

# SALICYLATE SENSITIVITY FOOD GUIDE

## WHAT ARE SALICYLATES?

Salicylates are chemicals that occur naturally in many plants, including many fruits, vegetables, herbs, spices, teas, seeds, flowers and bark. Salicylates in plants act as a natural immune hormone and preservative, protecting the plants against diseases, insects, pests, fungi, and harmful bacteria. Salicylates are natural regulators of growth, flowering, ripening and ageing. Higher quantities of salicylates are found in firm unripe fruit and lowest when ripe fruit is ready to drop off the plant. Salicylates exist mainly in the skin zone (skin and just under the skin) and are concentrated by processing as in fruit or vegetable juices, sauces, pastes, powders, jams, syrups and flavourings.

Salicylates are also created synthetically and can be found in many medicines (ie. aspirin), perfumes, preservatives, industrial chemicals, plastics and some pesticides.

## WHAT ARE SOME OF THE SYMPTOMS OF SALICYLATE SENSITIVITY?

- headaches or migraines
- itchy skin rashes such as hives (urticaria), eczema and others
- irritable bowel symptoms – reflux in babies or adults, nausea, vomiting, stomach bloating and discomfort, wind, diarrhoea and/or constipation
- bedwetting, cystitis
- asthma, stuffy or runny nose, nasal polyps, frequent throat clearing
- conjunctivitis
- behaviour problems such as irritability, restlessness, inattention, oppositional defiance, symptoms of ADHD
- sleep disturbance - difficulty falling asleep, night terrors, frequent night waking, sleep apnoea, insomnia
- anxiety, depression, panic attacks
- rapid heartbeat and arrhythmias
- tinnitus, hearing loss
- joint pain, arthritis, and more ....

<b>SWEETS</b>				
<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Carob Cocoa Homemade caramel Maple Syrup White Sugar	Caramel Golden Syrup Malt Extract Toffee	Molasses Raw Sugar		Chewing gum Fruit flavours Honey Jam Liquorices Mint flavoured sweets Peppermints

<b>FRUIT</b>				
<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Banana Canned Pear Lime Pear (ripe and peeled)	Apple – golden delicious Nashi Pears Papaya Paw Paw Tamarillo	Apple – red delicious Fig Custard apple Lemon Loquat Mango Passion fruit Pear (w/peel) Persimmon Pomegranate Rhubarb	Apples Grapefruit Kiwi fruit Lychee Mandarin Melons Mulberry Nectarine Peach Watermelon	All dried Fruits Apricot Avocado Blackberry Blackcurrant Blueberry Boysenberry Cherries Cranberry Currant Date Grape Guava Orange Pineapple Plum Prune Raisin Raspberry Redcurrant Rockmelon Strawberry Sultana Tangelo Tangerine

<b>NUTS &amp; SEEDS</b>				
<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Poppy seed	Cashews Hazelnuts Pecan Sunflower seeds	Brazil nuts Coconut Macadamia nuts Peanuts Pine nuts Pistachio nuts Pumpkin seeds Sesame seeds Walnuts		Almond Peanuts with skins on Water chestnut

<b>VEGETABLES</b>				
<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
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 and peeled) Swede	Asparagus Bean Sprouts Borlotti beans Brussels sprouts Cabbage (red) Cauliflower Chickpeas Chives Choko Green Beans Green Peas Leek Mung bean sprouts Onion Potato (white with peel) Shallots Yellow split peas	Asparagus-tin Aubergine – peeled Beetroot Black Olives Carrot Fresh Tomato Frozen Spinach Lettuce (other than iceberg) Marrow Mushrooms Parsnips Potato (new and red Pontiac) Pumpkin Snow Peas Sprout Sweet corn Turnip	Alfalfa sprouts Artichoke Aubergine with peel Broad bean Broccoli Canned black olive Cucumber Eggplant Spinach Okra Radish Sweet Potato Watercress Zucchini	Canned Green Olives Capsicum Champignon Chicory Chilli peppers Courgette Endive Gherkin Hot pepper Peppers Radish Tomato Products Water Chestnut

<b>FATS &amp; OILS</b>				
<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Butter Canola Oil Margarine Safflower Oil Soy Oil Sunflower Oil	Ghee	Almond Oil Corn Oil Peanut Oil	Copha Sesame oil Walnut Oil	Coconut Oil Olive Oil

## HERBS, SPICES, SEASONINGS, CONDIMENTS, SAUCES & TOPPINGS

Negligible	Low	Moderate	High	Very High
Golden Syrup Malt Vinegar Maple Syrup (pure) Parsley Salt (sea)	Chives Fennel (dried) Garlic Saffron Shallots Soy Sauce Vanilla	Fresh Coriander Leaves Horseradish Mayonnaise	All Spice Bay leaf Caraway Cardamom Cinnamon Clove Coriander Ginger Mixed herbs Mustard Pimiento	Aniseed Basil Black pepper Cayenne Celery powder Chilli flakes Chilli Powder Cider Vinegar Commercial Gravies & Sauces Cumin Curry Dill Fenugreek Fish, meat, and tomato pastes Garam masala Ginger Honey Jam/Jelly Liquorices Mace Marmite Mint Mustard Nutmeg Oregano Paprika Peppermint Rosemary Sage Tabasco Tarragon Thyme Turmeric Vegemite and other Yeast Extracts White pepper White Vinegar Wine Vinegar Worcester Sauce

<b>GRAINS</b>				
<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Barley Buckwheat Millet Oats Rice Rice cereals Rye Wheat			Corn Maize Polenta Breakfast cereals that include fruit, nuts, honey, coconut or flavours	

<b>MEAT</b>				
<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Beef Chicken Eggs Fish Lamb Organ meats Rabbit Sausage casing Scallops Tripe Veal	Liver Prawns Shellfish		Fish canned in oil Gravy mixes (i.e. stock cubes/meat extracts/etc.)	Salami Sausages Frankfurters Hotdogs

<b>TEA, COFFEE, ALCOHOL &amp; BEVERAGES</b>				
<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Decaf Coffee Carob powder Gin Milk(goat/cow) Milo Ovaltine Pear juice (homemade) Soy milk Rice milk Vodka Water Whisky		Regular coffee Decaf Tea Herbal Tea (except Peppermint) Dandelion Tea Coca Cola Rosehip Syrup Cider Beer Sherry Brandy	Fruit juice other than pear	Teas (all other) Peppermint Tea Cordials Fruit flavoured drinks Liqueurs Port Wine Rum

<b>COMMERCIAL SNACKS</b>				
<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
	Plain potato chips (read ingredients)	Apple chips	Popcorn Popping corn	Chewing gum (all flavours) Fruit flavoured candy, gelato, ices, popsicles, sherbet, sorbet, and sweets Licorice Mint/peppermint/wintergreen flavoured candy/sweets Pickles (and anything pickled)

<b>DAIRY &amp; SOY PRODUCTS</b>				
<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Butter Cream Cheese (not blue vein) Milk Yoghurt (natural only) Ice Cream Rice Milk Goat Milk Soy Milk Tofu		Blue vein Cheese		

<b>BAKING SUPPLIES</b>				
<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Arrowroot Brown Sugar Castor Sugar Cornflour Golden Syrup Icing Sugar Malt Malt extract Poppy seeds Rice Flour Rye Flour Soy Flour Tapioca Wheat Flour		Sesame seeds	Corn Syrup	