

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 cheese, 30 g	0 (0-1)
Cream, non-dairy, 15 g	0 (0-1)
Evaporated milk, 15 g	0 (0-1)
Cheeses, 30 g	0 (0-2)
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)
Cultured milk, 188 g	1 (0-1)
Cottage cheese, 125 g	1 (0-2)
Yogurt drink, 188 g	1 (0-1)
Milk, 250 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Yogurt, 175 g	1 (0-3)
Almond beverage, 250 g	1 (1-3)
Milk powder, 25 g	1 (0-3)
Yogurt drink substitute, coconut, 188 g	1 (0-3)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Rice beverage, 250 g	2 (1-7)
Yogurt substitute, coconut, 175 g	2 (0-13)
Peanut beverage, 250 g*	3
Coconut beverage, 250 g	3 (0-11)
Oat beverage, 250 g	4 (2-7)
Soy beverage, 250 g	5 (1-13)
Cashew beverage, 250 g	7 (2-11)
Yogurt substitute, soy, 175 g	11 (4-22)

Grain products and bakery

Rice paper, 15 g*	0
Pastry doughs, 21 g	0 (0-1)
Crackers, saltine or cream, 30 g	1 (0-1)
Simple pastries, 55 g	1
Yeast dough, 55 g	1
Crackers, butter-type, 30 g	1 (0-1)
Baguette, 75 g	1
Soft pretzel, 55 g	1
Hot cereal, rye, cooked, 194 g	1
Hot cereal, wheat, dry, 40 g	1 (1-2)
Crackers, 30 g	1 (0-2)
Bread, barley, 75 g	1
Rusk, plain or fruited, 30 g	1
Cold cereal, corn, 30 g	1 (0-2)
Breadcrumbs, 30 g	1

Pasta, rice or corn, cooked, 215 g	1 (0-2)
English muffin, 55 g	1
Crackers, seeded, 30 g	1
Glass noodles, cooked, 215 g	1 (0-1)
Cold cereal, rice, 30 g	1 (0-2)
Rolls and biscuits, 55 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Hot cereal, wheat, cooked, 194 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-3)
Bagel, 85 g	1 (1-2)
Crispbread, 30 g	1 (1-2)
Flatbread, 55 g	1 (1-2)
Bread, rye, 75 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)
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 (1-4)
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)
Bread, multigrain, 75 g	2 (1-11)
Rolls, multigrain, 55 g	2 (1-4)
Bread, gluten-free, 75 g	2 (0-4)
Bread, fruited, 75 g	2 (1-4)
Bread, seeded, 75 g	3 (1-8)
Bread, spelt, 75 g	4 (3-5)
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)
Cold cereal, oat ring, 30 g	7 (2-12)
Hot cereal, oat, cooked, 194 g	9 (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 (1-3)
Flour, whole wheat, 30 g	1 (1-2)
Flour, spelt, whole, 30 g	1 (1-2)
Rice, black, raw, 45 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
Barley, raw, 45 g	2 (1-3)
Corrmeal, 30 g	2 (1-4)
Quinoa, cooked, 140 g	2 (0-3)
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, buckwheat, 30 g	5 (2-13)
Flour, oat, 30 g*	6
Flour, soy, 15 g	7 (5-13)
Buckwheat, raw, 45 g	11 (2-25)
Flour, pea, 15 g	22 (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 (0-4)
Blackberries, 80 g	2 (2-3)

Raspberries, 80 g	2 (0-8)	Water chestnut, 85 g*	1	Pumpkin, 85 g	2 (1-3)
Rosehips, 80 g*	4	Beets, 85 g	1 (1-3)	Green beans, 85 g	2 (1-5)
Fruits - Citrus		Potato, 110 g	1 (0-5)	Asparagus, 85 g	3 (2-4)
Grapefruit, 140 g	1 (0-3)	Sweet potato, 110 g	2 (1-3)	Snap peas, 85 g*	3
Lemon / Lime, 55 g	1 (0-2)	Jerusalem artichoke, 85 g*	2	Okra, 85 g	3 (2-5)
Orange, 140 g	1 (1-4)	Yam, 110 g	2 (2-3)	Bean sprouts, 65 g	3 (2-6)
Citrus fruits, unspecified, 140 g	1 (1-2)	Parsnip, 85 g	3 (1-4)	Peas, dried, 35 g	4 (1-6)
Pomelo, 140 g	1 (1-2)	Fennel, 85 g*	3	Chayote, 85 g	4 (1-7)
Tangerine or mandarin orange, 140 g	1 (1-3)	Taro root, 110 g*	4	Peas, 85 g	4 (1-19)
Citrus fruits, canned, 140 g	1 (1-4)	Cassava, 110 g	4 (2-7)	Vegetables - Prepared	
Fruits - Other		Vegetables - Leafy		Tomato, composite, 107.5 g	1 (0-1)
Breadfruit, 140 g	1	Cabbage, 85 g	1 (0-3)	Kohlrabi, composite, 107.5 g	1
Apple, 140 g	1 (0-2)	Lettuces, 85 g	1 (0-3)	Cabbage, cooked, 130 g	1 (0-2)
Cherries, 140 g	1	Spinach, 85 g	1 (1-6)	Onion, cooked, 130 g	1 (0-3)
Pineapple, 140 g	1 (1-3)	Mustard leaves, 85 g	1 (1-2)	Celery, composite, 107.5 g	1 (0-1)
Grape, 140 g	1 (0-4)	Kale, 85 g	2 (1-2)	Turnip, cooked, 130 g	1 (1-2)
Watermelon, 150 g	1 (1-4)	Head/iceberg lettuce, 85 g	2 (0-3)	Beets, canned, 130 g	1 (1-2)
Pear, 140 g	1 (1-4)	Chard, 85 g	2 (1-2)	Corn, cooked, 130 g	1 (1-3)
Papaya, 140 g	1 (1-2)	Bok choy, 85 g	2 (1-3)	Leek, cooked, 130 g	1
Banana, 140 g	1 (1-4)	Watercress, 85 g	2 (1-3)	Fennel, composite, 107.5 g	1
Jack fruit, 140 g	1 (1-2)	Alfalfa sprouts, 85 g	3 (2-3)	Corn, canned, 130 g	1 (1-6)
Mango, 140 g	1 (1-2)	Arugula/rocket, 85 g*	3	Collard greens, cooked, 130 g	1 (1-2)
Peach or nectarine, 140 g	1 (1-4)	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Pumpkin, marinated, 130 g	1
Kiwi, 140 g	1 (0-3)	Collard greens, 85 g*	3	Cabbage, sauerkraut, 85 g	1
Jujube, 140 g	2	Seaweed, 15 g	3 (1-11)	Eggplant, cooked, 130 g	1 (0-5)
Guava, 140 g	2 (1-2)	Garden cress, 85 g*	4	Carrot, cooked, 130 g	1 (0-2)
Melons, 150 g	2 (1-5)	Vegetables - Other		Okra, cooked, 130 g	1 (1-2)
Dragon fruit, 140 g	2 (1-3)	Pickles, 30 g	0 (0-1)	Pumpkin, composite, 107.5 g	1 (1-2)
Dates, fresh, 140 g	2 (2-3)	Olives, 15 g	1 (0-1)	Kale, cooked, 130 g	1 (1-4)
Apricot, canned, 140 g	2 (1-9)	Mushrooms, 85 g	1 (0-2)	Spinach, cooked, 130 g	1 (1-2)
Pineapple, canned, 140 g	2 (1-7)	Tomato, 85 g	1 (0-3)	Peppers, composite, 107.5 g	1 (0-2)
Lychee, 140 g	2 (1-4)	Celery, 85 g	1 (0-2)	Cauliflower, cooked, 130 g	1 (0-5)
Apricot, 140 g*	3	Cucumber, 85 g	1 (0-3)	Zucchini, cooked, 130 g	1 (1-6)
Persimmon, 140 g	4 (3-4)	Eggplant, 85 g	1 (0-2)	Potato, cooked, 167 g	1 (0-4)
Passionfruit, 140 g*	4	Peppers, 85 g	1 (0-5)	Broccoli, cooked, 130 g	1 (1-3)
Plum, 140 g	4 (1-8)	Tomato, sun-dried, 30 g	1 (0-1)	Brussels sprouts, cooked, 130 g	1 (1-7)
Star fruit, 140 g*	4	Leek, 85 g	1 (1-2)	Potato, cooked with skin, 167 g	1 (1-5)
Avocado, 140 g	4 (1-30)	Corn, 85 g	1 (1-4)	Beets, cooked, 130 g	1 (1-4)
Coconut, 140 g	11 (4-19)	Bamboo shoot, 85 g*	1	Rutabaga, cooked, 130 g	1 (0-9)
Vegetables - Root		Cauliflower, 85 g	1 (0-3)	Pumpkin, cooked, 130 g	2 (1-2)
Onion, 85 g	1 (0-2)	Spring onion, 40 g	1 (1-2)	Sweet potato, canned, 167 g	2 (1-5)
Carrot, 85 g	1 (0-2)	Broccoli, 85 g	1 (1-3)	Green beans, canned, 130 g	2 (1-5)
Radish, 85 g	1	Zucchini, 85 g	1 (0-3)	Squash, cooked, 130 g	2 (1-7)
Celeriac, 85 g	1	Squash, 85 g	2 (1-2)	Mushroom, canned, 130 g	2 (1-3)
Rutabaga, 85 g	1	Rhubarb, 140 g	2 (1-3)	Potato, french fried, 70 g	2 (1-4)
Kohlrabi, 85 g*	1	Snow pea, 85 g*	2	Asparagus, cooked, 130 g	2 (1-5)
Turnip, 85 g	1 (0-2)	Brussels sprouts, 85 g	2 (1-5)	Mushroom, cooked, 130 g	2 (0-3)

Plantain, cooked, 167 g	2 (2-3)	Organ meats, cooked, 100 g	1 (0-8)	Beans, white, cooked, 80 g	3 (0-6)
Seaweed, cooked, 15 g	2 (1-3)	Veal, cooked, 100 g	1 (0-3)	Beans, lentil, canned, 80 g	3 (2-5)
Green beans, cooked, 130 g	2 (1-10)	Pork, cooked, 100 g	1 (0-18)	Beans, chickpea, cooked, 80 g	4 (3-5)
Yam, cooked, 167 g*	2	Lamb, cooked, 100 g	1 (0-9)	Beans, pinto, canned, 80 g	4 (3-6)
Sweet potato, cooked, 167 g	2 (0-6)	Mutton, cooked, 100 g	2 (1-6)	Beans, pinto, cooked, 80 g	5 (2-8)
Asparagus, canned, 130 g	2 (1-3)	Beef, cooked, 100 g	2 (0-12)	Beans, lima, cooked, 80 g	5 (1-10)
Jerusalem artichoke, cooked, 130 g*	3	Ground beef and/or pork, cooked, 100 g	3 (0-31)	Beans, various, fresh, 80 g	6 (2-10)
Taro, cooked, 167 g	3	Pork, cured, cooked, 55 g	3 (0-39)	Beans, various, canned, 80 g	6 (2-7)
Spinach, canned, 130 g	3 (1-4)	Fish and seafood		Beans, various, cooked, 80 g	6 (0-25)
Peas, cooked, 130 g	3 (1-11)	Fish, roe, 15 g	0 (0-1)	Tofu, 85 g	6 (2-37)
Parsnip, cooked, 130 g*	3	Lobster, 125 g	1	Beans, lentil, cooked, 80 g	7 (6-9)
Tomato, canned, 130 g	3 (0-7)	Eel, 125 g	1 (0-3)	Beans, various, dried, 35 g	7 (2-25)
Snap peas, cooked, 130 g*	4	Fish, 125 g	1 (0-5)	Beans, black, cooked, 80 g*	12
Fennel, cooked, 130 g*	6	Prawn, 125 g	1 (1-5)	Soya flakes, 35 g*	15
Peas, canned, 130 g	7 (3-8)	Squid or octopus, 125 g	1 (1-4)	Nuts and seeds	
Cassava, cooked, 167 g	7 (4-10)	Shrimp, 125 g	2 (1-3)	Peanut butter, 15 g	1 (0-6)
Meat, poultry, eggs and substitutes		Crayfish, 125 g	2	Chestnuts, 30 g	2
Venison, 125 g	1	Crab, 125 g	2 (1-4)	Almond butter, 15 g	2
Sausage, 75 g	1 (0-1)	Oysters, 125 g	6 (1-15)	Peanuts, 30 g	2 (1-39)
Rabbit, 125 g	1 (0-1)	Snails or whelks, 125 g	8 (2-33)	Pistachios, 30 g	3 (1-4)
Egg, 100 g	1 (0-1)	Mussels, 125 g	10 (1-40)	Almonds, 30 g	3 (1-4)
Beef, 125 g	1 (0-2)	Clams, 125 g	14 (1-46)	Sesame seeds, 30 g	4 (1-8)
Lamb, 125 g	1 (1-2)	Scallops, 125 g	18 (1-43)	Poppy seeds, 30 g	4 (1-8)
Ground beef and/or pork, 125 g	1 (0-2)	Fish and seafood - Prepared		Macadamia nuts, 30 g*	5
Chicken, turkey and other poultry, 125 g	1 (0-3)	Eel, cooked, 100 g	0 (0-1)	Pumpkin seeds, 30 g	5 (1-11)
Seitan, 100 g	1 (0-1)	Fish, canned, 55 g	1 (0-1)	Flaxseed, 30 g	6 (4-7)
Pork, 125 g	1 (0-2)	Crustaceans, canned, 55 g	1 (0-1)	Hazelnuts, 30 g	6 (2-10)
Veal, 125 g	1 (1-2)	Fish, salted or smoked, 55 g	1 (0-1)	Pine nuts, 30 g	7 (5-9)
Black pudding, 75 g	1 (0-2)	Shrimp, cooked, 100 g	1 (0-2)	Chia seeds, 30 g	7 (5-9)
Soya sausage, 75 g	1 (0-2)	Fish, pickled, 55 g	1 (0-1)	Brazil nuts, 30 g	9 (2-14)
Mutton, 125 g	1 (1-2)	Lobster, cooked, 100 g	1	Sunflower seeds, 30 g	10 (2-19)
Organ meats, 125 g	1 (0-6)	Crab, cooked, 100 g	1	Walnuts, 30 g	12 (4-15)
Bacon, 54 g	1 (0-4)	Squid or octopus, cooked, 100 g	1	Hemp seeds, 30 g	15 (9-20)
TVP (texturized vegetable protein), 100 g	25 (10-53)	Prawns, cooked, 100 g	1 (1-2)	Cashews, 30 g	16 (12-23)
Meat, poultry and eggs - Prepared		Fish, cooked, 100 g	1 (0-9)	Pecans, 30 g	17 (6-45)
Bacon, cooked, 15 g	0 (0-1)	Oysters, cooked, 100 g*	2	Alfalfa seeds, 30 g	18 (12-22)
Venison, cooked, 100 g	1 (0-1)	Scallops, cooked, 100 g	2 (1-3)	Beverages - Alcoholic	
Lunch meat, canned, 55 g	1 (0-1)	Crayfish, cooked, 100 g	4 (1-6)	Liquor, 45 g	0 (0-1)
Lunch meat, 55 g	1 (0-2)	Bivalves, canned, 55 g	5 (3-5)	Vermouth, 83 g	1
Dried meats, 30 g	1 (0-1)	Mussels, cooked, 100 g	7 (1-47)	Beer, 333 g	1 (0-2)
Black pudding, cooked, 55 g	1 (0-1)	Snails or whelks, cooked, 100 g	8 (1-21)	Cider, 333 g	1
Meat jellies, 120 g	1	Bivalves, pickled, 55 g	8 (2-15)	Wine, 188 g	1 (0-2)
Egg powder, 20 g	1	Beans and bean products		Fortified wine, 83 g	1 (0-2)
Pate, 55 g	1 (0-4)	Beans, chickpea, canned, 80 g	2 (2-4)	Beverages - Juices	
Sausage, cooked, 55 g	1 (0-5)	Beans, kidney, canned, 80 g	2 (1-4)	Lemon juice, 5 g	0
Chicken, turkey and other poultry, cooked, 100 g	1 (0-5)	Beans, white, canned, 80 g	3 (2-4)	Lemonade, 250 g	1 (0-1)
Egg, cooked, 100 g	1 (0-7)	Beans, black, canned, 80 g	3 (3-4)	Mango juice, 250 g	1

Fruit drink, 250 g	1 (0-3)	Chocolate milkshake, 250 g	5 (2-31)	Pepper, black, 0.5 g	1 (0-2)
Citrus juice, 250 g	1 (0-1)	Herbs and spices		Basil, fresh, 1.5 g	1
Citrus juice, from concentrate, 250 g	1 (0-2)	Salt, 1 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Citrus juice, canned, 250 g	1 (0-1)	Saffron, 0.5 g	0	Gourmet salt, 1 g	1 (0-2)
Grape juice, 250 g	1 (0-2)	Dill, dried, 0.5 g*	0	Oregano, fresh, 1.5 g	1
Apple juice, canned or bottled, 250 g	1 (0-4)	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	Cayenne pepper, 0.5 g	1 (1-2)
Peach juice, 250 g	1	Dill, fresh, 1.5 g*	0	Fennel, dry, 0.5 g	1 (1-2)
Vegetable juice, canned, 250 g	2 (1-3)	Mustard seed, 0.5 g	0	Savoury, dried, 0.5 g*	1
Pineapple juice, 250 g	2 (1-2)	Onion, dried, 0.5 g*	0	Hot peppers, 40 g	1 (1-2)
Vegetable juice, 250 g	2 (1-3)	Annatto, 0.5 g	0	Fats and oils	
Pear juice, 250 g	2 (1-3)	Tamarind, 1.5 g	0	Olive oil, 10 g	0
Tomato juice, 250 g	2	Wasabi, dry, 0.5 g	0	Cottonseed oil, 10 g	0
Tomato juice, canned, 250 g	2	Ginger, fresh, 1.5 g	0	Lard, 10 g	0
Tomato juice, bottled, 250 g	2 (2-6)	Cloves, 0.5 g	0	Butter, 10 g	0 (0-1)
Pineapple juice, from concentrate, 250 g	4 (1-6)	Turmeric powder, 0.5 g	0	Corn oil, 10 g	0 (0-1)
Prune juice, 250 g	4 (3-8)	Allspice, 0.5 g	0	Grapeseed oil, 10 g	0
Beverages - Hot		Garlic, 4 g	0 (0-1)	Palm oil, 10 g	0
Tea, lemongrass, brewed, 250 g	1 (0-1)	Ginger, dry, 0.5 g	0 (0-1)	Mustard oil, 10 g	0
Instant coffee powder, 3 g	1 (0-1)	Coriander seeds, 0.5 g	0	Rice oil, 10 g	0
Tea, yerba mate, brewed, 250 g	1 (0-1)	Mint leaves, 1.5 g*	0	Hazelnut oil, 10 g	0
Coffee, brewed, 250 g	1 (0-2)	Rosemary, dry, 0.5 g	0 (0-1)	Sunflower oil, 10 g	0 (0-1)
Tea, peppermint, brewed, 250 g	1 (0-2)	Cilantro, 1.5 g	0	Avocado oil, 10 g	0 (0-1)
Coffee, beans, 14 g	1 (1-2)	Parsley, dry, 0.5 g	0 (0-1)	Cocoa butter, 10 g	0
Tea, herbal, brewed, 250 g	1 (0-3)	Nutmeg, 0.5 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-6)	Chives, 1.5 g*	0	Margarine, 10 g	0 (0-2)
Tea, brewed, bag, 250 g	1 (0-4)	Garlic, dry, 0.5 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Tea, chamomile, brewed, 250 g	1 (0-4)	Curry leaves, dry, 0.5 g	0 (0-1)	Coconut oil, 10 g	0 (0-1)
Tea, brewed, 250 g	2 (1-2)	Mint, dry, 0.5 g	0 (0-1)	Canola/rapeseed oil, 10 g	1 (0-1)
Green tea, brewed, loose, 250 g	2 (1-3)	Paprika, 0.5 g	0 (0-1)	Sesame oil, 10 g	1 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Fenugreek, 0.5 g	0 (0-1)	Ghee, 10 g	1 (1-3)
Tea, hibiscus, brewed, 250 g	3 (0-4)	Basil, dry, 0.5 g	0 (0-1)	Shortening, 10 g	2 (1-3)
Cereal grain beverage, 250 g	3 (0-6)	Cinnamon, 0.5 g	0 (0-1)	Snacks and desserts	
Hot chocolate powder, 25 g	4 (2-6)	Cardamom, 0.5 g	1 (0-1)	Popsicle, 30 g	0 (0-1)
Hot chocolate, 250 g	6	Peppermint, dry, 0.5 g	1	Vanilla ice cream or frozen yogurt, 129 g	1 (0-2)
Beverages - Other		Cumin, 0.5 g	1 (0-1)	Pork rinds, 20 g	1
Water, tap, 375 g	0 (0-2)	Marjoram, dry, 0.5 g	1	Gelatin dessert, 130 g	1 (0-1)
Water, bottled, 375 g	1 (0-1)	Mace, 0.5 g*	1	Applesauce, 110 g	1 (0-2)
Carbonated drinks, 375 g	1 (0-1)	Curry leaves, 1.5 g*	1	Sherbert/sorbet, 129 g	1 (0-1)
Sports drink, 375 g*	1	Nigella seeds, 0.5 g	1	Cookies, not chocolate, 30 g	1 (0-7)
Carbonated drinks, canned, 375 g	1 (0-5)	Rosemary, fresh, 1.5 g	1	Graham crackers, 30 g	1 (0-1)
Iced tea, 375 g	2 (1-2)	Parsley, fresh, 1.5 g	1 (0-1)	Chewing gum, 3 g	1 (0-1)
Energy drink, 375 g	2 (1-12)	Anchovy paste, 15 g	1 (0-1)	Raisins, 40 g	1 (0-2)
Malt drink, 250 g	2 (1-3)	Anise, 0.5 g*	1	Pretzels, 50 g	1 (0-1)
Chocolate milk, 250 g	2 (1-5)	Sage, dry, 0.5 g	1	Banana chips, 40 g*	1
Vanilla milkshake, 250 g	3 (1-10)	Oregano, dry, 0.5 g	1 (0-1)	Cereal bar, rice, 35 g*	1
Coconut water, 375 g	4 (0-17)	Thyme, dry, 0.5 g	1 (0-1)	Potato chips, 50 g	1 (1-3)

Savoury crisps, 50 g	1 (1-2)
Rice pudding, 130 g	1 (1-2)
Vegetable chips, 50 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)
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)
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 (0-2)
Gummy candy, 40 g	0 (0-1)
Candy, 40 g	0 (0-1)
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
Maple syrup, 60 g	2
Chocolate confections with nuts, 40 g	2 (0-12)
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)

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)

Dressings, 30 g	0 (0-22)
Horseradish, 5 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
Barbecue sauce, 15 g	1 (0-1)
Bechamel sauce, 125 g	1 (0-1)
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)
Guacamole, 30 g	1 (1-2)
Gravy, 60 g	1 (0-4)
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
Tomato sauce, 60 g	1 (1-2)
Bouillon powder, 6 g	1 (0-1)
Tomato paste, 30 g	2 (1-3)
Broth, 250 g	2 (1-2)
Protein powder, 30 g	2 (1-5)
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 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.