
Which Foods Contain Sulfites?

Greater than 100 ppm of sulfites (very high levels, strict avoidance advised in people with sulfite allergy)

- dried fruits (excluding dark raisins and prunes)
- bottled lemon juice (non-frozen)
- bottled lime juice (non-frozen)
- wine
- molasses
- sauerkraut (and its juice)
- grape juices (white, white sparkling, pink sparkling, red sparkling)
- pickled cocktail onions

Between 50 and 99.9 ppm of sulfites (moderate to high levels of sulfite, avoidance advised in people with sulfite allergy)

- dried potatoes
- wine vinegar
- gravies/sauces
- fruit toppings
- Maraschino cherries

Between 10 and 49.9 ppm of sulfites (low to moderate levels of sulfite, may cause symptoms in people with sulfite allergy)

- pectin
- fresh shrimp
- corn syrup
- pickled peppers
- pickles/relish
- corn starch
- hominy
- frozen potatoes
- maple syrup
- imported jams and jellies
- fresh mushrooms
- imported sausages and meats
- cordials (alcoholic)
- dehydrated vegetables
- various cheeses
- corn bread/muffin mix
- canned/jarred clams
- clam chowder
- avocado dip/guacamole
- imported fruit juices and soft drinks
- ciders and cider vinegars

Less than 10 ppm of sulfites (very low sulfite levels, generally do not pose a risk, even for people with sulfite allergy)

- malt vinegar
- canned potatoes

- beer
- dry soup mix
- soft drinks
- frozen pizza and pie dough
- beet sugar
- gelatin
- coconut
- fresh fruit salad
- domestic jams and jellies
- crackers
- cookies
- grapes
- high fructose corn syrup