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NICKEL INTAKE RECOMMENDATIONS

It is possible that the kind of dermatitis you have will improve if you follow a diet that is low in nickel. Although nickel cannot be completely removed from the food you eat, it is possible to reduce nickel intake by half by avoiding foods with high nickel content. The dermatitis will probably not clear completely during the diet period, but you are likely to see few and shorter flares.

To determine whether you can benefit from diet treatment, the diet instructions sheet must be followed carefully for 1 to 3 months. It is important not to begin the diet at a time when you anticipate travel abroad or plan to participate in many social activities.

If your dermatitis clears or improves considerably after 1 to 3 months of following the diet, you can adjust the instructions as follows: Follow the diet strictly when eating at home, and adapt it to suit the circumstances when eating out. It is important to continue at all times to avoid those foods that have very high nickel content. These include bran, oats, buckwheat, soy, legumes (in particular dried legumes, such as dried peas and beans), chocolate, cocoa, all kinds of nuts (including peanuts), and licorice. If you decide to “break” the diet with any of these foods, eat them in very small amounts.

If you find it difficult to satisfy your appetite, it is best to supplement meals with foods containing very little nickel, for example, milk products, meat, potatoes, and cooked carrots.

If after following the diet for 1 to 3 months you see no improvement in your dermatitis, the diet should be discontinued.

It is not necessary to restrict intake of the following foods

Eggs
 Fish
 Meat
 Poultry
 Butter
 Cheese
 Milk in all forms
 Yogurt (unflavored)
 Asparagus
 Beets, red
 Broccoli
 Brussel sprouts
 Cabbage, white
 Cauliflower
 Chinese cabbage
 Corn
 Cucumber

 Dill
 Eggplant
 Garlic (in moderation)

The following food items have a high nickel content

Meat, fish, poultry
 Shellfish like shrimp, mussels and crawfish

Dairy Products
 Chocolate milk

Vegetables
 Beans (green, brown, white)
 Leeks
 Lettuce
 Lentils
 Peas (green and split)
 Soy protein powder (used in sausages, sandwich meat, products made from minced meat, bread, soup concentrates, bouillon)
 Spinach
 Sprouts made from beans and alfalfa

Mushrooms	
Onions (in moderation)	
Parsley	
Peppers, green, red	
Potatoes	
Breakfast foods made from rice	<i>Grains and grain products</i>
Cakes and biscuits <i>not</i> containing almonds, nuts, cocoa, or chocolate	Bran, Buckwheat
Cornflakes	Millet
Cornmeal	Muesli and other similar breakfast cereals
Cornstarch	Multigrain breads
Macaroni	Oat meal
Popcorn	Rice (unpolished)
Rice (polished, white rice in moderation)	Rye bran
Spaghetti	Sesame seeds
Wheat flour	Sunflower seeds
Whole grain rye and wheat bread (in moderation)	Wheat bran and other bran and fiber products, Including cereals, bran biscuits, fiber tablets
	<i>Fruit, berries</i>
Bananas (in moderation)	Dates
Berries (all except raspberries)	Figs
Peaches	Pineapple
Pears	Prunes
Raisins	Raspberries
Rhubarb	
	<i>Drinks</i>
Alcoholic beverages (distilled products and drinks made from these)	Chocolate and cocoa drinks
Carbonated beverages	Tea from drink dispensers
Coffee and tea (not too strong and in moderation)	
	<i>Miscellaneous</i>
Margarine	Almonds
Yeast	Baking powder (in large amounts)
	Hazelnuts and other nuts
	Peanuts
	Sweets containing chocolate, marzipan, nuts, strong licorice
	Vitamins containing nickel

Various food items and drinks can aggravate nickel dermatitis even though the nickel content of these foods may be low. These include beer, wine (in particular, red wine), herring, mackerel, tuna, tomato, onion, carrot, and certain fruits, in particular, apples and citrus fruits juice). These vegetables can usually be tolerated when cooked.

The first liter of water taken from the tap in the morning should not be used in food preparation, as nickel may be released from the tap during the night. Nickel-plated kitchen utensils, such as egg beaters and tea balls should be replaced.

Acid foods such as stewed fruits and rhubarb cooked in stainless steel utensils should be avoided. The acids in the foods can cause nickel to be released in the utensils. Canned foods should be eaten only in moderation.

Hand dermatitis that is affected by nickel in food will also be made worse by other conditions. Prolonged physical contact with nickel-plated items should be avoided. Other substances that can irritate sensitive skin, such as soapy water, household cleaning agents, raw fruits and vegetables, garden soil, and oil products used in repair work, should also be avoided.