

Salicylate Fact Sheet

What are Salicylates?

Salicylates are organic compounds that can affect our 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, fungi and bacteria. 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
- Eczema
- Rhinitis
- Conjunctivitis
- Stomach ache

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.



Foods high in salicylates

Fruits

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

The large range of apple varieties today mean they are difficult to categorise

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

*Contain naturally occurring glutamates or added MSG
High in amines

Foods high in salicylates

Vegetables

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

Nuts & Snacks

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

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High in amines

Foods high in salicylates

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 & tomato pastes #

Beverages

Negligible	Low	Moderate	High	Very High
Decaf Coffee - all brands Milo Ovaltine Carob powder Milk (cows, goats) Soy Milk Pear Juice (home made) 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 * #

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High in amines