

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 cheese, 30 g	0 (0-1)
Cream, non-dairy, 15 g	0 (0-1)
Evaporated milk, 15 g	0 (0-1)
Quark, 100 g	1 (0-1)
Crème fraîche, 55 g	1 (0-1)
Cheeses, 30 g	1 (0-2)
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 (0-2)
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)
Rice beverage, 250 g	2 (1-7)
Paneer/khoa/halloumi, 80 g	2 (1-3)
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)
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
Hot cereal, rye, cooked, 194 g	1
Rusk, plain or fruited, 30 g	1
Bread, barley, 75 g	1
Crackers, 30 g	1 (0-2)
Simple pastries, 55 g	1
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, rice, 30 g	1 (0-2)
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)
Bagel, 85 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-3)
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)
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)
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)
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)
Semolina, 45 g	1
Starch, rice, 10 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
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, rice, 30 g	3 (1-4)
Flour, almond, 15 g	3 (2-4)
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
Flour, buckwheat, 30 g	5 (2-13)
Oats, raw, 40 g	5 (2-12)
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 (0-4)
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	Sweet potato, 110 g	1 (1-3)	Green beans, 85 g	3 (1-5)
Fruits - Citrus		Beets, 85 g	1 (1-3)	Snap peas, 85 g*	3
Grapefruit, 140 g	1 (0-3)	Potato, 110 g	1 (0-5)	Asparagus, 85 g	3 (2-4)
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	2 (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)	Cabbage, cooked, 130 g	1 (0-2)
Apple, 140 g	1 (0-2)	Lettuces, 85 g	1 (0-3)	Kohlrabi, composite, 107.5 g	1
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)	Chard, 85 g	2 (1-2)	Corn, cooked, 130 g	1 (1-3)
Papaya, 140 g	1 (1-2)	Head/iceberg lettuce, 85 g	2 (0-3)	Beets, canned, 130 g	1 (1-2)
Pear, 140 g	1 (1-4)	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)	Collard greens, cooked, 130 g	1 (1-2)
Mango, 140 g	1 (1-2)	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Corn, canned, 130 g	1 (1-6)
Peach or nectarine, 140 g	1 (1-4)	Arugula/rocket, 85 g*	3	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)	Peppers, composite, 107.5 g	1 (0-2)
Guava, 140 g	2 (1-2)	Garden cress, 85 g*	4	Eggplant, cooked, 130 g	1 (0-5)
Melons, 150 g	2 (1-5)	Vegetables - Other		Carrot, cooked, 130 g	1 (0-2)
Dragon fruit, 140 g	2 (1-3)	Pickles, 30 g	0 (0-1)	Okra, cooked, 130 g	1 (1-2)
Dates, fresh, 140 g	2 (2-3)	Olives, 15 g	1 (0-1)	Pumpkin, composite, 107.5 g	1 (1-2)
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)	Kale, cooked, 130 g	1 (1-4)
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)	Broccoli, cooked, 130 g	1 (1-3)
Persimmon, 140 g	4 (3-4)	Eggplant, 85 g	1 (0-2)	Zucchini, cooked, 130 g	1 (1-6)
Plum, 140 g	4 (1-8)	Peppers, 85 g	1 (0-5)	Brussels sprouts, cooked, 130 g	1 (1-7)
Passionfruit, 140 g*	4	Tomato, sun-dried, 30 g	1 (0-1)	Potato, cooked, 167 g	1 (0-4)
Star fruit, 140 g*	4	Cauliflower, 85 g	1 (0-3)	Potato, cooked with skin, 167 g	1 (1-5)
Avocado, 140 g	4 (1-30)	Leek, 85 g	1 (1-2)	Rutabaga, cooked, 130 g	1 (0-9)
Coconut, 140 g	12 (4-19)	Bamboo shoot, 85 g*	1	Pumpkin, cooked, 130 g	2 (1-2)
Vegetables - Root		Spring onion, 40 g	1 (1-2)	Beets, cooked, 130 g	2 (1-4)
Onion, 85 g	1 (0-2)	Corn, 85 g	1 (1-4)	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)	Asparagus, cooked, 130 g	2 (1-5)
Celeriac, 85 g	1	Squash, 85 g	1 (1-2)	Squash, cooked, 130 g	2 (1-7)
Rutabaga, 85 g	1	Snow pea, 85 g*	2	Potato, french fried, 70 g	2 (1-4)
Kohlrabi, 85 g*	1	Rhubarb, 140 g	2 (1-3)	Mushroom, cooked, 130 g	2 (0-3)
Turnip, 85 g	1 (0-2)	Brussels sprouts, 85 g	2 (1-5)	Plantain, cooked, 167 g	2 (2-3)

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

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