

Jason A. Ohayon MD FRCP(C) FAAP

Consulting Allergy and Clinical Immunology

1685 Main St. West Suite 201 Hamilton, ON L8S 1G5 905-777-0088, fax 905-777-0018
www.hamiltonallergy.ca

Diet Instructions for Balsam of Peru Allergy

Foods to Be Restricted

Products containing the peel of citrus fruits (oranges, lemons, grapefruit, bitter oranges, tangerines, mandarin oranges etc.), for example, marmalade, juice, baked goods, cocktails

Products flavoured with essences, for example, baked goods, candy, chewing gum

Perfumed products, for example, perfumed teas, tobacco
Various types of cough medicine and lozenges.

Ice cream
Cola and other spiced soft drinks

Spices such as cinnamon, cloves, vanilla, curry (and products made with these spices), for example, tomato, ketchup, chili sauce, chutney, pickled herring, pickled vegetables such as beets and cucumbers, baked goods, liver paste, paté, vermouth, bitters and other similarly spiced beverages.

If after following the diet for 1 to 3 months you see no improvement in your dermatitis, the diet should be discontinued.

If you have any questions or concerns, please contact our office at 905-777-0088.

Thank you
Dr. Ohayon and Staff