

SOURCES OF DIETARY NICKEL

Grains	Whole wheat bread, multigrain breads, multigrain cereals, wheat bran, wheat germ, whole wheat pasta, oats, oatmeal, buckwheat, seeds
Vegetables	Beans, lentils, peas, soy beans, soy products (tofu, soy sauce), bean sprouts, brussel sprouts, asparagus, broccoli, cauliflower, spinach, canned vegetables
Fruits	Pears, bananas, canned fruits
Meats	Shellfish, processed meats with fillers or coatings, canned meats or fish

OTHER SOURCES OF DIETARY NICKEL

1. Chocolate and cocoa powder (especially dark chocolate)

2. All nuts

3. Canned foods in general

4. Stainless-steel cooking vessels used for cooking acidic foods

5. Vitamins containing nickel

6. The first quart of tap water drawn from any faucet in the morning

7. Black tea

8. All seeds

WAYS TO PREVENT YOUR BODY FROM ABSORBING THE NICKEL YOU DO EAT

1. Take a vitamin C supplement with each meal

2. Eat a high iron diet*

Taken From:

Matthew J. Zirwas, MD and Matthew A. Molenda, MD. Dietary Nickel as a Cause of Systemic Contact Dermatitis. *J Clin Aesthet Dermatol. 2009 Jun; 2(6): 39–43.*

*Additionally the following article found that taking iron supplements as well as following a low nickel diet improved the symptoms of hand eczema more rapidly than a low nickel diet alone

Ashimav Deb Sharma. Iron therapy in hand eczema: a new approach for management. *Indian J Dermatol. 2011 May-Jun; 56(3): 295–299.* doi: 10.4103/0019-5154.82484

This is provided for information only and should be discussed with a Dietician or Doctor prior to undertaking a low nickel diet.

Updated 18.6.2020