

Dairy products and substitutes

Cream, non-dairy, 15 g*	0
Whipped cream, 15 g*	0
Evaporated milk, 15 g	0 (0-1)
Cream, 15 g	0 (0-1)
Crème fraîche, 55 g	1 (0-1)
Rice milk, 250 g	1
Almond milk, 250 g*	1
Yogurt drink, 188 g*	1
Cottage cheese, 125 g	1
Processed cheese, 30 g	1
Cheeses, 30 g	1 (0-3)
Yogurt, 175 g	1 (0-2)
Sour cream, 24 g*	1
Paneer/khoa/halloumi, 80 g*	1
Cream cheese, 30 g	1 (0-2)
Buttermilk, 250 g	2 (1-2)
Milk, 250 g	2 (1-8)
Soy milk, 250 g	2 (1-5)
Yogurt, with fruit, 175 g	3 (1-12)
Grain products and bakery	
Cold cereal, rice, 15 g*	1
Rusk, plain or fruited, 30 g*	1
Hot cereal, wheat, dry, 40 g*	1
Rice cakes, 15 g*	1
Hot cereal, rice, dry, 40 g*	1
Hot cereal, wheat, cooked, 194 g	1 (1-2)
Hot cereal, oat, cooked, 194 g	1 (1-2)
Cold cereal, granola/muesli, 55 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Hot cereal, rice, cooked, 194 g*	1
Cold cereal, wheat bran, 30 g	2 (0-2)
Cold cereal, corn, 30 g	2 (1-3)
Bread, whole wheat, 75 g	2 (1-2)
Pasta, dry, 85 g	2 (1-3)
Bread, white, 75 g	2 (1-3)
Crackers, 30 g	2 (1-6)
Croissant-like pastries, 55 g*	2
Bread, multigrain, 75 g	2 (1-4)
Pasta, cooked, 215 g	2 (1-10)
Crispbread, 30 g	2 (1-12)
Yeast dough, 55 g*	3
Bread, gluten-free, 75 g*	3
Bread, seeded, 75 g*	3
Cold cereals, fruit flavoured, 30 g*	3
Crackers, seeded, 30 g*	5
Whole grains, flours and starches	
Flour, rice, 30 g*	0

Amaranth, raw, 45 g*	0
Quinoa, raw, 45 g*	0
Flour, rye, 30 g	1 (0-1)
Oat bran, 15 g*	1
Flour, whole wheat, 30 g	1
Flour, white, 30 g	1 (0-3)
Flour, spelt, 30 g*	1
Flour, rye, whole, 30 g*	1
Flour, spelt, whole, 30 g*	1
Cornmeal, 30 g*	1
Rice, white, raw, 45 g	1 (0-2)
Spelt grain, whole, 45 g*	1
Rice, brown, raw, 45 g	1 (1-2)
Rye kernels, whole/cracked, 45 g	1 (1-2)
Rice, white, cooked, 140 g	1 (1-2)
Wheat bran, 15 g	1 (0-3)
Oats, raw, 40 g	1 (1-2)
Barley, raw, 45 g	2 (1-2)
Quinoa, cooked, 140 g*	3
Flour, buckwheat, 30 g*	4
Buckwheat, raw, 45 g	5 (4-8)
Flour, soy, 30 g*	5
Wheat kernels/bulgur/semolina, 45 g	7 (0-22)
Fruits - Berries	
Lingonberries, 80 g	0 (0-1)
Blueberries, 80 g	1 (0-1)
Cloudberries, 80 g*	1
Currants, red or black, 80 g	1 (0-2)
Strawberries, 140 g	2 (1-4)
Raspberries, 80 g	2 (0-10)
Fruits - Citrus	
Citrus fruits, unspecified, 140 g	1
Orange, 140 g*	1
Fruits - Other	
Apple, 140 g	1 (0-1)
Plum, 140 g*	1
Grape, 140 g	1
Kiwi, 140 g	1
Cherries, 140 g	1
Banana, 140 g	1 (0-2)
Coconut, 140 g*	1
Peach or nectarine, 140 g	1 (1-2)
Mango, 140 g*	1
Melons, 150 g	1 (1-3)
Pear, 140 g	2 (1-3)
Pineapple, 140 g	2 (0-4)
Watermelon, 150 g*	2
Apricot, 140 g	3 (2-3)
Avocado, 140 g	4 (4-5)

Pear, canned, 140 g	15 (1-67)
Vegetables - Root	
Radish, 85 g*	0
Carrot, 85 g	1 (0-1)
Onion, 85 g	1 (0-1)
Parsnip, 85 g	1 (0-1)
Rutabaga, 85 g*	1
Beets, 85 g	1
Potato, instant, 17 g*	1
Potato, 110 g	1 (1-2)
Vegetables - Leafy	
Head/iceberg lettuce, 85 g	1 (0-1)
Cabbage, 85 g	1 (0-1)
Lettuces, 85 g	1 (0-2)
Chard, 85 g*	2
Spinach, 85 g	2 (1-3)
Leaf chicory (endive or radicchio), 85 g*	16
Vegetables - Other	
Leek, 85 g*	0
Corn, 85 g	1 (0-1)
Celery, 85 g	1 (0-1)
Pickles, 30 g*	1
Tomato, 85 g	1 (0-1)
Cucumber, 85 g	1 (0-2)
Eggplant, 85 g*	1
Green beans, 85 g	1
Rhubarb, 140 g*	1
Cauliflower, 85 g	1 (1-2)
Mushrooms, 85 g	1 (0-5)
Broccoli, 85 g*	2
Olives, 15 g*	2
Brussels sprouts, 85 g*	2
Peppers, 85 g	3 (2-3)
Peas, dried, 35 g	3 (0-6)
Tomato, sun-dried, 30 g*	3
Peas, 85 g	4 (1-11)
Vegetables - Prepared	
Mushroom, composite, 107.5 g	0 (0-1)
Corn, canned, 130 g	1 (0-1)
Corn, cooked, 130 g	1 (0-1)
Tomato, composite, 107.5 g	1 (0-1)
Carrot, composite, 107.5 g	1
Carrot, cooked, 130 g	1
Mushroom, canned, 130 g*	1
Onion, cooked, 130 g	1 (0-5)
Peas, canned, 130 g*	1
Cabbage, cooked, 130 g	1 (0-4)
Tomato, canned, 130 g	2
Cauliflower, composite, 107.5 g	2 (1-2)

Mushroom, cooked, 130 g*	2	Pork, cooked, 100 g	1 (1-7)	Flaxseed, 30 g*	10
Nettles, cooked, 130 g*	2	Veal, cooked, 100 g	2 (1-3)	Hazelnuts, 30 g	14 (3-23)
Peppers, composite, 107.5 g	2 (0-4)	Beef, cooked, 100 g	2 (1-31)	Alfalfa seeds, 30 g*	33
Beets, cooked, 130 g	2 (1-3)	Mutton, cooked, 100 g	6 (2-15)	Brazil nuts, 30 g*	34
Peas, cooked, 130 g	2 (1-3)	Ground beef and/or pork, cooked, 100 g	8 (1-51)	Beverages - Alcoholic	
Brussels sprouts, cooked, 130 g	2 (1-3)	Organ meats, cooked, 100 g	9 (5-18)	Liquor, 30 g	0 (0-1)
Green beans, composite, 107.5 g	2 (1-4)	Fish and seafood		Beer, 333 g	1 (0-2)
Asparagus, cooked, 130 g	2 (1-3)	Shellfish, scallops, 125 g*	1	Wine, 188 g	1 (1-2)
Spinach, composite, 107.5 g	2 (1-3)	Fish, 125 g	2 (0-10)	Vermouth, 90 g	2
Green beans, cooked, 130 g	2 (2-3)	Shellfish, shrimp, 125 g*	3	Beverages - Juices	
Broccoli, composite, 130 g	3 (1-5)	Eel, 125 g*	5	Citrus juice, canned, 250 g	1 (0-1)
Potato, french fried, 70 g	3 (1-7)	Fish and seafood - Prepared		Lemonade, 250 g*	1
Potato, cooked, 167 g	3 (1-10)	Fish, pickled, 55 g	1	Fruit drink, 250 g	1
Rutabaga, cooked, 130 g	3 (1-21)	Fish, canned, 55 g	1	Citrus juice, from concentrate, 250 g	1 (1-2)
Broccoli, cooked, 130 g	4 (2-7)	Fish, cooked, 100 g	1 (0-4)	Aloe juice, 250 g*	1
Potato, cooked with skin, 167 g	5 (3-13)	Shellfish, unspecified, cooked, 100 g	2 (1-6)	Prune juice, 250 g*	1
Beets, canned, 130 g*	5	Shellfish, prawns, cooked, 100 g*	2	Apple juice, canned or bottled, 250 g	1 (0-3)
Sweet potato, cooked, 167 g*	6	Shellfish, mussels, cooked, 100 g*	12	Grape juice, 250 g	1 (1-2)
Pumpkin, cooked, 130 g	24 (4-44)	Beans and bean products		Tomato juice, canned, 250 g	2
Meat, poultry, eggs and substitutes		Beans, lentil, canned, 80 g*	1	Vegetable juice, canned, 250 g	2
Ground beef and/or pork, 125 g	1	Beans, canned, 80 g*	1	Citrus juice, 250 g	2 (1-3)
Wild boar, 125 g	1	Beans, chickpea, canned, 80 g*	2	Mango juice, 250 g*	3
Beef, 125 g	1 (0-2)	Beans, brown, dried, 35 g	2 (2-3)	Beverages - Hot	
Lamb, 125 g	1 (0-1)	Beans, cooked, 80 g	3 (1-4)	Instant coffee, 3 g*	0
Pork, 125 g	1 (0-3)	Beans, raw, 80 g*	3	Tea, brewed, loose, 250 g	1 (0-2)
Bacon, 54 g	1	Beans, kidney, canned, 80 g*	3	Green tea, brewed, loose, 250 g	1 (0-1)
Chicken, turkey and other poultry, 125 g	1	Beans, black, cooked, 80 g*	4	Tea, brewed, bag, 250 g	1 (0-1)
Sausage, 75 g	1	Beans, white, canned, 80 g*	4	Coffee, espresso, 30 g*	1
Venison, 125 g	1 (1-2)	Beans, soya, dried, 35 g*	4	Tea, brewed, 250 g	1 (0-1)
Horse, 125 g*	1	Beans, chickpea, dried, 35 g	7 (6-7)	Green tea, brewed, bag, 250 g	1
Soya sausage, 75 g*	1	Beans, white, dried, 35 g*	8	Coffee, brewed, 250 g	2 (1-4)
Egg, 100 g	2 (1-5)	Beans, lentil, dried, 35 g	14 (4-24)	Tea, leaves, 3 g	17 (0-66)
Veal, 125 g*	2	Nuts and seeds		Beverages - Other	
Seitan, 100 g*	2	Pistachios, 30 g	1	Water, bottled, 375 g	1 (0-1)
TVP (texturized vegetable protein), 100 g*	6	Peanut butter, 15 g	1 (1-2)	Carbonated drinks, canned, 375 g	1 (0-1)
Organ meats, 125 g	7 (1-27)	Walnuts, 30 g	2	Water, tap, 375 g	1 (0-3)
Meat, poultry and eggs - Prepared		Pine nuts, 30 g	2	Oat-based beverage, 250 g	1
Venison, cured, 30 g	1 (0-1)	Cashews, 30 g	2	Coconut water, 375 g*	1
Pork, cured, 30 g	1 (0-1)	Sunflower seeds, 30 g	2	Energy drink, 375 g*	1
Lunch meat, 55 g	1 (0-1)	Seeds, 30 g	2 (2-3)	Carbonated drinks, 375 g	1 (0-2)
Lunch meat, canned, 55 g	1	Peanuts, 30 g	2 (1-4)	Strawberry milk, 250 g*	1
Bacon, cooked, 15 g	1 (0-1)	Sesame seeds, 30 g	2 (0-4)	Chocolate milk, 250 g	3 (2-4)
Egg, cooked, 100 g	1	Nuts, mixed, 30 g	3 (2-8)	Herbs and spices	
Venison, cooked, 100 g	1	Pumpkin seeds, 30 g*	3	Salt, 1 g	0
Lamb, cooked, 100 g	1 (1-2)	Chestnuts, 30 g*	3	Garlic, 4 g*	0
Sausage, cooked, 55 g	1 (0-4)	Almonds, 30 g	4 (2-6)	Mustard seed, 0.5 g	0
Pate, 55 g	1 (1-2)	Poppy seeds, 30 g	6 (1-12)	Parsley, fresh, 1.5 g*	0
Pork, cured, cooked, 55 g	1 (1-2)	Pecans, 30 g*	7	Paprika, 0.5 g*	0
Chicken, turkey and other poultry, cooked	1 (1-4)	Hemp seeds, 30 g*	8	Ginger, fresh, 1.5 g*	0

Herbs and spices, unspecified, 0.5 g	1 (0-1)	Mayonnaise, 15 g	0
Ramen noodle powder, 1.5 g*	1	Dips, dairy-based, 30 g*	0
Hot peppers, 40 g*	1	Soy sauce, 15 g	1 (0-1)
Fats and oils		Dressings, 30 g	1
Corn oil, 10 g	0	Fruit jams, 15 g	1 (0-1)
Hazelnut oil, 10 g*	0	Teriyaki sauce, 15 g*	1
Vegetable oils, unspecified, 10 g	0 (0-1)	Sweet and sour sauce , 30 g*	1
Olive oil, 10 g	0 (0-1)	Guacamole, 30 g*	1
Almond oil, 10 g*	0	Ketchup, 15 g	1
Sunflower oil, 10 g	0 (0-1)	Salsa, 60 g*	2
Margarine, 10 g	0 (0-1)	Hummus, 30 g	2
Butter, 10 g	0 (0-1)	Pesto made with nuts, 60 g*	2
Soybean oil, 10 g	0 (0-1)	Chocolate hazelnut spread, 15 g*	4
Peanut oil , 10 g*	1	Sweet soy sauce, 15 g*	4
Snacks and desserts		Miscellaneous	
Gelatin dessert, 130 g	0 (0-1)	Vanilla extract, 1 g	0
Applesauce, 110 g	1 (0-1)	Baking powder, 0.6 g	0 (0-1)
Cereal bar, with fruit, 35 g*	1	Broth, 250 g	1
Ice cream desserts, soy, 129 g*	1	Tomato sauce, 60 g	1
Chewing gum, 3 g	1 (0-1)	Coconut, dried, 15 g*	1
Corn chips, 50 g	1	Coconut milk, canned, 83 g*	1
Raisins, 40 g	1	Yeast, 0.6 g	1 (1-2)
Ice cream, vanilla, 129 g	1	Cocoa powder, 5 g*	5
Prune, 40 g*	1		
Popcorn, 50 g	1 (1-2)	Legend	
Banana chips, 40 g*	1	Less than 100 ng cobalt per serving	
Cookies, not chocolate, 30 g	1 (1-2)	Less than 800 ng cobalt per serving	
Cereal bar, multigrain, 35 g	1 (1-2)	Less than 1.6 µg cobalt per serving	
Dried apricot, 40 g*	2	More than 1.6 µg cobalt per serving	
Cookies with chocolate, 30 g	3 (2-4)		
Cereal bar, rice, 35 g*	3		
Savoury crisps, 50 g	3 (3-5)		
Ice cream desserts, 129 g	3 (0-15)		
Cereal bar, with chocolate, 35 g	4 (3-4)		
Potato chips, 50 g	4 (1-10)		
Raisins, yogurt candy coated, 40 g*	4		
Cookies, oat and fruit, 30 g*	7		
Snacks, fried chickpea, 50 g*	7		
Sugars and sweets			
Sugar, white, 4 g	0		
Honey, 20 g	0 (0-1)		
Syrup, not chocolate, 60 g	1 (0-2)		
Candy, 40 g	1 (0-2)		
White chocolate, 15 g*	2		
Chocolate confections, 40 g	4 (2-7)		
Chocolate confections with nuts, 40 g*	4		
Chocolate, 40 g	9 (3-20)		
Sauces, dips, condiments and spreads			
Horseradish, 5 g*	0		

Legend

Less than 100 ng cobalt per serving	
Less than 800 ng cobalt per serving	
Less than 1.6 µg cobalt per serving	
More than 1.6 µg cobalt per serving	

- For adults, aim for 15 points per day to stay below 12 µg.
- Foods are ordered from lowest to highest average cobalt content.
- A * means there are very few measurements, so it's unreliable.
- Minimum and maximum point values are shown in brackets beside the average points value. If the range is large, be suspicious.
- Cooking methods vary for 'prepared' foods, which affects cobalt values.
- We recommend using a kitchen scale until you get used to serving sizes.
- 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

- 1 ounce is 28.35 grams.

NOTE: This diet is intended for individuals with a diagnosed cobalt allergy.

If you have not been patch 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.