

POINT LIST

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HOW TO USE THE POINT LIST

The Point List shows you all food points. 1 point = approx. 60 kcal. You can eat a maximum of 10 points per day, together with your 6 Nupo Diet products. When you have eaten 10 points worth of food, you'll get approx. 600 kcal in addition to the approx. 700 kcal that you get from your Nupo Diet products. The combined energy consumption will therefore be approx. 1300 kcal per day, which ensures that you still maintain an energy deficit and will therefore lose weight.

1 point = approx. 60 kcal
10 points = approx. 600 kcal

6 x Nupo Diet = approx. 700 kcal
1 x Nupo One Meal = approx. 200 kcal

6 x Nupo Diet = approx. 700 kcal
+ 10 points = approx. 1300 kcal

You choose what you want to eat for your 10 points. We have made things easy for you, so that you know what food to choose to accompany your Nupo Diet. We have colour coded all the foods based on their calorie and carbohydrate content.

- Contains few calories and no/few carbohydrates
- Contains some calories and no/few carbohydrates
- Contains few calories and some carbohydrates
- Contains some calories and/or many carbohydrates

If you choose mostly green foods, you will get the most out of your diet as you can eat the largest amount of food while still remaining in ketosis*.

If you choose blue foods, you will still benefit from being in ketosis, but must eat slightly smaller amounts. The orange and red foods contain quite a few carbohydrates, therefore making you unable to benefit from being in ketosis.

It is completely up to you, what foods you choose for your 10 points, but we recommend that you eat mostly the green foods and a few of the blue foods, while you are on the Nupo Diet.

When you are finished with your diet and need to eat regular food, then you can eat the orange foods and include some of the red foods in the form of high-fibre carbohydrates.



*Ketosis?

A natural biological state that occurs in the body when the supply of carbohydrates is limited. Ketosis affects your appetite and reduces your feeling of hunger.



THE POINT LIST

BREAD	food point(s)
■ Bagel, 90 g	4
■ Bread roll, regular or whole grain, 60 g	3
■ Burger bun, 70 g	2
■ Baguette, 1 piece, 50 g	3
■ White bread, 45 g	2
■ Garlic baguette, 20 g, 1 piece	2
■ Crisp bread, 15 g, 1 piece	1
■ Naan bread, 80 g, 1 piece	1
■ Pita bread, 75 g, 1 piece	4
■ Hotdog bun, 30 g	3
■ French hotdog bun, 50 g	1
■ Whole grain buns with Chocolate chips, 75 g	2
■ Whole grain buns w. Pumpkin seeds, 75 g	3
■ Rye bread, 30 g	5
■ Bread roll, 45 g, 1 piece	3
■ Taco bowl, 12 g, 1 piece	1
■ Dinner rolls, 40 g	2
■ Sandwich bread, 25 g	1
■ Tortilla, 40 g, 1 piece	1
■ Tebolle, 40 g	2
■ Toastbrød, 25 g	1
■ Tortilla, 40 g, 1 stk	2

PASTA, RICE, FLOUR, LEGUMES, ETC.	food point(s)
■ Beans, 40 g dried = 100 g cooked	2
■ Bulgur, 35 g dried = 90 g cooked	2
■ Baked beans in tomato sauce, 55 g	1
■ Couscous, 35 g dried = 70 g cooked	2
■ Gnocchi, 90 g	2
■ Vegetable pasta (fresh), 45 raw = 85 g cooked	2
■ Millet, 50 g, approx. 4 tbsp	3
■ Wheat berry, 35 g raw = 90 g cooked	2
■ Chickpeas, in water, 90 g	2
■ Chickpeas, 35 g dried	2
■ Kidney beans, in water, 50 g	1
■ Lentils, 35 g dried = 90 g cooked	2
■ Psyllium (Fibre husk), 35 g	1
■ Flour, graham-, wheat-, rye-, 50 g	3
■ Pasta, 15 g raw = 45 g cooked	1
■ Pasta, 35 g = 90 g cooked	2
■ Pasta, 50 g = 130 g cooked	3
■ Pasta (fresh), 45 g raw = 85 g cooked	2
■ Pearl barley, 35 g raw = 90 g cooked	2
■ Pearled spelt, 35 g raw = 90 g cooked	2
■ Rice, all types, 20 g raw = 40 g cooked	1
■ Rice, all types, 35 g raw = 65 g cooked	2
■ Rice, all types, 50 g raw = 95 g cooked	3
■ Rye kernels, 20 g	1
■ Ravioli, 45 g raw = 85 g cooked	2
■ Tortellini, 40 g raw = 76 g cooked	2
■ Quinoa, 35 g raw = 90 g cooked	2

BREAKFAST PRODUCTS, GRAINS, AND SEEDS	food point(s)
■ Coco Pops, 30 g	2
■ Cornflakes, 30 g	2
■ Chia seeds, 15 g	1
■ Fibre topping, 25 g	1
■ Pumpkin seeds, 20 g	2
■ Shredded wheat, 35 g	2
■ Oatmeal, 35 g	2
■ Flax seeds, 23 g	2
■ Kakao fibre, 25 g	1
■ Müsli with fruits and nuts, 35 g	2
■ Müsli, sugar roasted, 35 g	3
■ Rye oatmeal, 35 g	2
■ Sesame seeds, 20 g	2
■ Sunflower seeds, 20 g	2
■ Ymer topping, 35 g	2

FRUITS AND BERRIES	food point(s)
■ Apricots, fresh, 130 g, approx. 3 pcs	1
■ Pineapples, 120 g	1
■ Oranges, peeled, 120 g, 1 piece, small	1
■ Avocado, 70 g, approx. 1/2 piece	2
■ Banana, 130 g, 1 piece, large	2
■ Plums, 130 g, approx. 6 pcs	1
■ Blue berries, 120 g	1
■ Black berries, 200 g	1
■ Clementines, 120 g, 2 pcs, large	1
■ Dates, fresh, 20 g, 1 piece	1
■ Pitaya, 170 g	1
■ Peaches, fresh, 120 g, 1 piece	1
■ Fig, fresh, 70 g, 2 pcs	1
■ Pomegranate seeds, 80 g	1
■ Grapefruit, peeled, 125 g, 1 piece	1
■ Seaberries (sea buckthorns), raw, 80 g	1

■ Raspberry, 120 g	1
■ Strawberries, 150 g	1
■ Cherries, 120 g	1
■ Kiwi, 100 g, 1 piece	1
■ Coconut, 45 g	3
■ Mango, 70 g	1
■ Cantaloupe, 170 g	1
■ Galia melon, 250 g	1
■ Honeydew, 240 g	1
■ Watermelon, 175 g	1
■ Nectarine, 1 whole	1
■ Papaya, 120 g,	1
■ Passion fruit, peeled, 34 g, 3 pcs.	1
■ Pear, 130 g, 1 piece, large	1
■ Red currants, 75 g	1
■ Blackcurrant, 75 g	1
■ Gooseberries, 120 g	1
■ Star fruit (carambola), 170 g, 1 piece, large	1
■ Grapes, 75 g	1
■ Apple, 110 g, 1 piece	1

VEGETABLES	food point(s)
■ Cucumber, 500 g	1
■ Artichoke, 120 g, 1 piece	1
■ Asparagus, fresh, 240 g	1
■ Asparagus, canned, 375 g	1
■ Eggplant (Aubergine), 250 g	1
■ Celery, 200 g	1
■ Cauliflower, 250 g	1
■ Broccoli, 170 g	1
■ Butternut squash, 130 g	1
■ Beans, green, 200 g	1
■ Bean sprouts, 160 g	1
■ Mushrooms, 210 g	1
■ Fennel, 260 g	1

■ Scallions, 180 g, approx. 9 pcs	1
■ Kohlrabi, 240 g, approx. 2 pcs	1
■ Pumpkin, hokkaido, 335 g	1
■ Kale, 80 g	1
■ Carrots, 150 g	1
■ Cabbage, 180 g	1
■ Ginger, 70 g	1
■ Jerusalem artichoke, 80 g	1
■ Endive, 250 g	1
■ Chanterelles, 150 g	1
■ Potatoes, boiled, 70 g	1
■ Chinese cabbage, 300 g	1
■ Onion, 120 g, 1 piece, large	1
■ Turnips, 200 g	1
■ Corn, loose, 50 g	1
■ Corn on the cob, 64 g, 1 piece, large	1
■ Baby corn, 160 g, approx. 13 pcs	1
■ Parsnip, 90 g	1
■ Bell pepper, 200 g	1
■ Pearl onions, 120 g	1
■ Portobello mushroom, 210 g	1
■ Leek, 175 g	1
■ Rhubarb, 200 g	1
■ Radish, 500 g	1
■ Brussels sprouts, 100 g, approx. 8 pcs	1
■ Beetroot, raw, 110 g	1
■ Red cabbage, raw, 190 g	1
■ Savoy cabbage, 225 g	1
■ Celery root, 150 g	1
■ Snap peas, 120 g	1
■ Pointed white cabbage, 225 g	1
■ Spinach, 250 g	1
■ Squash, 330 g	1
■ Snow peas, 120 g	1
■ Mirepoix, frozen, 200 g	1



■ Tomato, 300 g	1
■ Peas in pods, 90 g, approx. 30 pcs	1
■ Peas, loose, 90 g	1
■ Stir fry vegetables, frozen, approx. 150 g	1
FISH AND SHELLFISH	food point(s)
■ Blæksprutte, 80 g	1
■ Fish cakes, 80 g	2
■ Minced fish, 110 g	2
■ Halibut, smoked, 30 g	1
■ Garfish, fried 100 g	2
■ Caviar, 50 g	1
■ Crab- or lobster meat, 60 g	1
■ Crayfish, cooked, 60 g	1
■ Hake, raw, 90 g	1
■ Salmon, filet without skin, 80 g	3
■ Salmon, smoked, 40 g	1
■ Salmon, hot smoked, 45 g	2
■ Mackerel, smoked, 60 g	3
■ Mussels, natural, 75 g	1
■ Turbot, 70 g	1
■ Shrimp, 70 g	1
■ Flounder, boiled, 130 g (1 piece, the edible part)	2
■ Flounder, fried, 130 g (1 piece the edible part)	2
■ Lemon sole 80 g	1
■ Sardine in oil, 30 g	1
■ Sardine in tomato, 30 g	1
■ Herring, fried, 70 g (approx. 1 whole herring filet)	2
■ Herring, smoked, 35 g (approx. 1/2 herring filet)	1
■ Lumpfish roe, 60 g	1
■ Common sole, 75 g	1
■ Cod, boiled, 80 g	1
■ Cod, fried, 100 g	1
■ Cod roe, fried, 100 g	2
■ Cod roe, boiled, 100 g	2

■ Tuna in oil, 60 g	2
■ Tuna in water, 60 g	1
■ Brown trout 100 g	2
■ Oysters, 100 g	1
■ Eel, smoked, 75 g	4
■ Eel, raw, 80 g	4

MEAT AND POULTRY	food point(s)
■ Duck without skin, fried, 100 g	2
■ Duck with skin, fried, 60 g	4
■ Bacon, fried, 30 g, approx. 2 slices	2
■ Beef, English, 100 g	2
■ Beef round, 60 g	2
■ Venison, fried, 100 g	2
■ Pheasant, fried, 60 g	3
■ Pork roast, lean, 60 g	2
■ Meatloaf, 75 g	3
■ Roasted ham, lean, 40 g	1
■ Heart, 50 g	1
■ Turkey bacon, 50 g	1
■ Turkey, fried, 100 g	2
■ Turkey, minced, 2-5% fat, 110 g	2
■ Turkey, minced, 10-15% fat, 100 g	2
■ Unbread veal cutlet, 100 g	3
■ Veal, minced, 2-5% fat, 110 g	2
■ Veal roast, 70 g	2
■ Chicken, boiled, without skin, 90 g	5
■ Chicken breast without skin, fried, 90 g	2
■ Chicken thigh, 80 g	2
■ Chicken sausage, low fat %	2
■ Lamb cutlet, lean, 50 g	1
■ Lamb roast, lean, 90 g	3
■ Liver, calf, fried, 90 g	2
■ Sausage, lean, boiled, 50 g (approx. 6 cm)	2
■ Sausage, lean, smoked, 70 g (approx. 8 cm)	2



■ Sausage, lean, fried, 50 g (approx. 6 cm)	3
■ Tenderloin, not breaded, trimmed, 120 g	2
■ Beef brisket, 55 g	3
■ Beef, minced, 3-7% fat, 100 g	3
■ Beef, minced, 8-12% fat, 110 g	2
■ Roast beef, oven roasted, without fat, 40 g	3
■ Ham, lean, cooked, 50 g	2
■ Ham, lean, smoked, 50 g	1
■ Pork roast with rind, lean, 90 g	2
■ Pork chops, fried, 100 g	3
■ Pork, minced, 7-10% fat, 120 g	3
■ Pork, minced, 10-15% fat, 120 g	3
■ Tongue, lean, 100 g	4
■ Wienerschnitzel, breaded, 100 g	3
■ Wienerschnitzel, not breaded, 65 g	5
■ Wienerschnitzel uden panering, 65 g	3

COLD CUTS (Machine cut)	food point(s)
■ Roasted ham, lean, 50 g	1
■ Pork neck roast, lean, 50 g	1
■ Turkey cold cuts, 60 g	1
■ Salami, turkey, 9%, 35 g	1
■ Chicken cold cuts, 50 g	1
■ Meat sausage, lean, 45 g	1
■ Liver paste, 25 g	1
■ Liver paste, low fat, 40 g	1
■ Mackerel in tomato sauce, 40 g	1
■ Mayonnaise salad (shrimp, fruit, etc.), 25 g	1
■ Tenderloin 60 g	1
■ Beef brisket, lean, 55 g	1
■ Roastbeef, lean, 50 g	1
■ Sliced beef, 60 g	1
■ Herring, pickled, 45 g	1
■ Ham, 55 g	1
■ Ham, air dried, 25 g	1
■ Salami, 15 g	1
■ Cod roe, canned, 60 g	2
■ Sild, karry, 40 g	2
■ Skinke, 55 g	1
■ Skinke, lufttørret, 25 g	1
■ Spegepølse, 15 g	1
■ Torskerogn, på dåse, 60 g	1



MILK, MILK PRODUCTS, ETC...	food point(s)
■ Cremefine, 7%, 70 g	1
■ Sour cream, 9%, 60 g	1
■ Sour cream, 18%, 60 g	1
■ Sour cream, 38%, 50 g	2
■ Cream (coffee cream) 9%, 55 ml	3
■ Cream (whipping cream) 38%, 50 ml	2
■ Whipped cream, 16 g, 2 tbsp	1
■ Wheat milk, 130 ml	3
■ Kefir, 1,5%, 150 g	1
■ Quark, 0,3%, 100 g	1
■ Buttermilk, 0,5%, 170 ml	1
■ Light milk, 150 ml	1
■ Rice milk, 100 g	1
■ Almond milk, unsweetened, 150 ml	1
■ Skimmed milk, 160 ml	1
■ Soy milk, unsweetened, 160 ml	1
■ Soy milk, 110 ml	1
■ Skyr, naturel, 100 g	1
■ Skyr with fruit (without added sugar), 100 g	1
■ Skyr with fruit 150 g	1
■ Skyr yoghurt (without added sugar), 130 g	1
■ Whole milk, 100 ml	2
■ Yoghurt naturel, 0,5%, 150 g	1
■ Yoghurt with fruit, 0,1%, (without added sugar), 150 g	1
■ Yoghurt with fruit, 1,5%, 150 g	1
■ Yoghurt, drink-, 200 g	1
■ Yoghurt naturel, 0,5%, 150 g	1
■ Yoghurt m. frugt, 0,1%, (u. tilsat sukker), 150 g	1
■ Yoghurt m. frugt, 1,5%, 150 g	2
■ Yoghurt, drikke-, 200 g	2

CHEESE	food point(s)
■ Brie 45+/21%, 20 g	1
■ Brie 60+/35%, 15 g	1
■ Blue cheese 70+, 25 g	2
■ Camembert 45+/21%, 20 g	1
■ Cheddar, 50+, 15 g	1
■ Danish blue cheese 60+/35%, 15 g	1
■ Emmental cheese 45+/35%, 30 g	2
■ Cream cheese 40+/20%, 25 g	1
■ Feta cheese 40+/20%, 20 g	1
■ Sheep cheese, 20 g	1
■ Cottage cheese 1,5%, 90 g	1
■ Cottage cheese 4,5%, 60 g	1
■ Quark, 0,3%, 100 g	1
■ Mascarpone, 30 g	2
■ Mozzarella 13%, 25 g	1
■ Mozzarella 20%, 40 g	2
■ Brunost 33+, 30 g	2
■ Cheese 20+/11%, 30 g (2 thin slices)	1
■ Cheese 30+/17%, 20 g (1 slice)	1
■ Cheese 40+/27%, 20 g (1 slice)	1
■ Cheese 45+/27%, 20 g (1 slice)	1
■ Parmesan 60+/32%, 15 g	1
■ Ricotta, 40 g	1
■ Cream cheese 20+/6 -11%, 40 g	1
■ Cream cheese 30+/17%, 25 g	1
■ Cream cheese 40+/22%, 20 g	1
■ Tofu, 80 g	1

EGGS	food point(s)
■ Fried egg, 1 piece (one small egg)	1
■ Scrambled eggs, 90 g	2
■ Eggs, raw, 45 g, 1 piece, small	1
■ Egg, boiled, 40 g, 1 piece, small	1
■ Egg yolk, pasturized, 25 g	1
■ Egg whites, pasturized, 140 g	1

FATS	food point(s)
■ Cooking margarine, 9 g	1
■ Coconut oil, 7 g	1
■ Spiced lard, 7 g	1
■ Spreadable, 9 g	1
■ Spreadable (25% less fat), 12 g	1
■ Spreadable, plantbased, 9 g	1
■ Margarine, 8 g	1
■ Minarine, 17 g	1
■ Oil, all types, 7 g 1 tsp.	1
■ Butter, 8 g, 1 packet	1



SAUCES, DRESSINGS, AND ACCOMPANIMENTS (SALT)	food point(s)
■ Cucumber salad, 100 g	1
■ Balsamic vinegar	1
■ Bearnaise sauce, 15 g, 1 tbsp.	1
■ Brown sauce, baked, 45 g, 3 tbsp.	1
■ Chili sauce, sweet, 35 g, 2 tbsp.	1
■ Pickles, 125 g	1
■ Cream sauce, 45 g, 3 tbsp.	1
■ Storebought dressing, 15 g	1
■ Storebought dressing, low calorie, 30 g	1
■ Storebought dressing, fat free 0,5%, 125 g	1
■ Hollandaise sauce, 30 g	1
■ Humus, 35 g	1
■ Ginger paste, 30 g	1
■ Coconut milk, 35 g	1
■ Onion sauce, 45 g	1
■ Mayonnaise, 15 g	1
■ Parsley sauce, 60 g	2
■ Pesto, 15 g	1
■ Fried onions, 20 g	1
■ Remoulade, 15 g	2
■ Remoulade, light, 25 g	1
■ Beetroot, pickled, 80 g	1
■ Red cabbage, sweetened, 70 g	1
■ Mustard, dijon, 40 g	1
■ Mustard, spicy, 55 g	1
■ Sun-dried tomatoes, 35 g	1
■ Sun-dried tomatoes in oil, 20 g	1
■ Tomater, canned, 270 g	1
■ Tomato puree, 60 g	1
■ Tomato ketchup, 45 g	1
■ Tzatziki, 50 g	1
■ Tomatketchup, 45 g	1
■ Tzatziki, 50 g	1

SUGAR, SUGAR PRODUCTS, DRIED FRUIT, ETC... (SWEET)	food point(s)
■ Brown sugar, 15 g	1
■ Powdered sugar, 15 g	1
■ Fruit spread (Frukt Pålæg), 20 g	1
■ Fruit stick, 20 g, 1 piece	1
■ Goji berries, 20 g	1
■ Honey, 20 g	1
■ Ginger, pickled, 20 g	1
■ Coconut cubes, 15 g	1
■ Cocoa powder, 15 g	1
■ Coconut chips, roasted, 10 g	1
■ Mango chutney, 25 g	1
■ Marmelade or jam, 30 g	1
■ Hazelnut cocoa spread (Nutella), 20 g	1
■ Peanutbutter, 10 g	2
■ Red current jelly, 25 g	1
■ Rasins, 20 g	1
■ Syrup, 20 g, 1 tbsp	1
■ Prunes, 25 g, 4 pcs	1
■ Sugar, 1 tsp, 15 g	1
■ Sugar cube, granulated sugar, 15 g, 3 tsp.	1
■ Dried apricots, 20 g, 3 pcs	1
■ Dried banana chips, 25 g	1
■ Dried dates, 20 g, 3 pcs	2
■ Dried figs, 20 g	1
■ Dried mulberries, 15 g	1
■ Dried cranberries, 20 g	1
■ Vanilla sugar, 15 g, 2 tbsp	1
■ Vaniljesukker, 15 g, 2 spsk	1

FAST FOOD, READY MEALS, AND TO-GO PRODUCTS	food point(s)
■ Durum roll with kebab, letuce, and dressing, 230 g, 1/2 a roll	9
■ Falafel, 60 g	2
■ Fish fillet, deep fried, 85 g, 1 piece	4
■ Spring rolls, deep fried, 60 g	2
■ Focaccia with pepperoni, 145 g	9
■ Potato salad, cold, 60 g	8
■ Chicken, grilled, 125 g	2
■ Chicken nuggets, 45 g, 1 piece	4
■ Chicken skewer, 100 g	3
■ Pizza slice, 180 g	2
■ Pizza rolls with ham and cheese, 125 g	7
■ French fries, 100 g	5
■ Pig in a blanket, 105 g	5
■ Sausage, grilled, 85 g	5
■ Sausage , with cheese, 85 g	4
■ Sausage , bacon wrapped, 105 g	4
■ Sausage, Bavarian, 65 g	5
■ Sausage, plant-based, 70 g	3
■ Rye bread sandwich with salmon, 175 g	2
■ Sushi, maki, 30 g, 1 piece	8
■ Sushi, nigiri, 30 g, 1 piece	1
■ Sushi, nigiri, 30 g, 1 stk	1

COOKIES, CAKES, AND DESSERTS	food point(s)
■ Puff Pastry, raw, 55 g	3
■ Brownie, 30 g	2
■ Cookie, 25 g	2
■ Chocolate cake, 50 g	4
■ Chocolate muffin, 75 g	5
■ Croissant, 65 g	4
■ Doughnut, 55 g	4
■ Dream Cake	4
■ Whipped cream cake, 90 g	5

■ French waffle, 1 piece, 10 g	7
■ Alexandertorte, 60 g	1
■ Ice cream (1 small scoop), 55 g	4
■ Sorbet (1 small scoop), 55 g	2
■ Ice cream, gelato/Italian ice cream (1 small scoop), 55 g	1
■ Ice cream, ice cream cone, 120 g	1
■ Ice pop, lemonade, 60 g	5
■ Ice cream bars with chocolate coating	1
■ Strawberry pie (1 piece), 65 g	5
■ Mini cinnamon rolls, 1 piece, 20 g	3
■ Cinnamon bun, 100 g	1
■ Biscuit, 15 g	1
■ Biscuit with Chocolate, 15 g	7
■ Coconut macaroon with chocolate, 40 g	1
■ Petit fours, (6 cm), 30 g	1
■ Torte with whipped cream (1 small piece), 60 g	3
■ Lentils, 90 g	2
■ Pancake, 25 g	2
■ Rice crackers, 14 g, 2 pcs	3
■ Rice crackers with chocolate, 12 g, 1 piece	5
■ Rum ball, 100 g	1
■ Zwieback, 15 g	1
■ Fruit tart, 50 g	1
■ Scones, 55 g	3
■ Crostini, 1 piece, 15 g	7
■ Danish, 80 g	6
■ Tvebak, 15 g	1
■ Tærte m. frugt, 50 g	2
■ Træstamme, 115 g	8
■ Scones, 55 g	3
■ Skorpe, 1 stk, 15 g	1
■ Wienerbrød, 80 g	6

CHIPS, NUTS, AND SNACKS	food point(s)
■ Cashews, roasted and salted, 20 g	2
■ Cashews, unsalted, 20 g	2
■ Chips, eg. Sour Cream & Onion, 25 g	2
■ Pork rinds, 20 g	2
■ Kettle cooked chips, 20 g	2
■ Hazelnuts, 10 g, 10 pcs.	1
■ Peanuts, unsalted, 20 g	2
■ Chestnuts, 60 g, 6 pcs	2
■ Macadamia nuts, 16 g, 10 pcs	2
■ Almonds, unsalted, 10 g, 10 pcs.	1
■ Olives, in brine, pitted, 40 g, 8 pcs	1
■ Cheese puffs, 25 g	2
■ Brazil nuts, 18 g, 6 pcs	2
■ Peanuts, salted, 20 g	2
■ Pecans, 16 g, 4 pcs	2
■ Pine nuts, 10 g	1
■ Pistachios with shell, 20 g	2
■ Popcorn, 30 g	2
■ Pretzel sticks, 15 g, 8 pcs.	2
■ Walnuts, 16 g, 4 pcs.	2

CANDY AND CHOCOLATE	food point(s)
■ Soft nougat, 30 g	3
■ Hard candies, 16 g, approx 4 pcs	1
■ Milk chocolate, 10 g	1
■ Dark chocolate 70%, 10 g	1
■ Chocolate, filled, 12 g	1
■ Cream caramel, 30 g, 6 pcs.	2
■ Throat lozenges	1
■ Liquorice, 15 g, 3 pcs	1
■ Liquorice, 20 g	1
■ Liquorice with chocolate coating, 25 g	2
■ Marzipan, 25 g, 1 piece	1

■ Almonds with chocolate coating, 25 g	2
■ Mentos mint, 15 g, 16 pcs.	2
■ Marshmallow candies, 20 g	1
■ Wine gums, 15 g	1
■ Vingummi, 15 g	1

SWEET BEVERAGES	food point(s)
■ Orange juice, 150 ml	1
■ Cider , alcohol free, 175 ml	1
■ Fruit juice, sweetened, diluted, 200 ml	1
■ Fruit juice, unsweetened, diluted, 120 ml	1
■ Ginger beer, alcohol free, 250 ml	2
■ Chocolate milk, skimmed, 200 ml	2
■ Soft drink, regular with sugar, all types, 300 ml	2
■ Soft drink, light, 9-12 kcal per bottle, all types, 300 ml	0
■ Apple juice, 250 ml	2
■ Lemonade, 250 ml	2
■ Energy drink, 250 ml	2
■ Energy drink, light 250 ml	0
■ Iced tea, 250 ml	1
■ Smoothie, store bought, 250 ml	2

KAFFE OG TE - <i>Alt kaffe og te uden mælk og sukker indeholder ingen kalorier</i>	food point(s)
■ Cappuccino with light milk, 150 ml	1
■ Cappuccino with skimmed milk, 200 ml	1



■ Caffe Latte with light milk, 275 ml	2
■ Caffe Latte with skimmed milk, 300 ml	2

LIQUOR, WINE, BEER, ETC.	food point(s)
■ Bacardi Breezer, 300 ml	3
■ Campari 3,5 cl	1
■ Champagne/sparkling wine, 160 ml	2
■ Cider, for example Somersby, etc. Mokaï, 300 ml	3
■ Cognac, 2 cl	1
■ Gammel Dansk, 2 cl	1
■ Gin, 2 cl	1
■ Golden ale, 330 ml	3
■ White wine, dry, 175 ml	3
■ White wine, sweet, 125 ml	2
■ White wine, alcohol free, 300 ml	2
■ Jägermeister 2 cl	1
■ Liquor, 2 cl	3
■ Madeira wine 3,5 cl	1
■ Pilsner, regular, 330 ml	1
■ Pilsner, light, 330 ml	1
■ Pilsner, alcohol free, 330 ml	2
■ Porter, 330 ml	2
■ Port, 4 cl	1
■ Rosé, 170 ml	4
■ Red wine, 150 ml	1
■ Red wine, alcohol free, 400 ml	1
■ Sherry, 5 cl	2
■ Snaps, 2 cl	1
■ Tequila, 2 cl	1
■ Vermouth, 5 cl	1
■ Vodka, 2 cl	1
■ Whiskey, 2 cl	1
■ Vodka, 2 cl	1
■ Whiskey, 2 cl	1

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**IF IT DOESN'T
CHALLENGE YOU
IT WON'T CHANGE YOU**

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