

## SOURCES OF DIETARY NICKEL

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**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

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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

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

7. Black tea

8. All seeds

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

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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.**

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