

Salicylate Food Chart

A salicylate - sensitivity can provoke several different symptoms including hyperactivity in children, hives (or urticaria) , migraines, sinus, even asthma and bowel disturbances. Sometimes several symptoms may be present or you may experience only one symptom.

VEGETABLES:

NEGLIGIBLE	LOW	MODERATE	HIGH
<ul style="list-style-type: none"> • Bamboo Shoots • Beans (dried - not borlotti) • Cabbage (green or white) • Celery • Green Split peas • Lentils (brown) • Lentils (red) • Lettuce (iceberg) • Peas (dried) • Potato (old/white & peeled) • Swede 	<ul style="list-style-type: none"> • Bean Sprouts • Borlotti beans • Brussels sprouts • Cabbage – red • Cauliflower • Chickpeas • Chives • Choko • Fresh Asparagus • Green Beans • Green Peas • Leek • Mung bean sprouts • Onion • Potato (white with peel) • Shallots • Yellow splitpeas 	<ul style="list-style-type: none"> • Asparagus - tinned • Aubergine – peeled • Beetroot • Black Olives • Canned Asparagus • Carrot • Fresh Tomato • Frozen Spinach • Lettuce (other than iceberg) • Marrow • Mushrooms • Parsnips • Potato (new and red Pontiac) • Pumpkin • Snow Peas • Sprout • Sweet corn • Turnip 	<ul style="list-style-type: none"> • Alfalfa sprouts • Artichoke • Aubergine with peel • Broad bean • Broccoli • Canned blackolive • Canned Green Olives • Capsicum • Champignon • Chicory • Chilli peppers • Courgette • Cucumber • Cucumber • Eggplant • Endive Gherkin • Fresh Spinach • Hot pepper • Okra • Peppers • Radish • Radish Tomato • Sweet Potato • Tomato Products • Water chestnut • Water Chestnut • Watercress • Zucchini

FRUITS:

NEGLIGIBLE	LOW	MODERATE	HIGH
<ul style="list-style-type: none"> • Banana • Canned Pear • Lime • Pear (ripe & peeled) 	<ul style="list-style-type: none"> • Apple – golden delicious • Nashi Pears • Papaya Paw • Tamarillo 	<ul style="list-style-type: none"> • Apple – red delicious • Canned or dried Fig • Canned pear • Custard apple • Lemon • Loquat • Mango • Passion fruit • Pear (w/ peel) • Persimmon • Pomegranate • Rhubarb 	<ul style="list-style-type: none"> • All dried Fruits • Apricot • Apple – all other varieties • Avocado • Blackberry • Blackcurrant • Blueberry • Boysenberry • Canned Morello cherries • Cantaloupe • Grapefruit Kiwi fruit • Cherries – all other kinds • Cranberry • Currant • Date • Grape • Guava • Loganberry • Lychee • Mandarin • Melons • Mulberry • Nectarine • Peach • Orange • Pineapple • Plum • Prune • Raisin • Raspberry • Redcurrant • Rock melon • Strawberry • Sugar banana • Sultana • Tangelo • Tangerine • Watermelon • Youngberry

MEAT:

NEGLIGIBLE	LOW	MODERATE	HIGH
<ul style="list-style-type: none"> • Beef • Chicken • Eggs • Fish • Lamb • Organ meats • Rabbit • Sausage casing • Scallops • Tripe • Veal 	<ul style="list-style-type: none"> • Liver • Prawns • Shellfish 		<ul style="list-style-type: none"> • Fish canned in an unacceptable oil and/or with seasonings added • Gravy made from prepared mixes (i.e. stock cubes/bouillon/meat extracts/etc.) • Processed luncheon meats (many are seasoned and thus contain salicylates) • Seasoned meats (e.g. salami, sausages, frankfurters and hot-dogs)

DAIRY & SOY:

NEGLIGIBLE	LOW	MODERATE	HIGH
<ul style="list-style-type: none"> • Butter • Cream Cheese (not blue vein) • Milk • Yoghurt (natural only) • Ice Cream • Rice Milk • Goat Milk • Soy Milk • Tofu 		<ul style="list-style-type: none"> • Blue vein Cheese 	

NUTS & SEEDS:

NEGLIGIBLE	LOW	MODERATE	HIGH
<ul style="list-style-type: none"> • Poppy seed 	<ul style="list-style-type: none"> • Cashews • Hazelnuts • Pecan • Sunflower seeds 	<ul style="list-style-type: none"> • Desiccated coconut • Peanut Butter • Pumpkin seeds • Sesame seeds • Walnuts 	<ul style="list-style-type: none"> • Almond • Brazil nuts • Macadamia nuts • Peanuts with skins on • Pine nuts • Pistachio • Water chestnut

BAKING SUPPLIES:

NEGLIGIBLE	LOW	MODERATE	HIGH
<ul style="list-style-type: none"> • Arrowroot • Corn starch (also known as corn flour in Australia) • Golden Syrup Malt • Malt extract • Poppy seeds • Rice Flour • Rye Flour Sago • Soy Flour Sugar • Sugar (brown, castor, granulated, icing, powdered) • Tapioca • Wheat Flour 		<ul style="list-style-type: none"> • Sesame seeds 	<ul style="list-style-type: none"> • Corn syrup

SEASONINGS, CONDIMENTS, SAUCES & TOPPINGS:

NEGLIGIBLE	LOW	MODERATE	HIGH	
<ul style="list-style-type: none"> • Golden Syrup • Malt Vinegar • Maple Syrup (pure) • Salt 	<ul style="list-style-type: none"> • Apple Butter (only if homemade from acceptable varieties of apples) • Chives • Fennel – dried • Garlic • Parsley (except chinese parsley also known as coriander) • Saffron • Shallots • Soy Sauce (if free of spices) 	<ul style="list-style-type: none"> • Fresh Coriander Leaves (also known as chinese parsley) • Horseradish • Mayonnaise 	<ul style="list-style-type: none"> • All Spice • Bay leaf • Caraway • Aniseed • Basil • Black pepper • Cardamom • Cinnamon • Cayenne • Celery powder • Chilli flakes • Chilli Powder • Cider Vinegar • Commercial Gravies & Sauces • Cloves • Coriander • Ginger Mixed herbs • Cumin • Curry • Dill • Fenugreek • Fish, meat, and tomato pastes • Garam masala • Ginger 	<ul style="list-style-type: none"> • Honey • Jam/Jelly (all commercial varieties) • Liquorices • Mace • Marmite • Mint • Mustard • Mustard • Nutmeg • Oregano • Paprika • Peppermint • Pimiento • Rosemary • Sage • Tabasco • Tarragon • Thyme • Turmeric • Vegemite & other Yeast Extracts • White pepper • White Vinegar • Wine Vinegar • Worcester Sauce

FATS & OILS:

NEGLIGIBLE	LOW	MODERATE	HIGH
<ul style="list-style-type: none">• Butter• Tallow• Dripping• Duck Fat• Lard	<ul style="list-style-type: none">• Ghee	<ul style="list-style-type: none">• Almond Oil• Corn Oil• Peanut Oil	<ul style="list-style-type: none">• Coconut Oil• Copha• Olive Oil• Sesame oil• Walnut Oil

GRAINS:

NEGLIGIBLE	LOW	MODERATE	HIGH
<ul style="list-style-type: none">• Barley• Buckwheat• Millet• Oats (plain)• Rice• Rice cereals (plain)• Rye• Wheat			<ul style="list-style-type: none">• Breakfast cereals that include fruit, nuts, honey or coconut• Corn/maize cereals• Cornmeal• Flavoured breakfast cereals• Maize Polenta

SWEETS:

NEGLIGIBLE	LOW	MODERATE	HIGH
<ul style="list-style-type: none"> • Carob • Cocoa • Homemade caramel • Maple Syrup • White Sugar 	<ul style="list-style-type: none"> • Caramel • Golden Syrup • Malt Extract 	<ul style="list-style-type: none"> • Molasses • Raw Sugar 	<ul style="list-style-type: none"> • Chewing gum • Fruit flavours • Honey • Honey flavours • Jam (except pear, preferably homemade) • Liquorices • Mint flavoured sweets • Peppermints

COMMERCIAL SNACKS:

NEGLIGIBLE	LOW	MODERATE	HIGH
	<ul style="list-style-type: none"> • Plain potato chips (read the ingredients list) 	<ul style="list-style-type: none"> • Apple chips (only if homemade from acceptable varieties of apples) 	<ul style="list-style-type: none"> • Chewing gum (all flavours) • Fruit flavoured candy, gelato, ices, popsicles, sherbet, sorbet & sweets • Licorice/liquorices (all flavours) • Mint/peppermint/wintergreen flavoured candy/sweets • Pickles (and anything pickled) • Popcorn