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Find this handout and other educational information at www.elpasoallergy.com

FOODS COMMONLY TREATED WITH SULFITES

Avocado dip and guacamole
Beer
Cake mixes
Canned and bottled fruit juices
Cider
Colas
Cookies
Fresh mushrooms
Fruit (cut-up fresh, dried or maraschino-type, purees, and fillings)
Gelatin
Ginger Ale
Instant tea and coffee
Pasta
Pie dough
Pizza
Potatoes (cut up fresh, frozen, dried or canned)
Salad dressing (dry mix), relishes
Salads, especially salad bar items
Sauces and gravies (canned or dried)
Sauerkraut and cole slaw
Seafood - Cod (dried), shellfish (fresh, frozen, canned or dried), shrimp, clams,
lobster, scallops, crab
Snack foods
Soups (canned or dried)
Sugar
Vegetables (frozen, cut up fresh, canned or dried)
Wine and wine coolers
Wine vinegar

It is important to note that some drugs also contain sulfites.