

Best Low Nickel Food List

EatBeautiful.net

Category	Foods
Protein	<ul style="list-style-type: none"> • Beef, chicken, turkey, buffalo, lamb, venison, elk (or similar game) • To a lesser extent but still okay occasionally: egg whites
Veggies	<ul style="list-style-type: none"> • Peeled zucchini, peeled cucumbers, peeled Russet potatoes, white hominy, white corn • To a lesser extent but still okay: peeled white carrots, peeled white beets (I grow both of these), small amounts of lightly colored lettuces • Occasional onion powder may be fine, occasional onions.
Fruits	<ul style="list-style-type: none"> • Apples (best fruit choice), white peaches ideally peeled, strawberries, green grapes, honeydew melon or white melon • To a lesser extent but still okay: pears, applesauce, occasional blueberries
Beverages	<ul style="list-style-type: none"> • Reverse osmosis or distilled water • Japanese Barley Tea (we drink this daily; [see article for link]), peppermint tea, ginger tea • "Clean" rice milk (no vitamins added), in moderation • Juices from the "allowed" fruits
Misc. and baking	<ul style="list-style-type: none"> • White organic flour that's unfortified (see article for link) • Organic white rice (Lotus foods is tested and lowest in arsenic), white rice flour, white masa flour, tapioca pearls/tapioca flour, arrowroot • Lotus foods white rice noodles (see article for link) • 1-ingredient semolina/durum wheat pasta from Italy • Clean or homemade sourdough breads (brands include Izzio and The Essential Baking Company, found at Costco) • Refined olive oil, refined avocado oil, small amount of butter if tolerated • Cane sugar, agave nectar, honey – all in moderation, occasional • Baking soda, cream of tartar (Mix these two to create baking powder.) • Quality low toxin white salt (see article for link)
Calcium source (best to get calcium from food, not a supplement)	<ul style="list-style-type: none"> • For a source of dietary calcium, choose between eating regular white masa tortillas, white masa porridge and hominy ... or if dairy is tolerated, a small amount of lower fat white cheese, such as mozzarella