

FRUITS

Very Low Salicylate	Low Salicylate	Medium Salicylate	High Salicylate	Very High Salicylate
mango passion fruit pears pomegranate rhubarb	bread fruit casaba melon coconut Crenshaw melon figs honeydew melon kiwi kumquat lemons limes loquats papaya persimmon watermelon	avocado banana cantaloupe grapefruit cooked or canned pineapple	raw pineapple	dates guava

Fruits eliminated on Stage One: apples, apricots, berries, cherries, currants, grapes & raisins, nectarines, oranges, peaches, plums & prunes, tangerines.

SPICES, HERBS AND CONDIMENTS

Very Low Salicylate	Low Salicylate	Medium Salicylate	High Salicylate	Very High Salicylate
allspice basil bay leaf black pepper caraway cardamom fennel garlic malt vinegar nutmeg saffron white pepper	coriander soy sauce (MSG,B)	aniseed cinnamon (B) cloves cream of tartar cumin garam marsala oregano sage tarragon sweet paprika white vinegar	cayenne chili powder Chinese five spice curry dill ginger (B) hot paprika mint olives (B) pimiento rosemary turmeric	

Spices eliminated on Stage One: cloves, oil of wintergreen, red pepper, paprika, chili powder

SUGARS

No Salicylate Content	Medium Salicylate Content	High Salicylate Content
granulated sugar maple syrup	honey (wide variety of salicylate contents)	clover honey molasses

VEGETABLES

Very Low Salicylate	Low Salicylate	Medium Salicylate	High Salicylate	Very High Salicylate
bamboo shoots cabbage (green/red) celery lettuce lentils	artichokes asparagus bean sprouts beans (all dried) beets Brussels sprouts broccoli (B) carrots cauliflower (B) chives chard collard greens corn green beans kale kohlrabi leek mushrooms mustard greens onion parsley parsnips pumpkin peas (B) rutabaga sorrel sweet potato turnips turnip greens water chestnuts yams	alfalfa sprouts sweet corn baby squash white potato okra spinach (B)	broad beans chicory eggplant radish zucchini	endive

Vegetables eliminated on Stage One: cucumbers & pickles, peppers (bell & chilies), tomatoes

NUTS AND SEEDS

Very Low Salicylate	Low Salicylate	Medium Salicylate	High Salicylate	Very High Salicylate
cashews hazelnuts pecans sunflower seeds	Brazil nuts poppy seeds sesame seeds walnuts	macadamia nuts pine nuts pistachio nuts pumpkin seeds	peanuts	

Nuts eliminated on Stage One: almonds

VERY LOW OR NO SALICYLATE FOODS

No Salicylate	Negligible Salicylate	Very Low Salicylate
<p>GRAINS:</p>	<p>arrowroot powder brown rice buckwheat oatmeal millet white rice rolled rye unpearled barley wheat grains</p>	
<p>MEAT & FISH: tuna salmon oysters</p>	<p>beef lamb pork chicken</p>	<p>prawns scallops</p>
<p>DAIRY: milk cream yogurt cottage cheese white cheddar cheese</p>		<p>Camembert blue cheese</p>

OTHER FOODS, ADDITIVES, NON-FOODS TO CONSIDER

Plants that contain natural salicylate:

Often overlooked by salicylate sensitive individuals are the natural salicylate plants and flowers that grow and bloom around us and in our gardens. If you like to garden or drink herb teas you may need to be careful of the following plants. The pollen could cause problems for some, and handling the plants (especially cutting them) could cause the return of many symptoms.

All of the plant (flowers, fruits, stem, bulbs, bark and roots):

Acacia (gum Arabic)	Marigold	Rose hips (a natural source of vitamin C)
Aspen	Milkwort	Teaberry
Birch	Poplar	Tulip
Calycanthus (allspice family)	Spirea (related to the rose family of shrubs)	Violet
Camellia (tea family)		Willow
Hyacinth (lily family)		

Included in this list are all plants of the berry family (such as blackberry, strawberry) and any plant of the salicylates listed (such as peach or apple trees).

Suntan lotion salicylate additives:

The following salicylate additives may be found in suntan lotions and sun blockers:

Acetyl salicylic acid
Aluminum acetyl salicylate
Ammonium salicylate
Arthropan
Calcium acetyl salicylate
Choline salicylate
Collagenase

Para amino salicylic acid
Phenyl salicylate
Procain salicylate
Sal ethylacarbonate
Salicylamide
Salicylsalicylic acid
Santyl (santalyl salicylate)



Other sources of salicylate:

Inhaling fumes or getting anything with salicylate on the skin can cause a reaction in an extremely sensitive person.

- Lubricating oils may contain methylene disalicylic acid. (Be cautious when oiling household machinery such as sewing machines.)
- Anti-mildew products may contain salicylanilide. Interior and exterior house paints may contain anti-mildew additives.
- Eye drops used by the doctor in exams may contain salicylate.
- Wart remover topical compounds are salicylic acid.