

Salicylate content of foods

FRUITS				
Negligible	Low	Moderate	High	Very high
Banana Canned pear **** Lime Pear (ripe and peeled)	Apple – golden delicious Nashi Pears Papaya Paw Paw Tamarillo	Apple – red delicious Canned or dried Fig Canned pear**** Custard apple Lemon Loquat Mango Passion fruit Pear (w/ peel) Persimmon Pomegranate Rhubarb Fresh Tomato	Apple – all other varieties Canned Morello cherries Cantaloupe Grapefruit Kiwi fruit Lychee Mandarin Melons Mulberry Nectarine Passionfruit Peach Pomegranate Sugar banana Watermelon	All dried Fruits Apricot Avocado Blackberry Blackcurrant Blueberry Boysenberry Cherries – all other kinds Cranberry Currant Date Grape Guava Loganberry Orange Pineapple Plum Prune Raisin Raspberry Redcurrant Rock melon Strawberry Sultana Tangelo Tangerine Tomato Tomato products Youngberry

**** Canned Pear has negligible amounts of salicylate if it is in sugar syrup, but if it is in natural juices/syrups, it has a moderate amount of salicylate as these can include some peel, which contains salicylates.

VEGETABLES				
Negligible	Low	Moderate	High	Very high
Bamboo Shoots Beans (dried – not borlotti) Cabbage (green or white) Celery Green Split peas Lentils (brown) Lentils (red) Lettuce (iceberg) Peas (dried) Potato (white and peeled) Swede	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 split peas	Asparagus Asparagus - tinned Aubergine – peeled Beetroot Carrot Cauliflower Chinese vegies Fresh Tomato Lettuce (other than iceberg) Marrow Mushrooms Onion Parsnips Potato (new and red) Pumpkin	Alfalfa sprouts Artichoke Aubergine with peel Broad bean Broccoli Canned Black Olive Broad bean Cucumber Eggplant Okra Radish Sweet Potato Water chestnut Watercress Zucchini	Canned Green Olives Capsicum Champignon Chicory Chili Peppers Courgette Endive Gherkin Hot pepper Peppers Radish Tomato Tomato Products

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		Snow Peas Spinach Snow Peas Sprout Sweet corn Turnip		
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NUTS AND SEEDS				
Negligible	Low	Moderate	High	Very high
Poppy seed	Cashews Hazelnuts Pecan Sunflower seeds	Desiccated coconut Peanut butter Pecan Pumpkin seeds Sesame seeds Sunflower seeds Walnuts	Brazil nuts Macadamia nuts Pine nuts Pistachio	Almond Peanuts with skins Water chestnut

GRAINS				
Negligible	Low	Moderate	High	Very high
Barley Buckwheat Millet Oats (plain) Rice Rice cereals (plain) Rye Wheat			Breakfast cereals that include fruit, nuts, honey or coconut Corn/maize cereals Cornmeal Flavored breakfast cereals Maize Polenta	

SWEETS				
Negligible	Low	Moderate	High	Very high
Carob Cocoa Homemade caramel**** Maple Syrup White Sugar	Caramel**** Golden Syrup Malt Extract Toffee	Molasses Raw Sugar		Chewing gum Fruit flavorings Honey Honey flavors Jam (except pear, preferably homemade) Liquorices Mint flavored sweets Peppermints

**** Caramel can be made from just sugar and water or sugar and milk – both are salicylate free and therefore caramel is generally alright. However, store bought caramel can have a variety of additives and added flavourings that do contain salicylate – so be careful when buying caramel and be sure to read the ingredients.

SEASONINGS, CONDIMENTS, SAUCES AND TOPPINGS				
Negligible	Low	Moderate	High	Very high
Golden Syrup Malt Vinegar Maple Syrup (pure) Salt (sea)	Apple Butter (only if homemade from acceptable varieties of	Fresh Coriander Leaves (also known as Chinese parsley) Horseradish	All Spice Bay leaf Caraway Cardamom Cinnamon	Aniseed Basil Black pepper Cayenne Celery powder

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	apples) Chives Fennel – dried Garlic Malt Vinegar Parsley (except Chinese parsley also known as coriander) Saffron Shallots Soy Sauce (if free of spices) Pure Vanilla	Mayonnaise	Cloves Coriander Cumin Ginger Mixed herbs Mustard Pimiento Oregano Rosemary Tarragon Turmeric Other Vinegars (e.g. cider, red, white wine)	Chili flakes Chili Powder Commercial Gravies & Sauces Curry Dill Fenugreek Fish, meat, and tomato pastes Garam masala Honey Jam/Jelly (all commercial varieties – you can make your own from acceptable ingredients) Liquorices Mace Marmite Mint Mustard Nutmeg Paprika Peppermint Sage Tabasco Thyme Vegemite and other Yeast Extracts**** White pepper Worcester Sauce
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**** Yeast extracts are high but they are different from the yeast used in baking. Baking Yeast is generally ok.

FATS AND OILS				
Negligible	Low	Moderate	High	Very high
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

**** Only if it's made from vegetable oil or canola oil

MEAT				
Negligible	Low	Moderate	High	Very high
Beef Chicken Eggs Fish Lamb Organ meats Rabbit Sausage casing Scallops Tripe Veal Etc etc. ****	Liver Prawns Shellfish		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 hotdogs)

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DAIRY AND SOY PRODUCTS				
Negligible	Low	Moderate	High	Very high
Butter Cream Cheese (not blue vein) Milk Yoghurt (natural only) Ice Cream **** Rice Milk Goat Milk Soy Milk **** Tofu		Blue vein Cheese		

**** Read the label carefully – they are ok if they do not have any additives or added flavourings. With Ice cream it can be very difficult to find brands that make pure ice cream without additives. I recommend making your own.

BAKING INGREDIENTS				
Negligible	Low	Moderate	High	Very high
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		Sesame seeds	Corn Syrup	

SNACKS				
Negligible	Low	Moderate	High	Very high
	Plain potato chips (read the ingredients list)	Apple chips (only if homemade from acceptable varieties of apples)	Popcorn Popping corn	Chewing gum (all flavors) Fruit flavored candy, gelato, ices, popsicles, sherbet, sorbet, and sweets Licorice/liquorices (all flavors) Mint/peppermint/wintergreen flavored candy/sweets Pickles (and anything pickled)

DRINKS				
Negligible	Low	Moderate	High	Very high

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Decaffeinated Coffee milk (goat and cow) Ovaltine homemade pear juice soy milk rice milk water	Dandelion coffee Store bought pear juice	Coco cola Rose hip tea Rose hip syrup	regular coffee all teas Cordials and fruit flavored drinks fruit and vegetable juices	
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ALCOHOL				
Negligible	Low	Moderate	High	Very high
Gin Whiskey Vodka		Cider Beer Sherry Brandy	Liquor Port Wine Rum	

The following amounts are equivalent: (1 serve = 1 cup = 250 ml)

- 1 serve from the moderate group
- 1/10 serve from the high group
- 1/100 serve from the very high group