

## Rebelytics Low Nickel Diet and Low Cobalt Diet Points System

4 Jan 2019: Ni v6.0.1, Co v1.6

- Adults should aim for <15 points per day for cobalt and nickel separately. For children, consult a medical professional.
- Foods marked with a \* have very little data, so their score is unreliable.
- Minimum and maximum scores are shown in brackets beside the average score. If the range is large, be suspicious.
- Pay attention to serving sizes! We recommend using a kitchen scale until you get used to estimating serving sizes.
- “Prepared” meats, fish and vegetables are separated from raw because cookware can affect nickel and cobalt content. If someone else is doing the cooking, use the “prepared” score. If you are making the food with low nickel/cobalt cookware, use the regular score.

To explore the data that the scores are based on, change serving sizes and log your nickel cobalt intake, try the Nickel Navigator (Android, iOS) and Cobalt Companion (Android, iOS coming this year) apps.

NOTE: This diet is intended for individuals with diagnosed nickel and cobalt allergies. If you have not been medically tested, please do so before starting this diet. Consult a medical professional or nutritional advisor to ensure that your long-term dietary needs are being met.

Dairy products and substitutes	Ni Score	Co Score
Almond milk, 250 g*	1	1
Buttermilk, 250 g	1 (1-4)	2 (1-2)
Cheeses, 30 g	1 (0-2)	1 (0-3)
Cottage cheese, 125 g	1 (0-4)	1
Cream cheese, 30 g	0 (0-1)	1 (0-2)
Cream, 15 g	0 (0-1)	0 (0-1)
Cream, non-dairy, 15 g	0 (0-1)	0
Crème fraîche, 55 g	1 (0-1)	1 (0-1)
Cultured milk, 188 g	1 (0-1)	

Evaporated milk, 15 g	0 (0-1)	0 (0-1)
Milk powder, 25 g	1 (0-3)	1
Milk, 250 g	1 (0-5)	2 (1-8)
Paneer/khoa/halloumi, 80 g	2 (1-3)	1
Processed cheese, 30 g	1 (0-2)	1
Quark, 100 g	1 (0-1)	
Rice milk, 250 g	1 (1-2)	1
Sour cream, 24 g	0	1
Soy milk, 250 g	5 (1-13)	3 (1-6)
Whey drink, 250 g*	0	
Whipped cream, 15 g	0	0
Yogurt drink, 188 g	1 (0-1)	1
Yogurt, 175 g	1 (0-3)	1 (0-2)
Yogurt, with fruit, 175 g	1 (0-5)	3 (1-12)
<b>Grain products and bakery</b>	<b>Ni Score</b>	<b>Co Score</b>
Bagel, 85 g	1 (1-2)	
Baguette, 75 g	1	
Barley, cooked, 140 g	2 (1-3)	
Bread, barley, 75 g	1 (1-2)	
Bread, fruited, 75 g	2 (1-2)	
Bread, gluten-free, 75 g	2 (0-4)	3
Bread, multigrain, 75 g	2 (1-4)	3 (1-4)
Bread, oat, 75 g	4 (3-5)	
Bread, rye, 75 g	1 (1-2)	2 (1-4)
Bread, seeded, 75 g	3 (1-6)	3
Bread, white, 75 g	1 (1-2)	2 (1-3)
Bread, whole wheat, 75 g	2 (1-3)	2 (1-2)
Breadcrumbs, 30 g	1	
Buckwheat crackers, 30 g*	6	
Cold cereal, corn, 30 g	1 (0-2)	1 (1-3)
Cold cereal, granola/muesli, 55 g	5 (1-10)	2 (1-5)
Cold cereal, oat ring, 15 g	4 (1-6)	

Cold cereal, rice, 15 g	1	1
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)	
Cold cereal, wheat bran, 30 g	1 (1-4)	2 (0-5)
Cold cereals, junk food, 30 g	2 (1-3)	3
Crackers, 30 g	1 (0-2)	2 (1-6)
Crackers, butter-type, 30 g	1 (0-1)	
Crackers, saltine or cream, 30 g	1 (0-1)	
Crackers, seeded, 30 g*	1	5
Crispbread, 30 g	1 (1-2)	3 (1-12)
Croissant-like pastries, 55 g*	1	2
English muffin, 55 g	1	
Flatbread, 55 g	1 (1-2)	
Hot cereal, 4-grain, cooked, 194 g	7 (5-12)	
Hot cereal, buckwheat, 140 g	9 (8-11)	
Hot cereal, corn, cooked, 194 g	1 (1-2)	
Hot cereal, millet, cooked, 194 g	7 (6-8)	
Hot cereal, oat, cooked, 194 g	8 (2-19)	1 (1-2)
Hot cereal, rice, cooked, 194 g	1 (1-2)	1
Hot cereal, rice, dry, 40 g	1 (1-2)	2 (1-2)
Hot cereal, rye, cooked, 194 g	2	
Hot cereal, rye, dry, 40 g*	2	
Hot cereal, wheat, cooked, 194 g	1 (1-6)	1 (1-2)
Hot cereal, wheat, dry, 40 g	1 (1-2)	1
Pasta, cooked, 215 g	1 (0-3)	2 (1-10)
Pasta, dry, 85 g	2 (1-4)	1 (1-3)
Pasta, gluten-free, dry, 85 g*	3	
Pasta, rice, dry, 85 g*		3
Pasta, rice, cooked, 215 g*	1	
Pasta, whole wheat, cooked, 215 g	2 (1-3)	
Pasta, whole wheat, dry, 85 g	2 (1-3)	
Phyllo, 21 g*	1	
Puff pastry, 21 g	1	
Rice cakes, 15 g*	1	1

Rice paper, 15 g*	0	
Rolls and biscuits, 55 g	1 (1-2)	1 (1-2)
Rolls, multigrain with fruit, 55 g*	3	
Rolls, multigrain, 55 g	2 (1-3)	
Rolls, oat, 55 g*	2	
Rolls, seeded, 55 g*	2	
Rusk, plain or fruited, 30 g	1	1
Yeast dough, 55 g	1	3
<b>Whole grains, flours and starches</b>	<b>Ni Score</b>	<b>Co Score</b>
Amaranth, black, raw, 45 g*	16	
Amaranth, raw, 45 g	2 (1-3)	0
Barley, raw, 45 g	2 (1-3)	2 (1-2)
Buckwheat, raw, 45 g	13 (5-25)	6 (3-16)
Cornmeal, 30 g*	1	1
Flour, barley, 30 g	1	1
Flour, buckwheat, 30 g*	4	4
Flour, cassava, 30 g	2 (1-2)	1
Flour, millet, 30 g*	4	
Flour, oat, 30 g*	6	
Flour, potato, 30 g*	0	
Flour, rice, 30 g	4 (1-7)	2 (0-3)
Flour, rye, 30 g	1	1 (0-1)
Flour, rye, whole, 30 g	1	1
Flour, soy, 15 g	5 (5-6)	5
Flour, spelt, 30 g*	1	1
Flour, spelt, whole, 30 g*	2	1
Flour, teff, 30 g	2 (2-3)	2
Flour, white, 30 g	1 (0-1)	1 (0-3)
Flour, whole wheat, 30 g	1 (1-3)	1 (1-2)
Millet, raw, 40 g	5 (3-8)	8 (2-21)
Oat bran, 15 g*	2	1
Oats, raw, 40 g	6 (2-12)	1 (1-2)

Quinoa, cooked, 140 g*	1	3
Quinoa, raw, 45 g	3 (1-4)	0
Rice bran, 15 g*		5
Rice, brown, cooked, 140 g	2	
Rice, brown, raw, 45 g	2 (1-2)	1 (1-2)
Rice, white, cooked, 140 g	1 (1-2)	1 (1-2)
Rice, white, raw, 45 g	2 (1-2)	1 (0-2)
Rice, wild, raw, 45 g*	15	
Rye kernels, whole/cracked, 45 g	1	1 (1-2)
Semolina, 45 g	1 (1-2)	
Sorghum, 45 g*	3	
Spelt, raw, 45 g	2	
Spelt grain, whole, 45 g*		1
Starch, corn, 10 g*	1	
Starch, potato, 10 g	0	
Starch, rice, 10 g*	1	
Wheat bran, 15 g	1 (1-3)	1 (0-3)
Wheat germ, 15 g	2 (1-2)	1
Wheat gluten, 15 g*	1	
Wheat kernels/bulgur, 45 g	1 (1-3)	4 (0-22)
<b>Fruits - Berries</b>	<b>Ni Score</b>	<b>Co Score</b>
Blackberries, 80 g*	3	
Blueberries, 80 g	1 (1-2)	1 (0-1)
Cloudberries, 80 g	2	1
Cranberries, 55 g	1	
Currants, red or black, 80 g	1 (0-2)	1 (0-2)
Elderberries, 80 g*	1	
Goji berries, 80 g*	5	
Gooseberries, 80 g	1	
Lingonberries, 80 g	1	0 (0-1)
Pomegranate, 80 g*	1	
Raspberries, 80 g	3 (0-7)	2 (0-10)

Rosehips, 80 g*	4	
Rowanberries, 80 g*	1	
Strawberries, 140 g	1 (0-15)	2 (1-4)
<b>Fruits - Citrus</b>	<b>Ni Score</b>	<b>Co Score</b>
Citrus fruits, unspecified, 140 g	1 (1-2)	1
Grapefruit, 140 g	1 (0-3)	
Lemon / Lime, 55 g	1 (0-2)	
Orange, 140 g	1 (1-4)	1
Pomelo, 140 g	1 (1-2)	
Tangerine or mandarin orange, 140 g	1 (1-3)	
<b>Fruits - Other</b>	<b>Ni Score</b>	<b>Co Score</b>
Apple, 140 g	1 (0-2)	1 (0-1)
Apricot, 140 g		3 (2-7)
Apricot, canned, 140 g	2 (1-22)	
Avocado, 140 g	5 (2-30)	5 (4-6)
Bael fruit, 140 g	5 (4-6)	
Banana, 140 g	1 (1-4)	1 (0-2)
Breadfruit, 140 g	1	
Cherries, 140 g	1	1
Coconut, 140 g	11 (4-19)	1
Dates, fresh, 140 g*	3	
Dragon fruit, 140 g	2 (1-3)	
Fig, 140 g*	2	
Grape, 140 g	1 (0-7)	1
Guava, 140 g	2 (1-2)	
Jack fruit, 140 g	1 (1-2)	
Jambu fruit, 140 g*	3	
Jujube, 140 g	2	
Karonda fruit, 140 g*	2	
Kiwi, 140 g	1 (0-3)	1
Lychee, 140 g	3 (1-4)	

Mango, 140 g	1 (1-2)	1
Melons, 150 g	2 (1-5)	2 (1-8)
Papaya, 140 g	2 (1-6)	1
Passionfruit, 140 g*	4	
Peach or nectarine, 140 g	2 (1-20)	1 (1-2)
Peach or nectarine, canned, 140 g		1
Pear, 140 g	1 (1-7)	2 (1-3)
Pear, canned, 140 g		15 (1-67)
Persimmon, 140 g	3 (3-4)	
Phalsa, 140 g*	1	
Pineapple, 140 g	2 (1-7)	2 (1-4)
Pineapple, canned, 140 g		2 (0-3)
Plum, 140 g	3 (1-8)	1
Sapota, 140 g*	5	
Star fruit, 140 g*	4	
Watermelon, 150 g	1 (1-4)	1 (0-2)
<b>Vegetables - Root</b>	<b>Ni Score</b>	<b>Co Score</b>
Arracacha, 110 g*	3	
Beets, 85 g	1 (1-3)	1
Carrot, 85 g	1 (0-1)	1 (0-1)
Cassava, 110 g	4 (2-7)	
Celeriac, 85 g	1	
Fennel, 85 g*	3	
Kohlrabi, 85 g*	1	
Lotus root, 85 g*	2	
Onion, 85 g	1 (0-2)	1 (0-1)
Parsley root, 85 g*	1	
Parsnip, 85 g	2 (1-3)	1 (0-1)
Potato, 110 g	1 (0-5)	2 (1-19)
Potato, instant, 17 g*		1
Radish, 85 g	1	0
Rutabaga, 85 g	1	1

Salsify, 85 g	1	
Sweet potato, 110 g	2 (1-3)	
Taro root, 110 g*	4	
Turnip, 85 g*	1	
Water chestnut, 85 g*	1	
Yam, 110 g	2 (2-3)	
<b>Vegetables - Leafy</b>	<b>Ni Score</b>	<b>Co Score</b>
Agathi leaves, 85 g*	6	
Alfalfa sprouts, 85 g	3 (2-3)	4
Amaranth leaves, 85 g	2 (2-3)	
Arugula/rocket, 85 g*	3	
Bathua leaves, 85 g*	1	
Beet greens, 85 g*	2	
Betel leaves, 85 g	4 (4-5)	
Bitter leaf, 85 g*	1	
Brussels sprouts tops, 85 g*	3	
Cabbage, 85 g	1 (1-5)	1 (0-1)
Cauliflower leaves, 85 g*	2	
Celtuse/Chinese lettuce, 85 g*	1	
Chard, 85 g	2 (1-2)	2
Collard greens, 85 g*	3	
Drumstick leaves, 85 g*	3	
Fenugreek leaves, 85 g*	3	
Fluted pumpkin leaves, 85 g*	3	
Garden cress, 85 g*	4	
Gboma leaves, 85 g*	2	
Gogu leaves, 85 g*	5	
Head/iceberg lettuce, 85 g	2 (0-9)	1 (0-1)
Jews mallow leaves, 85 g*	1	
Kale, 85 g	2	
Kohlrabi leaves, 85 g*	2	
Leaf chicory (endive or radicchio), 85 g	3 (1-5)	16

Lettuces, 85 g	1 (0-3)	1 (0-2)
Malabar spinach, 85 g*	4	
Mustard leaves, 85 g	1 (1-2)	
Nettle leaves, 85 g*	5	
Plumed cockscomb leaves, 85 g*	2	
Ponnaganni (leaves), 85 g*	4	
Pumpkin leaves, 85 g*	3	
Radish leaves, 85 g*	3	
Rumex leaves, 85 g*	2	
Seaweed, 15 g	2 (1-3)	
Spinach, 85 g	2 (1-6)	2 (1-3)
Taro leaves, 85 g*	3	
Water leaf, 85 g*	2	
Watercress, 85 g	2 (1-3)	
<b>Vegetables - Other</b>	<b>Ni Score</b>	<b>Co Score</b>
Artichoke, 85 g*	2	
Ash gourd, 85 g*	1	
Asparagus, 85 g	3 (2-4)	
Bamboo shoot, 85 g*	1	
Bean sprouts, 65 g	3 (2-4)	
Beans, runner, 85 g	2 (2-3)	
Bitter melon, 85 g	2 (1-4)	
Bottle gourd, 85 g	1 (1-2)	
Broccoli, 85 g	2 (1-3)	7 (2-12)
Brussels sprouts, 85 g	2 (1-5)	2
Cauliflower, 85 g	1 (0-3)	1 (1-2)
Celery, 85 g	1 (0-2)	1 (0-1)
Chayote, 85 g	4 (1-7)	
Corn, 85 g	1 (1-2)	1 (0-1)
Cucumber, 85 g	1 (0-3)	1 (0-2)
Drumstick, 85 g*	1	
Eggplant, 85 g	1 (0-3)	1

Green beans, 85 g	2 (2-5)	2 (1-3)
Kovai gourd, 85 g	1	
Leek, 85 g	1	0
Mushrooms, 85 g	1 (0-7)	1 (0-5)
Okra, 85 g	3 (2-5)	
Olives, 15 g	1 (0-1)	2
Peas, 85 g	4 (1-19)	3 (1-11)
Peas, dried, 35 g	6 (4-8)	3 (0-6)
Peppers, 85 g	1 (0-3)	3 (2-3)
Pickles, 30 g	1 (0-1)	1
Plantain, flower, 85 g*	1	
Plantain, green, 85 g*	1	
Plantain, stem, 85 g*	1	
Pointed gourd, 85 g*	2	
Pumpkin, 85 g	2 (1-3)	3
Rhubarb, 140 g	1 (1-2)	1
Ridge gourd, 85 g	2	
Snake gourd, 85 g	2 (1-2)	
Snow pea, 85 g*	2	
Spring onion, 40 g	1 (1-2)	
Squash, 85 g	2 (1-2)	
Taro stem, 85 g	1 (1-2)	
Tinda gourd, 85 g*	2	
Tomato, 85 g	1 (0-2)	1 (0-2)
Tomato, sun-dried, 30 g*	1	3
Zucchini, 85 g	1 (0-3)	
<b>Vegetables - Prepared</b>	<b>Ni Score</b>	<b>Co Score</b>
Asparagus, canned, 130 g	2 (1-3)	2 (1-3)
Asparagus, cooked, 130 g	2 (1-5)	
Beets, canned, 130 g	1 (1-2)	5
Beets, cooked, 130 g	2 (1-4)	2 (1-3)
Broccoli, canned, 130 g*	1	

Broccoli, composite, 107.5 g	2 (1-3)	2 (1-4)
Broccoli, cooked, 130 g	1 (1-7)	4 (2-7)
Brussels sprouts, cooked, 130 g	1 (1-8)	2 (1-3)
Cabbage, canned, 130 g*	1	
Cabbage, cooked, 130 g	1 (0-7)	1 (0-4)
Cabbage, sauerkraut, 85 g*	1	
Carrot, composite, 107.5 g	2 (1-5)	1
Carrot, cooked, 130 g	1 (0-2)	1
Cassava, cooked, 167 g	7 (4-10)	2
Cauliflower, composite, 107.5 g	2 (1-4)	2 (1-2)
Cauliflower, cooked, 130 g	1 (1-5)	
Collard greens, cooked, 130 g	1 (1-4)	
Corn, canned, 130 g	1 (1-6)	1 (0-1)
Corn, cooked, 130 g	1 (1-2)	1 (0-1)
Eggplant, cooked, 130 g	1 (0-2)	
En choy (chinese spinach), cooked, 130 g*	3	
Gai lan (chinese kale/broccoli), cooked, 130 g*	4	
Green beans, canned, 130 g	2 (1-5)	
Green beans, composite, 107.5 g	3 (1-8)	2 (1-4)
Green beans, cooked, 130 g	2 (1-5)	2 (2-3)
Hairy gourd, cooked, 130 g*	2	
Mushroom, canned, 130 g	2 (1-2)	1
Mushroom, composite, 107.5 g	1 (0-1)	0 (0-1)
Mushroom, cooked, 130 g	1 (1-2)	2
Nettles, cooked, 130 g*	1	2
Okra, cooked, 130 g	1 (1-2)	4
Onion, cooked, 130 g	1 (1-3)	1 (0-5)
Peas, canned, 130 g	5 (3-8)	1
Peas, cooked, 130 g	3 (1-11)	2 (1-3)
Peppers, composite, 107.5 g	2 (1-7)	2 (0-4)
Plantain, cooked, 167 g	2 (2-3)	1
Potato, cooked with skin, 167 g	2 (1-17)	5 (3-13)
Potato, cooked, 167 g	1 (0-4)	3 (1-10)

Potato, french fried, 70 g	2 (1-4)	3 (1-7)
Potato, instant, 17 g	1	
Potato, instant, prepared, 140 g*	1	11
Pumpkin, canned, 130 g*	1	
Pumpkin, cooked, 130 g	7 (1-16)	24 (4-44)
Pumpkin, marinated, 130 g*	1	
Rutabaga, cooked, 130 g	2 (1-9)	3 (1-21)
Spinach, canned, 130 g*	1	
Spinach, composite, 107.5 g	1 (1-3)	2 (1-3)
Spinach, cooked, 130 g	1 (1-2)	
Sponge gourd, cooked, 130 g*	2	
Sweet potato, canned, 167 g	2 (1-4)	
Sweet potato, cooked, 167 g	4 (4-6)	5 (5-6)
Taro, cooked, 167 g	3	4 (3-6)
Tomato, canned, 130 g	2 (0-4)	2
Tomato, composite, 107.5 g	1 (0-1)	1 (0-2)
Turnip, cooked, 130 g	1 (1-2)	
Water spinach, cooked, 130 g*	1	
Wax gourd, cooked, 130 g*	1	
Winter squash, cooked, 130 g	2 (1-4)	
Yam, cooked, 167 g*	2	3
Zucchini, cooked, 130 g	1 (1-3)	
<b>Meat, poultry, eggs and substitutes</b>	<b>Ni Score</b>	<b>Co Score</b>
Bacon, 54 g	0 (0-1)	1 (1-2)
Beef, 125 g	1 (0-2)	1 (0-2)
Black pudding, 75 g	1 (0-2)	
Chicken, turkey and other poultry, 125 g	1 (0-3)	1
Egg powder, 20 g*		0
Egg, 100 g	1 (0-1)	2 (1-5)
Goat, 125 g*	2	
Ground beef and/or pork, 125 g	1 (0-1)	1
Horse, 125 g	2 (1-3)	1

Lamb, 125 g	1	1 (0-1)
Mithun, 125 g	5 (3-8)	
Mutton, 125 g	1 (1-2)	
Organ meats, 125 g	1 (0-4)	9 (1-31)
Pork, 125 g	1 (0-1)	1 (0-3)
Rabbit, 125 g	1 (0-1)	
Sausage, 75 g	1 (0-1)	1
Seitan, 100 g*	1	2
Soya sausage, 75 g*	2	2 (1-3)
Tempeh, 85 g*		1
Tofu, 85 g*		4
TVP (texturized vegetable protein), 100 g*	13	6
Veal, 125 g	1 (1-2)	2
Venison, 125 g	1	1 (1-2)
Wild boar, 125 g	1 (1-2)	1
<b>Meat, poultry and eggs - Prepared</b>	<b>Ni Score</b>	<b>Co Score</b>
Bacon, cooked, 15 g	0 (0-1)	1 (0-1)
Beef, cooked, 100 g	1 (0-12)	2 (1-31)
Beef, cured, 30 g*	1	
Black pudding, cooked, 55 g	1 (0-1)	
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	1 (1-4)
Chicken, turkey and other poultry, cured, 30 g*	1	
Egg powder, 20 g	1	
Egg, cooked, 100 g	1 (0-7)	1
Ground beef and/or pork, cooked, 100 g	3 (0-31)	8 (1-51)
Lamb, cooked, 100 g	1 (0-9)	1 (1-2)
Lunch meat, 55 g	1 (0-2)	1 (0-1)
Lunch meat, canned, 55 g	1 (0-1)	1
Meat jellies, 120 g	1 (0-1)	
Mutton, cooked, 100 g	2 (1-6)	6 (2-15)
Organ meats, cooked, 100 g	1 (0-8)	9 (4-18)

Organ meats, cured, 125 g*	1	
Pate, 55 g	1 (0-4)	1 (1-2)
Pork, cooked, 100 g	1 (0-18)	1 (1-7)
Pork, cured, 30 g*	1	1 (0-1)
Pork, cured, cooked, 55 g	2 (0-39)	1 (1-2)
Rabbit, cooked, 100 g*	0	
Sausage, cooked, 55 g	1 (0-5)	1 (0-4)
Veal, cooked, 100 g	1 (0-3)	2 (1-3)
Venison, cooked, 100 g	1	1
Venison, cured, 30 g*	0	1 (0-1)
<b>Fish and seafood</b>	<b>Ni Score</b>	<b>Co Score</b>
Eel, 125 g	1 (0-3)	3 (2-5)
Fish, 125 g	1 (0-9)	2 (0-10)
Fish, roe, 15 g	1 (0-1)	
Shellfish, clams, 125 g	5 (5-6)	
Shellfish, crustaceans, 125 g	1 (1-3)	3
Shellfish, mussels, 125 g	11 (9-16)	
Shellfish, octopus, 125 g	1	
Shellfish, oysters, 125 g	4 (3-5)	4
Shellfish, scallops, 125 g	22 (1-43)	1
Shellfish, squid, 125 g	1	
<b>Fish and seafood - Prepared</b>	<b>Ni Score</b>	<b>Co Score</b>
Eel, smoked, 55 g*	0	1
Fish, canned, 55 g	1 (0-1)	1
Fish, canned, tomato sauce, 55 g	1 (1-2)	
Fish, cooked, 100 g	1 (0-17)	1 (0-4)
Fish, pickled, 55 g	1 (0-1)	1
Fish, salted or smoked, 55 g	0 (0-1)	1 (1-2)
Shellfish, crustaceans, canned, 55 g	1 (0-1)	3
Shellfish, crustaceans, cooked, 100 g	1 (0-1)	2
Shellfish, mussels, canned, 55 g	5	7

Shellfish, mussels, cooked, 100 g	4 (3-6)	12
Shellfish, oysters, canned, 55 g*	3	
Shellfish, oysters, cooked, 100 g*	2	
Shellfish, scallops, cooked, 100 g*	2	
Shellfish, squid, cooked, 100 g*	1	
Shellfish, unspecified, cooked, 100 g	1 (1-3)	2 (1-6)
<b>Beans and bean products</b>	<b>Ni Score</b>	<b>Co Score</b>
Beans, black, cooked, 80 g*	12	4
Beans, brown, dried, 35 g	9 (6-12)	2 (2-3)
Beans, canned, 80 g*	7	1
Beans, chickpea, canned, 80 g*	4	2
Beans, chickpea, cooked, 80 g*	3	
Beans, chickpea, dried, 35 g	7 (3-11)	6 (4-7)
Beans, cooked, 80 g	3 (2-4)	3 (1-4)
Beans, dried, 35 g	8 (2-10)	
Beans, fava, dried, 35 g*	2	
Beans, fava, fresh, 80 g	5 (3-7)	
Beans, fresh, 80 g	4 (2-7)	2 (1-3)
Beans, kidney, canned, 80 g	4	3
Beans, kidney, dried, 35 g	10 (8-11)	2
Beans, lentil, canned, 80 g*	2	1
Beans, lentil, cooked, 80 g*	8	
Beans, lentil, dried, 35 g	8 (4-11)	11 (4-24)
Beans, lima, cooked, 80 g	5 (1-10)	
Beans, mung, dried, 35 g	8 (4-12)	
Beans, pigeon peas, dried, 35 g	7 (6-7)	
Beans, pigeon peas, fresh, 80 g*	10	
Beans, pinto, cooked, 80 g	6 (2-8)	
Beans, soya, dried, 35 g	12 (6-25)	4
Beans, urad, dried, 35 g	9	
Beans, white, canned, 80 g*	4	4
Beans, white, cooked, 80 g	3 (1-6)	

Beans, white, dried, 35 g	13 (12-14)	8
Fermented bean products, 85 g*	8	
Mung bean vermicelli, cooked, 80 g*	1	
Soya flakes, 35 g*	15	
Tofu, 85 g	20 (4-37)	
<b>Nuts and seeds</b>	<b>Ni Score</b>	<b>Co Score</b>
Alfalfa seeds, 30 g	17 (12-22)	33
Almonds, 30 g	4 (2-4)	3 (2-6)
Arecanut, 30 g	4	
Brazil nuts, 30 g*	14	36 (34-38)
Cashews, 30 g	20 (16-23)	2
Chestnuts, 30 g*	2	3
Chia seeds, 30 g	8 (7-9)	
Flaxseed, 30 g	6 (5-7)	21 (10-31)
Hazelnuts, 30 g	6 (3-10)	14 (3-23)
Hemp seeds, 30 g*	20	8
Niger seeds, 30 g	9 (8-9)	
Nuts, mixed, 30 g	8 (4-25)	3 (2-8)
Peanut butter, 15 g	1 (0-6)	1 (1-4)
Peanuts, 30 g	3 (1-22)	2 (1-4)
Pecans, 30 g*	6	7
Pine nuts, 30 g	8 (6-9)	2
Pistachios, 30 g	3 (2-3)	1
Poppy seeds, 30 g	4 (1-8)	6 (1-12)
Pumpkin seeds, 30 g	6 (3-10)	2 (2-3)
Safflower seeds, 30 g*	2	
Seeds, 30 g	9 (4-13)	2 (2-3)
Sesame seeds, 30 g	3 (1-8)	5 (0-7)
Sunflower seeds, 30 g	10 (2-17)	4 (2-8)
Tahini, 15 g*		2
Walnuts, 30 g	7 (4-11)	2 (2-3)



<b>Beverages - Alcoholic</b>	<b>Ni Score</b>	<b>Co Score</b>
Beer, 333 g	1 (0-13)	1 (0-2)
Cider, 333 g	1 (0-2)	
Liquor, 30 g	0 (0-1)	0 (0-1)
Madeira, 60 g*	0	
Port, 60 g	1	
Sherry, 105 g*	2	
Vermouth, 90 g	1	2
Wine, 188 g	1 (0-2)	1 (1-2)
<b>Beverages - Juices</b>	<b>Ni Score</b>	<b>Co Score</b>
Acai juice, 250 g*	2	
Aloe juice, 250 g*	1	1
Apple juice, canned or bottled, 250 g	1 (0-4)	1 (0-3)
Apricot juice, 250 g*	2	
Cherry juice, 250 g*	1	
Citrus juice, 250 g	1 (0-1)	1 (1-3)
Citrus juice, canned, 250 g	1 (0-1)	1 (0-1)
Citrus juice, from concentrate, 250 g	1 (0-14)	1 (1-2)
Fruit drink, 250 g	1 (0-3)	1
Fruit juice, concentrated, 62.5 g	1	
Fruit juice, various, canned or bottled, 250 g	1 (0-10)	
Goji juice, 250 g*	3	
Grape juice, 250 g	1 (0-2)	1 (1-2)
Grapefruit juice, 250 g	1 (0-4)	
Lemon juice, 5 g	0	
Lemonade, 250 g	1 (0-1)	1
Mango juice, 250 g	1	3
Mangosteen juice, 250 g*	3	
Passionfruit juice, 250 g*	2	
Peach juice, 250 g	1	
Pear juice, 250 g	1 (1-2)	

Pineapple juice, 250 g	2 (1-2)	
Pineapple juice, from concentrate, 250 g	3 (1-6)	
Plum juice, 250 g*	1	
Pomegranate juice, 250 g*	3	
Prune juice, 250 g	4 (3-8)	1
Strawberry juice, 250 g*	1	
Sugarcane juice, 250 g*	1	
Tomato juice, 250 g	2	
Tomato juice, bottled, 250 g	2 (2-6)	
Tomato juice, canned, 250 g	2	2
Vegetable juice, 250 g	2 (1-3)	
Vegetable juice, canned, 250 g	2 (1-9)	2
<b>Beverages - Hot</b>	<b>Ni Score</b>	<b>Co Score</b>
Cereal grain beverage, 250 g	1 (0-3)	
Chocolate malt drink powder, 25 g*		6
Coffee, beans, 14 g	2 (1-2)	
Coffee, brewed, 250 g	1 (0-5)	2 (1-4)
Coffee, espresso, 30 g*		1
Green tea, brewed, bag, 250 g	2 (1-3)	1
Green tea, brewed, loose, 250 g	1 (1-3)	1 (0-1)
Green tea, leaves, 3 g	2 (1-5)	0
Hot chocolate powder, 25 g	4 (2-5)	
Hot chocolate, 250 g	5 (4-6)	
Instant coffee, 3 g	1	2 (0-4)
Rosehip powder, 3 g*	1	
Tea, brewed, 250 g	2 (1-8)	1 (0-1)
Tea, brewed, bag, 250 g	1 (0-3)	1 (0-1)
Tea, brewed, loose, 250 g	1 (1-4)	1 (0-2)
Tea, herbal, brewed, 250 g	2 (1-4)	
Tea, herbal, dry, 3 g	1 (1-3)	0
Tea, instant, 3 g*	5	
Tea, leaves, 3 g	6 (1-51)	42 (17-66)

<b>Beverages - Other</b>	<b>Ni Score</b>	<b>Co Score</b>
Carbonated drinks, 375 g	1 (0-1)	1 (0-2)
Carbonated drinks, canned, 375 g	1 (0-5)	1 (0-1)
Chocolate milk, 250 g	3 (1-5)	5 (2-17)
Chocolate milkshake, 250 g	5 (2-31)	
Coconut water, 375 g	9 (2-17)	1
Energy drink, 375 g	4 (1-12)	1
Iced tea, 375 g*	1	
Malt drink, 250 g	2 (1-3)	
Oat-based beverage, 250 g	4 (3-5)	1
Soft drink syrup, 30 g	0	
Strawberry milk, 250 g*	0	1
Vanilla milkshake, 250 g*	2	
Water, bottled, 375 g	1 (0-19)	1 (0-1)
Water, tap, 375 g	1 (0-2)	1 (0-3)
<b>Herbs and spices</b>	<b>Ni Score</b>	<b>Co Score</b>
Allspice, 0.5 g	0	0 (0-1)
Anchovy paste, 15 g	1	
Anise, 0.5 g*	1	
Annatto, 0.5 g	0	
Asafoetida, 0.5 g*	0	
Basil, dry, 0.5 g	1 (0-1)	1
Basil, fresh, 1.5 g	1	
Bishop's weed, 0.5 g*	1	1
Cardamom, 0.5 g	1 (0-1)	0
Cayenne pepper, 0.5 g	1 (1-2)	1
Chervil, 1.5 g*	0	
Chilli powder, 0.5 g*		1
Chives, 1.5 g*	0	
Cilantro, 1.5 g	0	
Cinnamon, 0.5 g	1 (0-1)	0

Cloves, 0.5 g	0	0
Coriander seeds, 0.5 g	0	0
Cumin, 0.5 g	1 (0-1)	1 (0-1)
Curry leaves, 1.5 g*	1	
Curry leaves, dry, 0.5 g	0 (0-1)	1 (0-1)
Curry powder, 0.5 g*		0
Dill, fresh, 1.5 g	0	
Fennel, dry, 0.5 g	1 (1-2)	0
Fenugreek, 0.5 g	0 (0-1)	1
Garlic, 4 g	0 (0-1)	0
Garlic, dry, 0.5 g	1 (0-1)	
Ginger, dry, 0.5 g	0 (0-1)	1 (0-1)
Ginger, fresh, 1.5 g	0	0
Herbs and spices, unspecified, 0.5 g	1 (0-1)	1 (0-1)
Herbs de Provence, dry, 0.5 g	1	
Holy basil, 1.5 g*	0	
Hot peppers, 40 g	2 (1-2)	1
Hot peppers, dried, 0.5 g	1 (0-1)	1
Lemon balm, 0.5 g*	1	
Linden inflorescence, dry, 0.5 g*	0	
Mace, 0.5 g*	1	
Mahaleb cherry, 0.5 g*	0	0 (0-1)
Mango ginger, 1.5 g*	0	
Mango powder, 0.5 g*	0	1
Marjoram, dry, 0.5 g	1	
Mint leaves, 1.5 g*	0	
Mint, dry, 0.5 g*	1	
Mustard seed, 0.5 g	0	0
Nigella seeds, 0.5 g	1	0
Nutmeg, 0.5 g	0 (0-1)	
Oak bark, dry, 0.5 g*	1	
Omum, dry, 0.5 g*	1	
Onion, dried, 0.5 g*	0	

Oregano, dry, 0.5 g	1	
Oregano, fresh, 1.5 g	1	
Paprika, 0.5 g	0 (0-1)	0
Parsley, dry, 0.5 g	0 (0-1)	
Parsley, fresh, 1.5 g	1 (0-1)	0
Pepper, black, 0.5 g	1 (0-2)	1 (0-1)
Peppermint, dry, 0.5 g	1	1
Pomegranate seed, 0.5 g*	1	0
Ramen noodle powder, 1.5 g*	1	1
Rosemary, fresh, 1.5 g	1	
Saffron, 0.5 g	0	
Sage, dry, 0.5 g	1	
Salt, 1 g	0	0
St. John's Wort, dry, 0.5 g*	0	
Sumac, 0.5 g	0	0
Tamarind, 1.5 g*	0	
Thyme, dry, 0.5 g	1	1
Turmeric powder, 0.5 g	0	0
Wasabi, dry, 0.5 g	0	
<b>Fats and oils</b>	<b>Ni Score</b>	<b>Co Score</b>
Almond oil, 10 g*	0	0
Butter, 10 g	0 (0-1)	0 (0-1)
Canola/rapeseed oil, 10 g	0 (0-1)	
Coconut oil, 10 g*	0	
Corn oil, 10 g	0	0
Cottonseed oil, 10 g	0	0
Grapeseed oil, 10 g*	0	1
Hazelnut oil, 10 g*	0	1 (0-2)
Lard, 10 g	0	
Margarine, 10 g	0 (0-2)	0 (0-1)
Mustard oil, 10 g*	0	
Olive oil, 10 g	0	0

Palm oil, 10 g	0	0
Peanut oil, 10 g	0 (0-1)	
Pumpkin seed oil, 10 g*		0
Rice oil, 10 g*	0	0
Sesame oil, 10 g	0	2
Soybean oil, 10 g	0 (0-1)	0 (0-1)
Sunflower oil, 10 g	0 (0-1)	0 (0-1)
Vegetable oils, unspecified, 10 g	0 (0-1)	0 (0-1)
<b>Snacks and desserts</b>	<b>Ni Score</b>	<b>Co Score</b>
Applesauce, 110 g	1 (0-3)	1 (0-1)
Banana chips, 40 g*	1	1
Breadfruit, dried, 40 g*	0	
Cereal bar, multigrain, 35 g	3 (1-5)	2 (1-3)
Cereal bar, rice, 35 g*	1	3
Cereal bar, with chocolate, 35 g	2 (2-3)	4 (3-4)
Cereal bar, with fruit, 35 g*	1	1
Chewing gum, 3 g	1 (0-1)	1 (0-1)
Cookies with chocolate and nuts, 40 g*	4	
Cookies with chocolate, 30 g	2 (0-4)	3 (2-4)
Cookies with nuts, 30 g*	2	
Cookies, not chocolate, 30 g	1 (0-2)	1 (1-2)
Corn chips, 50 g	2 (1-2)	1
Cottage cheese bars, sweet, 40 g	1 (1-3)	
Dried apricots, 40 g	4 (2-5)	2
Dried cherries, 40 g*	1	
Dried currants, 40 g*	1	
Dried dates, 40 g	2 (1-2)	
Dried figs, 40 g*	6	7
Dried fruit and nuts, 50 g*	6	
Dried fruit, mixed, 40 g	2 (0-7)	
Dried rosehips, 40 g*	2	
Dried strawberry, 40 g*	1	

Gelatin dessert, 130 g	1 (0-1)	0 (0-1)
Graham crackers, 30 g	1 (0-1)	
Ice cream desserts, 129 g	2 (1-7)	3 (0-15)
Ice cream desserts, soy, 129 g*	3	1
Ice cream, vanilla, 129 g	1 (0-2)	1
Licorice, 40 g	2 (1-3)	
Popcorn, 50 g	2 (0-5)	1 (1-2)
Popsicle, 30 g	0 (0-1)	
Pork rinds, 20 g	1	
Potato chips, 50 g	1 (1-3)	4 (1-10)
Pretzels, 50 g	1 (0-1)	
Prunes, 40 g	3	1
Raisins, 40 g	1 (0-5)	1
Raisins, yogurt candy coated, 40 g*	1	4
Savoury crisps, 50 g	1 (1-2)	3 (3-5)
Sherbet/sorbet, 129 g	1 (0-5)	
Snacks, corn-based, 50 g	2	
Snacks, fried chickpea, 50 g*	13	7
Snacks, potato-based, 50 g*	2	
<b>Sugars and sweets</b>	<b>Ni Score</b>	<b>Co Score</b>
Candy, 40 g	1 (0-6)	1 (0-2)
Chocolate confections with nuts, 40 g	3 (0-9)	4
Chocolate confections, 40 g	4 (1-11)	4 (2-7)
Chocolate, 40 g	8 (3-20)	10 (3-20)
Confections with nuts, 50 g	6 (1-14)	
Corn/glucose syrup, 30 g*	1	
Fructose, 4 g*	0	0
Fruit gums, 40 g*	0	1 (0-1)
Honey, 20 g	1 (0-5)	0 (0-1)
Lactose powder, 1.4 g*	0	
Maple syrup, 30 g	1	
Marzipan, 30 g*	1	

Molasses, 20 g*	1	
Pudding, chocolate, 130 g*	2	
Pudding, not chocolate, 130 g	2 (1-6)	
Sugar, brown, 4 g	0	
Sugar, white, 4 g	0	0
Sweetened evaporated milk, 30 g*	1	1
Syrup, chocolate, 60 g	6 (1-8)	
Syrup, not chocolate, 60 g	1 (0-2)	1 (0-2)
White chocolate, 15 g	1 (0-2)	2
Xylitol, 1.4 g*	0	
<b>Sauces, dips, condiments and spreads</b>	<b>Ni Score</b>	<b>Co Score</b>
Barley malt, dried, 30 g*	2	
BBQ sauce, 15 g*	1	
Bechamel sauce, 30 g*	1	
Chocolate hazelnut spread, 15 g	2	4
Chutney, 15 g	1 (0-1)	
Dips, dairy-based, 30 g	1 (0-2)	0
Dressings, 30 g	1 (0-22)	1
Fruit jams, 15 g	1 (0-2)	
Fruit jelly, 15 g	0 (0-1)	
Gravy, 60 g	1 (0-4)	
Guacamole, 30 g*	1	1
Hollandaise sauce, 30 g*	0	
Horseradish, 5 g	1 (0-1)	0
Hummus, 30 g	2	2
Ketchup, 15 g	1 (0-1)	1
Marmelade, 15 g	1 (0-1)	
Marmite, 5 g*		2
Mayonnaise, 15 g	0 (0-1)	0
Mustard, 5 g	0 (0-1)	1
Oyster sauce, 15 g*	1	
Pesto made with nuts, 60 g*	3	2

Pesto, no nuts, 60 g*	1	
Relish, 15 g*	0	
Salsa, 60 g	1 (0-3)	2
Soy mayonnaise, 15 g*	1	
Soy sauce, 15 g	1 (0-4)	1 (0-1)
Sweet and sour sauce , 30 g	1 (0-1)	1
Tartar sauce, 30 g	2 (0-5)	
Teriyaki sauce, 15 g*	1	1
Vegemite, 5 g*		8
<b>Miscellaneous</b>	<b>Ni Score</b>	<b>Co Score</b>
Agar, 0.6 g*	1	
Baking powder, 0.6 g	0 (0-1)	0 (0-1)
Baking soda, 0.6 g	1 (0-1)	
Bouillon powder, 6 g	1 (0-1)	
Broth, 250 g	2 (1-2)	1
Cocoa powder, 5 g	5 (3-7)	5
Coconut milk, canned, 83 g	2 (0-3)	1
Coconut, dried, 15 g	3 (1-5)	1
Tomato paste, 30 g	2 (1-3)	
Tomato sauce, 60 g	1 (1-3)	1 (1-2)
Vanilla extract, 1 g	0	0
Vekao powder, 5 g*	1	
Vinegar, 15 g	1 (0-1)	1
Yeast, 0.6 g	0	1 (1-2)