



LOW NICKEL DIET

It is not necessary to restrict intake of the following foods

The following food items have a high nickel content

Grains and grain products

Breakfast foods made from rice Cakes and biscuits *not* containing almonds or other nuts, cocoa.

or chocolate Cornflakes Cornmeal Cornstarch Macaroni Popcorn

Rice (polished, white rice in moderation)

Spaghetti Wheat flour

Whole grain rye and wheat bread (in moderation)

Bananas (in moderation) Berries (all *except* raspberries)

Peaches Pears Raisins Rhubarb

Alcoholic beverages (distilled products and drinks made from these)

Carbonated beverages

Coffee and tea (not too strong and in moderation)

Margarine Yeast Bran Buckwheat Millet

Muesli and other similar breakfast cereals

Multi grain breads

Oat Meal

Rice (unpolished)

Rye bran

Sesame seeds Sunflower seeds

Wheat bran and other bran and fiber products,

including cereals, bran biscuits, fiber tablets

Fruit, berries

Dates Figs Pineapple Prunes Raspberries

Drinks

Chocolate and cocoa drinks Tea from drink dispensers

Miscellaneous

Almonds

Baking powder (in large amounts)

Hazelnuts and other nuts

Peanuts

Sweets containing chocolate, marzipan, nuts, strong

licorice

Vitamins containing nickel

Various food items and drinks can aggravate nickel dermatitis even though the nickel content of these foods may be low. These include beer, wine (in particular, red wine), herring, mackerel, tuna, tomato, onion, carrot, and certain fruits, in particular, apples and citrus fruits (juice). These vegetables can usually be tolerated when cooked.

The first liter of water taken from the tap in the morning should not be used in food preparation, as nickel may be released from the tap during the night. Nickel-plated kitchen utensils, such as egg beaters and tea balls, should be replaced.

Acid foods such as stewed fruits and rhubarb cooked in stainless steel utensils should be avoided. The acids in the foods can cause nickel to be released from the utensils. Canned foods should be eaten only in moderation.

Hand dermatitis that is affected by nickel in food will also be made worse by other conditions. Prolonged physical contact with nickel-plated items should be avoided. Other substances that can irritate sensitive skin, such as soapy water, household cleaning agents, raw fruits and vegetables, garden soil, and oil products used in repair work, should also be avoided.

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It is possible that the kind of dermatitis you have will improve if you follow a die that is low in nickel. Although nickel cannot be completely removed from the food you eat, it is possible ro reduce nickel intake by half by avoiding foods with a high nickel content. The dermatitis will probably not clear completely during the diet period, but you are likely to see fewer and shorter flares.

To determine whether you can benefit from diet treatment, the diet instruction sheet must be followed carefully for 1 to 3 months. It is important not to begin the diet at a time when you anticipate travel abroad or plan to participate in many social activities.

If your dermatitis clears or improves considerably after 1 to 3 months of following the diet, you can adjust the instructions as follows: Follow the diet strictly when eating at home, and adapt it to suit the circumstances when eating out. It is important to continue at all times to avoid those foods that have a very high nickel content. These include bran, oats, buckwheat, soy, legumes (in particular dried legumes, such as dried peas and beans), chocolate, cocoa, all kinds of nuts (including peanuts), and licorice. If you decide to Abreak≅ the diet with any of these foods, eat them in very small amounts.

If you find it difficult to satisfy your appetite, it is best to supplement meals with foods containing very little nickel, for example, milk products, meat, potatoes, and cooked carrots.

If after following the diet for 1 to 3 months you see no improvement in your dermatitis, the diet should be discontinued.

Diet instruction for the reduction of nickel intake:

It is not necessary to restrict intake of the following foods

The following food items have a high nickel content

Shellfish like shrimp, mussels and crawfish

Meat, fish, poultry

Eggs Fish

Meat (all kinds)

Poultry

Dairy products

Butter Chocolate milk

Cheese

Milk in all forms

Yogurt (unflavored)

Vegetables

Asparagus Beans (green, brown, white)

Beets, red Kale

Broccoli Brussel sprouts Cabbage, white Cauliflower

Chinese cabbage

Corn Cucumber Dill

Eggplant Garlic (in moderation)

Mushrooms

Onions (in moderation)

Parsley

Peppers, green, red

Potatoes

Leeks Lettuce Lentils

Peas (green and split)

Soy protein powder (used in sausages, sandwich meat, products made from minced meat, bread

soup concentrates, bouillon)

Spinach

Sprouts made from beans and alfalfa

For more information please visit our website: www.pennstatehershey.org/web/dermatology/home and click on Health Information Library.

If you have any questions or concerns, please contact your provider at the location you were treated. Hershey Medical Center, UPC I, Suite 100 (717) 531-6820 or Nyes Road, (717) 657-4045. Penn State Hershey Medical Group, Colonnade Building (814)272-4445

