



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

Sensitivity to Nickle: Eating a Nickle Free Diet

Nickel sensitivity can cause various symptoms including brain fog, pain, and rashes. People who are severely allergic to nickel, as from earrings or belt buckles, can actually develop a rash from eating foods high in nickel. In particular, chronic hand dermatitis has been associated with eating foods high in nickel in patients with a known allergy. Nickel is a hard metal that is easy to polish and has a white and silver color. For these reasons, it is commonly mixed in with soft precious metals to make them hard and easy to polish. Avoid White gold, as it contains high levels of nickel as a bleaching agent (unless you are able to find white gold that has been mixed with palladium instead). Also, nickel is common in many foods. Below is a link to a list of foods that contain nickel. If you are allergic or sensitive to nickel try to avoid the following:

1. Chocolate
2. Potatoes
3. Salmon
4. Nuts and Legumes (beans and lentils)
5. Any canned food or canned fruit
6. Hot water from the tap
7. Anything acidic (like tomatoes) cooked in a stainless steel pan
8. Leafy green vegetables

Below is a website that gives some general information on nickel free diets.

<http://www.thedermblog.com/2008/03/09/allergic-to-nickel-eat-a-nickel-free-diet/>

The Mayo Foundation for Medical Education and Research provides the following list of foods to avoid if you suffer from a nickel allergy:

FOODS TO AVOID

Shellfish (shrimp, oysters, mussels, salmon)
Canned vegetables

Beans (green, brown, white)
Sprouts
Kale
Leeks
Lettuce
Peas (including split peas)
Spinach
All canned fruits
Fresh and dried figs
Pineapple
Prunes
Raspberries
Buckwheat
Millet
Oatmeal
Wheat Bran Products (whole wheat breaks and cereals)
Multigrain breads
Chocolate and cocoa drinks
Tea from dispensers
Nuts (almonds, hazelnuts, peanuts, sunflower seeds, sweets containing chocolate)
Marzipan
Licorice
Baking powder
Lentils
Linseed
Soy powder
Vitamin/mineral supplements containing nickel
Fiber tablets containing wheat bran

FOODS ALLOWED

Poultry, eggs and fish except salmon
Butter, cheese, milk, yogurt, margarine
Asparagus, beets, broccoli, brussel sprouts, cabbage, cauliflower, corn, cucumber, dill, eggplant, mushrooms, parsley, peppers, potatoes
Peaches, pears, raisins, rhubarb, all other berries
Rice cereals, corn flakes, refined wheat products including pasta, white bread, wheat flour, popcorn, white rice
Coffee and tea (not strong and in moderation), soft drinks, alcohol, yeast

Note: There are limited data on nickel content of foods. The above list is based on known values and reports from scientific literature.

FOODS LOW IN NICKEL BUT CAN AGGRAVATE A NICKEL ALLERGY

Beer

Wine (especially red wine)

Fish such as herring, mackerel and tuna

Raw tomatoes, onions and carrots

Apples and citrus fruits and their juices

Don't drink or use in food preparation the first quart of water taken from the tap because your pipes may release nickel.

Replace nickel-plated utensils. You may use stainless steel pots and pans but avoid using them to cook acidic foods, which may cause pots and pans to release nickel.

Source: Mayo Foundation for Medical Education and Research