
Salicylates are organic compounds that can affect the human body, and occur naturally in many fruits, vegetables, and herbs. Plant salicylates are stored in the bark, leaves, roots, and seeds of plants and act as a preservative, preventing rotting and protecting against harmful insects, bacteria and fungi. Salicylates can also be created synthetically and are contained in many medicines, such as aspirin, as well as in perfumes and preservatives. In high enough doses, salicylates are harmful to everyone, but most people can handle them without any adverse effects on their health. However there is a small percent of the population - adults and children - for which even a small dose of salicylate can trigger health problems such as:

- Asthma, wheezing
- Eczema
- Rhinitis, sinusitis, nasal polyps
- Conjunctivitis
- Stomach ache, GI upset, bloating

The amount and type that can be tolerated vary slightly from person to person, and there can be a cumulative effect in the body over time. The inability of the body to handle more than a certain amount of salicylates at any one time is called Salicylate Sensitivity, where a person may have difficulty tolerating certain fruits, vegetables, or any products that contain aspirin. The reaction to a natural salicylates found in healthy foods can be as severe as that to a synthetic additive, if the person is highly sensitive.

Avoiding Salicylates

The salicylate level in food can vary, with raw foods, dried foods and juices containing higher levels than the same cooked foods. They can also be found in flavoured products such as sweets, toothpaste, and chewing gum. Salicylates are highest in unripened fruit and decrease as fruit ripens. They are often concentrated just under the skin of fruit and vegetables and in the outer leaves of vegetables. All fruit and vegetables should be ripe and thickly peeled. Do not eat the outer leaves of leafy vegetables. All fresh meat, fish, shellfish, poultry, eggs, dairy products, cereals, bread are low in salicylates

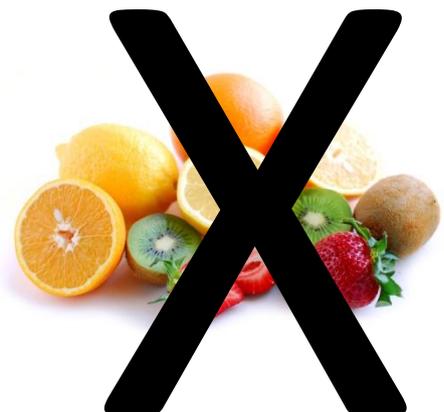
The table below lists foods high in salicylates, with naturally occurring glutamates or added MSG

marked *. Those marked # are also high in amines.

The following amounts are equivalent:

- 1 serve from the MODERATE group
- 1/10 serve from the HIGH group
- 1/100 serve from the VERY HIGH group

1 Serve = 1 Cup = 250 ml



Fruit				
Negligible	Low	Moderate	High	Very High
Banana # Pear (peeled)	Apple – golden Pawpaw or papaya # Nashi Pear	Apple – red Fig # Lemon # Loquat Mango Pear with peel Tamarillo #	Apple – Granny Smith Apple - Jonathon Avocado # Grapefruit Kiwifruit # Lychee Mandarin # Nectarine Passionfruit # Peach Pomegranate Watermelon	Apricot Blackberry Blackcurrant Blueberry Boysenberry Cherry Cranberry Currant (dried) Date # Grape * # Guava Orange Pineapple Plum Prune Raisin (dried) Raspberry Rockmelon Strawberry Sultana (dried) Tangelo Tangerine
<i>The huge variety of apple varieties today mean they are hard to categorise</i>				

Vegetables				
Negligible	Low	Moderate	High	Very High
Bamboo Shoots Beans - dried Cabbage Celery Lentils - brown Lentils - red Lettuce (iceberg) Peas - dried Potato (white peeled) Swede	Bean – green Brussels Sprout Cabbage - red Chives Choko Leek Mung bean sprouts Peas-green * Shallots	Asparagus Beetroot Broccoli * # Carrot Cauliflower # Chinese vegies Kumara Lettuce (other) Marrow Mushrooms * # Onion Parsnip Potato (new and red) Pumpkin Spinach # Snow Peas Sweet corn * Turnip	Alfalfa sprouts Artichoke Broad bean Chilli Cucumber Eggplant # Radish Tomato * # Water Chestnut Watercress Zucchini	Capsicum Chicory Endive Gherkin Olive # Radish Tomato Products * #

Sweets				
Negligible	Low	Moderate	High	Very High
Carob Cocoa # Maple Syrup White Sugar	Caramels Golden Syrup Malt Extract Toffee	Molasses Raw Sugar		Chewing Gum Fruit Flavourings Honey Honey flavours Jam Liquorice Mints and Peppermints

Butter, Margarine, Sunflower and Canola Oil have negligible salicylates, while other oils like Olive and Peanut are moderate to high.

Nuts and Snacks				
Negligible	Low	Moderate	High	Very High
Poppy Seed	Cashews Plain Potato Chips	Brazil Nut # Coconut # Corn chips * Hazel Nut #% Macadamia # Peanut # Pecan Nut # Plain Popcorn Pinenuts # Pistachio Nuts # Pumpkin Seeds Sesame seeds # Sunflower seeds # Taco Shells * Walnuts #		Almond Muesli Bars Water Chestnut Savoury flavoured chips and snacks *

Herbs, Spices and Condiments				
Negligible	Low	Moderate	High	Very High
Parsley Salt (sea)	Chives Garlic Malt Vinegar # Saffron Soy Sauce * # Vanilla (pure)		Allspice Bay leaf Caraway Cardamom Cinnamon Clove Coriander Cumin Ginger Mixed Herbs Mustard Nutmeg Oregano Pepper Pimiento Rosemary Tarragon Turmeric Other Vinegars (e.g. cider, red, white wine)	Aniseed Cayenne Commercial Gravies & Sauces Curry Dill Fish, meat, and tomato pastes #

Beverages				
Negligible	Low	Moderate	High	Very High
Decaf Coffee - all brands Milo Ovaltine Carob powder Milk (cows, goats) Soy Milk Pear Juice (homemade) Gin Whisky Vodka		Regular Coffee – all brands Decaf Tea Herbal Tea except peppermint Dandelion Tea Ecco Coca Cola Rosehip Syrup Cider Beer # Sherry * # Brandy * #	Fruit Juice other than pear	All other teas Peppermint Tea Cordials Fruit flavoured drinks Liqueurs Port * # Wine * # Rum * #

SALICYLATES IN FRUITS

NEGLECTIBLE

Banana
Pear (peeled)



LOW 0.1 - 0.25MG

Apple (golden and red delicious)
Custard apple
Fig
Cherries (sour canned, morello)
Grapes (green)
Lemon (fresh)
Mango
Pawpaw
Passion fruit
Persimmon
Pineapple juice
Pomegranate
Rhubarb
Tamarillo

MODERATE 0.25 - 0.49MG

Apple (Jonathon)
Apple (canned)
Grapefruit juice
Kiwi fruit
Lychee
Loquat
Nectarine (fresh)
Pear (with peel)
Plum (fresh)
Watermelon



HIGH 0.5 - 1MG

Apple (granny smith)
Avocado (fresh)
Cherries (sweet)
Fig (dried)
Grapes (red)
Grape juice
Grape fruit
Mandarin
Mulberry
Peach (fresh and canned)
Tangelo



VERY HIGH >1MG

Apricot
Blackberries
Blueberries
Boysenberries
Cantaloupe Rockmelon
Cherries (canned sweet)
Cranberry (sauce and canned)
Currants
Dates
Grapes (fresh)
Guava
Loganberries
Orange
Pineapple
Plum (canned)
Prunes
Raisins
Raspberry
Redcurrants
Strawberries
Sultanas
Youngberry

SALICYLATES IN NUTS, SEEDS, SNACKS, GRAINS

NEGLIGIBLE

Cashews
Poppy seeds
All grains (except
maize)



LOW 0.1 - 0.25MG

Pecans
Peanut butter
Sesame seeds
Hazelnuts
Sunflower seeds
Potato chips (plain)



MODERATE 0.25 - 0.49MG

Coconut
(desiccated)
Brazil nuts
Corn chips
Popcorn
Pumpkin seeds
Taco shells
Walnuts



HIGH 0.5 - 1MG

Pine nuts
Macadamia nuts
Pistachio nuts



VERY HIGH >1MG

Almonds
Peanuts
Chips and
crackers (savory
flavored)



SALICYLATES IN VEGETABLES

NEGLECTIBLE

LOW 0.1 - 0.25MG

MODERATE 0.25 - 0.49MG

HIGH 0.5 - 1MG

VERY HIGH >1MG

Bamboo shoots
Brussels sprouts
Cabbage
Celery
Chives
Choko
Beans
Peas (dried)
Leek
Lentils
Iceberg lettuce
Mungbean (and
spouts)
Potato (peeled white)
Eschallots
Swedes
Soybeans
Beansprouts

Asparagus (fresh)
Beetroot (fresh)
Carrot (fresh)
Cauliflower
Corn (fresh)
French beans
Horseradish
(canned)
Mushroom (fresh)
Onion
Potato (unpeeled
white)
Peas (fresh)
Pimiento (canned)
Pumpkin
Spinach (frozen)
Tomato (fresh)
Turnip

Asparagus
(canned)
Beetroot (canned)
Corn (canned)
Bok choy
Choy sum
Lettuce (other
than iceberg)
Maize
Olives (black)
Parsley
Parsnip
Potato (red)
Pumpkin
Snow peas (and
sprouts)
Sweet con
Sweet potato
(yellow)

Alfalfa
Artichoke
Broad beans
Broccoli
Chili (green and
yellow)
Corn (creamed)
Cucumber
Eggplant
Fava beans
Okra
Spinach (fresh)
Squash
Sweet potato
(white)
Tomato
(canned)
Water chestnut
Watercress

Capsicum
(green)
Champignon
(canned)
Chili (red)
Chicory
Courgette
Endive
Gherkin
Mushroom
(canned)
Olives (green)
Pepper
(sweet)
Radish
Tomato (paste
and sauce)
Zucchini

SALICYLATES IN:

CULINARY HERBS, SPICES, SEASONINGS AND CONDIMENTS

NEGLIGIBLE

Garlic (fresh)
Parsley
Chives
Coriander
Salt
Vinegar (malt)



LOW 0.1 - 0.25MG

Vinegar
Soy sauce
Saffron
Tandoori spice
powder
Horseradish
(canned)
Vanilla



MODERATE 0.25 - 0.49MG

Fennel



HIGH 0.5 - 1MG

Vegemite
Vinegars (red
and white wine,
cider and
others)



VERY HIGH >1MG

All spice
Anise seed
Cayenne
Celery
Cinnamon
Cumin
Curry powder
Dill
Fenugreek
Five spice
Garam masala
Ginger
Honey
Jam
Mace
Mint
Mixed herbs
Mustard
Oregano
Paprika (hot)
Paprika (sweet)
Pepper
Rosemary
Sage
Tarragon
Turmeric
Thyme

Worcestershire sauce

SALICYLATES IN BEVERAGES

NEGLIGIBLE

Cocoa powder
Carob powder
Coffee (De-caf)
Milo
Ovaltine



LOW 0.1 - 0.25MG

Chamomile tea
Vodka
Whiskey
Gin



MODERATE 0.25 - 0.49MG

Coffee (instant)
Rosehip tea
Fruit herbal tea
Brandy
Vermouth
Beer
Cider



HIGH 0.5 - 1MG

Sherry
Cointreau
Tia Maria
Fruit juices



VERY HIGH >1MG

Tea (all varieties)
Liqueur
Peppermint tea
Port
Rum
Champagne
Wines
Cordials

SALICYLATES IN SWEETS AND SUGARS

NEGLIGIBLE

Golden syrup
Maple syrup
White sugar



LOW
0.1 - 0.25MG

Molasses
Brown sugar



MODERATE
0.25 - 0.49MG

HIGH
0.5 - 1MG

VERY HIGH
>1MG

Licorice
Mints and
Peppermints
Chewing gum
Fruit
flavorings



NON-FOOD SOURCES OF SALICYLATES

HEALTH AND BEAUTY PRODUCTS

Perfumes
Shampoos
Conditioners
Herbal remedies
Lipsticks
Lotions
Skin cleansers

Mouthwashes
Mint-flavored toothpastes
Shaving creams
Sunscreens
Tanning lotions
Muscle pain creams

MEDICATIONS AND ORAL CHEMICAL COMPOUNDS

Alka Seltzer
Aspirin
5-ASA compounds
(Compounds similar to aspirin)
Various non-steroidal anti-inflammatory drugs (NSAIDs)

OTHER INGREDIENTS CONTAINING SALICYLATES

Aloe vera
Azo dyes
Benzoates
Benzyl salicylate
BHA
BHT
Disalcid

Eucalyptus oil
Oil of wintergreen
Red dye (#40)
Salicylaldehyde
Salicylamide
Yellow dyes (#5, #6)