

A low-nickel diet may help reduce dermatitis symptoms in people who are sensitive to nickel. Nickel is a metal found in some foods and can trigger skin inflammation when absorbed by the body. To limit exposure, reduce or avoid foods high in nickel (see below). Eating a balanced diet while avoiding high-nickel foods can help improve skin symptoms over time, reducing itching, rashes, and flare-ups.

Grains

Avoid: Bran, buckwheat, millet, muesli and other similar breakfast cereals, multigrain bread, oatmeal, unpolished rice, rye bran, sesame seeds, sunflower seeds, wheat bran and other bran and fiber containing products including cereal, bran biscuits and fiber tablets.

Eat: Breakfast foods made from rice, cakes and biscuits (not containing almonds or other nuts, cocoa, or chocolate), cornflakes, cornmeal, cornstarch, macaroni, popcorn, rice (polished), spaghetti, wheat flour, whole grain rye and wheat bread (in moderation)

Vegetables

Avoid: Beans (green, brown, white), leeks, lentils, lettuce, peas (green and split), soybeans, soy protein powder, spinach, kale, sprouts, canned vegetables, vegetable juices

Eat: Asparagus, beets, broccoli, Brussel sprouts, cabbage, cauliflower, Chinese cabbage, corn, cucumber, dill, eggplant, garlic, mushrooms, onions, parsley, peppers (green, red), potatoes, other fresh or frozen vegetables

Fruits

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

Eat: Bananas, berries (except raspberries), peaches, pears, raisins, rhubarb, other fresh or frozen fruits

Meats

Avoid: Shellfish (shrimp, mussels, crawfish), processed meats with coatings or fillers, canned meats or fish

Eat: Beef, chicken, fish, turkey, eggs

Dairy

Avoid: Chocolate milk

Eat: Milk, Butter, cheese, yogurt

Other Sources

Avoid: Chocolate, cocoa powder, all nuts, all seeds, black tea, tea from drink dispensers, baking powder (in large amounts), sweets (containing chocolate, marzipan, nuts, strong licorice), commercial salad dressings, multivitamins that contain nickel

Additional Tips: Choose fresh foods instead of canned or processed foods. Use stainless steel cookware carefully; avoid prolonged cooking of acidic foods. Drink tap or filtered water rather than water from metal containers. Read food labels and keep a food and symptom diary.