

Fruits

Food Source	Nickel content (ug)	Serving Size
Apple	1.1	1 Medium apple
Apricots, canned	11.0	1 cup
Avocado	9.5	1 avocado
Banana	5.3	1 Large banana
Cantaloupe	12.6	1 cup
Fruit cocktail, canned	16.9	1 drink
Grapefruit	6.7	1 cup
Grapes	0.6	1 cup
Orange	4.1	1 medium orange
Peach	12.0	1 medium peach
Peach, canned	14.9	1 cup
Pear	5.2	1 medium pear
Pear, canned	8.0	1 cup
Pineapple, canned	20.5	1 cup
Raisins	11.2	1 cup
Strawberries	5.8	1 cup
Watermelon	9.0	1 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>

Accessed Feb 15, 2016