

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)
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)
Yogurt drink, 188 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)
Milk, 250 g	1 (0-3)
Yogurt, 175 g	1 (0-3)
Milk powder, 25 g	1 (0-3)
Buttermilk, 250 g	1 (0-4)
Yogurt drink substitute, coconut, 188 g	1 (0-3)
Almond beverage, 250 g	2 (1-3)
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	1 (0-1)
Yeast dough, 55 g	1
Crackers, butter-type, 30 g	1 (0-1)
Crackers, saltine or cream, 30 g	1 (0-1)
Baguette, 75 g	1
Soft pretzel, 55 g	1
Hot cereal, rye, cooked, 194 g	1
Bread, barley, 75 g	1
Breadcrumbs, 30 g	1
Rusk, plain or fruited, 30 g	1
Cold cereal, corn, 30 g	1 (0-2)
Crackers, 30 g	1 (0-2)
English muffin, 55 g	1

Crackers, seeded, 30 g	1
Glass noodles, cooked, 215 g	1 (0-1)
Simple pastries, 55 g	1
Hot cereal, wheat, cooked, 194 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Cold cereal, rice, 30 g	1 (0-2)
Pasta, rice or corn, cooked, 215 g	1 (0-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-3)
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)
Bread, rye, 75 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Pasta, white wheat, cooked, 215 g	1 (0-3)
Rolls, seeded, 55 g	1 (1-2)
Hot cereal, wheat, dry, 40 g	1 (1-2)
Rice cakes, 15 g	1 (1-2)
Hot cereal, barley, cooked, 140 g	1 (1-3)
Hot cereal, rice, dry, 40 g	1 (1-2)
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)
Pasta, whole wheat, cooked, 215 g	2 (0-3)
Hot cereal, rice, cooked, 194 g	2 (1-2)
Potato dumpling/gnocchi, cooked, 215 g	2 (1-3)
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, multigrain, 75 g	2 (1-11)
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	6 (1-13)
Cold cereal, oat ring, 30 g	7 (2-12)
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

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, rye, whole, 30 g	1
Flour, barley, 30 g*	1
Starch, cassava, 10 g*	1
Flour, whole wheat, 30 g	1 (1-2)
Rice, white, cooked, 140 g	1 (1-3)
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
Rice, white, raw, 45 g	2 (1-2)
Flour, cassava, 30 g	2 (1-2)
Rice, brown, cooked, 140 g	2 (1-3)
Quinoa, cooked, 140 g	2 (0-3)
Rice, brown, raw, 45 g	2 (1-2)
Wheat kernels/bulgur, cooked, 140 g*	2
Barley, raw, 45 g	2 (1-3)
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
Millet, raw, 40 g	5 (3-8)
Flour, buckwheat, 30 g	5 (2-13)
Oats, raw, 40 g	6 (2-12)
Flour, oat, 30 g*	6
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)	Celeriac, 85 g	1	Zucchini, 85 g	1 (0-3)
Strawberries, 140 g	1 (0-4)	Rutabaga, 85 g	1	Rhubarb, 140 g	2 (1-3)
Blackberries, 80 g	2 (2-3)	Kohlrabi, 85 g*	1	Squash, 85 g	2 (1-2)
Raspberries, 80 g	3 (0-8)	Turnip, 85 g	1 (0-2)	Snow pea, 85 g*	2
Rosehips, 80 g*	4	Water chestnut, 85 g*	1	Pumpkin, 85 g	2 (1-3)
Fruits - Citrus		Beets, 85 g	1 (1-3)	Brussels sprouts, 85 g	2 (1-5)
Grapefruit, 140 g	1 (0-3)	Potato, 110 g	1 (0-5)	Green beans, 85 g	2 (1-5)
Lemon / Lime, 55 g	1 (0-2)	Jerusalem artichoke, 85 g*	2	Asparagus, 85 g	3 (2-4)
Citrus fruits, unspecified, 140 g	1 (1-2)	Sweet potato, 110 g	2 (1-3)	Snap peas, 85 g*	3
Orange, 140 g	1 (1-4)	Yam, 110 g	2 (2-3)	Okra, 85 g	3 (2-5)
Pomelo, 140 g	1 (1-2)	Parsnip, 85 g	2 (1-4)	Bean sprouts, 65 g	3 (2-6)
Tangerine or mandarin orange, 140 g	1 (1-3)	Fennel, 85 g*	3	Peas, dried, 35 g	4 (1-6)
Citrus fruits, canned, 140 g	2 (1-4)	Taro root, 110 g*	4	Chayote, 85 g	4 (1-7)
Fruits - Other		Cassava, 110 g	4 (2-7)	Peas, 85 g	4 (1-19)
Breadfruit, 140 g	1	Vegetables - Leafy		Vegetables - Prepared	
Cherries, 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)	Tomato, composite, 107.5 g	1 (0-1)
Grape, 140 g	1 (0-4)	Mustard leaves, 85 g	1 (1-2)	Turnip, cooked, 130 g	1 (1-2)
Mango, 140 g	1 (1-2)	Head/iceberg lettuce, 85 g	1 (0-3)	Celery, composite, 107.5 g	1 (0-1)
Papaya, 140 g	1 (1-2)	Spinach, 85 g	1 (1-6)	Cabbage, cooked, 130 g	1 (0-2)
Jack fruit, 140 g	1 (1-2)	Kale, 85 g	2 (1-2)	Leek, cooked, 130 g	1
Kiwi, 140 g	1 (0-3)	Chard, 85 g	2 (1-2)	Fennel, composite, 107.5 g	1
Banana, 140 g	1 (1-4)	Bok choy, 85 g	2 (1-3)	Eggplant, cooked, 130 g	1 (0-5)
Pear, 140 g	1 (1-4)	Watercress, 85 g	2 (1-3)	Collard greens, cooked, 130 g	1 (1-2)
Watermelon, 150 g	1 (1-4)	Alfalfa sprouts, 85 g	3 (2-3)	Pumpkin, marinated, 130 g	1
Pineapple, 140 g	1 (1-3)	Arugula/rocket, 85 g*	3	Corn, cooked, 130 g	1 (1-3)
Peach or nectarine, 140 g	2 (1-4)	Collard greens, 85 g*	3	Beets, canned, 130 g	1 (1-2)
Jujube, 140 g	2	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Cabbage, sauerkraut, 85 g	1
Melons, 150 g	2 (1-5)	Seaweed, 15 g	3 (1-11)	Carrot, cooked, 130 g	1 (0-2)
Guava, 140 g	2 (1-2)	Garden cress, 85 g*	4	Onion, cooked, 130 g	1 (0-3)
Dragon fruit, 140 g	2 (1-3)	Vegetables - Other		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)
Pineapple, canned, 140 g	2 (1-7)	Pickles, 30 g	1 (0-1)	Spinach, cooked, 130 g	1 (1-2)
Apricot, canned, 140 g	2 (1-9)	Mushrooms, 85 g	1 (0-2)	Corn, canned, 130 g	1 (1-6)
Lychee, 140 g	2 (1-4)	Celery, 85 g	1 (0-2)	Peppers, composite, 107.5 g	1 (0-2)
Persimmon, 140 g	3 (3-4)	Tomato, 85 g	1 (0-3)	Cauliflower, cooked, 130 g	1 (0-5)
Plum, 140 g	3 (1-8)	Cucumber, 85 g	1 (0-3)	Potato, cooked, 167 g	1 (0-4)
Apricot, 140 g*	3	Eggplant, 85 g	1 (0-2)	Broccoli, cooked, 130 g	1 (1-3)
Passionfruit, 140 g*	4	Leek, 85 g	1 (1-2)	Zucchini, cooked, 130 g	1 (1-6)
Star fruit, 140 g*	4	Tomato, sun-dried, 30 g	1 (0-1)	Beets, cooked, 130 g	1 (1-4)
Avocado, 140 g	5 (1-30)	Cauliflower, 85 g	1 (0-3)	Potato, cooked with skin, 167 g	1 (1-5)
Coconut, 140 g	11 (4-19)	Bamboo shoot, 85 g*	1	Brussels sprouts, cooked, 130 g	1 (1-7)
Vegetables - Root		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)	Potato, french fried, 70 g	2 (1-4)
Carrot, 85 g	1 (0-2)	Broccoli, 85 g	1 (1-3)	Green beans, canned, 130 g	2 (1-5)
Radish, 85 g	1	Corn, 85 g	1 (1-4)	Kale, cooked, 130 g	2 (1-4)

Squash, cooked, 130 g	2 (1-7)	Black pudding, cooked, 55 g	1 (0-1)	Mussels, cooked, 100 g	6 (1-47)
Mushroom, cooked, 130 g	2 (0-3)	Meat jellies, 120 g	1	Snails or whelks, cooked, 100 g	7 (1-21)
Plantain, cooked, 167 g	2 (2-3)	Egg powder, 20 g	1	Bivalves, pickled, 55 g	8 (2-15)
Seaweed, cooked, 15 g	2 (1-3)	Egg, cooked, 100 g	1 (0-7)	Beans and bean products	
Sweet potato, canned, 167 g	2 (1-5)	Sausage, cooked, 55 g	1 (0-5)	Beans, chickpea, canned, 80 g	2 (2-4)
Mushroom, canned, 130 g	2 (1-3)	Veal, cooked, 100 g	1 (0-3)	Beans, white, canned, 80 g	3 (2-4)
Asparagus, canned, 130 g	2 (1-3)	Chicken, turkey and other poultry, cooked	1 (0-5)	Beans, black, canned, 80 g	3 (3-4)
Asparagus, cooked, 130 g	2 (1-5)	Organ meats, cooked, 100 g	1 (0-8)	Beans, kidney, canned, 80 g	3 (1-4)
Sweet potato, cooked, 167 g	2 (0-6)	Pate, 55 g	1 (0-4)	Beans, white, cooked, 80 g	3 (0-6)
Yam, cooked, 167 g*	2	Lamb, cooked, 100 g	1 (0-9)	Beans, lentil, canned, 80 g	3 (2-5)
Green beans, cooked, 130 g	2 (1-10)	Beef, cooked, 100 g	1 (0-12)	Beans, chickpea, cooked, 80 g	4 (3-5)
Rutabaga, cooked, 130 g	2 (0-9)	Pork, cooked, 100 g	1 (0-18)	Beans, various, canned, 80 g	4 (2-7)
Spinach, canned, 130 g	3 (1-4)	Mutton, cooked, 100 g	2 (1-6)	Beans, pinto, canned, 80 g	4 (3-6)
Taro, cooked, 167 g	3	Pork, cured, cooked, 55 g	2 (0-39)	Beans, various, fresh, 80 g	5 (2-10)
Jerusalem artichoke, cooked, 130 g*	3	Ground beef and/or pork, cooked, 100 g	2 (0-31)	Beans, lima, cooked, 80 g	5 (1-10)
Tomato, canned, 130 g	3 (0-7)	Fish and seafood		Beans, pinto, cooked, 80 g	6 (2-8)
Parsnip, cooked, 130 g*	3	Fish, roe, 15 g	0 (0-1)	Beans, various, cooked, 80 g	6 (0-25)
Peas, cooked, 130 g	3 (1-11)	Lobster, 125 g	1	Beans, lentil, cooked, 80 g	7 (6-9)
Peas, canned, 130 g	4 (3-8)	Fish, 125 g	1 (0-5)	Beans, various, dried, 35 g	8 (2-25)
Snap peas, cooked, 130 g*	4	Eel, 125 g	1 (0-3)	Tofu, 85 g	11 (2-37)
Fennel, cooked, 130 g*	6	Squid or octopus, 125 g	1 (1-4)	Beans, black, cooked, 80 g*	12
Cassava, cooked, 167 g	7 (4-10)	Prawn, 125 g	1 (1-5)	Soya flakes, 35 g*	15
Meat, poultry, eggs and substitutes		Shrimp, 125 g	2 (1-3)	Nuts and seeds	
Venison, 125 g	1	Crayfish, 125 g	2	Chestnuts, 30 g	2
Rabbit, 125 g	1 (0-1)	Crab, 125 g	2 (1-4)	Peanut butter, 15 g	2 (0-6)
Sausage, 75 g	1 (0-1)	Oysters, 125 g	6 (1-15)	Almond butter, 15 g	2
Beef, 125 g	1 (0-2)	Snails or whelks, 125 g	8 (2-33)	Pistachios, 30 g	3 (1-4)
Egg, 100 g	1 (0-1)	Mussels, 125 g	11 (1-40)	Almonds, 30 g	3 (1-4)
Lamb, 125 g	1 (1-2)	Clams, 125 g	14 (1-46)	Peanuts, 30 g	3 (1-39)
Pork, 125 g	1 (0-2)	Scallops, 125 g	18 (1-43)	Sesame seeds, 30 g	4 (1-8)
Ground beef and/or pork, 125 g	1 (0-2)	Fish and seafood - Prepared		Poppy seeds, 30 g	4 (1-8)
Seitan, 100 g	1 (0-1)	Eel, cooked, 100 g	0 (0-1)	Macadamia nuts, 30 g*	5
Chicken, turkey and other poultry, 125 g	1 (0-3)	Crustaceans, canned, 55 g	1 (0-1)	Flaxseed, 30 g	6 (4-7)
Veal, 125 g	1 (1-2)	Fish, salted or smoked, 55 g	1 (0-1)	Hazelnuts, 30 g	6 (2-10)
Soya sausage, 75 g	1 (0-2)	Fish, canned, 55 g	1 (0-1)	Pumpkin seeds, 30 g	6 (1-11)
Black pudding, 75 g	1 (0-2)	Fish, pickled, 55 g	1 (0-1)	Chia seeds, 30 g	7 (5-9)
Mutton, 125 g	1 (1-2)	Shrimp, cooked, 100 g	1 (0-2)	Pine nuts, 30 g	7 (5-9)
Bacon, 54 g	1 (0-4)	Lobster, cooked, 100 g	1	Brazil nuts, 30 g	8 (2-14)
Organ meats, 125 g	1 (0-6)	Squid or octopus, cooked, 100 g	1	Walnuts, 30 g	11 (4-15)
TVP (texturized vegetable protein), 100 g	26 (10-53)	Crab, cooked, 100 g	1	Sunflower seeds, 30 g	11 (2-19)
Meat, poultry and eggs - Prepared		Prawns, cooked, 100 g	1 (1-2)	Hemp seeds, 30 g	15 (9-20)
Bacon, cooked, 15 g	0 (0-1)	Fish, cooked, 100 g	1 (0-9)	Cashews, 30 g	17 (12-23)
Venison, cooked, 100 g	1 (0-1)	Oysters, cooked, 100 g*	2	Alfalfa seeds, 30 g	17 (12-22)
Dried meats, 30 g	1 (0-1)	Scallops, cooked, 100 g	2 (1-3)	Pecans, 30 g	18 (6-45)
Lunch meat, 55 g	1 (0-2)	Bivalves, canned, 55 g	4 (3-5)	Beverages - Alcoholic	
Lunch meat, canned, 55 g	1 (0-1)	Crayfish, cooked, 100 g	4 (1-6)	Liquor, 45 g	1 (0-1)

Vermouth, 83 g	1	Water, tap, 375 g	1 (0-2)	Marjoram, dry, 0.5 g	1
Cider, 333 g	1	Carbonated drinks, 375 g	1 (0-1)	Mace, 0.5 g*	1
Beer, 333 g	1 (0-2)	Sports drink, 375 g*	1	Curry leaves, 1.5 g*	1
Wine, 188 g	1 (0-2)	Carbonated drinks, canned, 375 g	1 (0-5)	Nigella seeds, 0.5 g	1
Fortified wine, 83 g	1 (0-2)	Iced tea, 375 g	2 (1-2)	Rosemary, fresh, 1.5 g	1
Beverages - Juices		Malt drink, 250 g	2 (1-3)	Anchovy paste, 15 g	1 (0-1)
Lemon juice, 5 g	0	Chocolate milk, 250 g	2 (1-5)	Anise, 0.5 g*	1
Lemonade, 250 g	1 (0-1)	Vanilla milkshake, 250 g	2 (1-10)	Parsley, fresh, 1.5 g	1 (0-1)
Mango juice, 250 g	1	Coconut water, 375 g	3 (0-17)	Sage, dry, 0.5 g	1
Fruit drink, 250 g	1 (0-3)	Energy drink, 375 g	3 (1-12)	Oregano, dry, 0.5 g	1 (0-1)
Citrus juice, 250 g	1 (0-1)	Chocolate milkshake, 250 g	5 (2-31)	Thyme, dry, 0.5 g	1 (0-1)
Citrus juice, canned, 250 g	1 (0-1)	Herbs and spices		Pepper, black, 0.5 g	1 (0-2)
Citrus juice, from concentrate, 250 g	1 (0-2)	Salt, 1 g	0	Basil, fresh, 1.5 g	1
Grape juice, 250 g	1 (0-2)	Saffron, 0.5 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Apple juice, canned or bottled, 250 g	1 (0-4)	Dill, dried, 0.5 g*	0	Gourmet salt, 1 g	1 (0-2)
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)
Tomato juice, 250 g	2	Mustard seed, 0.5 g	0	Fennel, dry, 0.5 g	1 (1-2)
Tomato juice, canned, 250 g	2	Onion, dried, 0.5 g*	0	Savoury, dried, 0.5 g*	1
Vegetable juice, canned, 250 g	2 (1-3)	Annatto, 0.5 g	0	Hot peppers, 40 g	2 (1-2)
Pear juice, 250 g	2 (1-3)	Wasabi, dry, 0.5 g	0	Fats and oils	
Vegetable juice, 250 g	2 (1-3)	Ginger, fresh, 1.5 g	0	Olive oil, 10 g	0
Tomato juice, bottled, 250 g	2 (2-6)	Tamarind, 1.5 g	0	Cottonseed oil, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Cloves, 0.5 g	0	Lard, 10 g	0
Prune juice, 250 g	4 (3-8)	Turmeric powder, 0.5 g	0	Butter, 10 g	0 (0-1)
Beverages - Hot		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
Tea, yerba mate, brewed, 250 g	1 (0-1)	Mint leaves, 1.5 g*	0	Mustard oil, 10 g	0
Coffee, brewed, 250 g	1 (0-2)	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
Coffee, beans, 14 g	1 (1-2)	Parsley, dry, 0.5 g	0 (0-1)	Sunflower oil, 10 g	0 (0-1)
Tea, herbal, brewed, 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, brewed, bag, 250 g	1 (0-4)	Chives, 1.5 g*	0	Peanut oil, 10 g	0 (0-1)
Tea, chamomile, brewed, 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	2 (1-2)	Mint, dry, 0.5 g	0 (0-1)	Coconut oil, 10 g	0 (0-1)
Green tea, brewed, loose, 250 g	2 (1-3)	Paprika, 0.5 g	0 (0-1)	Canola/rapeseed oil, 10 g	1 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Garlic, 4 g	0 (0-1)	Sesame oil, 10 g	1 (0-1)
Tea, hibiscus, brewed, 250 g	3 (0-4)	Fenugreek, 0.5 g	0 (0-1)	Margarine, 10 g	1 (0-2)
Cereal grain beverage, 250 g	3 (0-6)	Basil, dry, 0.5 g	0 (0-1)	Ghee, 10 g	1 (1-3)
Hot chocolate powder, 25 g	4 (2-6)	Cinnamon, 0.5 g	0 (0-1)	Shortening, 10 g	2 (1-3)
Hot chocolate, 250 g	6	Cardamom, 0.5 g	1 (0-1)	Snacks and desserts	
Beverages - Other		Peppermint, dry, 0.5 g	1	Popsicle, 30 g	0 (0-1)
Water, bottled, 375 g	1 (0-1)	Cumin, 0.5 g	1 (0-1)	Pork rinds, 20 g	1

Gelatin dessert, 130 g	1 (0-1)
Vanilla ice cream or frozen yogurt, 129 g	1 (0-2)
Applesauce, 110 g	1 (0-2)
Chewing gum, 3 g	1 (0-1)
Graham crackers, 30 g	1 (0-1)
Sherbert/sorbet, 129 g	1 (0-1)
Pretzels, 50 g	1 (0-1)
Raisins, 40 g	1 (0-2)
Banana chips, 40 g*	1
Cereal bar, rice, 35 g*	1
Potato chips, 50 g	1 (1-3)
Cookies, not chocolate, 30 g	1 (0-7)
Vegetable chips, 50 g	1 (1-2)
Rice pudding, 130 g	1 (1-2)
Savoury crisps, 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)
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)
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)
Candy, 40 g	1 (0-1)
Sweetened evaporated milk, 30 g*	1
Syrup, not chocolate, 60 g	1 (0-2)
Honey, 20 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	3 (0-12)
Confections with nuts, 50 g	3 (1-5)
Chocolate confections, 40 g	4 (1-13)
Syrup, chocolate, 60 g	6 (1-8)
Chocolate, 40 g	8 (2-20)
Sauces, dips, condiments and spreads	
Chili sauce, 15 g	0
Mayonnaise, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Relish, 15 g*	0
Mustard, 5 g	0 (0-1)
Fruit jelly, 15 g	0 (0-1)
Horseradish, 5 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
Fruit jams, 15 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)
Soy mayonnaise, 15 g	1
Teriyaki sauce, 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)
Dressings, 30 g	1 (0-22)
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)
Broth, 250 g	1 (1-2)
Tomato paste, 30 g	2 (1-3)
Protein powder, 30 g	2 (1-5)
Coconut, dried, 15 g	3 (1-5)

Cocoa powder, 5 g	6 (3-9)
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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.