# Low-nickel food list

**Print it and keep it in the kitchen**

Where published lists place everyday foods. No food is completely free of nickel: "nickel-free" means low in nickel.

> This is not a diet and does not replace your doctor. Follow a low-nickel diet only after a diagnosis (patch test) and with an allergist, dermatologist or dietitian.

## Grains

| | |
|---|---|
| White rice (including basmati) | Low |
| Refined durum wheat pasta | Low |
| White bread and refined flour | Low |
| Corn and polenta * | Medium or varies |
| Whole-grain flour and bread, bran | High |
| Oats and oatmeal | High |
| Buckwheat and millet | High |
| Breakfast cereals and muesli | High |

## Vegetables

| | |
|---|---|
| Zucchini | Low |
| Cucumber | Low |
| Potatoes * | Medium or varies |
| Carrots * | Medium or varies |
| Broccoli and asparagus * | Medium or varies |
| Onion * | Medium or varies |
| Cabbage and cauliflower * | Medium or varies |
| Lettuce * | Medium or varies |
| Tomato * | High |
| Spinach | High |
| Canned vegetables | High |

## Legumes

| | |
|---|---|
| Soy and soy products | High |
| Lentils | High |
| Beans | High |
| Chickpeas and peas | High |
| Peanuts | High |

## Fruit

| | |
|---|---|
| Apples | Low |
| Peaches | Low |
| Melon | Low |
| Lemon (juice and zest) | Low |
| Pears * | Medium or varies |
| Bananas * | Medium or varies |
| Pineapple and raspberries * | High |
| Canned fruit | High |

## Nuts and seeds

| | |
|---|---|
| Hazelnuts, almonds, walnuts, pistachios | High |
| Sunflower, sesame and flax seeds | High |

## Meat, fish and eggs

| | |
|---|---|
| Fresh chicken and turkey | Low |
| Fresh beef and pork | Low |
| Fresh fish (sea bass, bream, cod) | Low |
| Eggs | Low |
| Canned tuna and fish * | High |
| Shellfish (mussels, clams, shrimp) | High |

## Dairy

| | |
|---|---|
| Milk and plain yogurt | Low |
| Cheese (parmesan, mozzarella, ricotta) | Low |

## Fats and seasonings

| | |
|---|---|
| Butter | Low |
| Extra-virgin olive oil | Low |
| Salt | Low |
| Baking powder * | Medium or varies |

## Drinks

| | |
|---|---|
| Water | Low |
| Coffee | Medium or varies |
| Black tea | High |
| Cocoa drinks | High |

## Sweets and other

| | |
|---|---|
| Sugar and honey | Low |
| Chocolate and cocoa | High |
| Licorice | High |

* The sources place this food differently: ask your doctor.

Table checked on November 5, 2026.
www.chefextract.com/en/blog/low-nickel-food-list-printable

Adapt your recipes with ChefExtract: save a recipe from a reel or a website and create a variation that follows your doctor's list. App Store · Google Play · chefextract.com

**Sources**

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