

Grains

| Food Source | Nickel content (µg) | Serving Size |
|--|----------------------------|----------------------------|
| Bagel, plain | 4.2 | 1 Bagel |
| Biscuits, baked | 2.9 | 1 Biscuit |
| Bread, cracked wheat | 5.7 | 1 slice |
| Bread, rye | 3.7 | 1 slice |
| Bread, white, enriched | 2.4 | 1 slice |
| Bread, whole wheat | 6.0 | 1 slice |
| Corn flakes cereal | 2.3 | 1 cup |
| Corn/hominy grits | 1.4 | 1/4 cup |
| Corn/tortilla chips | 12.3 | 1 cup |
| Cornbread | 5.0 | 1 piece |
| Crackers, butter-type | 2.8 | 6 crackers |
| Crackers, graham | 2.7 | 2 large rectangular pieces |
| Crackers, saltine | 1.2 | 5 crackers |
| Cream of wheat | 2.3 | 1 cup |
| Crisped rice cereal | 5.0 | 1 cup |
| English muffin, plain | 4.6 | 1 muffin |
| Fruit-flavored cereal, presweetened | 11.1 | 1 cup |
| Granola with raisins | 40.7 | 1 bar |
| Muffin | 1.2 | 1 muffin |
| Oat ring cereal | 59.5 | 1 cup |
| Oatmeal | 82.8 | 1 cup |

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| Popcorn, microwave, butter-flavored | 2.4 | 1 cup |
| Pretzels, hard, salted | 3.9 | 10 twists |
| Raisin bran cereal | 5.6 | 1 cup |
| Rice, white | 7.8 | 1 cup |
| Shredded wheat cereal | 3.3 | 1 cup |
| Spaghetti | 6.7 | 1 cup |
| Tortilla, flour | 4.6 | 1 tortilla |
| Wheat germ | 82 | 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>
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