

Meat

Food Source	Nickel content (ug)	Serving Size
Beef steak, loin/sirloin	1.4	1 Steak
Beef, ground	7.5	3 oz
Bologna (beef/pork)	0.9	1 slice
Burrito with beef, beans and cheese	48.9	1 Burrito
Catfish	15.0	1 fillet
Chicken breast	3.7	1 breast
Chicken filet sandwich, fast-food	6.6	1 sandwich
Chicken nuggets, fast-food	9.8	5 pieces
Chicken thigh	0.7	1 thigh
Chili con carne with beans, canned	62.5	1 cup
Clam chowder	20.6	1 cup
Egg, cheese, and ham on English muffin, fast-food	8.1	1 sandwich
Fish sticks	8.1	4 sticks
Frankfurter (beef/pork)	2.1	1 link
Ham, cured	1.8	3 oz
Lamb chop	1.4	3 oz
Lasagna with meat	38.3	1 serving
Liver (beef/calf)	5.9	3 oz
Luncheon meat	0.5	2 slices
Meatloaf, beef	0.7	1 slice
Mussels	155.0	1 cup

Pizza, cheese and pepperoni, regular crust	10.1	1 slice
Pork and beans, canned	105.8	1 cup
Pork bacon	0.6	2 slices
Pork chop	1.2	3 oz
Pork roast, loin	1.1	1 chop
Pork sausage	25.2	1 sausage
Quarter-pound cheeseburger on bun, fast-food	10.4	1 cheeseburger
Quarter-pound hamburger on bun, fast-food	9.5	1 burger
Salami, luncheon-meat	1.2	3 slices
Salmon	9.2	1 fillet
Shrimp	0.9	1 cup
Soup, bean with bacon/pork, canned	42.8	1 cup
Soup, chicken noodle, canned	11.3	1 cup
Soup, vegetable beef, canned	11.5	1 cup
Spaghetti with meat sauce	25.5	1 cup
Taco/tostada with beef and cheese	12.9	1 taco
Tuna, canned	0.4	1 can
Turkey breast	2.2	1 breast

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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