

## SULFITE SENSITIVITY

Sulfites are a group of sulfur-based compounds that may occur naturally or may be added to food as an enhancer and preservative. The FDA estimates that one out of 100 people is sensitive to the compounds. A person can develop sensitivity to sulfites at any time in life, and the cause of sensitivity is unknown. For a person who is sensitive to sulfites, a reaction can be mild or life threatening.

In 1986, the FDA banned the use of sulfites on fruits and vegetables that are eaten raw, such as lettuce or apples. Regulations also require manufacturers who use sulfites in their processed products to list the compounds on their product labels.

Although sulfites are no longer used on most fresh foods, they still can be found in a variety of cooked and processed foods. They also occur naturally in the process of making wine and beer.

Examples of foods that may contain sulfites include:

- Baked goods
- Jams
- Pickled foods
- Dried fruits
- Trail mix
- Vegetable juices
- Apple Cider
- Tea
- Molasses
- Guacamole
- Dehydrated, pre-cut or peeled potatoes
- Soup mixes
- Canned vegetables
- Gravies
- Potato chips
- Beer and wine
- Sparkling grape juice
- Bottled lemon and lime juice
- Many condiments
- Fresh or frozen shrimp
- Maraschino cherries