

# Simplified Low-Nickel Diet

## What is nickel and why is there a nickel-free diet?

Nickle is a type of metal that can cause allergic contact dermatitis. Nickle it is an inexpensive metal and is most commonly found costume jewelry, earrings, coins, zippers, cellphones, and eyeglass frames. For those with an underlying nickel sensitivity or allergy, these products can cause a painful rash and discomfort. What is not always recognized is that nickel is also found in many of the foods we eat. For those with confirmed severe nickel sensitivity or allergy, we sometimes recommend a low nickel diet. Below is a list of common foods that can contain nickel.

### **BEVERAGES:**

- Beer
- Chocolate milk
- Red wine
- Tea

### **FRUITS:**

- Bananas
- Canned fruit cocktail
- Canned fruits
- Dried fruit
- Pears
- Raisins
- Rhubarb
- Tomatoes

### **GRAINS:**

- Buckwheat
- Millet
- Multigrain bread
- Multigrain cereal
- Oatmeal
- Oats
- Rye
- Seeds
- Wheat bran
- Wheat germ
- Whole wheat bread
- Whole wheat pasta

**MEATS:**

- Canned meats & fish
- Herring
- Mackerel
- Processed meats with fillers or coatings
- Shellfish
- Tuna

**VEGETABLES:**

- Asparagus
- Beans
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Canned vegetables
- Cauliflower
- Chickpeas
- Corn
- Lentils
- Mushrooms
- Onions
- Peas
- Red kidney beans
- Soy products (soy beans, soy sauce, tofu)
- Spinach
- Sprouts

**OTHER:**

- Baking powder
- Canned foods in general
- Chocolate & cocoa powder (especially dark chocolate)
- Commercial salad dressings
- Gelatin
- Licorice
- Margarine
- Marzipan
- Nuts (almonds, hazelnuts, peanuts, soy nuts, walnuts)
- Seeds (linseed, sunflower seeds)
- Stainless steel cooking vessels used for cooking acidic food
- The first quart of tap water drawn from any faucet in the morning
- Vitamins containing nickel