

Baby Food

Cereal, oatmeal	6.1	1 jar
Applesauce	1.0	1 jar
Bananas	3.3	1 jar
Beef and broth/gravy	1.7	1 jar
Carrots	5.3	1 jar
Cereal, rice	0.6	1 jar
Cereal, rice with apples	1.4	1 jar
Chicken and broth/gravy	25.8	1 jar
Chicken noodle dinner	36.8	1 jar
Fruit dessert/pudding	6.9	1 jar
Green beans	18.0	1 jar
Mixed vegetables	15.0	1 jar
Peaches	29.6	1 jar
Pears	20.4	1 jar
Peas	25.5	1 jar
Squash	15.2	1 jar
Sweet potatoes	17.7	1 jar
Teething biscuits	22.6	1 jar

Turkey and broth/gravy	4.1	1 jar
Vanilla custard/pudding	4.3	1 jar
Vegetables and beef	23.8	1 jar
Vegetables and chicken	21.9	1 jar
Vegetables and ham	11.6	1 jar

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>
 Accessed Feb 15, 2016