

# SALICYLATE FOOD GUIDE

## FRUITS

Negligible	Low	Moderate	High	Very High		
Banana	Golden Delicious Apples	Red Delicious Apple	Apple (all other varieties)	All Dried Fruits		
Canned Pear	Nashi Pears	Canned or Dried Fig	Canned Morello Cherries	Apricot		
Lime	Papaya	Canned Pear	Cantaloupe	Avocado		
Pear (ripe and peeled)	Paw Paw	Custard Apple	Grapefruit	Blackberry		
	Tamarillo	Lemon	Kiwi Fruit	Blackcurrant		
	Nashi Pears	Loquat	Lychee	Blueberry		
		Mango	Mandarin	Boysenberry		
		Passion Fruit	Melons	Cherries (all other kinds)		
		Pear (w/peel)	Mulberry	Cranberry		
		Persimmon	Nectarine	Currant		
		Pomegranate	Peach	Date		
		Rhubarb	Sugar Banana	Grape		
					Watermelon	Guava
					Loganberry	
					Orange	
					Pineapple	
					Plum	
					Prune	
					Raisin	
					Raspberry	
					Redcurrant	
Rock Melon						
Strawberry						
Sultana						
Tangelo						
Tangerine						
Youngberry						

# VEGETABLES

Negligible	Low	Moderate	High	Very High
Dried Beans (not borlotti)	Bean Sprouts	Tinned Asparagus	Alfalfa Sprouts	Canned Green Olives
Bamboo Shoots	Borlotti Beans	Peeled Aubergine	Artichoke	Capsicum
Cabbage (green or white)	Brussels Sprouts	Beetroot	Aubergine with Peel	Champignon
Celery	Red Cabbage	Black Olives	Broad Bean	Chicory
Green Split Peas	Cauliflower	Canned Asparagus	Broccoli	Chili Peppers
Lentils (brown)	Chickpeas	Carrot	Cucumber	Courgette
Potato (old/white and peeled)	Chives	Fresh Tomato	Canned Black Olive	Endive
Lentils (red)	Choko	Frozen Spinach	Eggplant	Gherkin
Lettuce (iceberg)	Fresh Asparagus	Marrow	Fresh Spinach	Hot Pepper
Dried Peas	Potato (white with peel)	Lettuce (other than iceberg)	Okra	Peppers
Dried Peas	Mung Bean Sprouts	Potato (new and red pontiac)	Radish	Tomato Products
Swede	Green Beans	Mushrooms	Fresh Spinach	Radish
	Green Peas	Parsnips	Sweet Potato	Water Chestnut
	Leek	Pumpkin	Water Chestnut	
	Onion	Snow Peas	Watercress	
	Shallots	Sprout		
	Yellow Split Peas	Sweet Corn		
		Turnip		

# NUTS AND SEEDS

Negligible	Low	Moderate	High	Very High
Poppy Seed	Cashews	Desiccated Coconut	Macadamia Nuts	Peanuts with Skins On
	Hazelnuts	Peanut Butter	Brazil Nuts	Almond
	Pecan	Pumpkin Seeds	Pine Nuts	Water Chestnut
	Sunflower Seeds	Sesame Seeds	Pistachio	
		Walnuts		

# SEASONINGS, CONDIMENTS, SAUCES AND TOPPINGS

Negligible	Low	Moderate	High	Very High	
Maple Syrup (pure)	Apple Butter (only if homemade from acceptable varieties of apples)	Fresh Coriander Leaves (also known as Chinese Parsley)	All Spice	Aniseed	
Golden Syrup	Chives	Horseradish	Bay Leaf	Basil	
Malt Vinegar	Dried Fennel	Mayonnaise	Caraway	Black Pepper	
Salt	Garlic		Cardamom	Cayenne	
	Parsley (except Chinese parsley also known as Coriander)		Cinnamon	Celery Powder	
	Saffron		Cloves	Chili Flakes	
	Apple Butter (only if homemade from acceptable varieties of apples)		Coriander	Jam/Jelly (all commercial varieties - you can make your own from acceptable ingredients)	
	Parsley (except Chinese parsley also known as Coriander)		Mixed Herbs	Commercial Gravies & Sauces	
	Soy Sauce (if free of spices)		Cloves	Fish, Meat, and Tomato Pastes	
	Shallots		Ginger	Chili Powder	
	Chives		Mustard	Cider Vinegar	
	Dried Fennel		Pimiento	Cumin	
	Garlic		All Spice	Curry	
	Shallots		Bay Leaf	Dill	
	Soy Sauce (if free of spices)		Caraway	Fenugreek	
					Dill
					Garam Masala
					Ginger
					Honey
					Liquorices
					Mace

# SEASONINGS, CONDIMENTS, SAUCES AND TOPPINGS

Negligible	Low	Moderate	High	Very High
				Marmite
				Mint
				Mustard
				Nutmeg
				Oregano
				Paprika
				Peppermint
				Rosemary
				Sage
				Tabasco
				Tarragon
				Thyme
				Turmeric
				Vegemite and other Yeast Extracts
				White Pepper
				White Vinegar
				Worcester Sauce

## FATS AND OILS

Negligible	Low	Moderate	High	Very High
Butter	Ghee	Almond Oil	Copha	Coconut Oil
Canola Oil		Corn Oil	Sesame Oil	Olive Oil
Margarine			Walnut Oil	
Safflower Oil				
Soy Oil				
Sunflower Oil				

# SWEETS

Negligible	Low	Moderate	High	Very High
Carob	Caramel	Molasses		Chewing Gum
Cocoa	Golden Syrup	Raw Sugar		Fruit Flavors
Homemade Caramel	Malt Extract			Honey
Maple Syrup				Honey Flavors
White Sugar				Jam (except Pear, preferably homemade)
Carob				Liquorices
				Mint Flavored Sweets
				Peppermints
				Chewing Gum
				Fruit Flavors
				Honey
				Honey Flavors
				Honey Flavors
				Jam (except Pear, preferably homemade)
				Liquorices
			Mint Flavored Sweets	
			Peppermints	

# GRAINS

Negligible	Low	Moderate	High	Very High
Barley / Buckwheat			Breakfast Cereals that include fruit, nuts, honey or coconut, corn/maize cereals	
Millet			Cornmeal	
Oats (plain)			Maize	
Rice			Polenta	

# GRAINS

Negligible	Low	Moderate	High	Very High
Rice Cereals (plain)			Flavored Breakfast Cereals	
Rye				
Wheat				

# MEAT

Negligible	Low	Moderate	High	Very High
Beef	Liver		Fish canned in an unacceptable oil and/or with seasonings added	Processed Luncheon Meats (many are seasoned and thus contain salicylates)
Chicken	Prawns		Gravy made from prepared mixes (i.e. stock cubes/bouillon/meat extracts/etc.)	Seasoned Meats (e.g. salami, sausages, frankfurters, and hotdogs)
Rye	Shellfish			
Fish				
Lamb				
Organ Meats				
Rabbit				
Sausage Casing				
Scallops				
Tripe				
Veal, etc...				

# DAIRY AND SOY PRODUCTS

Negligible	Low	Moderate	High	Very High
Butter		Blue Vein Cheese		
Cream				
Cheese (not blue vein)				
Yoghurt (natural only)				

# DAIRY AND SOY PRODUCTS

Negligible	Low	Moderate	High	Very High
Milk				
Ice Cream				
Rice Milk				
Goat Milk				
Soy Milk				
Tofu				

# BAKING SUPPLIES

Negligible	Low	Moderate	High	Very High
Arrowroot		Sesame Seeds	Corn Syrup	
Corn Starch (also known as corn flour in Australia)				
Golden Syrup				
Malt				
Malt Extract				
Poppy Seeds				
Rice Flour				
Rye Flour				
Sago				
Baking Supplies				
Soy Flour				
Sugar				
Sugar (brown, castor, granulated, icing, powdered)				
Tapioca				
Wheat Flour				

# COMMERCIAL 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	Chewing Gum (all flavors)
			Popping Corn	Fruit Flavored Candy, Gelato, Ices, Popsicles, Sherbet, Sorbet, and Sweets
	Licorice, Liquorices (all flavors)			
		Mint, Peppermint, Wintergreen Flavored Candy, Sweets		
	Pickles (and anything pickled)			

# BEVERAGES

Negligible	Low	Moderate	High	Very High
Decaffeinated Coffee	Dandelion Coffee	Coca Cola	Regular Coffee	
Milk (goat and cow)	Store Bought Pear Juice	Rose Hip Tea	All Teas	
Ovaltine		Rose Hip Syrup		
Homemade Pear Juice		Cordials and Fruit Flavored Drinks		
Soy Milk		Fruit and Vegetable Juices		
Rice Milk				
Water				

# ALCOHOL

Negligible	Low	Moderate	High	Very High
Gin		Cider	Liquor	
Whiskey		Beer	Port	
Vodka		Sherry	Wine	
		Brandy	Rum	