

Avoid

Food Source	Nickel content (ug)	Serving Size
Brownie	14.9	1 brownie
Cake, chocolate with icing	37.0	1 piece (1/8 of 18 oz cake)
Candy bar, milk chocolate	40.5	1 bar
Chocolate chip cookies	9.6	1 cookie
Granola with raisins	40.7	1 bar
Green beans	28.3	1 cup
Lima beans	98.4	1/2 cup
Milk shake, chocolate, fast-food	31.8	1 cup
Mussels	155.0	1 cup
Oat ring cereal	59.5	1 cup
Oatmeal	82.8	1 cup
Peanuts	34.6	1/2 cup
Pinto beans	98.8	1 cup
Pork and beans, canned	105.8	1 cup
Refried beans, canned	125.0	1 cup
Spirulina	302.4	1 cup
Sunflower seeds	103.1	1 cup
Syrup, chocolate	36.2	2 tbsp
Wheat germ	82	1 cup
White beans	82.3	1 cup

- Nickel from drinking water and other beverages ranges from 1-10 µg per liter, and is generally considered negligible.

References:

- 1.) Jensen CS, Menne T, Johansen JD. Systemic contact dermatitis after oral exposure to nickel: a review with a modified meta-analysis. *Contact Dermatitis*. 2006; 54: 79-86.
- 2.) Mislankar M, Zirwas MJ. Low nickel diet scoring system for systemic nickel allergy. *Dermatitis* 2013; 24: 190-5
- 3.) Sharma AD. Relationship between nickel allergy and diet. *Indian J Dermatol Venereol Leprol* 2007; 73: 307-12
- 4.) Total Diet Study Statistics on Element Results based on 2006-2011 US Food and Drug Administration Market Baskets. Available at:
<http://www.fda.gov/Food/FoodScienceResearch/TotalDietStudy/ucm184293.htm>
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