

## **Food Sources of Sulfites**

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### **Food sources of sulfites**

**Alcoholic Beverages:** Wine, beer, cocktail mixes, wine coolers, most distilled liquors. (Labeling of sulfites in alcoholic beverages is required if the concentration is 10 parts per million or greater.)

**Baked Goods:** Bread with dough conditioners, cookies, crackers, crepes, mixes with dried fruits or vegetables, pie crust, pizza crust, quiche crust, soft pretzels, tortillas and tortilla shells, waffles.

**Beverage Bases and Non-Alcoholic Beverages:** All beverages containing sugar and/or corn syrup; dried citrus fruit beverage mixes, all canned, bottled or frozen fruit juices.

**Condiments and Relishes:** Horseradish, onion and pickle relishes, pickles, olives, salad dressing mixes, wine vinegar.

**Confections and Frostings:** All canned or packaged frosting mixes.

**Dairy Product Analogs:** All processed "cheese foods" containing filled milk (skim milk enriched in fat content by addition of vegetable oils).

**Dried Vegetables:** Chives, parsley, herbs and spices.

**Fish and Shellfish (Fresh):** Shrimp, scallops.

**Fish and Shellfish (frozen, canned, dried):** Clams, shrimp, lobster, crab, scallops, dried cod.

**Fresh Fruits and Vegetables:** Grapes (sulfur dioxide is used as a fungicide on grapes), "fresh cut" potatoes (as delivered to restaurants).

**Gelatins, Puddings, Fillings:** Fruit fillings, flavored and unflavored gelatin, pectin, jelling

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**Jams and Jellies:** All jams and jellies.

**Nuts and Nut Products:** Shredded coconut.

**Plant-Protein Products:** Soy protein products including tofu, textured vegetable protein, and infant formula.

**Processed Fruits:** All dried fruit, including raisins and prunes; canned, bottled or frozen fruit; maraschino cherries; glazed fruit.

**Processed Vegetables:** Vegetable juices, canned vegetables (including potatoes), pickled vegetables (including sauerkraut, cauliflower and peppers), dried vegetables, instant mashed potatoes, all frozen vegetables (including French fries, deli potato salad).

**Refined Sugar:** All sugars, including brown, white, powdered, and raw.

**Snack Foods:** Dried fruit snacks, trail mixes, filled crackers, tortilla chips, potato chips.

**Information compiled by Judith Campbell. Sources:**

1. "Sulfites: FDA Limits Uses, Broadens Labeling" (FDA Consumer, October 1986).
2. "Guide to Sulfited Foods" (Center for Science in the Public Interest).