

## avoiding sulfites and salicylates

### Asthma

The role of diet in asthma is a hotly debated topic, however there is evidence that certain components in foods may worsen asthma symptoms for some people. These include sulfites and salicylates. Avoiding foods that contain these ingredients may be beneficial for improving asthma symptoms. Use the *Food and Symptom Tracker* to help determine if sulfites and/or salicylates are problematic for you. See below for more information on each of these food sensitivities.

### Sulfites

Sulfites are compounds found in some foods and beverages. Although rare, for some people with asthma, consuming foods or beverages containing sulfites can cause a reaction and produce asthma-like symptoms. Sulfites are often used as preservatives and may be found in foods like:

- Apple cider
- Baked goods
- Beer
- Bottled lemon and lime juice
- Canned vegetables
- Commercially prepared guacamole
- Condiments
- Dehydrated, pre-cut, or peeled potatoes
- Dried fruits
- Fresh and frozen shrimp
- Fruit juice
- Gravies
- Hard ciders
- Jams
- Maraschino cherries
- Molasses
- Pickles and pickled foods
- Potato chips
- Sauces
- Sauerkraut
- Soup mixes
- Sparkling grape juice
- Tea
- Trail mix
- Vegetable juice
- Wine, particularly red wine
- Wine vinegar

Source: <https://www.webmd.com/allergies/sulfite-sensitivity>

## salicylates

Though unusual, some people with asthma may find they are sensitive to salicylates, which can make asthma symptoms worse. Salicylates are naturally occurring chemical compounds found in certain foods, medications and other products.

Sources of salicylates include:

Foods that contain Salicylates	Products that may contain Salicylates	Salicylate-containing Ingredients
<ul style="list-style-type: none"> <li>• <b>Fruits such as</b> apples, avocados, blueberries, dates, kiwi fruit, peaches, raspberries, figs, grapes, plums, cherries, strawberries, grapefruit and prunes.</li> <li>• <b>Vegetables such as</b> alfalfa, cauliflower, cucumbers, mushrooms, radishes, broad beans, eggplant, spinach, zucchini, broccoli and hot peppers.</li> <li>• Some cheeses.</li> <li>• <b>Herbs, spices and condiments such as</b> dry spices and powders, tomato pastes and sauces, vinegar, soy sauce, jams and jellies.</li> <li>• <b>Drinks such as</b> coffee, wine, beer, orange juice, apple cider, regular and herbal tea, rum and sherry.</li> <li>• <b>Nuts such as</b> pine nuts, peanuts, pistachios and almonds.</li> <li>• <b>Some candies such as</b> peppermints, licorice and mint-flavored gum and breath mints.</li> <li>• Ice cream, gelatin</li> </ul>	<ul style="list-style-type: none"> <li>• Fragrances and perfumes</li> <li>• Shampoos and conditioners</li> <li>• Herbal remedies</li> <li>• Cosmetics such as lipsticks, lotions and skin cleaners</li> <li>• Mouthwash and mint-flavored toothpaste</li> <li>• Shaving cream</li> <li>• Sunscreens or tanning lotions</li> <li>• Muscle pain creams</li> <li>• Alka-Seltzer®</li> <li>• Pepto-Bismol®</li> </ul>	<ul style="list-style-type: none"> <li>• Aspirin</li> <li>• Acetylsalicylic acid</li> <li>• Artificial food coloring and flavoring</li> <li>• Benzoates</li> <li>• Hydrobenzoic acid</li> <li>• Magnesium salicylate</li> <li>• Menthol</li> <li>• Mint</li> <li>• Salicylic acid</li> <li>• Peppermint</li> <li>• Phenylethyl salicylate</li> <li>• Sodium salicylate</li> <li>• Spearmint</li> </ul>

Source: <https://www.webmd.com/allergies/salicylate-allergy>