

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:

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Dietary Nickel as a Cause of Systemic Contact Dermatitis

Matthew J. Zirwas, MD and Matthew A. Molenda, MD

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

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