



SULFITE-CONTAINING FOODS

Sulfite-Containing foods

High content	Low content (<10 ppm)*
Dried fruit (excluding dark raisins and prunes)	Corn starch
Lemon juice (nonfrozen)	Hominy
Lime juice (nonfrozen)	Frozen potatoes
Wine	Maple syrup
Molasses	Imported jams and jellies
Sauerkraut juice	Fresh mushrooms
Grape juice (white, white sparkling, pink sparkling, red sparkling)	Malt vinegar
Moderate content	Dried cod
Dried potatoes	Canned potatoes
Wine vinegar	Beer
Gravies, sauces	Dry soup mix
Fruit topping	Soft drinks
Maraschino cherries	Instant tea
Pectin	Pizza dough (frozen)
Shrimp (fresh)	Pie dough
Sauerkraut	Sugar (especially beet sugar)
Pickled peppers	Gelatin
Pickled cocktail onions	Coconut
Pickles/relishes	Fresh fruit salad
	Domestic jams and jellies
	Crackers
	Cookies
	Grapes
	High fructose corn syrup

* Foods with low sulfite content have not been implicated in inducing reactions in sulfite-sensitive individuals.
Courtesy of Ronald A Simon, MD.