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SULFITES

Sulfites include: Sulfur dioxide, Sulfurous acid, Sodium and potassium metabisulfite, Sodium and potassium bisulfite, Sodium and potassium sulfite.

Common foods that contain sulfur dioxide: Dried Fruits, dried potatoes, fruit toppings, grape juices, gravies and sauces, lemon juice (unfrozen), lime juice (unfrozen), maraschino cherries, molasses, sauerkraut juice, wine.

EGG ALLERGY

Terms which indicate the presence of eggs in a food:

Albumin, egg whites, egg yolks, egg solids, egg substitutes, eggnog, globulin, livetin, mayonnaise, meringue, ovalbumin, ovomucin, ovomucoid, ovovitellin, simplese.

Egg substitute for baking:

1 Tablespoon ground flaxseed into 3 tablespoons of boiling water and allow to sit for a few minutes. Then add to batter. This substitutes for 1 egg.