

Rebelytics Low Nickel Diet and Low Cobalt Diet Points System

2 Dec 2018

- Adults should aim for <15 points of each per day.
- Foods that have too few measurements to be reliable are marked with a *.

Dairy products and substitutes	Ni Score	Co Score
Cream, 15 g	0 (0-1)	0 (0-1)
Evaporated milk, 15 g	0 (0-1)	0 (0-1)
Quark, 100 g	1 (0-1)	
Whipped cream, 15 g	0	0*
Cream, non-dairy, 15 g	0	0*
Whey drink, 250 g	0*	
Crème fraîche, 55 g	1 (0-1)	1 (0-1)
Cultured milk, 188 g	1 (0-1)	
Rice milk, 250 g	1 (1-2)	1
Sour cream, 24 g	0	1*
Cream cheese, 30 g	0 (0-1)	1 (0-2)
Yogurt drink, 188 g	1 (0-1)	1*
Processed cheese, 30 g	1 (0-2)	1
Cottage cheese, 125 g	1 (0-2)	1
Milk powder, 25 g	1 (0-3)	
Cheeses, 30 g	1 (0-2)	1 (0-3)
Almond milk, 250 g	1*	1*
Yogurt, 175 g	1 (0-3)	1 (0-2)
Buttermilk, 250 g	1 (1-4)	2 (1-2)
Milk, 250 g	1 (0-5)	2 (1-8)
Paneer/khoa/halloumi, 80 g	2 (1-3)*	1*
Soy milk, 250 g	5 (1-13)	2 (1-5)
Yogurt, with fruit, 175 g	1 (0-2)	3 (1-12)

Grain products and bakery	Ni Score	Co Score
Puff pastry, 21 g	1	
Crackers, saltine or cream, 30 g	1	
Crackers, butter-type, 30 g	1	
English muffin, 55 g	1	
Flatbread, 55 g	1 (1-2)	
Cold cereal, wheat bran with raisins, 30 g	1	
Rolls and biscuits, 55 g	1 (1-2)	1 (1-2)
Bagel, 85 g	1	
Hot cereal, corn, cooked, 194 g	1	
Bread, barley, 75 g	1 (1-2)	
Bread, rye, 75 g	1 (1-2)	1 (1-2)
Rice paper, 15 g	0*	
Hot cereal, wheat, cooked, 194 g	1 (1-6)	1 (1-2)
Baguette, 75 g	1*	
Phyllo, 21 g	1*	
Breadcrumbs, 30 g	1*	
Cold cereal, rice, 15 g	1	1*
Rusk, plain or fruited, 30 g	1	1*
Pasta, rice, cooked, 215 g	1*	
Hot cereal, rice, cooked, 194 g	1 (1-2)	1*
Bread, whole wheat, 75 g	2 (1-2)	2 (1-2)
Cold cereals, junk food, 30 g	2 (1-2)	
Bread, fruited, 75 g	2 (1-2)	
Hot cereal, rye, cooked, 194 g	2*	
Barley, cooked, 140 g	2 (1-3)	
Rolls, multigrain, 55 g	2 (1-3)	
Rolls, seeded, 55 g	2*	
Rolls, oat, 55 g	2*	
Rice cakes, 15 g	1*	1*
Bread, white, 75 g	1 (1-2)	2 (1-3)
Crispbread, 30 g	1 (1-2)	2 (1-12)
Hot cereal, wheat, dry, 40 g	1 (1-2)*	1*
Hot cereal, rice, dry, 40 g	1 (1-2)*	1*
Hot cereal, rye, dry, 40 g	2*	

Crackers, 30 g	1 (0-2)	2 (1-6)
Cold cereal, wheat bran, 30 g	1 (1-3)	2 (0-2)
Pasta, cooked, 215 g	2 (0-3)	2 (1-10)
Pasta, dry, 85 g	2 (1-4)	2 (1-3)
Bread, multigrain, 75 g	2 (1-4)	2 (1-4)
Rolls, multigrain with fruit, 55 g	3*	
Cold cereal, oat ring, 15 g	3 (1-4)	
Yeast dough, 55 g	1	3*
Croissant-like pastries, 55 g	1*	2*
Cold cereal, corn, 30 g	1 (0-2)	2 (1-3)
Bread, gluten-free, 75 g	2 (0-4)	3*
Bread, seeded, 75 g	3 (1-6)	3*
Cold cereal, granola/muesli, 55 g	4 (1-7)	1 (1-2)
Bread, oat, 75 g	4 (3-5)*	
Buckwheat crackers, 30 g	6*	
Crackers, seeded, 30 g	1*	5*
Hot cereal, 4-grain, cooked, 194 g	7 (5-12)	
Hot cereal, millet, cooked, 194 g	7 (6-8)*	
Hot cereal, oat, cooked, 194 g	8 (3-13)	1 (1-2)
Hot cereal, buckwheat, 140 g	9 (8-11)	
Whole grains, flours and starches	Ni Score	Co Score
Potato starch, 10 g	0*	
Flour, potato, 30 g	0*	
Flour, rye, 30 g	1	1 (0-1)
Rice, white, cooked, 140 g	1 (1-2)	1 (1-2)
Rice starch, 10 g	1*	
Flour, white, 30 g	1 (0-1)	1 (0-3)
Cornstarch, 10 g	1*	
Flour, barley, 30 g	1*	
Flour, whole wheat, 30 g	1 (1-2)	1*
Wheat germ, 15 g	2 (1-2)	
Rice, brown, raw, 45 g	2 (1-2)	1 (1-2)
Rye kernels, whole/cracked, 45 g	1*	1 (1-2)*
Flour, rye, whole, 30 g	1*	1*

Flour, spelt, 30 g	1*	1*
Quinoa, raw, 45 g	1*	0*
Cornmeal, 30 g	1*	1*
Wheat bran, 15 g	1 (1-3)	1 (0-3)
Rice, white, raw, 45 g	2 (1-2)	1 (0-2)
Rice, brown, cooked, 140 g	2*	
Flour, spelt, whole, 30 g	2*	1*
Spelt grain, whole, 45 g	2*	1*
Barley, raw, 45 g	2 (1-3)	2 (1-2)*
Oat bran, 15 g	2*	1*
Sorghum, 45 g	3*	
Quinoa, cooked, 140 g	1*	3*
Amaranth, raw, 45 g	2 (1-3)*	0*
Flour, millet, 30 g	4*	
Flour, buckwheat, 30 g	4*	4*
Flour, soy, 15 g	5 (5-6)*	
Millet, raw, 40 g	5 (3-8)	
Flour, rice, 30 g	4 (1-7)*	0*
Flour, oat, 30 g	6*	
Oats, raw, 40 g	6 (2-12)	1 (1-2)
Wheat kernels/bulgur/semolina, 45 g	1 (1-3)	7 (0-22)
Buckwheat, raw, 45 g	14 (7-25)	5 (4-8)
Rice, wild, raw, 45 g	15*	
Amaranth, black, raw, 45 g	16*	
Fruits - Berries	Ni Score	Co Score
Lingonberries, 80 g	1	0 (0-1)
Elderberries, 80 g	1*	
Pomegranate, 80 g	1*	
Gooseberries, 80 g	1	
Cranberries, 55 g	1	
Currants, red or black, 80 g	1 (1-2)	1 (0-2)
Blueberries, 80 g	1 (1-2)	1 (0-1)
Rowanberries, 80 g	1*	
Strawberries, 140 g	1 (1-5)	2 (1-4)
Cloudberries, 80 g	2*	1*

Raspberries, 80 g	3 (0-7)	2 (0-10)
Blackberries, 80 g	3*	
Rosehips, 80 g	4*	
Goji berries, 80 g	5*	
Fruits - Citrus	Ni Score	Co Score
Lemon / Lime, 55 g	1 (0-2)	
Pomelo, 140 g	1 (1-2)*	
Citrus fruits, unspecified, 140 g	1 (1-2)	1
Grapefruit, 140 g	1 (1-3)	
Tangerine or mandarin orange, 140 g	1 (1-3)	
Orange, 140 g	1 (1-4)	1*
Fruits - Other	Ni Score	Co Score
Breadfruit, 140 g	1*	
Cherries, 140 g	1	1
Apple, 140 g	1 (0-2)	1 (0-1)
Mango, 140 g	1 (1-2)	1*
Jack fruit, 140 g	1 (1-2)*	
Phalsa, 140 g	1*	
Kiwi, 140 g	1 (0-3)	1
Grape, 140 g	1 (0-7)	1
Jujube, 140 g	2*	
Banana, 140 g	2 (1-4)	1 (0-2)
Guava, 140 g	2 (1-2)	
Watermelon, 150 g	2 (1-4)	2*
Melons, 150 g	2 (1-5)	1 (1-3)
Pear, 140 g	2 (1-7)	2 (1-3)
Dragon fruit, 140 g	2 (1-3)*	
Papaya, 140 g	2 (1-6)	
Karonda fruit, 140 g	2*	
Apricot, canned, 140 g	2 (2-4)	
Fig, 140 g	2*	
Pineapple, 140 g	2 (1-7)	2 (0-4)
Peach or nectarine, 140 g	2 (1-20)	1 (1-2)
Lychee, 140 g	3 (1-4)*	

Persimmon, 140 g	3 (3-4)*	
Dates, fresh, 140 g	3*	
Jambu fruit, 140 g	3*	
Plum, 140 g	3 (1-8)	1*
Passionfruit, 140 g	4*	
Star fruit, 140 g	4*	
Sapota, 140 g	5*	
Bael fruit, 140 g	5 (4-6)*	
Avocado, 140 g	6 (2-15)	4 (4-5)*
Coconut, 140 g	11 (4-19)	1*
Vegetables - Root	Ni Score	Co Score
Potato, instant, 17 g	1	1*
Salsify, 85 g	1*	
Celeriac, 85 g	1*	
Radish, 85 g	1	0*
Rutabaga, 85 g	1*	1*
Carrot, 85 g	1	1 (0-1)
Turnip, 85 g	1*	
Onion, 85 g	1 (1-2)	1 (0-1)
Kohlrabi, 85 g	1*	
Potato, instant, prepared, 140 g	1*	
Beets, 85 g	1 (1-3)	1*
Water chestnut, 85 g	1*	
Parsley root, 85 g	1*	
Potato, 110 g	1 (0-5)	1 (1-2)
Parsnip, 85 g	2 (1-3)	1 (0-1)*
Yam, 110 g	2 (2-3)	
Sweet potato, 110 g	2 (1-3)	
Lotus root, 85 g	2*	
Arracacha, 85 g	3*	
Fennel, 85 g	3*	
Taro root, 85 g	3*	
Cassava, 85 g	3 (1-6)*	

Vegetables - Leafy	Ni Score	Co Score
Bitter leaf, 85 g	1*	
Celtuse/Chinese lettuce, 85 g	1*	
Cabbage, sauerkraut, 85 g	1*	
Jews mallow leaves, 85 g	1*	
Cabbage, canned, 130 g	1*	
Bathua leaves, 85 g	1*	
Mustard leaves, 85 g	1 (1-2)*	
Lettuces, 85 g	1 (0-3)	1 (0-2)
Cabbage, 85 g	1 (1-5)	1 (0-1)
Chard, 85 g	2 (1-2)*	2*
Cauliflower leaves, 85 g	2*	
Kale, 85 g	2*	
Kohlrabi leaves, 85 g	2*	
Plumed cockscomb leaves, 85 g	2*	
Gboma leaves, 85 g	2*	
Amaranth leaves, 85 g	2 (2-3)	
Water leaf, 85 g	2*	
Beet greens, 85 g	2*	
Rumex leaves, 85 g	2*	
Watercress, 85 g	2 (1-3)*	
Head/iceberg lettuce, 85 g	2 (1-9)	1 (0-1)*
Seaweed, 15 g	2 (1-3)	
Spinach, 85 g	2 (1-6)	2 (1-3)*
Drumstick leaves, 85 g	3*	
Fluted pumpkin leaves, 85 g	3*	
Alfalfa sprouts, 85 g	3 (2-3)*	
Radish leaves, 85 g	3*	
Taro leaves, 85 g	3*	
Pumpkin leaves, 85 g	3*	
Arugula/rocket, 85 g	3*	
Collard greens, 85 g	3*	
Fenugreek leaves, 85 g	3*	
Leaf chicory (endive or radicchio), 85 g	3 (1-5)*	16*
Ponnaganni (leaves), 85 g	4*	

Garden cress, 85 g	4*	
Basella leaves, 85 g	4*	
Betel leaves, 85 g	4 (4-5)*	
Gogu leaves, 85 g	5*	
Nettle leaves, 85 g	5*	
Agathi leaves, 85 g	6*	
Vegetables - Other	Ni Score	Co Score
Celery, 85 g	1 (1-2)	1 (0-1)
Corn, 85 g	1 (1-2)	1 (0-1)
Pickles, 30 g	1 (0-1)	1*
Plantain, stem, 85 g	1*	
Plantain, green, 85 g	1*	
Tomato, 85 g	1 (0-2)	1 (0-1)
Kovai gourd, 85 g	1*	
Ash gourd, 85 g	1*	
Bamboo shoot, 85 g	1*	
Cauliflower, 85 g	1 (0-3)	1 (1-2)
Plantain, flower, 85 g	1*	
Taro stem, 85 g	1 (1-2)*	
Spring onion, 40 g	1 (1-2)*	
Bottle gourd, 85 g	1 (1-2)*	
Drumstick, 85 g	1*	
Rhubarb, 140 g	1 (1-2)	1*
Zucchini, 85 g	1 (0-3)	
Olives, 15 g	1	2*
Leek, 85 g	1*	0*
Cucumber, 85 g	1 (0-3)	1 (0-2)
Mushrooms, 85 g	1 (0-7)	1 (0-5)
Eggplant, 85 g	1 (0-3)	1*
Ridge gourd, 85 g	2*	
Snake gourd, 85 g	2 (1-2)*	
Pointed gourd, 85 g	2*	
Tinda gourd, 85 g	2*	
Squash, 85 g	2 (1-2)*	
Artichoke, 85 g	2*	

Snow pea, 85 g	2*	
Asparagus, 85 g	2*	
Pumpkin, 85 g	2 (1-3)	
Bitter melon, 85 g	2 (1-4)	
Peppers, 85 g	1 (1-2)	3 (2-3)*
Broccoli, 85 g	2 (1-3)	2*
Green beans, 85 g	2 (2-5)	1*
Beans, runner, 85 g	3*	
Tomato, sun-dried, 30 g	1*	3*
Bean sprouts, 65 g	3 (2-4)*	
Brussels sprouts, 85 g	3 (1-5)	2*
Okra, 85 g	3 (2-5)*	
Chayote, 85 g	4 (1-7)*	
Peas, 85 g	5 (1-19)	4 (1-11)
Peas, dried, 35 g	6 (4-8)	3 (0-6)*
Vegetables - PREPARED	Ni Score	Co Score
Mushroom, composite, 107.5 g	1 (0-1)	0 (0-1)
Tomato, composite, 107.5 g	1 (0-1)	1 (0-1)
Turnip, cooked, 130 g	1	
Okra, cooked, 130 g	1	
Corn, cooked, 130 g	1 (1-2)	1 (0-1)
Collard greens, cooked, 130 g	1 (1-2)	
Spinach, cooked, 130 g	1	
Zucchini, cooked, 130 g	1 (1-2)	
Eggplant, cooked, 130 g	1 (0-2)	
Carrot, cooked, 130 g	1 (0-1)	1*
Spinach, canned, 130 g	1*	
Wax gourd, cooked, 130 g	1*	
Broccoli, canned, 130 g	1*	
Pumpkin, canned, 130 g	1*	
Pumpkin, marinated, 130 g	1*	
Water spinach, cooked, 130 g	1*	
Green beans, canned, 130 g	2 (1-2)	
Winter squash, cooked, 130 g	2 (1-2)	
Mushroom, cooked, 130 g	1 (1-2)	2*

Onion, cooked, 130 g	1 (1-3)	1 (0-5)
Broccoli, composite, 107.5 g	2 (1-3)	
Cauliflower, composite, 107.5 g	2 (1-4)	2 (1-2)
Sweet potato, canned, 167 g	2 (1-3)	
Carrot, composite, 107.5 g	2 (1-5)	1
Cauliflower, cooked, 130 g	2 (1-5)	
Hairy gourd, cooked, 130 g	2*	
Sponge gourd, cooked, 130 g	2*	
Nettles, cooked, 130 g	1*	2*
Spinach, composite, 107.5 g	1 (1-3)	2 (1-3)
Beets, cooked, 130 g	2 (1-4)	2 (1-3)
Asparagus, cooked, 130 g	2 (1-3)	2 (1-3)
Mushroom, canned, 130 g	2 (1-2)*	1*
Asparagus, canned, 130 g	2 (1-3)*	
Cabbage, cooked, 130 g	2 (1-7)	1 (0-4)
Tomato, canned, 130 g	2 (0-4)	2*
Corn, canned, 130 g	2 (1-6)	1 (0-1)*
Peppers, composite, 107.5 g	2 (1-7)	2 (0-4)
Green beans, cooked, 130 g	2 (1-3)	2 (2-3)*
En choy (chinese spinach), cooked, 130 g	3*	
Potato, french fried, 70 g	2 (1-4)	3 (1-7)
Potato, cooked, 167 g	2 (0-4)	3 (1-10)
Rutabaga, cooked, 130 g	2 (1-9)	3 (1-21)
Green beans, composite, 107.5 g	3 (1-8)	2 (1-4)
Brussels sprouts, cooked, 130 g	3 (1-8)	2 (1-3)
Gai lan (chinese kale/broccoli), cooked, 130 g	4*	
Beets, canned, 130 g	1 (1-2)	5*
Broccoli, cooked, 130 g	2 (1-7)	4 (2-7)
Peas, cooked, 130 g	4 (2-11)	2 (1-3)
Potato, cooked with skin, 167 g	3 (1-17)	5 (3-13)
Sweet potato, cooked, 167 g	4*	6*
Peas, canned, 130 g	5 (3-8)*	1*
Pumpkin, cooked, 130 g	7 (1-16)*	24 (4-44)*

Meat, poultry, eggs and substitutes	Ni Score	Co Score
Rabbit, 125 g	0*	
Sausage, 75 g	1 (0-1)	1
Venison, 125 g	1 (0-1)	1 (1-2)
Lamb, 125 g	1 (0-1)	1 (0-1)
Ground beef and/or pork, 125 g	1	1
Wild boar, 125 g	1 (1-2)	1
Mutton, 125 g	1 (1-2)	
Bacon, 54 g	0 (0-1)	1*
Pork, 125 g	1 (0-1)	1 (0-3)
Chicken, turkey and other poultry, 125 g	1 (0-2)	1
Egg, 100 g	0 (0-1)	2 (1-5)
Beef, 125 g	1 (0-2)	1 (0-2)
Black pudding, 75 g	1 (0-2)*	
Veal, 125 g	1 (1-2)	2*
Goat, 125 g	2*	
Seitan, 100 g	1*	2*
Soya sausage, 75 g	2*	1*
Horse, 125 g	2 (1-3)*	1*
Mithun, 125 g	5 (3-8)*	
Organ meats, 125 g	1 (0-4)	7 (1-27)
TVP (texturized vegetable protein), 100 g	13*	6*
Meat, poultry and eggs - PREPARED	Ni Score	Co Score
Venison, cured, 30 g	0	1 (0-1)
Rabbit, cooked, 100 g	0*	
Bacon, cooked, 15 g	1 (0-1)	1 (0-1)
Lunch meat, canned, 55 g	1 (0-1)	1
Meat jellies, 120 g	1 (0-1)	
Black pudding, cooked, 55 g	1 (0-1)*	
Organ meats, salted, 125 g	1*	
Lunch meat, 55 g	1 (0-2)	1 (0-1)
Chicken, turkey and other poultry, cured, 30 g	1*	

Beef, cured, 30 g	1*	
Egg powder, 20 g	1*	
Egg, cooked, 100 g	1 (0-2)	1
Pate, 55 g	1 (0-4)	1 (1-2)
Venison, cooked, 100 g	1*	1*
Pork, cured, 30 g	1*	1 (0-1)*
Sausage, cooked, 55 g	1 (0-3)	1 (0-4)
Chicken, turkey and other poultry, cooked, 100 g	1 (0-4)	1 (1-4)
Lamb, cooked, 100 g	2 (0-9)	1 (1-2)
Veal, cooked, 100 g	1 (0-3)	2 (1-3)
Pork, cooked, 100 g	2 (0-18)	1 (1-7)
Beef, cooked, 100 g	3 (0-12)	2 (1-31)
Pork, cured, cooked, 55 g	6 (1-39)	1 (1-2)
Mutton, cooked, 100 g	2 (1-6)	6 (2-15)
Ground beef and/or pork, cooked, 100 g	5 (0-31)	8 (1-51)
Organ meats, cooked, 100 g	1 (0-3)	9 (5-18)
Fish and seafood	Ni Score	Co Score
Fish, roe, 15 g	1 (0-1)*	
Shellfish, squid, 125 g	1	
Shellfish, octopus, 125 g	1*	
Shellfish, crustaceans, 125 g	1 (1-3)	
Fish, 125 g	1 (0-8)	2 (0-10)
Eel, 125 g	1 (0-3)	5*
Shellfish, oysters, 125 g	4 (3-5)*	
Shellfish, clams, 125 g	5 (5-6)*	
Shellfish, mussels, 125 g	11 (9-16)	
Shellfish, scallops, 125 g	22 (1-43)*	1*
Fish and seafood - PREPARED	Ni Score	Co Score
Eel, smoked, 55 g	0*	
Fish, salted or smoked, 55 g	0 (0-1)	
Shellfish, crustaceans, canned, 55 g	1 (0-1)	
Fish, pickled, 55 g	1 (0-1)	1
Fish, canned, 55 g	1 (0-1)	1
Shellfish, crustaceans, cooked, 100 g	1	

Fish, canned, tomato sauce, 55 g	1 (1-2)	
Shellfish, squid, cooked, 100 g	1*	
Shellfish, unspecified, cooked, 100 g	1 (1-3)	2 (1-6)
Fish, cooked, 100 g	1 (0-5)	1 (0-4)
Shellfish, oysters, cooked, 100 g	2*	
Shellfish, scallops, cooked, 100 g	2*	
Shellfish, oysters, canned, 55 g	3*	
Shellfish, mussels, cooked, 100 g	4 (3-6)*	12*
Shellfish, mussels, canned, 55 g	5*	
Beans and bean products	Ni Score	Co Score
Mung bean vermicelli, cooked, 80 g	1*	
Beans, fava, dried, 35 g	2*	
Beans, lentil, canned, 80 g	2*	1*
Beans, white, cooked, 80 g	3	
Beans, cooked, 80 g	3 (3-4)*	3 (1-4)*
Beans, chickpea, cooked, 80 g	3*	
Beans, fava, fresh, 80 g	4 (3-4)*	
Beans, chickpea, canned, 80 g	4*	2*
Beans, white, canned, 80 g	4*	4*
Tofu, 85 g	4*	
Beans, fresh, 80 g	4 (2-7)*	
Beans, kidney, canned, 80 g	4*	3*
Beans, pinto, cooked, 80 g	6 (5-6)	
Beans, lima, cooked, 80 g	6 (4-7)	
Beans, pigeon peas, dried, 35 g	7 (6-7)*	
Beans, canned, 80 g	7*	1*
Beans, chickpea, dried, 35 g	7 (3-11)	7 (6-7)*
Beans, lentil, cooked, 80 g	8*	
Fermented bean products, 85 g	8*	
Beans, lentil, dried, 35 g	8 (4-11)	14 (4-24)*
Beans, dried, 35 g	8 (2-12)	
Beans, mung, dried, 35 g	8 (4-12)	
Beans, urad, dried, 35 g	9*	
Beans, brown, dried, 35 g	9 (6-12)	2 (2-3)*
Beans, kidney, dried, 35 g	10 (8-11)*	

Beans, pigeon peas, fresh, 80 g	10*	
Beans, black, cooked, 80 g	12*	4*
Beans, soya, dried, 35 g	12 (6-25)	4*
Beans, white, dried, 35 g	14*	8*
Soya flakes, 35 g	15*	
Nuts and seeds	Ni Score	Co Score
Chestnuts, 30 g	2*	3*
Peanut butter, 15 g	2 (1-6)	1 (1-2)
Safflower seeds, 30 g	2*	
Pistachios, 30 g	3	1*
Areca nut, 30 g	4*	
Almonds, 30 g	4 (2-4)	4 (2-6)*
Poppy seeds, 30 g	4 (1-6)	6 (1-12)
Sesame seeds, 30 g	5 (1-8)	2 (0-4)*
Flaxseed, 30 g	6 (5-7)	10*
Hazelnuts, 30 g	6 (3-10)	14 (3-23)
Pecans, 30 g	6*	7*
Peanuts, 30 g	6 (1-22)	2 (1-4)*
Walnuts, 30 g	7 (4-10)	2*
Pine nuts, 30 g	8 (6-9)	2
Nuts, mixed, 30 g	8 (4-25)	3 (2-8)
Niger seeds, 30 g	9 (8-9)*	
Seeds, 30 g	9 (4-13)	2 (2-3)
Chia seeds, 30 g	9*	
Sunflower seeds, 30 g	10 (7-11)	2*
Pumpkin seeds, 30 g	10*	3*
Brazil nuts, 30 g	14*	34*
Alfalfa seeds, 30 g	17 (12-22)*	33*
Hemp seeds, 30 g	20*	8*
Cashews, 30 g	21 (19-23)*	2*
Beverages - Alcoholic	Ni Score	Co Score
Liquor, 30 g	0	0 (0-1)
Madeira, 60 g	0*	
Vermouth, 90 g	1	2*

Port, 60 g	1*	
Wine, 188 g	1 (0-2)	1 (1-2)
Cider, 333 g	1 (0-2)	
Beer, 333 g	1 (0-13)	1 (0-2)
Sherry, 105 g	2*	
Beverages - Juices	Ni Score	Co Score
Lemon juice, 5 g	0*	
Citrus juice, canned, 250 g	1 (0-1)	1 (0-1)
Fruit drink, 250 g	1	1
Fruit juice, concentrated, 62.5 g	1	
Grape juice, 250 g	1 (1-2)	1 (1-2)
Grapefruit juice, 250 g	1 (0-1)	
Lemonade, 250 g	1	1*
Cherry juice, 250 g	1*	
Strawberry juice, 250 g	1*	
Plum juice, 250 g	1*	
Sugarcane juice, 250 g	1*	
Peach juice, 250 g	1*	
Pear juice, 250 g	1 (1-2)*	
Tomato juice, bottled, 250 g	2 (2-3)	
Aloe juice, 250 g	1*	1*
Apple juice, canned or bottled, 250 g	1 (1-4)	1 (0-3)
Pineapple juice, 250 g	2 (1-2)*	
Tomato juice, 250 g	2*	
Passionfruit juice, 250 g	2*	
Apricot juice, 250 g	2*	
Fruit juice, various, canned or bottled, 250 g	2 (1-3)	
Acai juice, 250 g	2*	
Vegetable juice, canned, 250 g	2 (1-9)	2
Citrus juice, from concentrate, 250 g	2 (1-14)	1 (1-2)
Pineapple juice, from concentrate, 250 g	3 (3-4)	
Citrus juice, 250 g	1	2 (1-3)*
Tomato juice, canned, 250 g	2*	2*
Vegetable juice, 250 g	2 (1-3)*	
Goji juice, 250 g	3*	

Mangosteen juice, 250 g	3*	
Pomegranate juice, 250 g	3*	
Mango juice, 250 g	1*	3*
Prune juice, 250 g	4 (3-4)	1*
Beverages - Hot	Ni Score	Co Score
Instant coffee, 3 g	1*	0*
Rosehip powder, 3 g	1*	
Green tea, brewed, loose, 250 g	1	1 (0-1)
Tea, brewed, loose, 250 g	1 (1-4)	1 (0-2)
Coffee, 250 g	1 (1-5)	2 (1-4)
Coffee beans, 14 g	1 (1-2)*	
Tea, herbal, dry, 3 g	1 (1-3)	
Cereal grain beverage, 250 g	1 (0-3)*	
Tea, brewed, bag, 250 g	2 (1-3)	1 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	1
Tea, herbal, 250 g	2 (1-4)	
Tea, brewed, 250 g	2 (1-8)	1 (0-1)
Hot chocolate powder, 25 g	4 (2-5)	
Hot chocolate, 250 g	5 (4-6)	
Tea, leaves, 3 g	7 (1-51)	17 (0-66)
Beverages - Other	Ni Score	Co Score
Soft drink syrup, 30 g	0*	
Strawberry milk, 250 g	0*	1*
Water, bottled, 375 g	1 (0-1)	1 (0-1)
Water, tap, 375 g	1 (0-2)	1 (0-3)
Carbonated drinks, 375 g	1 (0-1)	1 (0-2)*
Iced tea, 375 g	1*	
Carbonated drinks, canned, 375 g	1 (0-5)	1 (0-1)
Malt drink, 250 g	2 (1-3)*	
Chocolate milk, 250 g	3 (2-5)	3 (2-4)
Oat-based beverage, 250 g	4 (3-5)*	1*
Energy drink, 375 g	4 (1-12)	1*
Chocolate milkshake, 250 g	5 (3-7)	
Coconut water, 375 g	9 (2-17)*	1*

Herbs and spices	Ni Score	Co Score
Salt, 1 g	0	0
Chervil, 1.5 g	0*	
Holy basil, 1.5 g	0*	
Mango ginger, 1.5 g	0*	
Onion, dried, 0.5 g	0*	
Mustard seed, 0.5 g	0*	0*
Turmeric powder, 0.5 g	0*	
Dill, fresh, 1.5 g	0*	
Asafoetida, 0.5 g	0*	
Cloves, 0.5 g	0*	
Linden inflorescence, dry, 0.5 g	0*	
Ginger, fresh, 1.5 g	0*	0*
Tamarind, 1.5 g	0*	
Mint leaves, 1.5 g	0*	
Cilantro, 1.5 g	0*	
Coriander seeds, 0.5 g	0*	
Parsley, dry, 0.5 g	0 (0-1)*	
Chives, 1.5 g	0*	
Hot peppers, dried, 0.5 g	0 (0-1)*	
Paprika, 0.5 g	0 (0-1)	0*
Cumin, 0.5 g	0*	
Fenugreek seeds, 0.5 g	0*	
St. John's Wort, dry, 0.5 g	0*	
Garlic, 4 g	0 (0-1)	0*
Herbs and spices, unspecified, 0.5 g	1 (0-1)	1 (0-1)
Cardamom, 0.5 g	1*	
Garlic, dry, 0.5 g	1 (0-1)*	
Oak bark, dry, 0.5 g	1*	
Parsley, 1.5 g	1*	
Basil, dry, 0.5 g	1*	
Nutmeg, 0.5 g	1*	
Mace, 0.5 g	1*	
Herbs de Provence, dry, 0.5 g	1*	
Curry leaves, 1.5 g	1*	

Omum, dry, 0.5 g	1*	
Marjoram, dry, 0.5 g	1*	
Mint, dry, 0.5 g	1*	
Rosemary, fresh, 1.5 g	1	
Parsley, fresh, 1.5 g	1 (0-1)	0*
Anchovy paste, 15 g	1*	
Cinnamon, 0.5 g	1 (0-1)*	
Sage, dry, 0.5 g	1*	
Basil, fresh, 1.5 g	1	
Pepper, black, 0.5 g	1 (0-2)	
Oregano, dry, 0.5 g	1*	
Ramen noodle powder, 1.5 g	1*	1*
Oregano, fresh, 1.5 g	1	
Hot peppers, 40 g	2 (1-2)	1*
Fennel, dry, 0.5 g	2*	
Fats and oils	Ni Score	Co Score
Cocoa butter, 10 g	0*	
Cottonseed oil, 10 g	0*	
Hazelnut oil, 10 g	0*	0*
Olive oil, 10 g	0	0 (0-1)
Corn oil, 10 g	0	0
Grapeseed oil, 10 g	0*	
Almond oil, 10 g	0*	0*
Rice oil, 10 g	0*	
Lard, 10 g	0*	
Sunflower oil, 10 g	0 (0-1)	0 (0-1)
Vegetable oils, unspecified, 10 g	0 (0-1)	0 (0-1)
Butter, 10 g	0 (0-1)	0 (0-1)
Sesame oil, 10 g	0*	
Peanut oil, 10 g	0 (0-1)*	1*
Soybean oil, 10 g	0 (0-1)	0 (0-1)*
Canola/rapeseed oil, 10 g	0 (0-1)	
Margarine, 10 g	1 (0-2)	0 (0-1)

Snacks and desserts	Ni Score	Co Score
Popsicle, 30 g	0	
Breadfruit, dried, 40 g	0*	
Graham crackers, 30 g	1	
Gelatin dessert, 130 g	1 (0-1)	0 (0-1)
Chewing gum, 3 g	1 (0-1)	1 (0-1)
Pretzels, 50 g	1	
Corn chips, 50 g	1 (1-2)	1
Pork rinds, 20 g	1*	
Dried cherry, 40 g	1*	
Applesauce, 110 g	1 (0-3)	1 (0-1)
Dried strawberry, 40 g	1*	
Raisins, 40 g	1 (1-5)	1
Dried currants, 40 g	1*	
Cottage cheese bars, sweet, 40 g	1 (1-3)	
Dried date, 40 g	2 (1-2)	
Cookies, not chocolate, 30 g	1 (0-2)	1 (1-2)*
Ice cream, vanilla, 129 g	1 (0-2)	1*
Cereal bar, with fruit, 35 g	1*	1*
Banana chips, 40 g	1*	1*
Snacks, corn-based, 50 g	2*	
Popcorn, 50 g	2 (1-5)	1 (1-2)
Cookies with nuts, 30 g	2*	
Dried rosehip, 40 g	2*	
Cereal bar, multigrain, 35 g	2 (1-5)	1 (1-2)
Snacks, potato-based, 50 g	2*	
Licorice, 40 g	2 (1-3)	
Dried fruit, mixed, 40 g	2 (0-7)	
Cereal bar, rice, 35 g	1*	3*
Potato chips, 50 g	1 (1-2)	4 (1-10)
Savoury crisps, 50 g	1 (1-2)	3 (3-5)*
Cookies with chocolate, 30 g	2 (1-4)	3 (2-4)
Cereal bar, with chocolate, 35 g	2 (2-3)	4 (3-4)*
Ice cream desserts, 129 g	2 (1-5)	3 (0-15)
Prune, 40 g	3*	1*

Ice cream desserts, soy, 129 g	3*	1*
Cookies with chocolate and nuts, 40 g	4*	
Raisins, yogurt candy coated, 40 g	1*	4*
Dried apricot, 40 g	4 (2-5)	2*
Dried fig, 40 g	6*	
Dried fruit and nuts, 50 g	6*	
Cookies, oat and fruit, 30 g	2*	7*
Snacks, fried chickpea, 50 g	13*	7*
Sugars and sweets	Ni Score	Co Score
Lactose powder, 1.4 g	0*	
Xylitol, 1.4 g	0*	
Fructose, 4 g	0*	
Sugar, white, 4 g	0	0
Sugar, brown, 4 g	0	
Fruit gums, 40 g	0*	
Molasses, 20 g	1*	
Syrup, not chocolate, 60 g	1 (0-2)	1 (0-2)
Honey, 20 g	1 (0-5)	0 (0-1)
White chocolate, 15 g	1 (0-2)*	2*
Corn/glucose syrup, 30 g	1*	
Maple syrup, 30 g	1*	
Marzipan, 30 g	1*	
Candy, 40 g	1 (0-6)	1 (0-2)
Chocolate confections, 40 g	3 (1-11)	4 (2-7)
Chocolate confections with nuts, 40 g	4 (0-9)	4*
Syrup, chocolate, 60 g	5 (2-6)	
Confections with nuts, 50 g	6 (1-14)	
Chocolate, 40 g	9 (3-20)	9 (3-20)
Sauces, dips, condiments and spreads	Ni Score	Co Score
Fruit jelly, 15 g	0	
Mayonnaise, 15 g	0 (0-1)	0
Mustard, 5 g	0 (0-1)	
Chutney, 15 g	0*	

Hollandaise sauce, 30 g	0*	
Relish, 15 g	0*	
Fruit jams, 15 g	1 (0-1)	1 (0-1)
Marmelade, 15 g	1 (0-1)	
Gravy, 60 g	1 (1-2)	
Dips, dairy-based, 30 g	1 (0-1)	0*
Oyster sauce, 15 g	1*	
Sweet and sour sauce , 30 g	1 (0-1)	1*
Pesto, 60 g	1*	
Bechamel sauce, 30 g	1*	
Ketchup, 15 g	1	1*
BBQ sauce, 15 g	1*	
Soy mayonnaise, 15 g	1*	
Soy sauce, 15 g	1 (0-4)	1 (0-1)
Horseradish, 5 g	1 (0-1)*	0*
Guacamole, 30 g	1*	1*
Teriyaki sauce, 15 g	1*	1*
Salsa, 60 g	1	2*
Barley malt, dried, 30 g	2*	
Hummus, 30 g	2*	2*
Tartar sauce, 30 g	2 (0-5)*	
Dressings, 30 g	3 (0-22)	1
Pesto made with nuts, 60 g	3*	2*
Chocolate hazelnut spread, 15 g	2*	4*
Miscellaneous	Ni Score	Co Score
Vanilla extract, 1 g	0	0
Yeast, 0.6 g	0	1 (1-2)
Baking powder, 0.6 g	0 (0-1)	0 (0-1)
Baking soda, 0.6 g	1 (0-1)*	
Agar, 0.6 g	1*	
Vekao powder, 5 g	1*	
Bouillon powder, 6 g	1 (0-1)	
Tomato sauce, 60 g	1 (1-3)	1
Broth, 250 g	2 (1-2)	1
Tomato paste, 30 g	2 (1-3)	

Coconut milk, canned, 83 g	2 (0-3)*	1*
Coconut, dried, 15 g	3 (3-5)	1*
Cocoa powder, 5 g	5 (3-7)	5*