

Low cobalt point-based diet* (Dieta baja en cobalto para los eccemas dishidróticos)

Points	Food	Serving size – American	Serving size – metric
Avoid	Brazil nuts	1 oz	28 g
	cow liver	4 oz	113 g
	Homeopathic/Herbal Remedies		
7	Flaxseeds	2 tablespoons	13 g or 30 ml
	Garbanzo beans/chick peas	Half of a cup	93 g or 112 ml
	Lamb liver	4 oz	113 g
5	Buckwheat	2 tablespoons	15 g or 30 ml
	Chilli with meat and beans	1 cup	240 g or 224 ml
	Chocolate cake	3 × 3 × 2 inch	95 g or 7.5 × 7.5 × 5 cm
	Chocolate milk	1 cup	240 g or 224 ml
	Chocolate milk shake	1 cup	240 g or 224 ml
	Chocolate powder drink mix	1 packet or 1.3 oz	36 g
	Clam chowder soup	1 cup	240 g or 224 ml
	Lamb kidney	4 oz	113 g
	Millet seeds	2 tablespoons	13 g or 30 ml
	Mixed nuts without peanuts	1 oz	28 g
	Pinto beans	Half of a cup	93 g or 112 ml
	Soy milk	1 cup	240 g or 224 ml
	Sunflower kernels	1 oz	28 g
3	Baked beans	Half of a cup	93 g or 112 ml

Bean soup	1 cup	240 g or 224 ml
Chocolate	1 oz	28 g
Chocolate ice cream	Half of a cup	100 g or 112 ml
French fries	1 small or 3 oz	84 g
Kidney beans	Half of a cup	93 g or 112 ml
Oat ring cereal	1 cup	30 g or 224 ml
Pizza	Quarter of 12 inch pie	130 g or quarter of 30 cm pie
Potato	Half of a cup	78 g or 112 ml
Rice bran	2 tablespoons	15 g or 30 ml
Soy nuts cereal	1 cup	40 g or 224 ml
Tahini	2 tablespoons	32 g or 30 ml
Tofu	4 oz	113 g
Veal (cutlets)	4 oz	113 g
Wheat bran cereal	Half of a cup	31 g or 112 ml
Yeast products (pastes, brewers, vegemite, marmite)	1 teaspoon	5 g or 5 ml

2	Alfalfa	1 oz	28 g
	Almonds	1 oz	28 g
	Brownies	1 brownie or 3 × 1 × 1 inch	24 g or 7.5 × 2.5 × 2.5 cm
	Cantaloupe	Half of a cup	80 g or 112 g
	Chicken TV dinner	Half of a dinner or 5.5 oz	154 g
	Chocolate pudding	Quarter of a cup	70 g or 66 ml
	Chocolate syrup	1 tablespoon	16 g or 15 ml
	Crisped rice cereal	1 cup	33 g or 224 ml

	Fruit flavoured cereal	1 cup	30 g or 224 ml
	Ground beef (hamburger patty, Meatloaf)	4 oz	113 g
	Lentils	2 tablespoons	13 g or 30 ml
	Multivitamin	1 tablet	1.5 g
	Navy bean	Half of a cup	93 g or 112 ml
	Nutrigrain bar	1 bar or 1.3 oz	37 g
	Oysters	3 oz	84 g
	Peas	Half of a cup	73 g or 112 ml
	Pepitas	1 oz	28 g
	Prune juice	1 cup	240 g or 224 ml
	Pumpkin	Half of a cup	58 g or 112 ml
	Raisin bran cereal	Half of a cup	30 g or 112 ml
	Red wine	1 cup	240 g or 224 ml
	Shrimp	3 oz	84 g
	Strawberries	Half of a cup	72 g or 112 ml
	Tomato juice	1 cup	240 g or 224 ml
	Walnuts	1 oz	28 g
1	Apple juice	1 cup	240 g or 224 ml
	Apricots	1 fruit or 1.4 oz	38 g
	Asparagus	Half of a cup	67 g or 112 ml
	Avocado	Quarter of a fruit or 2.2 oz	60.5 g
	Bagel	1 bagel or 4.3 oz	120 g
	Beef (steak, rump, chuck, roast, sirloin, round)	4 oz	113 g
	Beef bouillon soup	1 cup	240 g or 224 ml

Beef taco	1 taco or 3.6 oz	100 g
Breakfast sandwich (egg, cheese, ham)	1 sandwich or 5 oz	139 g
Broccoli	Half of a cup	44 g or 112 ml
Cashews	1 oz	28 g
Chicken noodle casserole	4 oz	113 g
Chicken noodle soup	1 cup	240 g or 224 ml
Chocolate chip cookies	1 cookie or 0.5 oz	14 g
Cod/haddock fillet	4 oz	113 g
English muffin	1 muffin or 2 oz	57 g
Fish sticks and patties	4 oz	113 g
Granola cereal	Half of a cup	30 g or 112 ml
Grape juice	1 cup	240 g or 224 ml
Green beans	Half of a cup	55 g or 112 ml
Instant mashed potatoes	Half of a cup	105 g or 112 ml
Lima beans	Half of a cup	55 g or 112 ml
Multigrain/whole wheat/cracked wheat bread	1 slice or 1.5 oz	43 g
Mushroom soup	1 cup	240 g or 224 ml
Oat bran cereal	Half of a cup	35 g or 112 ml
Onion rings	1 small or 3 oz	84 g
Peanuts	1 oz	28 g
Pears	Half of a fruit or 3.2 oz	90 g
Pecans	1 oz	28 g
Potato chips	1 oz	28 g
Prunes	Half of a cup	85 g or 112 ml

Rye bread	1 slice	37 g
Salisbury steak TV dinner	Half of a dinner or 6.5 oz	182 g
Soy sausage	2- to 4-inch links or 1.2 oz	2- to 10-cm links or 34 g
Stuffed green peppers	Half of a stuffed pepper or 4 oz	110 g
Sweet potato	Half of a cup	78 g or 112 ml
Tempeh	4 oz	113 g
Turkey TV dinner	Half of a dinner or 6 oz	165 g
Wholemeal flour	Quarter of a cup	30 g or 66 ml
Squash	Half of a cup	57 g or 112 ml

*Limit daily intake to no more than 12 points per day. Amount needed to induce flare may also depend on smoking status and environmental levels in air, soil, and water (i.e. living near industry) (3). A multivitamin counts as 2 points.
