

Item	Foods Allowed	Foods Not Allowed
Vegetables	<ul style="list-style-type: none"> Pure, fresh, frozen vegetables and their juices (except those on “foods not allowed list”) Canned and bottled vegetable juices 	<ul style="list-style-type: none"> Prepared vegetables with ingredients not allowed Dried vegetables Frozen sliced mushrooms Processed sliced potatoes Pickled vegetables
Fruit	<ul style="list-style-type: none"> Pure, fresh, frozen fruits (except those not allowed) Frozen concentrated orange juice Canned and bottled fruit juices 	<ul style="list-style-type: none"> Prepared fruit with ingredients not allowed All other frozen juices, cider Dried fruit Grapes, grape juice, maraschino cherries, glace fruit Frozen sliced apples Most bottled lime and lemon juice
Salads	<ul style="list-style-type: none"> Salads with allowed ingredients 	<ul style="list-style-type: none"> Salads with ingredients not allowed
Grain Products	<ul style="list-style-type: none"> Homemade crackers, cereal, pasta plain fresh bread, buns, biscuits, pizza dough, baked cookies, baked pies, etc. made with allowed ingredients Plain grains, pure flour or grain Cereal: breakfast cereal without dried fruit or coconut such as: puffed rice and wheat, Shredded Wheat®, Corn Flakes®, oats and oatmeal, plain Cream of Wheat® 	<ul style="list-style-type: none"> Canned, frozen, dried commercial pasta dishes, packaged pasta meals Baked goods with dried glace fruit, molasses, coconut, dehydrated vegetables, commercial frozen apples slices, confectionary icing Cereal made with dried fruit, coconut Grains with ingredients not allowed Biscuit dough, frozen pizza dough, frozen pastry shells Instant oatmeal and Cream of Wheat® with dried fruit Noodle and rice mixes (check label)
Milk & Alternatives	<ul style="list-style-type: none"> Plain milk, buttermilk, cream, sour cream, yogurt Plain cheese, cottage cheese, ricotta cheese 	<ul style="list-style-type: none"> Dairy products made with ingredients not allowed
Meat & Alternatives	<ul style="list-style-type: none"> Unprocessed, pure, fresh, frozen meat, poultry, fish Fish canned in water or salt only 	<ul style="list-style-type: none"> Canned flaked tuna, processed crab, shrimp, prawns or lobster Eggs, legumes, nuts and seeds prepared with ingredients not allowed

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	<ul style="list-style-type: none"> • Fresh crab, shrimp, prawns, lobster without a sulphite wash • Processed meats with allowed ingredients • Eggs, plain legumes, pure peanut butter • Plain nuts and seeds 	<ul style="list-style-type: none"> • Deli meats, hot dogs and sausage (possible source)
Soups	<ul style="list-style-type: none"> • Homemade meat, poultry, vegetable soup stocks with allowed ingredients 	<ul style="list-style-type: none"> • Commercial soup bases, dried soups, bouillon cubes
Oils & Fats	<ul style="list-style-type: none"> • Pure butter and cream, lard, meat drippings, pure vegetable oils shortening, margarine • Homemade gravy • Salad dressing with allowed ingredients 	<ul style="list-style-type: none"> • Oils and fats with ingredients not allowed
Desserts & Sweets	<ul style="list-style-type: none"> • Ice cream made with allowed ingredients • Homemade sweets made with allowed ingredients • Maple and corn syrup • Plain artificial sweeteners • Pure jams, jellies, marmalade and preserves made without gelatin or pectin and allowed ingredients • White sugar, honey 	<ul style="list-style-type: none"> • Brown sugar, molasses • Commercial candies, confectionaries, sprinkles, icing, frosting, syrups • Dextrose • Glucose solids and syrup • Jams, jellies, marmalades, spreads made with ingredients not allowed
Fluids	<ul style="list-style-type: none"> • Tea, herbal tea, coffee • Vegetable juices and allowed fruit juices, club soda, mineral water, homemade lemonade and limeade made with fresh lemons/limes 	<ul style="list-style-type: none"> • Flavoured carbonated beverages (may contain dextrose—check label) • Bottled lemon and lime juices and concentrates • Wine
Miscellaneous	<ul style="list-style-type: none"> • Fresh, frozen, dried herbs and spices • Baking powder and soda • Baking chocolate, pure cocoa • Cream of tartar • Distilled white vinegar • Pure soy sauce • Homemade ketchup and relish with allowed ingredients 	<ul style="list-style-type: none"> • Herbs and spice mixes and seasoning packages with ingredients not allowed such as dehydrated vegetables • Coconut, gelatin, pectin, commercial ketchup, prepared pickles and relish, non-distilled vinegars of all types, molasses

References:

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN) Sulphite-restricted Diet, 2012
- Government of Canada, Health Canada: Sulphites—Priority Allergens, 2017