

Comprehensive Balsam of Peru Avoidance List

Spices & Flavorings

- Allspice
- Anise
- Basil
- Bay leaves
- Cardamom
- Cassia (Chinese cinnamon / coumarin)
- Cinnamon
- Citrus peel / citrus zest
- Cloves
- Curry powder (often contains cinnamon, nutmeg, cloves)
- Dill
- Jamaican pepper
- Lemon balm
- Mace
- Nutmeg
- Paprika
- Vanilla (real and synthetic)
- Shea butter (contains cinnamic acid)

Meats & Proteins

- Barbequed meats (pork, chicken, beef) — contain paprika, cinnamon
- Canned meats and fish — contain benzoates
- Seasoned fish and seafood — contain dill, paprika, cinnamon, allspice
- Frankfurters — contain nutmeg and mace
- Glazed ham — contains cloves, cinnamon, vanilla
- Pâté

Fruits & Vegetables

- Apples (fresh, thin-skinned — beeswax glaze) – peeled ok
- Asparagus
- Beets
- Blueberries
- Citrus fruits (oranges, lemons, limes, grapefruit)
- Cranberries
- Cucumbers (fresh, thin-skinned — beeswax glaze) – peeled ok
- Huckleberries
- Pickled vegetables (contain dill, cloves)
- Spiced fruits (contain cloves, cinnamon, vanilla, allspice, nutmeg)
- Tomatoes

Sweets & Desserts

- Cakes, muffins, cookies — contain vanilla, cinnamon, nutmeg, cloves, allspice
- Candy — contain vanilla, cinnamon, nutmeg, cloves, allspice
- Caramel — contains vanilla
- Chocolate
- Custard and pudding — contain vanilla
- Danish pastries — contain vanilla, cinnamon, nutmeg, cloves, allspice
- Ice cream — contains vanilla
- Spiced fruit pies — contain vanilla, cinnamon, nutmeg, cloves, allspice
- Sweet foods generally (cookies, candy, sweet baked goods)

Beverages & Alcohol

- Aperitifs (vermouth, Lillet, Pernod) — contain citrus peel, anise, cloves, cinnamon, basil, vanilla
- Beer
- Bourbon
- Brandies — contain citrus peel
- Citrus juices (orange juice, lemonade, etc.)
- Cola / soft drinks with vanilla/cinnamon/nutmeg
- Gin
- Rum (spiced)
- Spiced teas (chai, herbal blends with cinnamon, cloves, citrus peel, lemon balm)
- Vermouth
- Whiskey
- Wine

Condiments, Sauces & Prepared Foods

- Applesauce — contains allspice, cinnamon
- Barbeque sauce — contains tomato, paprika, cinnamon, cloves
- Chutney — contains citrus peel
- Ketchup — contains tomato
- Maple syrup — contains vanilla
- Marinades — contain cloves, dill
- Marmalade and fruit jam — contain citrus peel
- Pesto — contains basil
- Pickles — contain dill, cloves
- Salad dressings — contain wine vinegars, dill
- Spiced condiments generally
- Steak sauce — contains tomato, cinnamon, cloves

Spice Blends to Avoid

- Blackening seasoning — contains paprika

- Chili powder — contains paprika
- Chinese Five Spice — contains anise, cloves, cinnamon
- Dry rub — contains paprika, cinnamon
- Garam Masala — contains cinnamon
- Herbs de Provence — contains citrus zest, bay leaves
- Jerk seasoning — contains allspice, cinnamon
- Pickling spice — contains dill, bay leaves
- Pumpkin Pie Spice — contains cinnamon, nutmeg, cloves
- Quatre Épices / French Four Spice — contains cloves, nutmeg

Cuisines Frequently Containing BOP Ingredients

- African — frequently uses cloves
- Caribbean — frequently uses allspice, cinnamon, paprika, cloves
- Indian — frequently uses cloves, bay leaves, cinnamon
- Italian — frequently uses tomato, basil, bay leaves
- Mediterranean — frequently uses tomato, basil, dill
- Mexican — frequently uses tomato, allspice
- Middle Eastern — frequently uses cloves, allspice
- Southeast Asian (Thai, Vietnamese) — frequently uses basil

Other Sources to Avoid

- Beeswax (used as a glaze on fresh produce)
- Benzoate preservatives (sodium benzoate, etc.)
- Brewer's yeast
- Perfumed / spiced tobacco
- Tea tree oil
- Tobacco (perfumed or spiced)