitutes		Eel, 125 g	1 (0-3)	Beans, black, cooked, 80 g*	12
Venison, 125 g	1	Squid or octopus, 125 g	1 (1-4)	Tofu, 85 g	12 (2-37)
Sausage, 75 g	1 (0-1)	Fish, 125 g	1 (0-10)	Soya flakes, 35 g*	15
Rabbit, 125 g	1 (0-1)	Shrimp, 125 g	2 (1-3)	Nuts and seeds	
Beef, 125 g	1 (0-2)	Crab, 125 g	2 (1-4)	Peanut butter, 15 g	1 (0-6)
Egg, 100 g	1 (0-1)	Crayfish, 125 g	2	Chestnuts, 30 g	2
Lamb, 125 g	1 (1-2)	Oysters, 125 g	5 (1-15)	Almond butter, 15 g	2
Ground beef and/or pork, 125 g	1 (0-2)	Mussels, 125 g	8 (1-40)	Pistachios, 30 g	2 (1-4)
Pork, 125 g	1 (0-2)	Clams, 125 g	16 (1-46)	Peanuts, 30 g	2 (1-39)
Veal, 125 g	1 (1-2)	Scallops, 125 g	20 (1-43)	Almonds, 30 g	3 (1-4)
Seitan, 100 g	1 (0-1)	Fish and seafood - Prepared		Sesame seeds, 30 g	4 (1-8)
Chicken, turkey and other poultry, 125 g	1 (0-3)	Eel, cooked, 100 g	1 (0-1)	Poppy seeds, 30 g	4 (1-8)
Black pudding, 75 g	1 (0-2)	Crustaceans, canned, 55 g	1 (0-1)	Pumpkin seeds, 30 g	4 (1-11)
Mutton, 125 g	1 (1-2)	Fish, canned, 55 g	1 (0-2)	Macadamia nuts, 30 g*	5
Soya sausage, 75 g	1 (0-2)	Fish, pickled, 55 g	1 (0-1)	Hazelnuts, 30 g	5 (2-10)
Organ meats, 125 g	1 (0-6)	Shrimp, cooked, 100 g	1 (0-2)	Flaxseed, 30 g	6 (4-7)
Bacon, 54 g	2 (0-4)	Crab, cooked, 100 g	1	Pine nuts, 30 g	6 (5-9)
TVP (texturized vegetable protein), 100 g	22 (10-53)	Lobster, cooked, 100 g	1	Chia seeds, 30 g	8 (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)	Fish, salted or smoked, 55 g	1 (0-10)	Sunflower seeds, 30 g	10 (2-19)
Pork, cured, 30 g	1	Prawns, cooked, 100 g	1 (1-2)	Walnuts, 30 g	12 (4-15)

Pecans, 30 g	17 (6-45)	Tea, hibiscus, brewed, 250 g	3 (0-4)	Mint, dry, 0.5 g	0 (0-1)
Cashews, 30 g	18 (12-23)	Tea, brewed, 250 g	3 (1-8)	Fenugreek, 0.5 g	0 (0-1)
Hemp seeds, 30 g	19 (15-20)	Hot chocolate powder, 25 g	5 (2-6)	Basil, dry, 0.5 g	0 (0-1)
Alfalfa seeds, 30 g	19 (12-22)	Hot chocolate, 250 g	6	Cardamom, 0.5 g	1 (0-1)
Beverages - Alcoholic		Beverages - Other		Beverages - Other	
Liquor, 45 g	1 (0-1)	Carbonated drinks, 375 g	1 (0-1)	Peppermint, dry, 0.5 g	1
Vermouth, 83 g	1	Water, tap, 375 g	1 (0-2)	Cumin, 0.5 g	1 (0-1)
Beer, 333 g	1 (0-7)	Carbonated drinks, canned, 375 g	1 (0-5)	Marjoram, dry, 0.5 g	1
Cider, 333 g	1	Sports drink, 375 g*	1	Cinnamon, 0.5 g	1 (0-1)
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		Malt drink, 250 g	2 (1-3)	Nigella seeds, 0.5 g	1
Lemon juice, 5 g	0	Energy drink, 375 g	2 (1-12)	Rosemary, fresh, 1.5 g	1
Lemonade, 250 g	1 (0-1)	Chocolate milk, 250 g	2 (1-5)	Parsley, fresh, 1.5 g	1 (0-1)
Mango juice, 250 g	1	Vanilla milkshake, 250 g	3 (1-10)	Anise, 0.5 g*	1
Citrus juice, 250 g	1 (0-1)	Coconut water, 375 g	4 (0-17)	Anchovy paste, 15 g	1 (0-1)
Fruit drink, 250 g	1 (0-3)	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	Basil, fresh, 1.5 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	Saffron, 0.5 g	0	Pepper, black, 0.5 g	1 (0-2)
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
Pear juice, 250 g	1 (1-3)	Chervil, 1.5 g*	0	Ramen noodle powder, 1.5 g*	1
Citrus juice, from concentrate, 250 g	1 (0-5)	Dill, fresh, 1.5 g*	0	Oregano, fresh, 1.5 g	1
Pineapple juice, 250 g	2 (1-2)	Mustard seed, 0.5 g	0	Cayenne pepper, 0.5 g	1 (1-2)
Tomato juice, 250 g	2	Onion, dried, 0.5 g*	0	Savoury, dried, 0.5 g*	1
Tomato juice, canned, 250 g	2	Tamarind, 1.5 g	0	Fennel, dry, 0.5 g	1 (1-2)
Vegetable juice, 250 g	2 (1-3)	Annatto, 0.5 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	Lard, 10 g	0
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	Olive oil, 10 g	0 (0-1)
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)	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
Tea, yerba mate, brewed, 250 g	1 (0-1)	Coriander seeds, 0.5 g	0	Corn oil, 10 g	0 (0-1)
Tea, peppermint, brewed, 250 g	1 (0-2)	Mint leaves, 1.5 g*	0	Mustard oil, 10 g	0
Tea, brewed, bag, 250 g	1 (0-3)	Rosemary, dry, 0.5 g	0 (0-1)	Rice oil, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Cilantro, 1.5 g	0	Sunflower oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-6)	Nutmeg, 0.5 g	0 (0-1)	Hazelnut oil, 10 g	0
Tea, herbal, brewed, 250 g	1 (0-3)	Parsley, dry, 0.5 g	0 (0-1)	Avocado oil, 10 g	0 (0-1)
Green tea, brewed, loose, 250 g	1 (1-3)	Chives, 1.5 g*	0	Cocoa butter, 10 g	0
Tea, chamomile, brewed, 250 g	1 (0-4)	Curry leaves, dry, 0.5 g	0 (0-1)	Margarine, 10 g	0 (0-2)
Green tea, brewed, bag, 250 g	2 (1-3)	Garlic, dry, 0.5 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Cereal grain beverage, 250 g	2 (0-6)	Paprika, 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)
Pork rinds, 20 g	1
Vanilla ice cream or frozen yogurt, 129 g	1 (0-4)
Gelatin dessert, 130 g	1 (0-1)
Chewing gum, 3 g	1 (0-1)
Graham crackers, 30 g	1 (0-1)
Sherbert/sorbet, 129 g	1 (0-5)
Pretzels, 50 g	1 (0-1)
Cookies, not chocolate, 30 g	1 (0-7)
Applesauce, 110 g	1 (0-3)
Banana chips, 40 g*	1
Raisins, 40 g	1 (0-5)
Savoury crisps, 50 g	1 (1-2)
Cereal bar, rice, 35 g*	1
Potato chips, 50 g	1 (1-3)
Rice pudding, 130 g	1 (1-2)
Pudding, not chocolate, 130 g	1 (0-6)
Vegetable chips, 50 g	1 (1-2)
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	2 (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	3 (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
Honey, 20 g	0 (0-5)
Molasses, 20 g	1 (0-1)
Gummy candy, 40 g	1 (0-1)

Candy, 40 g	1 (0-3)
Sweetened evaporated milk, 30 g*	1
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)
Chocolate confections with nuts, 40 g	2 (0-12)
Confections with nuts, 50 g	3 (1-5)
Chocolate confections, 40 g	4 (1-13)
Chocolate, 40 g	4 (2-20)
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)
Dips, dairy-based, 30 g	0 (0-2)
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)
Sweet and sour sauce, 30 g	1 (0-1)
Bechamel sauce, 125 g	1 (0-1)
Dressings, 30 g	1 (0-22)
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	2 (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
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)
Tomato paste, 30 g	2 (1-3)
Broth, 250 g	2 (1-2)
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 tbsp
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.