



# Naturopathic Foundations

by Dr. Iva Lloyd, BScH, BCPP, ND

## Foods that contain sulfites

**Greater than 100 ppm of sulfites** (very high levels, strict avoidance advised in people with sulfite allergy)

- Dried fruits (excluding dark raisins and prunes)
- Bottled lemon juice (non-frozen)
- Bottled lime juice (non-frozen)
- Wine
- Molasses
- Sauerkraut (and its juice)
- Grape juices (white, white sparkling, pink sparkling, red sparkling)
- Pickled cocktail onion

**Between 50 and 99.9 ppm of sulfites** (moderate to high levels of sulfite, avoidance advised in people with sulfite allergy)

- Dried potatoes
- Wine vinegar
- Gravies/sauces
- Fruit toppings
- Maraschino cherries

**Between 10 and 49.9 ppm of sulfites** (low to moderate levels of sulfite, may cause symptoms in people with severe sulfite allergy)

- Pectin
- Fresh shrimp
- Corn syrup
- Pickled peppers
- Pickles/relish
- Cornstarch
- Hominy
- Frozen potatoes
- Maple syrup
- Imported jams and jellies
- Fresh mushrooms
- Imported sausages and meats
- Cordials (alcoholic)
- Dehydrated vegetables
- Various cheeses
- Cornbread/muffin mix
- Canned/jarred clams
- Clam chowder
- Avocado dip/guacamole
- Imported fruit juices and soft drinks
- Ciders and cider vinegar

**Less than 10 ppm of sulfites** (very low sulfite levels, generally do not pose a risk, even for people with sulfite allergy)

- Malt vinegar
- Canned potatoes
- Beer
- Dry soup mix
- Soft drinks
- Frozen pizza and pie dough
- Beet sugar
- Gelatin
- Coconut
- Domestic jams and jellies
- Crackers
- Cookies
- Grapes
- High fructose corn syrup



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