

Dairy

Food Source	Nickel content (ug)	Serving Size
Butter, regular (salted)	0.2	1 tbsp
Cheese, American	1.2	1 slice
Cheese, Swiss	0.1	1 slice
Cottage cheese, creamed, low-fat (2% milk fat)	0.9	1 cup
Eggs	0.4	2 large eggs
Half & half cream	0.5	1/2 cup
Macaroni and cheese, prepared from box mix	4.1	1 serving
Sour cream	0.1	2 tbsp
Yogurt, low-fat, fruit-flavored	2.3	1/2 cup

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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