

Allergy Elimination Diet

-Common substances that contain or may contain sulfating agents

Foods

Restaurant Salads (lettuce, tomatoes, carrots, peppers, and dressing)

Fresh Fruit

Dried Fruits (ex. apricots)

Wine, Beer, and cordials

Alcohol (all sparkling grape juices, including non alcoholic)

Fruit Juices and soft drinks (especially outside of the USA)

All bottled lemon and lime juice

Packages of lemons (plastic)

Gelatin

Glucose, syrup and solid

Corn Bread or muffin mix

Potatoes (ex. French fries, chips)

Sausage meats (especially outside of the USA)

Cider and Vinegar

Pickles

Dehydrated vegetables

Cheese and cheese mixtures

Hot peppers (jar)

Sauces and gravies used on meats and fish

Shrimp and other seafood

Clams, canned and jarred

Clam chowder

Fresh fish

Soups (canned or dried)

Avocado dip (guacamole)

Bronchodilator Solutions#

Adrenalin chloride 1:1000 (Parke-Davis)

Alupent solution (Boehringer- Ingelheim@)

Bronkosol (Breon)

Metaprel solution (Dorsey)

Isuprel hydrochloride solution (Breon)

Mironefrin solution (Bird)

Vapo-iso solution (Fisons)

Vaponefrine Solution (Fisons)

Other Parenteral Agents

Amikacin (Amikin)

Betamethasone phosphate (Celestone, Schering)

Demerol

Dexamethasone phosphate (Decadron, MDS)

Garamycin (Schering)

Gentamycin injectable (Wyeth)

Lidocaine with epinephrine (Xylocaine, Astra)

Mepivacaine (Carbocain, Cook-Waite)

Metarminol (Aramine, MSD)

Metoclopramide (Reglan, Robins)

Dopamine (Intropin)

Etiocaine hydrochloride with epinephrine (Duranest, Astra)

Eye Drops (Pred-mild, Pred- Forte, Sulfactamide, Prednisol, Dexamethasone)

Morphine Sulfate

Norepinephrine (Levophed, Breon)

Procaine hydrochloride (Novocain, Breon)

Phochlorperazine (Compazine, SKF)

Promeethazine (Phenergan, Wyeth)

Tetracaine (Pontocaine, Breon)

Tobramycin (Nebcin)

*Food and medication sulfite content subject to change with changing FDA regulations

Not contained in metered- dose inhalers

@ Not contained in Alupent solution nit-dose vials