

**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
Cottage cheese, 125 g	1
Cheeses, 30 g	1 (0-3)
Yogurt drink, 188 g*	1
Processed cheese, 30 g	1
Milk powder, 25 g*	1
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	3 (1-6)
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, wheat, cooked, 194 g	1 (1-2)
Hot cereal, oat, cooked, 194 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Hot cereal, rice, cooked, 194 g*	1
Cold cereal, corn, 30 g	1 (1-3)
Pasta, dry, 85 g	1 (1-3)
Hot cereal, rice, dry, 40 g*	2 (1-2)
Bread, whole wheat, 75 g	2 (1-2)
Bread, white, 75 g	2 (1-3)
Crackers, 30 g	2 (1-6)
Cold cereal, wheat bran, 30 g	2 (0-5)
Croissant-like pastries, 55 g*	2
Bread, rye, 75 g	2 (1-4)
Pasta, cooked, 215 g	2 (1-10)
Cold cereal, granola/muesli, 55 g	2 (1-5)
Bread, multigrain, 75 g	3 (1-4)
Pasta, rice, dry, 85 g*	3
Yeast dough, 55 g*	3
Bread, gluten-free, 75 g*	3
Bread, seeded, 75 g*	3
Cold cereals, fruit flavoured, 30 g*	3
Crispbread, 30 g	3 (1-12)
Crackers, seeded, 30 g*	5

**Whole grains, flours and starches**

Amaranth, raw, 45 g*	0
Quinoa, raw, 45 g*	0
Oat bran, 15 g*	1
Flour, rye, 30 g	1 (0-1)

Flour, cassava, 30 g*	1
Flour, spelt, 30 g*	1
Flour, white, 30 g	1 (0-3)
Flour, barley, 30 g*	1
Flour, rye, whole, 30 g*	1
Wheat germ, 15 g*	1
Flour, spelt, whole, 30 g*	1
Rice, white, raw, 45 g	1 (0-2)
Cornmeal, 30 g*	1
Flour, whole wheat, 30 g	1 (1-2)
Spelt grain, whole, 45 g*	1
Rice, brown, raw, 45 g	1 (1-2)
Rice, white, cooked, 140 g	1 (1-2)
Rye kernels, whole/cracked, 45 g	1 (1-2)
Oats, raw, 40 g	1 (1-2)
Wheat bran, 15 g	1 (0-3)
Barley, raw, 45 g*	2 (1-2)
Flour, rice, 30 g*	2 (0-3)
Flour, teff, 30 g*	2
Quinoa, cooked, 140 g*	3
Wheat kernels/bulgur/semolina, 45 g	4 (0-22)
Flour, buckwheat, 30 g*	4
Rice bran, 15 g*	5
Flour, soy, 30 g*	5
Buckwheat, raw, 45 g	6 (3-16)
Millet, raw, 45 g	8 (2-21)

**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, canned, 140 g	1
Peach or nectarine, 140 g	1 (1-2)
Papaya, 140 g*	1
Mango, 140 g*	1
Pear, 140 g	2 (1-3)
Pineapple, canned, 140 g	2 (0-3)
Pineapple, 140 g	2 (1-4)
Melons, 150 g	2 (1-8)
Watermelon, 150 g*	2
Apricot, 140 g	3 (2-7)

Avocado, 140 g	5 (4-6)
Pear, canned, 140 g	15 (1-67)

**Vegetables - Root**

Radish, 85 g*	0
Carrot, 85 g	1 (0-1)
Parsnip, 85 g*	1 (0-1)
Onion, 85 g	1 (0-1)
Rutabaga, 85 g*	1
Beets, 85 g	1
Potato, instant, 17 g*	1
Potato, 110 g	2 (1-19)

**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)
Alfalfa sprouts, 65 g*	4
Leaf chicory (endive or radicchio), 85 g*	16

**Vegetables - Other**

Leek, 85 g*	0
Celery, 85 g	1 (0-1)
Corn, 85 g	1 (0-1)
Pickles, 30 g*	1
Cucumber, 85 g	1 (0-2)
Eggplant, 85 g*	1
Tomato, 85 g	1 (0-2)
Rhubarb, 140 g*	1
Cauliflower, 85 g	1 (1-2)
Mushrooms, 85 g	1 (0-5)
Olives, 15 g*	2
Brussels sprouts, 85 g*	2
Green beans, 85 g	2 (1-3)
Peppers, 85 g*	3 (2-3)
Peas, dried, 35 g	3 (0-6)
Tomato, sun-dried, 30 g*	3
Pumpkin, 85 g*	3
Peas, 85 g	3 (1-11)
Broccoli, 85 g*	7 (2-12)

**Vegetables - Prepared**

Mushroom, composite, 107.5 g	0 (0-1)
Corn, canned, 130 g	1 (0-1)
Corn, cooked, 130 g	1 (0-1)
Carrot, composite, 107.5 g	1
Carrot, cooked, 130 g*	1
Tomato, composite, 107.5 g	1 (0-2)
Plantain, cooked, 167 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
Mushroom, cooked, 130 g*	2
Cauliflower, composite, 107.5 g	2 (1-2)

Nettles, cooked, 130 g*	2
Peppers, composite, 107.5 g	2 (0-4)
Beets, cooked, 130 g	2 (1-3)
Peas, cooked, 130 g	2 (1-3)
Brussels sprouts, cooked, 130 g	2 (1-3)
Green beans, composite, 107.5 g	2 (1-4)
Asparagus, cooked, 130 g	2 (1-3)
Spinach, composite, 107.5 g	2 (1-3)
Cassava, cooked, 167 g*	2
Broccoli, composite, 107.5 g	2 (1-4)
Green beans, cooked, 130 g*	2 (2-3)
Potato, french fried, 70 g	3 (1-7)
Potato, cooked, 167 g	3 (1-10)
Rutabaga, cooked, 130 g	3 (1-21)
Yam, cooked, 167 g*	3
Broccoli, cooked, 130 g	4 (2-7)
Taro, cooked, 167 g*	4 (3-6)
Okra, cooked, 130 g*	4
Sweet potato, cooked, 167 g*	5 (5-6)
Potato, cooked with skin, 167 g	5 (3-13)
Beets, canned, 130 g*	5
Potato, instant, prepared, 140 g*	11
Pumpkin, cooked, 130 g*	24 (4-44)
<b>Meat, poultry, eggs and substitutes</b>	
Egg powder, 20 g*	0
Ground beef and/or pork, 125 g	1
Wild boar, 125 g	1
Lamb, 125 g	1 (0-1)
Beef, 125 g	1 (0-2)
Pork, 125 g	1 (0-3)
Chicken, turkey and other poultry, 125 g	1
Venison, 125 g	1 (1-2)
Sausage, 75 g	1
Horse, 125 g*	1
Tempeh, 85 g*	1
Bacon, 54 g	1 (1-2)
Egg, 100 g	2 (1-5)
Soya sausage, 75 g*	2 (1-3)
Veal, 125 g*	2
Seitan, 100 g*	2
Tofu, 85 g*	4
TVP (texturized vegetable protein), 100 g*	6
Organ meats, 125 g	9 (1-31)
<b>Meat, poultry and eggs - Prepared</b>	
Venison, cured, 30 g	1 (0-1)
Pork, cured, 30 g*	1 (0-1)
Lunch meat, 55 g	1 (0-1)
Lunch meat, canned, 55 g	1
Bacon, cooked, 15 g	1 (0-1)
Egg, cooked, 100 g	1
Venison, cooked, 100 g*	1
Lamb, cooked, 100 g	1 (1-2)
Sausage, cooked, 55 g	1 (0-4)
Pate, 55 g	1 (1-2)

Pork, cured, cooked, 55 g	1 (1-2)
Chicken, turkey and other poultry, cooked, 100 g	1 (1-4)
Pork, cooked, 100 g	1 (1-7)
Veal, cooked, 100 g	2 (1-3)
Beef, cooked, 100 g	2 (1-31)
Mutton, cooked, 100 g	6 (2-15)
Ground beef and/or pork, cooked, 100 g	8 (1-51)
Organ meats, cooked, 100 g	9 (4-18)
<b>Fish and seafood</b>	
Shellfish, scallops, 125 g*	1
Fish, 125 g	2 (0-10)
Shellfish, shrimp, 125 g*	3
Eel, 125 g*	3 (2-5)
Shellfish, oysters, 125 g*	4
<b>Fish and seafood - Prepared</b>	
Fish, canned, 55 g	1
Fish, pickled, 55 g	1
Eel, smoked, 55 g*	1
Fish, salted or smoked, 55 g	1 (1-2)
Fish, cooked, 100 g	1 (0-4)
Shellfish, unspecified, cooked, 100 g	2 (1-6)
Shellfish, prawns, cooked, 100 g*	2
Shellfish, crustaceans, canned, 55 g*	3
Shellfish, mussels, canned, 55 g*	7
Shellfish, mussels, cooked, 100 g*	12
<b>Beans and bean products</b>	
Beans, lentil, canned, 80 g*	1
Beans, canned, 80 g*	1
Beans, raw, 80 g*	2 (1-3)
Beans, brown, dried, 35 g*	2 (2-3)
Beans, chickpea, canned, 80 g*	2
Beans, kidney, dried, 35 g*	2
Beans, cooked, 80 g	3 (1-4)
Beans, kidney, canned, 80 g*	3
Beans, black, cooked, 80 g*	4
Beans, white, canned, 80 g*	4
Beans, soya, dried, 35 g*	4
Beans, chickpea, dried, 35 g	6 (4-7)
Beans, white, dried, 35 g*	8
Beans, lentil, dried, 35 g	11 (4-24)
<b>Nuts and seeds</b>	
Pistachios, 30 g*	1
Peanut butter, 15 g	1 (1-4)
Cashews, 30 g	2
Pine nuts, 30 g	2
Tahini, 15 g*	2
Walnuts, 30 g	2 (2-3)
Pumpkin seeds, 30 g*	2 (2-3)
Seeds, 30 g	2 (2-3)
Peanuts, 30 g	2 (1-4)
Nuts, mixed, 30 g	3 (2-8)
Almonds, 30 g	3 (2-6)
Chestnuts, 30 g*	3
Sunflower seeds, 30 g	4 (2-8)

Sesame seeds, 30 g	5 (0-7)
Poppy seeds, 30 g	6 (1-12)
Pecans, 30 g*	7
Hemp seeds, 30 g*	8
Hazelnuts, 30 g	14 (3-23)
Flaxseed, 30 g*	21 (10-31)
Alfalfa seeds, 30 g*	33
Brazil nuts, 30 g*	36 (34-38)
<b>Beverages - Alcoholic</b>	
Liquor, 30 g	0 (0-1)
Beer, 333 g	1 (0-2)
Wine, 188 g	1 (1-2)
Vermouth, 90 g*	2
<b>Beverages - Juices</b>	
Citrus juice, canned, 250 g	1 (0-1)
Fruit drink, 250 g	1
Lemonade, 250 g*	1
Citrus juice, from concentrate, 250 g	1 (1-2)
Apple juice, canned or bottled, 250 g	1 (0-3)
Aloe juice, 250 g*	1
Prune juice, 250 g*	1
Grape juice, 250 g	1 (1-2)
Citrus juice, 250 g	1 (1-3)
Tomato juice, canned, 250 g*	2
Vegetable juice, canned, 250 g	2
Mango juice, 250 g*	3
<b>Beverages - Hot</b>	
Tea, herbal, dry, 3 g	0
Green tea, leaves, 3 g	0
Tea, brewed, loose, 250 g	1 (0-2)
Green tea, brewed, loose, 250 g	1 (0-1)
Tea, brewed, bag, 250 g	1 (0-1)
Coffee, espresso, 30 g*	1
Tea, brewed, 250 g	1 (0-1)
Green tea, brewed, bag, 250 g	1
Coffee, brewed, 250 g	2 (1-4)
Instant coffee, 3 g*	2 (0-4)
Chocolate malt drink powder, 25 g*	6
Tea, leaves, 3 g	15 (0-66)
<b>Beverages - Other</b>	
Carbonated drinks, canned, 375 g	1 (0-1)
Water, bottled, 375 g	1 (0-1)
Water, tap, 375 g	1 (0-3)
Oat-based beverage, 250 g	1
Coconut water, 375 g*	1
Carbonated drinks, 375 g	1 (0-2)
Energy drink, 375 g*	1
Strawberry milk, 250 g*	1
Chocolate milk, 250 g	5 (2-17)
<b>Herbs and spices</b>	
Salt, 1 g	0
Mustard seed, 0.5 g*	0
Garlic, 4 g*	0
Parsley, fresh, 1.5 g*	0

Nigella seeds, 0.5 g	0
Cloves, 0.5 g*	0
Sumac, 0.5 g	0
Cinnamon, 0.5 g	0
Paprika, 0.5 g*	0
Allspice, 0.5 g	0 (0-1)
Coriander seeds, 0.5 g*	0
Cardamom, 0.5 g*	0
Ginger, fresh, 1.5 g*	0
Fennel, dry, 0.5 g*	0
Mahaleb cherry, 0.5 g	0 (0-1)
Curry powder, 0.5 g*	0
Pomegranate seed, 0.5 g*	0
Turmeric powder, 0.5 g*	0
Chilli powder, 0.5 g*	1
Cumin, 0.5 g	1 (0-1)
Fenugreek, 0.5 g*	1
Pepper, black, 0.5 g	1 (0-1)
Herbs and spices, unspecified, 0.5 g	1 (0-1)
Ginger, dry, 0.5 g	1 (0-1)
Bishop's weed, 0.5 g*	1
Curry leaves, dry, 0.5 g	1 (0-1)
Ramen noodle powder, 1.5 g*	1
Mango powder, 0.5 g*	1
Thyme, dry, 0.5 g	1
Peppermint, dry, 0.5 g	1
Basil, dry, 0.5 g	1
Hot peppers, dried, 0.5 g	1
Cayenne pepper, 0.5 g	1
Hot peppers, 40 g*	1
<b>Fats and oils</b>	
Corn oil, 10 g	0
Olive oil, 10 g	0
Palm oil, 10 g*	0
Pumpkin seed oil, 10 g*	0
Rice oil, 10 g*	0
Sunflower oil, 10 g	0 (0-1)
Vegetable oils, unspecified, 10 g	0 (0-1)
Cottonseed oil, 10 g*	0
Almond oil, 10 g*	0
Margarine, 10 g	0 (0-1)
Butter, 10 g	0 (0-1)
Soybean oil, 10 g	0 (0-1)
Grapeseed oil, 10 g*	1
Hazelnut oil, 10 g*	1 (0-2)
Sesame oil, 10 g*	2
<b>Snacks and desserts</b>	
Gelatin dessert, 130 g	0 (0-1)
Applesauce, 110 g	1 (0-1)
Cereal bar, with fruit, 35 g*	1
Ice cream desserts, soy, 129 g*	1
Chewing gum, 3 g	1 (0-1)
Corn chips, 50 g	1
Raisins, 40 g	1

Prune, 40 g*	1
Ice cream, vanilla, 129 g	1
Popcorn, 50 g	1 (1-2)
Banana chips, 40 g*	1
Cookies, not chocolate, 30 g	1 (1-2)
Cereal bar, multigrain, 35 g	2 (1-3)
Dried apricot, 40 g*	2
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
<b>Sugars and sweets</b>	
Sugar, white, 4 g	0
Fructose, 4 g*	0
Honey, 20 g	0 (0-1)
Syrup, not chocolate, 60 g	1 (0-2)
Candy, 40 g	1 (0-2)
Sweetened evaporated milk, 30 g*	1
White chocolate, 15 g*	2
Chocolate confections, 40 g	4 (2-7)
Chocolate confections with nuts, 40 g*	4
Chocolate, 40 g	10 (3-20)
<b>Sauces, dips, condiments and spreads</b>	
Horseradish, 5 g*	0
Mayonnaise, 15 g	0
Dips, dairy-based, 30 g*	0
Soy sauce, 15 g	1 (0-1)
Dressings, 30 g	1
Mustard, 5 g*	1
Teriyaki sauce, 15 g*	1
Fruit jams, 15 g	1 (0-1)
Sweet and sour sauce, 30 g*	1
Guacamole, 30 g*	1
Ketchup, 15 g*	1
Salsa, 60 g*	2
Marmite, 5 g*	2
Hummus, 30 g	2
Pesto made with nuts, 60 g*	2
Chocolate hazelnut spread, 15 g*	4
Sweet soy sauce, 15 g*	4
Vegemite, 5 g*	8
<b>Miscellaneous</b>	
Vanilla extract, 1 g	0
Baking powder, 0.6 g	0 (0-1)
Vinegar, 15 g	1
Broth, 250 g	1
Coconut milk, canned, 83 g*	1
Coconut, dried, 15 g	1
Tomato sauce, 60 g	1 (1-2)

Yeast, 0.6 g	1 (1-2)
Cocoa powder, 5 g*	5

**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 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 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 cookware can affect cobalt content. If someone else is doing the cooking, use the "prepared" score. If you are making the food with low cobalt cookware, use the regular score.
- Follow all appropriate hygiene and food preparation standards.

To explore the data, change serving sizes and log your cobalt intake, try the Cobalt Companion app, available for Android.

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.