

## Desserts

<b>Food Source</b>	<b>Nickel content (ug)</b>	<b>Serving Size</b>
<b>Breakfast tart/toaster pastry</b>	2.6	1 slice
<b>Brownie</b>	14.9	1 brownie
<b>Cake, chocolate with icing</b>	37.0	1 piece (1/8 of 18 oz cake)
<b>Candy bar, milk chocolate</b>	40.5	1 bar
<b>Candy, hard, any flavor</b>	0.4	5 pieces
<b>Chocolate chip cookies</b>	9.6	1 cookie
<b>Cocoa powder</b>	14.7	3 tbsp
<b>Doughnut, cake-type, any flavor</b>	14.6	1 doughnut
<b>Honey</b>	0.5	2 tbsp
<b>Ice cream vanilla</b>	0.2	1/2 cup
<b>Milk shake, chocolate, fast-food</b>	31.8	1 cup
<b>Pudding, flavor other than chocolate</b>	8.4	1 package
<b>Pumpkin pie</b>	13.6	1 piece
<b>Sandwich cookies with crème filling</b>	5.5	1 sandwich cookie
<b>Sherbet, fruit-flavored</b>	0.8	1/2 cup
<b>Sugar cookies</b>	0.9	1 cookie
<b>Sweet roll/Danish pastry</b>	3.0	1 pastry
<b>Syrup</b>	0.6	2 tbsp

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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