

Dairy products and substitutes

Whipped cream, 15 g	0
Sour cream, 24 g	0
Cream, 15 g	0 (0-1)
Cheese substitutes, coconut oil, 30 g	0
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	1 (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	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)
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)
Bagel, 85 g	1 (1-2)
Simple pastries, 55 g	1
Bread, white, 75 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 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)
Rice cakes, 15 g	1 (1-2)
Pasta, white wheat, cooked, 215 g	1 (0-3)
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)
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)
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
Flour, cassava, 30 g	2 (1-2)
Rice, white, raw, 45 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)
Oat bran, 15 g*	2
Rice, white, cooked, 140 g	2 (1-6)
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	11 (2-25)
Flour, pea, 15 g	20 (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
Fruits - Citrus		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)
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)
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)	Cabbage, 85 g	1 (0-5)	Tomato, composite, 107.5 g	1 (0-1)
Papaya, 140 g	1 (1-6)	Lettuces, 85 g	1 (0-3)	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)
Kiwi, 140 g	1 (0-3)	Spinach, 85 g	1 (1-6)	Eggplant, cooked, 130 g	1 (0-5)
Jack fruit, 140 g	1 (1-2)	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	Carrot, cooked, 130 g	1 (0-2)
Pear, 140 g	2 (1-7)	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)
Peach or nectarine, 140 g	2 (1-8)	Vegetables - Other		Corn, cooked, 130 g	1 (1-3)
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)	Sweet potato, cooked, 167 g	1 (0-6)
Persimmon, 140 g	4 (3-4)	Zucchini, 85 g	1 (0-3)	Potato, cooked, 167 g	1 (0-4)
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)	Cauliflower, cooked, 130 g	1 (0-5)
Star fruit, 140 g*	4	Eggplant, 85 g	1 (0-3)	Peppers, composite, 107.5 g	1 (0-7)
Pineapple, canned, 140 g	4 (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	12 (4-19)	Pumpkin, 85 g	1 (1-3)	Rutabaga, cooked, 130 g	1 (0-9)
Vegetables - Root		Leek, 85 g	1 (1-2)	Kale, cooked, 130 g	2 (1-4)
Radish, 85 g	1	Peppers, 85 g	1 (0-5)	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	Potato, french fried, 70 g	2 (1-4)

Brussels sprouts, cooked, 130 g	2 (1-7)
Squash, cooked, 130 g	2 (1-7)
Seaweed, cooked, 15 g	2 (1-3)
Plantain, cooked, 167 g	2 (2-3)
Onion, cooked, 130 g	2 (0-3)
Potato, cooked with skin, 167 g	2 (1-17)
Sweet potato, canned, 167 g	2 (1-5)
Asparagus, cooked, 130 g	2 (1-5)
Asparagus, canned, 130 g	2 (1-3)
Mushroom, cooked, 130 g	2 (0-3)
Green beans, cooked, 130 g	2 (1-10)
Yam, cooked, 167 g*	2
Mushroom, canned, 130 g	2 (1-3)
Tomato, canned, 130 g	2 (0-7)
Artichoke, cooked, 130 g*	3
Peas, canned, 130 g	3 (3-8)
Taro, cooked, 167 g	3
Spinach, canned, 130 g	3 (1-4)
Green beans, canned, 130 g	3 (1-5)
Parsnip, cooked, 130 g*	3
Peas, cooked, 130 g	4 (1-11)
Snap peas, cooked, 130 g*	4
Fennel, cooked, 130 g*	6
Cassava, cooked, 167 g	7 (4-10)
Meat, poultry, eggs and substitutes	
Rabbit, 125 g	0 (0-1)
Venison, 125 g	1
Sausage, 75 g	1 (0-1)
Beef, 125 g	1 (0-2)
Egg, 100 g	1 (0-1)
Veal, 125 g	1 (1-2)
Lamb, 125 g	1 (1-2)
Ground beef and/or pork, 125 g	1 (0-2)
Pork, 125 g	1 (0-2)
Chicken, turkey and other poultry, 125 g	1 (0-3)
Seitan, 100 g	1 (0-1)
Mutton, 125 g	1 (1-2)
Black pudding, 75 g	1 (0-2)
Soya sausage, 75 g	1 (0-2)
Organ meats, 125 g	1 (0-6)
Bacon, 54 g	1 (0-4)
TVP (texturized vegetable protein), 100 g	23 (10-53)
Meat, poultry and eggs - Prepared	
Bacon, cooked, 15 g	0 (0-1)
Pork, cured, 30 g	1

Beef, cured, 30 g	1 (0-1)
Lunch meat, canned, 55 g	1 (0-1)
Venison, cooked, 100 g	1 (0-1)
Veal, cooked, 100 g	1 (0-3)
Organ meats, cooked, 100 g	1 (0-8)
Black pudding, cooked, 55 g	1 (0-1)
Egg, cooked, 100 g	1 (0-7)
Chicken, turkey and other poultry, cured,	1
Meat jellies, 120 g	1
Lunch meat, 55 g	1 (0-2)
Sausage, cooked, 55 g	1 (0-5)
Egg powder, 20 g	1
Mutton, cooked, 100 g	1 (1-6)
Chicken, turkey and other poultry, cooked	1 (0-5)
Beef, cooked, 100 g	1 (0-12)
Pork, cooked, 100 g	1 (0-18)
Pate, 55 g	1 (0-4)
Lamb, cooked, 100 g	1 (0-9)
Ground beef and/or pork, cooked, 100 g	1 (0-31)
Pork, cured, cooked, 55 g	2 (0-39)
Fish and seafood	
Fish, roe, 15 g	0 (0-1)
Squid or octopus, 125 g	1 (1-4)
Prawn, 125 g	1 (1-5)
Lobster, 125 g	1
Crab, 125 g	1 (1-4)
Eel, 125 g	1 (0-3)
Fish, 125 g	1 (0-10)
Shrimp, 125 g	2 (1-3)
Crayfish, 125 g	2
Oysters, 125 g	5 (1-15)
Mussels, 125 g	8 (1-40)
Scallops, 125 g	25 (1-43)
Clams, 125 g	33 (1-46)
Fish and seafood - Prepared	
Eel, cooked, 100 g	1 (0-1)
Crustaceans, canned, 55 g	1 (0-1)
Fish, pickled, 55 g	1 (0-1)
Crab, cooked, 100 g	1
Fish, canned, 55 g	1 (0-2)
Lobster, cooked, 100 g	1
Squid or octopus, cooked, 100 g	1
Shrimp, cooked, 100 g	1 (0-2)
Prawns, cooked, 100 g	1 (1-2)
Fish, cooked, 100 g	1 (0-17)

Fish, salted or smoked, 55 g	1 (0-10)
Crayfish, cooked, 100 g	1 (1-6)
Oysters, cooked, 100 g*	2
Scallops, cooked, 100 g	2 (1-3)
Bivalves, canned, 55 g	5 (3-5)
Mussels, cooked, 100 g	6 (1-47)
Bivalves, pickled, 55 g	8 (2-15)
Snails or whelks, cooked, 100 g	8 (1-21)
Beans and bean products	
Beans, white, cooked, 80 g	2 (0-6)
Beans, various, canned, 80 g	3 (2-7)
Beans, chickpea, canned, 80 g	3 (2-4)
Beans, black, canned, 80 g	3 (3-4)
Beans, white, canned, 80 g	4 (2-4)
Beans, lentil, canned, 80 g	4 (2-5)
Beans, chickpea, cooked, 80 g	4 (3-5)
Beans, kidney, canned, 80 g	4 (1-4)
Beans, pinto, canned, 80 g	4 (3-6)
Beans, lima, cooked, 80 g	5 (1-10)
Beans, pinto, cooked, 80 g	6 (2-8)
Beans, various, fresh, 80 g	6 (2-10)
Beans, various, cooked, 80 g	6 (0-25)
Beans, lentil, cooked, 80 g	7 (6-9)
Beans, various, dried, 35 g	10 (2-25)
Beans, black, cooked, 80 g*	12
Soya flakes, 35 g*	15
Tofu, 85 g	15 (2-37)
Nuts and seeds	
Chestnuts, 30 g	2
Almond butter, 15 g	2
Peanut butter, 15 g	2 (0-6)
Pistachios, 30 g	3 (1-4)
Almonds, 30 g	3 (1-4)
Sesame seeds, 30 g	4 (1-8)
Poppy seeds, 30 g	4 (1-8)
Pumpkin seeds, 30 g	4 (1-11)
Hazelnuts, 30 g	5 (2-10)
Macadamia nuts, 30 g*	5
Flaxseed, 30 g	6 (4-7)
Peanuts, 30 g	6 (1-39)
Chia seeds, 30 g	7 (5-9)
Pine nuts, 30 g	7 (5-9)
Walnuts, 30 g	9 (4-15)
Brazil nuts, 30 g	9 (2-14)
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	23 (6-45)	Hot chocolate, 250 g	6	Penugreek, 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)	Cumin, 0.5 g	1 (0-1)
Cider, 333 g	1	Sports drink, 375 g*	1	Marjoram, dry, 0.5 g	1
Wine, 188 g	1 (0-2)	Carbonated drinks, 375 g	1 (0-1)	Mace, 0.5 g*	1
Beer, 333 g	1 (0-7)	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	Coconut water, 375 g	2 (0-17)	Anise, 0.5 g*	1
Lemonade, 250 g	1 (0-1)	Energy drink, 375 g	2 (1-12)	Anchovy paste, 15 g	1 (0-1)
Citrus juice, canned, 250 g	1 (0-1)	Vanilla milkshake, 250 g	3 (1-10)	Cinnamon, 0.5 g	1 (0-1)
Mango juice, 250 g	1	Chocolate milk, 250 g	4 (1-5)	Parsley, fresh, 1.5 g	1 (0-1)
Citrus juice, 250 g	1 (0-1)	Chocolate milkshake, 250 g	4 (2-31)	Sage, dry, 0.5 g	1
Fruit drink, 250 g	1 (0-3)	Herbs and spices		Thyme, dry, 0.5 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
Grapefruit juice, 250 g	1 (0-4)	Salt, 1 g	0	Oregano, dry, 0.5 g	1
Grape juice, 250 g	1 (0-2)	Saffron, 0.5 g	0	Pepper, black, 0.5 g	1 (0-2)
Citrus juice, from concentrate, 250 g	1 (0-5)	Dill, dried, 0.5 g*	0	Ramen noodle powder, 1.5 g*	1
Peach juice, 250 g	1	Nutmeg, 0.5 g	0 (0-1)	Oregano, fresh, 1.5 g	1
Tomato juice, canned, 250 g	2	Bay leaf, dried, 0.5 g*	0	Hot peppers, dried, 0.5 g	1 (0-1)
Tomato juice, 250 g	2	Chervil, 1.5 g*	0	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)
Vegetable juice, canned, 250 g	2 (1-9)	Onion, dried, 0.5 g*	0	Fennel, dry, 0.5 g	2 (1-2)
Tomato juice, bottled, 250 g	2 (2-6)	Cloves, 0.5 g	0	Fats and oils	
Vegetable juice, 250 g	3 (1-3)	Annatto, 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		Ginger powder, 0.5 g	0	Grapeseed oil, 10 g	0
Tea, yerba mate, brewed, 250 g	0 (0-1)	Ginger, dry, 0.5 g	0 (0-1)	Butter, 10 g	0 (0-1)
Tea, lemongrass, brewed, 250 g	1 (0-1)	Allspice, 0.5 g	0	Mustard oil, 10 g	0
Instant coffee powder, 3 g	1 (0-1)	Cardamom, 0.5 g	0 (0-1)	Corn oil, 10 g	0 (0-1)
Cereal grain beverage, 250 g	1 (0-6)	Rosemary, dry, 0.5 g	0 (0-1)	Sunflower oil, 10 g	0 (0-1)
Tea, peppermint, brewed, 250 g	1 (0-2)	Coriander seeds, 0.5 g	0	Rice oil, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Mint leaves, 1.5 g*	0	Avocado oil, 10 g	0 (0-1)
Tea, herbal, brewed, 250 g	1 (0-3)	Cilantro, 1.5 g	0	Cocoa butter, 10 g	0
Tea, brewed, loose, 250 g	1 (1-6)	Garlic, 4 g	0 (0-1)	Hazelnut oil, 10 g	0
Tea, brewed, bag, 250 g	2 (0-3)	Parsley, dry, 0.5 g	0 (0-1)	Canola/rapeseed oil , 10 g	0 (0-1)
Green tea, brewed, loose, 250 g	2 (1-3)	Chives, 1.5 g*	0	Soybean oil, 10 g	0 (0-1)
Tea, brewed, 250 g	2 (1-8)	Paprika, 0.5 g	0 (0-1)	Olive 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)
				Coconut oil, 10 g	0 (0-1)

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)
Pudding, not chocolate, 130 g	1 (0-6)
Sherbert/sorbet, 129 g	1 (0-5)
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
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	1 (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)
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

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)
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)
Tartar sauce, 30 g	1 (0-5)
Fruit jams, 15 g	1 (0-2)
Ketchup, 15 g	1 (0-1)
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
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.