

## DR. LOCKEY'S MAYO CLINIC DIET

as revised by George von Hilsheimer, Ph.D. , November 1973

### HYPERKINETIC CHILDREN AND THEIR PARENTS SHOULD NOT EAT:

Almonds  
Apples  
Apricots  
Blackberries  
Boysenberries  
Cherries  
Currants  
Dewberries  
Gooseberries

Grapes or raisins  
Nectarines  
Oranges  
Peaches  
Plums or prunes  
Raspberries  
Strawberries  
Cucumbers & pickles  
Tomatoes

DO NOT EAT artificially flavored foods and drinks, particularly those which contain FD&C Dye No. 5 (Tartrazine).

DO NOT TAKE ANY medicines containing aspirin such as Bufferin, Anacin, Excedrin, Alka-Seltzer, Empirin, Darvon compound, and all medications containing Salicylates, like Pepto Bismol. Tell every doctor you consult that you are allergic to all sulfa drugs, drugs with Tartrazine and Salicylates.

CHECK ALL LABELS of prepared foods or drugs for artificial flavorings. STOP USING perfumes.

### A Word of Explanation

Modern dyes, chemically known as *azo dyes*, are related to the natural salicylates, such as the distilled willow bark that American Indians used for treating headache and other pains, and with which they dyed their clothing.

In 1939 researchers discovered that an azo dye, Protonsil, would also kill bacteria. This dye became the first *sulfa drug*, so called because the chemical companies figured people would rather be treated with a drug than with a dye. Today, allergies to sulfa drugs and to aspirin are widely attested. German physicians documented so many allergic reactions to dyes in the early part of this century that today fewer than 20 chemical substances are approved for use in European food chemistry; the American food industry uses more than 50,000 food chemicals none of which have been tested for their interactions with each other or in living systems..

In the 1950's Stephen Locky, M.D. of Lancaster, Pennsylvania, pioneered work in the United States with the effect of food and drug additives on human beings. He documented allergies to food dyes and other chemicals which are related to the salicylates, to aspirin and to sulfa drugs. He found hives (urticaria), among others, a common symptom in reaction to the salicylate family.

Many medicines contain dyes for no seeming good purpose except to be visually distinctive. Mycostatin, for example is a deep purple and it is a bright yellow (Tartrazine) inside. Be aware that when you are hypersensitive your well-being can be devastated by chemicals in your food and in your medicine.

407-644-6464

A AFFILIATED THERAPIST, 175 LOOKOUT PL., MAITLAND, FL 32751

FOOD AND SUBSTANCES TO AVOID FOR A  
SALICYLATE - AND YELLOW FOOD COLORING - FREE DIET

Salicylates and food coloring FD&C Yellow No. 5 (Tartrazine) have the same affect on many people so are included together in these lists.

\*\*\*\*\*

NATURAL FOODS

Fruits:

Apples  
Blackberries  
Cherries  
Dewberries  
Grapes  
Plums  
Raisins

Apricots  
Boysenberries  
Currants  
Gooseberries  
Peaches  
Prunes  
Raspberries

Vegetables:

Cucumbers  
Peppers (Greenbell)  
Pickles  
Tomatoes

BEVERAGES

Natural:

All tea  
All coffee  
Birch Beer

Cider and cider vinegar  
Wine and wine vinegar

"Prepared" Drinks:

Diet drinks & supplements (Instant breakfast drinks)  
All Carnation products  
Koolaid and similar quick mix powdered drinks  
Nestle: all products  
Prepared chocolate milk

Methyl Salicylate

Dad's: Dad's Root Beer  
and Diet Dad's Root Beer  
Elf: Root Beer  
Crush: Hires Root Beer  
Royal Crown: Nehi Root Beer  
Dr. Pepper: Patio Birch Beer,  
Patio Root Beer, Patio Root  
Beer Type "F"  
Pillsbury: Root Beer Funny Face  
Drink Mix  
Shasta: Diet Root Beer, Draft Root  
Beer

FD&C Yellow No. 5

Crush: all flavors except orange and grape  
Coca Cola: Fanta Banana, Cream Soda,  
Fruit Punch, Grape, Green Lemon-Lime, Red  
Cherry, Strawberry, Fresca, Santita  
Island Mixer, Simba  
Pillsbury: Funny Face Drink Mixes (Cherry, Cola,  
Lemon Lime, Lemonade, Orange, Punch, Root Beer)  
Shasta: Diet and regular Black Cherry, Grape  
Raspberry, Strawberry and Tiki

(2)

## PREPARED FOODS:

Bakery Products:

## Cake Mixes

Bakery Goods: (except plain bread)

Pillsbury: Refrigerated products -

Biscuits: Tenderburst

Dinner Rolls: Snowflake and Butterflake

Hot rolls: Hungry Jack

Pancake Mixes

Rolls: Cinnamon

Danish Rolls: Almond, cinnamon, caramel and orange

Danish Swirls: Orange, cinnamon, and caramel

General Mills: Methyl Salicylate

Coconut pecan frosting

Coconut pecan Snak'n cake

German Chocolate brownie

Pillsbury: Methyl Salicylate

All Bundt cak mixes

All butter flavor cake mixes

All yellow cake mixes

Pecan bar Coffeetime mix

Frosting mixes (caramel, lemon, and vanilla)

Lemon and vanilla Ready To Spread Frostings

FD&C Yellow No. 5 (All of the following products)

Cakes: Chiffon cakes (lemon, range), angel food, banana walnut Snack'n Cake confetti, layer cakes (Butter brickle, lemon, lemon coconut, orange, sour cream chocolate, sour cream white), pudding cakes (Apple, cinnamon, caramel apple, chocolate, lemon)

Cookie Decorations: green, pink, and yellow cake and cookie decorations

Pie crust mix and sticks: all

Turnover pastries: Refrigerated - apple, blueberry, cherry

Cookies: Refrigerated - cinnamon sugar

Frostings: Banana, Ready To Spread Lemon, Ready To Spread Orange, Caramel,

Coconut pecan, creamy spice, fluffy lemon, Ready To Spread Sour Cream Chocolate

Fudge, Sour Cream White, Sunkist lemon, Sunkist orange.

Hershey Foods: Frostline Confectionery Coatings (yellow, green &amp; pink)

Miscellaneous: Boston Cream pie, Gingerbread, lemon muffins

Breakfast Foods (All with artificial flavors, colors, and preservatives)

Breakfast Squares: Cherry &amp; Chocolate

General Mills: Cheerios, Count Chocula, Frosty O's, Kaboom, Lucky Charms, Sugar Jets, Trix, Twinkles

Kellogg: Apple Jacks, Bran Flakes, Froot Loops, Product 19, Puff Puffa Rice, Raisin Bran, Sugar Pops.

Candy: Practically all processed types. Methyl Salicylate:

Amurrol: Wintergreen Sugarless Gum, Wintergreen Sugarless Mints.

Curtis: Wintergreen Circlets

(3)

Candy: Methyl Salicylate - continued

M&amp;M Mars: All products

Nestle: All products

Pearson: Mints, wintergreen flavored candies.

Preferred Products, Inc.: Green assorted cut rock, Green assorted Starlight Kisses, Green Christmas Spice Drops, Green Ribbon Crimp, Green Old Tyme Mix, Green Stripped Balls, Green Winter Tyme Mix, Pink Speckled Bird Eggs, Pink Spice Flavored Jelly Bird Eggs, Red Valentine Party Mix, Yellow Assorted Jelly Strings, Yellow Assorted Spice Drops.

Candy: FD&C Yellow No. 5

Curtiss: Banana Chewees, Banana Marshmallows, Black Licorice Sandwich, Butterscotch Circlets, Butterscotch Discs, Candy Corn, French Burnt, Peanuts, Circlets, Lemon Drops, Lemon or Lime Flavored Jellies and JuJu's, Fruit Drops (Orange, lime and lemon), Pastel Marshmallows, Pirate Chews, Rainbow Marshmallows, Red or Brown Halloween Candy, Sour Green Apples, Spearmint leaves, Washington Cherries, Yellow Marshmallow Eggs.

Hershey Foods: Hershey-kets, Hershey's Candy Coated Peanuts (Yellow and green colored pieces), all chocolate covered peanut butter eggs.

Carnation, M&amp;M Mars, Nestle: All products.

Hormel: All processed meats.

General Mills, Kellogg's, Pillsbury, Hunt-Wesson, Preferred Products, Standard Brands, Hershey Foods, Amurrol, Curtiss, Dad's, Elf, Crush, Royal Crown, Dr. Pepper Shasta, Coca Cola - Some products.

Gums:

Amurrol: Wintergreen Sugarless Gum, Wintergreen Sugarless Mints.

Curtiss: Wintergreen Circlets.

Ice Cream:

Preferred Products: Ice Cream Favorite Vanilla, Good Value Vanilla

Food Sticks: Caramel, Orange, & Peanut ButterJams or Jellies

Meats: General Mills: Frankfurters; Chono, Hormel: All processed meats, lunch meats (Salami, Bologna, etc.)

Pasta: Aprotin low Protein Pasta Products: Anellini, Rigatini (General Mills), Samolina, and Tagliatelle.

Puddings: Desserts - Chocolate, chocolate fudge, rice tapioca.

Sodium Controlled Puddings: Butterscotch, Lemon, Vanilla

Hunt-Wesson: Banana, Butterscotch, Lemon, Tapioca, &amp; Vanilla pudding.

Standard Brands: Royal Pudding(Instant) - Banana Cream, Butterscotch, Caramelnut, Coconut Vanilla, Chocolate, Dark'n Sweet, Lemon, Mocha Nut, Pistachio nut.

Royal Pudding (Regular) - Banana, Butterscotch, Chocolate, Chocolate Tapioca, Custard flavor Dessert, Key lime pie filling, Lemon pie filling, Vanilla, Vanilla Tapioca, and Flan

JelloSnacks:

General Mills: Cheez Whillikers, Pop-R-Corns, Taco Chips, Whistles.

(4)

## FLAVORINGS:

Cider and cider vinegar, oleomargine, cloves, oil of Wintergreen, mint flavors, and Tabasco.

## DRUGS:

All medicines containing Aspirin, such as Bufferin, Anacin, Excedrin, Alka-Seltzer, Empirin, Darvon compound, etc. All medications than contain Salicylates.

## PERSONAL ITEMS

Perfumes  
Toothpaste and tooth powder  
Cough drops & lozenges  
Many medications and vitamins.

Prepared under the direction of: Stephen D. Lockey Sr., M.D., Emeritus Chief, Department of Allergy, Immunology and Rheumatology, Lancaster General Hospital, Lancaster, PA 17604, Chief, Section of Allergy, St. Joseph Hospital, Lancaster, PA 17604, and with the aid of Steven Sheaffer, Pharmacy Intern, Department of Pharmacy Services at Lancaster General Hospital and Charles W. Smithgall and F. Harold Smoker, Independent Pharmacists, Miss Sarah R. Landis, Technician, and Miss Chris A. Martin, Medical Secretary.

All rights reserved. This pamphlet is protected by copyright. No part of this manuscript may be used or reproduced in any manner whatsoever without the written permission, except in the case of brief quotations embodied in critical articles and reviews. For information address: Stephen D. Lockey Sr., M.D., 60 N. West End Avenue, Lancaster, PA 17603.

This list is not all inclusive and is subject to change daily. Therefore all drug sensitive patients should be avid readers of labels and inserts present on or in packaged drugs.

Original, June 1948  
First Revision, September 1954  
Second Revision, April 1957  
Third Revision, September, October 1959  
Fourth Revision, May 1964  
Fifth Revision, July 1969  
Sixth Revision, June 1971  
Seventh Revision, July 1974  
Eighth Revision, January 1975  
Ninth Revision, May 1979  
Tenth Revision, October 1980

Copyright C 1979 Stephen D. Lockey Sr., M.D., 60 N. West End Avenue, Lancaster, PA 17603