

No definitive proof has yet been established regarding foodstuffs being possible causative factor, but this advice sheet is based on the protocol used in the oral medicine unit at Cardiff dental hospital.

Possible foodstuffs that may contribute to mouth ulcers (known as aphthous ulcers) include:

- Chocolate
- Preservative E210-219 inclusive
- Benzoates
- Cinnamonaldehydes
- Liquorice—personal observation
- Tomatoes
- Fizzy drinks (with exception of Diet 7- Up)
- Crisps may precipitate aphthous ulcers in susceptible patients.

Patients are advised to watch out for a link between foodstuffs and the onset of aphthous ulcers.

Be aware that E210-219 use is widespread in foods.

With thanks to the Oral Medicine Unit, Cardiff Dental Hospital.