

Estimated Total SO₂ Level as Consumed for Some Sulfited Foods

<p>≥ 100 ppm</p> <p>Dried fruit (excluding dark raisins and prunes)</p> <p>Lemon juice (nonfrozen)</p> <p>Lime juice (nonfrozen)</p> <p>Wine</p> <p>Molasses</p> <p>Sauerkraut juice</p> <p>Grape juice (white, white sparkling, pink sparkling, red sparkling)</p> <p>Pickled cocktail onions</p> <p>50-99.9 ppm</p> <p>Dried potatoes</p> <p>Wine vinegar</p> <p>Gravies, sauce</p> <p>Fruit topping</p> <p>Maraschino cherries</p> <p>10.1-49.9 ppm</p> <p>Pectin</p> <p>Shrimp (fresh)</p> <p>Corn Syrup</p> <p>Sauerkraut</p> <p>Pickled peppers</p> <p>Pickles/relishes</p>	<p>Cornstarch</p> <p>Hominy</p> <p>Frozen potatoes</p> <p>Maple syrup</p> <p>Imported jams and jellies</p> <p>Fresh mushrooms</p> <p>≤ 10 ppm</p> <p>Malt vinegar</p> <p>Dried cod</p> <p>Canned potatoes</p> <p>Beer</p> <p>Dry soup mix</p> <p>Soft drinks</p> <p>Instant tea</p> <p>Pizza dough (frozen)</p> <p>Pie dough</p> <p>Sugar (esp. beet sugar)</p> <p>Gelatin</p> <p>Coconut</p> <p>Fresh fruit salad</p> <p>Domestic jams and jellies</p> <p>Crackers</p> <p>Cookies</p> <p>Grapes</p> <p>High-fructose corn syrup</p>
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SUGGESTIONS FOR AVOIDANCE OF SULFITES AND METABISULFITES

The Food and Drug Administration allows the addition of sulfites to foods and drinks of certain types without any disclosure or further restriction. Patients who are allergic to bisulfites or metabisulfites should be aware that any of the following may be used in the preparation of fresh fruits, vegetables, shellfish, beer and wine:

1. Potassium Bisulfite
2. Potassium Metabisulfite
3. Sodium Bisulfite
4. Sodium Metabisulfite
5. Sodium Sulfite
6. Sulphur Dioxide

These agents are currently used as 1) a sanitizing agent for food containers and fermentation equipment, 2) preservatives to reduce or prevent microbial spoilage of foods, 3) selective inhibitors of undesirable micro-organisms in the fermentation industries, 4) anti-oxidants and inhibitors of enzyme-catalyzed oxidative discoloration and non-enzyme browning during preparation, storage and distribution of foods.

Since these substances are used to prevent food from discoloring they are commonly used in restaurants. They are sprayed on salads, vegetables, (particularly potatoes), fresh fruits and shellfish, and are also added to avocado dips.

In addition, they are used in the manufacturing of essences, syrups, toppings, club and potted cheese, fruit juices and soft drinks, cordials, beer, wine, cider, vinegar, sausages (and sausage meat), pickles, cheese mixtures, cheese pastes, dehydrated peas, dehydrated vegetables, dehydrated fruits and gelatin.

Solutions used for treatment of bronchial asthma can contain metabisulfite or sodium sulfite. Some of the more common solutions are Isoproterenol, Bronkosol and Alupent solution. In addition, some medications used intravenously also contain sodium metabisulfite or a derivative thereof, and include Dexamethasone, Adrenalin tartrate, Trimethoprim infusion, Metochlorpramide, Prochlorperazine, Gentamycin, Diazepam and Morphine Sulfite.

Please note that these lists are not all-inclusive, and other drugs may also contain one of the sulfites or metabisulfites.

Food Bites

Sulfite Sleuthing

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From personal experience, I think it is important to realize that foods can contain small amounts of sulfites without its being listed on the product label. Unfortunately for me and for some of my patients, even trace amounts of sulfites can cause some nasty symptoms of the type discussed on your "Food Additives" article published in the October 1997 MA REPORT. To make matters even more unpredictable, a person's susceptibility can vary from one week to another so that the same food can cause problems one day but not the next month.

Examples of how trace sulfites can get into foods: Frozen strawberries have significant levels of sulfites due to the corn syrup that is used to sweeten the product. Sulfites are added to the corn syrup which is then sold to the food processor who can honestly say that no sulfites were added—albeit in this case the sulfites were already present within the syrup. A manufacturer of spaghetti sauce may advertise that no preservatives are added, but the company may buy the sulfite-treated tomato paste from a supplier and the final product may have enough sulfites to trigger moderately severe symptoms.

As long as the final concentration of sulfites is below 10 parts per million, the food processor is not legally required to report it on the label. We recommend that patients refer to the following list of foods with high, moderate and low sulfite contents. You can also contact the food company and ask if any components of the food has trace amounts of sulfites.

Sulfite-containing Foods

Sulfites and sulfiting agents can be listed as follows: sulfur dioxide, sodium bisulfite, potassium bisulfite, sodium metabisulfite, potassium metabisulfite, and sodium sulfite.

High Content

Dried fruit or vegetables

(excluding dark raisins and prunes)

Bottled lemon or lime juice

Wine

Molasses

Sauerkraut juice

Grape juice (white, white sparkling, red sparkling)

Moderate Content

Potatoes (some packaged and prepared)

Wine vinegar

Gravies, sauce

Fruit toppings

Maraschino cherries

Pectin

Shrimp (fresh, frozen or prepared)

Sauerkraut

Pickled foods, such as pickles, relishes, peppers or onions

Low Content

Corn starch

Hominy

Maple syrup

Imported and domestic jams and jellies

Fresh mushrooms

Malt vinegar

Dried cod

Beer

Dry soup mix

Soft drinks

Instant tea

Pizza dough (frozen)

Sugar (especially beet sugar)

Gelatin

Coconut

Fresh fruit salad

Crackers and cookies

High-fructose syrup