

## **Foods to Avoid for Selected Patients with Allergy to Balsam of Peru (Fragrance)**

Products that contain citrus fruits\* (oranges, lemons, grapefruit, bitter oranges, tangerines, and mandarin oranges), for example, marmalade, juices, and bakery goods

Flavoring agents such as those found in Danish pastries and other bakery goods, candy, and chewing gum

Spices\* such as cinnamon, cloves, vanilla, curry, allspice, anise, and ginger

Spicy condiments such as ketchup, chili sauce, barbecue sauce, chutney, and liver paste

Pickles and pickled vegetables

Wine, beer, gin, and vermouth

Perfumed or flavored tea and tobacco, such as mentholated tobacco products

Chocolate\*

Certain cough medicines and lozenges

Ice cream

Cola\* and other spiced soft drinks such as Dr. Pepper

Chili;\* pizza, Italian, and Mexican foods with red sauces

Tomatoes\* and tomato-containing products

\*Food items most commonly mentioned as causes of flare-up of dermatitis.