

Sulphites



Food Allergy Canada



Quick Facts

- Sulphites are used as a food additive and can also occur naturally in some foods.
- Sulphites can cause allergic-like symptoms in some individuals.
- Health Canada includes sulphites (a food additive) as a priority allergen.

Be Allergy-Aware

- Read ingredient labels every time you buy or eat a product.
- Do the Triple Check and read the label:
 - Once at the store before buying it.
 - Once when you get home and put it away.
 - Again before you serve or eat the product.
- Always carry your epinephrine auto-injector.
- For tips on eating out, visit our guide for dining out with food allergies.
- Check with manufacturers directly to see if the product is safe for you even if your allergen is not listed on the ingredient list.
- Be careful when buying products from outside of Canada, since labelling rules differ from country to country.

To Report a Reaction

If you believe you may have reacted to added sulphites not listed on the packaging, you can report it to the Canadian Food Inspection Agency, which may issue a product recall. Find out more on our Food Labelling page.

Labelling

In Canada, sulphites are required to be labelled when added as an ingredient or component to a food at any level, with a few exceptions for ingredients that are exempted from declaring all their components. For more information, please visit Health Canada's web page about sulphites at <http://www.hc-sc.gc.ca>.

Other names for sulphites

- Potassium bisulphite
- Potassium metabisulphite
- Sodium bisulphite, sodium dithionite, sodium metabisulphite, disodium sulphite, sulfite
- Sulfur dioxide
- Sulphiting agents
- Sulphurous acid
- E 220, E 221, E 222, E 223, E 224, E 225, E226, E227, E 228 (European names)

Possible sources of sulphites

- Alcoholic/non-alcoholic beer, cider, wine
- Apple cider
- Baked goods
- Bottled lemon and lime juice/concentrate
- Canned/frozen fruits and vegetables
- Cereal, cornmeal, cornstarch, crackers, muesli
- Condiments
- Deli meats, hot dogs, sausages
- Dressings, gravies, guacamole, sauces, soups, soup mixes
- Dried fruits and vegetables
- Dried herbs, spices, tea
- Fish
- Fresh grapes
- Fruit fillings, fruit syrups, gelatines, jams, jellies, marmalade, molasses, pectin
- Fruit/vegetable juices
- Glazed/glacéed fruits
- Processed potatoes (such as frozen French fries)
- Snack foods
- Soy products
- Starches
- Sugar syrups
- Tomato paste/pulp/purée
- Vinegar, wine vinegar

Non-food sources of sulphites

- Bottle sanitizing solution for home brewing
- Certain medications