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Diet and Nickle Allergy

Clinical Presentation:

- Vesicles on hands, generalized rash, rash symmetrical in bilateral armpits
- Known contact allergy to nickel (positive patch test, cannot wear certain earrings, get rash where jean button touches, where keys touch skin through pockets)

Diagnose:

- Elimination diet x 1 month

Treatment:

- Avoid high nickel foods such as all beans, chocolate, soy, nuts, oatmeal, and granola
- Keep Nickle to less than 15 points a day using
- Avoid stainless steel cookware when preparing or cooking acidic foods (tomatoes, vinegar, citrus)
- Vitamin C tables can prevent nickel from being absorbed in the gut, avoid all other vitamins or supplements
- Bottled or distilled water should be used for drinking or cooking

Resources

- Nickle Food App: <http://rebelytics.ca/nickelnavigator.html>
- Nickle Scoring Sheet: http://rebelytics.ca/LND/lowNiDiet_r7.0.xls