

The Low Nickel Diet: Instructions

By Rajani Katta MD www.KattaMD.com/www.SkinAndDiet.com

If you've avoided contact with nickel-containing objects for at least 8 weeks, but your skin is still flaring, then your physician may recommend a low-nickel diet.

You will have to avoid these foods for at least 6 weeks to see if this will make a difference in your dermatitis. During this time, you'll continue to treat your dermatitis with medications, and you'll continue to avoid objects that may potentially contain nickel.

By the end of that time, you should be able to tell if following the diet has helped your skin. If you plan to continue avoiding nickel in foods beyond 6 weeks, we recommend consulting with a nutritionist to ensure an adequate nutrient intake.

The Low Nickel Diet: Foods to Avoid

Grains

Avoid: Whole wheat foods and oats

May Eat: Rice, corn, rye

Vegetables

Avoid: Beans, lentils, peas, soybeans, spinach, kale, lettuce, canned vegetables, vegetable juices

May Eat: Other fresh or frozen vegetables

Fruits

Avoid: Dates, figs, pineapples, plums, raspberries, canned fruits

May Eat: Other fresh or frozen fruits

Meats

Avoid: Shellfish, processed meats with coatings or fillers, canned meats or fish

May Eat: Beef, chicken, fish, turkey, eggs

Other Sources to Avoid

Chocolate, cocoa powder, all nuts, all seeds, black tea, commercial salad dressings, multivitamins that contain nickel