

DIET FREE OF CINNAMON AND BENZOATES

- Cinnamon and benzoates can produce some oral signs and symptoms.
- Avoiding products containing these may improve your condition.
- This will take time.
- You should try to follow this diet carefully for at least 6 weeks.
- Buy and cook fresh food without spices whenever possible

The following food ingredients (many are canned, tinned or bottled products) commonly cause problems:

Cinnamon: is a natural substance, often used in very small quantities, and therefore does not always have to be stated on food labels. However, look for the word **spices, spice extracts, ground cinnamon, mixed spice, cinnamon oil or cinnamic aldehyde** on labels.

Benzoates: are chemicals, used to prevent spoilage in a wide range of processed foods but high levels may also occur naturally in certain foods.

Benzoate's includes any of the following permitted preservatives (*E* numbers 210-219):

E210 or Benzoic acid

E211 or Sodium benzoate

E212 or Potassium benzoate

E213 or Calcium benzoate

E214 or Ethyl 4-hydroxybenzoate or Ethyl para-hydroxybenzoate

E215 or Ethyl 4-hydroxybenzoate, sodium salt or sodium ethyl para-hydroxy-benzoate

E216 or Propyl 4-hydroxybenzoate or Propyl para-hydroxybenzoate

E217 or Propyl 4-hydroxybenzoate, sodium salt or sodium propyl parahydroxybenzoate

E218 or Methyl 4-hydroxybenzoate or Methyl para-hydroxybenzoate

E219 or Methyl 4-hydroxybenzoate, sodium salt or Sodium methyl parahydroxybenzoate.

These are foods and other products that commonly do or do not contain cinnamon and benzoates. **HOWEVER** manufacturers may change ingredients from time to time, and you should therefore check the list of ingredients on the package label.

	Contain cinnamon or/and benzoates.	Without cinnamon or/and benzoates.
	TO AVOID	CAN USUALLY BE USED
Toothpaste, mouthwashes and deodorant	Tartar controlled toothpaste and mouthwashes, and some sensitive deodorants unless ingredients are known	All other toothpastes and mouthwashes
Meat	Meat in a spicy sauce, cold meat containing spices, any made up meat dishes/pie and pastry fillings containing spices or benzoates	Any plain fresh or frozen meat Meat dishes without spices/benzoates
Fish	Fish in a spicy sauce, any made up fish dishes containing spices. Cod	Any plain fresh or frozen fish apart from cod Fish dishes without spices/benzoates
Fruits and vegetables	Avocado, berries, nectarines, raspberries, red beans, prunes, peaches, papaya, pumpkin, soy beans, spinach, strawberries Jams containing benzoates	All pure fresh and frozen fruits or vegetables Jams, marmalade, Marmite, honey, lemon curd, peanut butter, Saccharin and other artificial sweetners

Cereals etc	Breakfast cereals with spices/benzoates. Tinned baked beans, ravioli, spaghetti or hoops Check labels carefully on packaged pasta dishes.	Breakfast cereals without spices/benzoates: see manufacturer lists, Bread with unbleached grain. Custard powder Cornflour Flour Most nuts (avoid dry roasted type) Pasta Porridge Pulses (peas, beans, barley, lentils) Rice Sago Tapioca
Fats and oils	All fats and oils with hydrolysed lecithin Margarine Prepared salad dressings	Pure butter, cream and shortening Pure vegetable oils lard and dripping. Olive oil Homemade salad dressings
Cakes and biscuits	Manufactured cakes containing spices. Apple strudel, carrot cake, fruit cake, garibaldi, ginger biscuits or gingerbread Mince pies Products made with bleached flour	Any pure unbleached Grain Any plain fresh bread, buns, pizza dough Any home-made or manufactured cake/biscuit with allowed ingredients
Eggs and dairy produce	Any containing spices/benzoates e.g. some yoghurt, custard style	All types of milk, cream, sour cream, yoghurt and fromage frais, cheese, cream,
Miscellaneous	yoghurts and cheeses with spices. Blue cheese, gorgonzola Pickles, ketchup, soy sauce Most commercial salad dressings	ice -cream made with allowed ingredients Eggs Pickles/ketchup with allowed ingredients lemon curd, peanut butter, artificial sweeteners Soup: homemade or tinned or packet soup not containing spices or tomato
Crisps and nuts	Dry roasted nuts, Bombay mix, spicy nuts/crisps	Plain nuts, seeds and crisps with out spices.
Drinks	Tea if perfumed Carbonated drinks e.g. Coca-cola/Pepsi, Dr. Peppers, Fanta, Irn-Bru, Sprite, Vimto Some beer and cider	Most tea and coffee Red wine or White wine, Plain or carbonated or soda water

	Cocktails Flavoured milks and fruit drinks Gin, Martini and Cinzano Perfumed drinks like Dubonnet, Malibu, Dark Rum, Tia Maria etc Mulled wine	Bournvita, Cocoa, Drinking Chocolate, Horlicks. Natural fruit juices Most cider, lager, beer Vodka Whisky Lemonade, Appletise Oxo, Bovril
Sweets and chocolate	Cake decorations Cinnamon sticks Chewing gum (if containing cinnamon/benzoates) Chocolate Cola cubes or chewits Flavoured syrups Prepared dessert fillings	All sweets, chewing gum with allowed ingredients, sugar, honey, molasses, maple syrup, corn syrup, and icing sugar. Plain artificial sweeteners, pure cocoa
Spices	Mixed spice, cinnamon powder, allspice, curry ginger, chilli powder powder, cloves, aniseed	Salt, pepper, herbs, spices not on the avoid list

Manufacturers lists:

Most customer service departments of major supermarkets and manufacturers will be able to help you with individual food enquiries. Most also have websites which can be very useful.

Asda: No specific information but please contact customer services on freephone: 0500 100055 for specific information.

Cadbury: Old Jamaica and chocolate cream are the only products to contain cinnamon but most contain benzoate so chocolate products are best avoided.

Co-op: Cinnamon free list available.

Heinz: Cinnamon free list available.

Marks & Spencer: No information on cinnamon free products but please contact customer services on 0207 268 1234 for specific enquires.

Nestle: None of the range of nestles confectionery products contain cinnamon. However Nesquick ready to drink chocolate flavour, Nestle cappuccino, Crosse and Blackwell Waistline reduced fat dressing and Mr Men fruit lolly does contain cinnamon.

Safeway: No information on cinnamon free products but please contact customer services on 0 1622 712546 for specific enquiries.

Sainsburys: No specific information on cinnamon free products but please contact customer services on free phone: 0800 636262 for specific enquiries.

Somerfield: No specific information on cinnamon free products but contact customer services on 0 117 93593 59 for specific enquiries

Tesco: No specific information on cinnamon free products but please contact free phone: 0800 505555 for specific enquiries

Waitrose: Cinnamon free list available.

Professor Crispian Scully CBE

Eastman Dental Institute for Oral Health Care Sciences

and International Centres for Excellence in Dentistry

University of London

256, Gray's Inn Road

London WC1X 8LD

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