

Bread, Cereal, Rice and Pasta			
6-11 Servings			
Food	Serving Size	Average Micrograms of Nickel Reference	
Biscuits, plain	1 oz/1 small biscuit	4	25
Bran muffins, plain	1 muffin (40g)	8	17
Bread, white	1 slice (24g)	5	3,17,23,24,25
Bread, rye	1 slice (24g)	3	3,23,24
Bread, whole wheat	1 slice (24g)	5	3,17,23,25
Buckwheat	1 cup (98g)	196	3
Cake, chocolate	1 slice (50g)	23	17
Cake, white and yellow	1 slice (50g)	16	17
Cereal, rice, cooked	1/2 cup (122g)	10	17
Cereal, rice, dry	1 cup (28g)	6	17
Cereal, wheat, cooked	1/2 cup (121g)	3	17
Cereal, wheat, uncooked	2 T (22g)	2	17
Cookies, all	4 small cookies (21g)	27	17
Corn cereal, flakes	1 oz (28g)	4	17,24
Crackers	5-6 crackers (18g)	8	17
Danish/donuts	1/2 danish/donut (25g)	3	17
Fiber mussli	1/2 cup (60g)	66	24
Flour, plain	1 cup (125g)	8	25
Flour, rye	1 cup (102g)	10	3
Flour, self-raising	1 cup (120g)	11	25
Flour, wheat	1 cup (125g)	16	3,17
Flour, whole meal	1 cup (120g)	19	25
Macaroni	1 oz dry (28g)	17	24
Millet	1 cup (240g)	120	24
Oat flakes	1 oz (28g)	25	24
Oatmeal	1/4 cup dry (20g)	28	3,17,24
Pasta, plain, cooked	1/2 cup (70g)	1	17
Pie, apple	3.3 oz (94g)	9	17
Pie, others, mix	3.3 oz (94g)	10	17
Pizza	1 slice (63g)	7	17
Rice	1/4 cup dry (45g)	14	23,24,25
Rice, puffed	1 oz/1 cup (14g)	2	24
Waffles and pancakes	2 waffles/ 4-inch pancake (73g)	12	17
Wheat and bran cereals	1 cup (30g)	10	17
Wheat bran	1/3 cup (28g)	31	24
Wheat flakes	1 oz (28g)	3	24

Vegetables				
2-4 Servings				
Food	Serving Size	Average Micrograms of Nickel Reference		
Asparagus	1/2 cup/6 spears (67g)	28	3	
Beans, canned	1/2 cup (125g)	69	3,17	
Beans, frozen	1/2 cup (85g)	47	12	
Beans, green	1/2 cup raw (55g)	27	12,17,24	
Beet, red	1/2 cup slices raw (68g)	7	24	
Broccoli	1/2 cup raw (44g)	7	3,24	
Cabbage	1 c raw, shredded (70g)	10	3,23,24	
Cabbage, Chinese	1 c raw, shredded (76g)	4	24	
Cabbage, red	1 c raw, shredded (70g)	7	3	
Carrot	8sticks/1.5 whole (110g)	5	3,12,17,25	
Carrot, cooked	1/2 cup cooked (73g)	1	17	
Carrot, frozen	1/2c frozen slices (73g)	4	25	
Cauliflower	1/2 cup raw pieces (50g)	8	3,17,25	
Celery	7 or 8 sticks (220g)	3	17,25	
Corn	1 med ear (90g)	10	3,17,24	
Corn, creamed, canned	1/2 cup (128g)	4	17	
Corn, kernel, canned	1/2 cup (82g)	6	17	
Cucumber	1/6 whole / 1/2 cup (52g)	3	3,17	
Cucumber, raw, pickled	1 medium (35g)	7	17	
Endive	1/2c raw, chopped(25g)	8	23	
Kale	1/2 cup raw (34g)	9	3,24	
Leek	1/2c raw, chopped (52g)	6	3,24	
Lettuce	1 cup (56g)	20	12,17,23,24	
Mushroom	1/2 cup raw pieces (35g)	2	3,17,23,24	
Mushroom, canned	1/2 cup pieces (78g)	12	17	
Onion	1/2 c raw,chopped (80g)	5	3,17,24,25	
Onion, cooked	1/2 cup boiled (105g)	5	17	
Peas	1/2 cup raw (72g)	31	3,17,24	
Peas, canned	1/2 cup (85g)	28	3,17,23	
Peas, frozen	1/2 cup (76g)	27	12	
Peppers, green and red	1 medium pepper (148g)	16	17	
Potato, without skin	1 raw medium (112g)	8	3,23,24	
Potato, with skin	1 raw medium (150g)	11	17,24	
Potatoes, baked	1 medium (202g)	12	17	
Potatoes, french fried	10 fries (50g)	23	17	
Potatoes, peeled, boiled	1 medium (135g)	57	17	
Rhubarb	1/2 cup diced (61g)	6	24	
Spinach	1 cup raw,chopped(56g)	17	3,12,24	
Spinach, frozen	1.5 cups cooked	5	25	

Sprouts	2 T (6g)	1	3
Lucerne	2 T (6g)	25	24
Tomato	1 medium raw (123g)	8	3,12,17,23, 24
Tomato juice, canned	3/4 cup (182g)	12	17
Tomato, canned	1/2 cup (120g)	20	17,24
Vegetables, canned	1/2 cup (127g)	40	25
Soup, tomato, canned	8 oz (226g)	45	17
Soup, pea, canned	8 oz (226g)	49	17

Fruits			
2-4 Servings			
Food	Serving Size	Average Micrograms of Nickel	Reference
Citrus juice	3/4 cup (187g)	3	24
Citrus juice, canned	3/4 cup (187g)	2	24
Juice, grape, bottled	3/4 cup (190g)	3	24
Juice, apple	3/4 cup (186g)	4	17,24
Juice, bottled	3/4 cup (186g)	21	25
Juice, canned	3/4 cup (186g)	28	25
Juice, orange	3/4 cup (186g)	4	24
Apple	1 medium (138g)	5	3,12,17,25
Apple sauce	1/2 cup (122g)	5	17
Apricot	2 medium (71g)	7	24
Banana	1 medium (114g)	6	3,17
Blueberries	1/2c /50 berries (72.5g)	10	17
Cherries	11 cherries (75g)	6	12
Currants, black and red	1/2 cup (56g)	3	3,23,24
Dates	5 dates (42g)	13	24
Figs	5 figs (144g)	130	24
Fruit, canned	1/2 cup (128g)	26	3,25
Grapefruit	1/2 grapefruit (123g)	8	3,24
Grapes	12 grapes (29g)	1	3,17
Melon	1/2 cup/1 wedge (85g)	16	12,17
Orange	1 medium (140g)	4	3
Peach	1 medium (87g)	18	12,17,24
Peaches, canned	1/2 cup (125g)	16	17
Pear	1 medium (166g)	24	3,12,17,24, 25
Pears, canned	1/2 cup (125g)	11	17
Pineapple	1/2 cup (77.5g)	26	17,24
Pineapple, canned	1/2 cup (126.5g)	6	17
Plum	1.5 medium (99g)	13	3,12,17
Prunes	1/4 cup / 5 prunes (42g)	20	3,17,24
Raisins	1/4 cup (37.5g)	4	3,17,24
Raspberries	1/2 c / 30 berries (61.5g)	56	24
Rhubarb	1/2 cup diced (68.5g)	9	3
Strawberries	1/2 c /7 berries (74.5 g)	5	3,17,23

Meat, Poultry, Fish, Eggs			
3-5 Servings			
Food	Serving Size	Average Micrograms of Nickel	Reference
Beef, ground	4.4 oz raw (122g)	4	17
Beef, roast	3 oz (84g)	4	17
Chicken	5.33 oz raw (149g)	17	3,23,25
Clam, hardshell	4 oz raw (112 g)	146	13
Clam, overall	4 oz raw (112 g)	107	13
Clam, softshell	4 oz raw (112 g)	68	13
Crab, blue, body / claw	4 oz raw (112 g)	51	26
Crab, dungeness, body/ claw	4 oz raw (112 g)	39	26
Fish	3.84 oz raw (108g)	40	3,25
Fish, canned	3 oz (85 g)	9	17
Fish, freshwater	3.84 oz raw (108g)	15	17,23
Fish, freshwater, cooked	3 oz (84g)	4	17
Fish, marine, cooked	3 oz (84g)	18	17
Fish, marine	3.84 oz raw (108g)	4	17
Organ meats	4 oz raw (112g)	14	3,17,24,25
Herring	3 oz (84g)	3	3,24
Lamb	4.8 oz raw (134g)	5	3,17,25
Lamb, cooked	3 oz (84g)	71	17
Lobster, American, tail	4 oz raw (112g)	39	26
Lobster, spiny, Pacific, tail	4 oz raw (112g)	39	26
Lobster, spiny, Atlantic, tail	4 oz raw (112g)	39	26
Mackerel in tomato sauce	3 oz (84g)	8	24
Mussels	4 oz raw (112g)	67	24
Oyster, Eastern	4 oz raw (112g)	86	13
Oyster, overall	4 oz raw (112 g)	56	13
Oyster, Pacific	4 oz raw (112g)	26	13
Pork	4.8 oz raw (134g)	7	3,17,25
Pork, cooked	3 oz (112g)	59	17
Poultry, cooked	3 oz (84g)	24	17
Poultry	5.33 oz raw (149g)	4	17
Scallops in sauce	3 oz (84g)	3	24
Shellfish, crayfish	4 oz raw (112g)	12	3,17
Shrimp	4 oz raw (112g)	22	23,24,26
Veal, cooked	3 oz (84g)	6	17
Veal	4.8 oz raw (134g)	5	17

Meat products			
Food	Serving Size	Average Micrograms of Nickel	Reference
Meat, preserved and canned	2 oz/2 slices (56 g)	6	3,17
Meats, cured	2 slices (50 g)	12	23
Meats, luncheon/cold cuts	2 oz/2 slices (56 g)	2	17
Pork, cured	2 oz/2 slices (56 g)	57	17
Wieners	1 frank (50g)	3	17

Meat alternatives			
Food	Serving Size	Average Micrograms of Nickel	Reference
Almonds	1 oz – 28 nuts (28g)	31	23,24
Beans, baked	1/2 cup (110g)	20	17
Beans, brown	1/4 cup dry (40g)	56	24
Beans, kidney, canned	1/2 cup (128g)	58	23
Beans, white	1/4 cup dry (40g)	52	24
Cashews	1 oz – 18 nuts (28g)	143	23
Egg	1 whole egg (50g)	3	3,17,23
Hazelnuts	1 oz (28g)	48	3,23,24
Lentils, brown	1/4 cup dry (32g)	61	24
Nuts, mixed	1 oz (28g)	64	23
Peanuts	1 oz (28g)	62	1,2,3
Peanut butter	2 T (32g)	10	24
Pistachio nuts	1 oz – 47nuts (28g)	22	23
Soups, meat, canned	8 oz (226g)	156	17
Soy meal	1 cup (122g)	660	24
Soya protein	1 oz (28g)	120	25
Soybeans, boiled	1cup (172g)	895	3
Soybeans, dried	1 oz - 95 nuts (28g)	107	24
Sunflower seeds	1 oz (28g)	56	24
Walnuts	1 oz -14 halves(28g)	119	23

Milk, Cheese and Yogurt			
2-3 Servings			
Food	Serving Size	Average Micrograms of Nickel	Reference
Cheese	1.5 oz (42g)	4	3,17,23
Cottage Cheese	2 cups (420g)	8	17
Processed Cheese	2 oz (56g)	6	17
Cream	1 T (15g)	1	3,17
Ice cream, ice milk	1.5 cups (198g)	47	17
Ice cream, mixed	1.5 cups (198g)	64	17
Milk	1 cup (244g)	12	23
Milk, 2%	1 cup (244g)	1	17
Milk, dried	1/4 cup (31g)	3	25
Milk, skim	1 cup (244g)	5	3,12,17
Milk, whole	1 cup (244g)	5	3,12,17
Yogurt, mixed and plain	1 cup (227g)	2	3,24

Beverages			
Food	Serving Size	Average Micrograms of Nickel	Reference
Beer/light beer (bottles and cans)	12 fl oz (360g)	4	3,17
Coffee	6 fl oz (177g)	3	3,17,24
Coffee, ground	1 T (6g)	5	25
Coffee, instant	1 t (1.8g)	2	23,25
Soft drink	12 fl oz (360g)	10	17,25
Tea	6 fl oz (178g)	9	3,17,24
Tea, from powder	1 t in 8 oz water	2	24
Tea dust	1 t (0.7g)	4	25
Tea leaves	2 grams	11	23,24,25
Tea powder	1 t (0.7g)	1	24
Tea, instant	1 t (0.7g)	11	24
Water, mineral	8 fl oz (240g)	2	3
Soda water	12 fl oz (355g)	4	3
Tap water	8 fl oz (240g)	1	17
Wine	3.5 fl oz (103g)	3	3,17,24
Wine, fortified and spirits	3.5 fl oz (103g)	10	3

Fats, Oils and Sweets			
Use Sparingly			
Food	Serving Size	Average Micrograms of Nickel	Reference
Butter	1 T (15g)	1	3,17
Cooking fats and salad oils	1 T (14g)	0	17
Cream	1 T (15g)	1	3,17
Margarine	1 T (15g)	5	3,17,23
Milk, evaporated, canned	1 fl oz/2 T (63.5g)	1	17
Cocoa powder	1 T (15g)	147	3
Cocoa powder, Dutch	1 T(15g)	113	24
Cocoa powder, German	1 T (15g)	150	24
Carob bar	1.55 oz bar (44g)	4	24
Carob powder	1 T (15g)	6	24
Chocolate, bitter	1 oz (28g)	52	3,24
Chocolate, bittersweet	1 oz (28g)	73	23
Chocolate, milk	1.55 oz bar (44g)	40	3,23,24
Chocolate, white w/nuts	2.2 oz bar (62g)	19	24
Chocolate, white w/rice	1.3 oz bar (36.8g)	4	24
Crisps / potato chips	1 oz (28g)	8	17,24
Gelatin, dessert	1/2 cup (140g)	1	17
Honey	1 T (21g)	4	17,24
Jams	1 T (20g)	2	17
Licorice, English	1 box (51g)	423	24
Licorice, raw	1 box (51g)	230	24
Marzipan, sweet	1 oz (28g)	28	24
Marzipan	1 oz (28g)	14	24
Pudding, choc, from powder	1/2 cup (150 g)	28	17
Sauces, dressings	2 T (30 g)	12	23,25
Sugar	1 T (13g)	1	17,23,25
Sugar, brown	2 t (9g)	2	25
Syrup	1 T (20g)	2	17

Condiments			
Food	Serving Size	Average Micrograms of Nickel	Reference
Chutneys	2 T (30g)	9	25
Curry powder	1 t (2g)	3	25
Fiber bran, toasted	2T (13g)	10	24
Dill	1 t (1g)	1	24
Fish paste	1 t (7g)	4	25
Herbs	1 t (2g)	6	25
Horseradish	1 T prepared (15g)	5	24
Mustard	1 t (3g)	1	24,25
Parsley	10 sprigs (10g)	15	24
Soup powder	1/4 t (1g)	1	25
Soup, dehydrated	amt for 8 fl oz (16g)	1	24
Spices	1 t (2g)	3	25
Stock cube	1 cube (6g)	4	25
Tomato ketchup	1 T (15g)	3	24
Wheat germ	2 T (13g)	13	25