

vegetables per 100g

- spinach 1g
- avocado 2g
- asparagus 2g
- celery 2g
- lettuce 2g
- olives 3g
- tomato 3g
- courgette 3g
- aubergine 3g
- cucumber 3g
- cabbage 3g
- cauliflower 3g
- kale 3g
- green pepper 3g
- mushroom 3g
- swiss chard 3g
- broccoli 4g
- green beans 4g
- red pepper 4g
- yellow pepper 5g
- brussels sprouts 5g
- kohlrabi 6g
- carrot 7g
- onion 8g

fruits per 100g

- raspberry 5g
- blackberry 5g
- strawberry 6g
- coconut 6g
- lemon 6g
- watermelon 7g
- cantaloupe 7g
- peach 8g
- orange 9g
- clementine 10g
- cherries 10g
- plum 10g
- blueberry 12g

meat / fish / dairy / condiments

- beef
- lamb
- pork
- turkey
- offal
- chicken

- mackerel
- herring
- wild salmon
- sardines
- seafood

- eggs (goose, duck, chicken)

- butter
- olive oil
- coconut oil
- avocado oil

- mayonnaise
- mustard
- soy sauce
- pesto

- cream
- kefir
- plant milk

- nuts and seeds

- all kinds of cheese

- fermented foods
- apple cider vinegar

- tea
- coffee

- herbs and spices