

Jason A. Ohayon MD FRCP(C) FAAP

Consulting Allergy and Clinical Immunology

1685 Main St. West Suite 201 Hamilton, ON L8S 1G5 905-777-0088, fax 905-777-0018
www.hamiltonallergy.ca

Diet Instructions for Cobalt Allergy

Foods to Be Restricted

Apricots	Coffee
Beans	Liver
Beer	Nuts
Beets	Scallops
Cabbage	Tea
Cloves	Whole-grain flour
Cocoa and chocolate	

If after following the diet for 1 to 3 months you see no improvement in your dermatitis, the diet should be discontinued.

If you have any questions or concerns, please contact our office at 905-777-0088.

Thank you
Dr. Ohayon and Staff