

Allergy Clinic, P.A.

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Diplomates of American Board of Allergy and Immunology

ASPIRIN SENSITIVITY

ASPIRIN = ACETYL SALICYLICACID (Sometimes abbreviated A. S. A.) = SALICYLATE

Many salicylate sensitive (aspirin sensitive) persons also react to FD&C Yellow Dye No.5 (also known as Tartrazine) just as they do to salicylates. Exclusion of foods containing this dye may be necessary to alleviate symptoms. Similar cross-reactions to indomethacin and benzoate are also now recognized.

SALICYLATE-CONTAINING FOODS TO BE AVOIDED:

FOODS:

Almonds	Cucumbers and Pickles	Oranges
Apples	Currants	Peaches
Apricots	Dewberries	Plums or Prunes
Blackberries	Gooseberries	Raspberries
Boysenberries	Grapes or Raisin	Strawberries
Cherries	Nectarines	Tomatoes

FLAVORINGS:

Omit artificially flavored foods and drinks, particularly those that contain FD&C Yellow Dye No.5 (Tartrazine).

Ice Cream	Jell-0	Mint Flavors
Oleo Margarine	Candies	Lozenges
Cake Mixes	Gum	Mouthwash
Cloves	Frankfurters	Lunch Meats
Jam and Jellies	Oil of Wintergreen	(Salami, Bologna, etc.)
Bakery Goods (Except Plain Bread)	Toothpaste and Powder	

BEVERAGES:

Cider and Cider Vinegar	All Soft Drinks (Soda Pop)
Wine and Wine Vinegar	Diet Drinks and Supplements
Gin and All Distilled Beverages	Beer, Birch Beer
Kool-Aid and similar Beverages	All Tea

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