

Salicylates

(in foods /100 g)

Moderate 0.25 – 0.49 mg

Vegetables: Asparagus (canned); Beetroot (canned); Corn (canned); Chinese vegetables; Lettuce; Marrow, Black olives (canned); Parsley; Parsnip; Potato (new and red); Pumpkin; Snow peas; Snow pea sprouts; Sweet corn; Yellow sweet potato.

Fruit: Apple (fresh Jonathan; canned apples; Grapefruit juice; Kiwi; Lychee; Loquat; Nectarine (fresh); Pear (with peel); plum; watermelon.

Nuts & Seeds: Coconut (dries); Brazil nuts

Seasonings: Fennel

Sweets & Sugars: NA

Beverages: Coffee (instant); Rosehip tea (herbal); fruit tea (herbal).

Alcoholic Beverages: Brandy; Vermouth.

High 0.5 – 1.0 mg

Vegetables: Alfalfa; Artichoke; Broad Beans; Broccoli, Chili (green & yellow); Corn (creamed); Cucumber; Eggplant; Fava Beans; Okra; Spinach (fresh); Squash; Sweet potato (white); Potato (canned); Water chestnut; Watercress.

Fruit: Apple (granny smith); Avocado (fresh); Cherries; Fig; Red grapes; Grape juice; Grapefruit (fresh); Mandarin (fresh); Mulberry, Peach (fresh canned); Tangelo (fresh).

Nuts & Seeds: Pine nuts, Macadamia nuts; Pistachio nuts.

Seasonings: Vegemite

Sweets & Sugars: Honey

Alcoholic Beverages: Sherry; Cointreau; Tia Maria.

Very high > 1.0 mg

Vegetables: Broad beans; Capsicum (green); Champignon (canned); Chili (red); Chicory, Endive, Gherkin; Green pepper; Mushroom (canned); Green olives (canned); Radish; Tomato (any concentrate or sauce); Zucchini.

Fruit: Apricots; Blackberries; Blueberries; Boysenberries; Cantaloupe; Cherries (canned); Cranberry sauce and canned; Currants; Dates; Grapes (fresh); Guava; Loganberries; Orange; Pineapple; Prunes; Raisins; Raspberries; Strawberries; Sultanas; Youngberry.

Nuts & Seeds: Almonds; Peanuts; Water Chestnuts.

Seasonings: All **Extremely high**: Allspice; Aniseed, Canella, Cheyenne, Celery, Cinnamon; Cumin; Curry powder; Dill, Fenugreek, Five Spice; Garam Masala; Ginger; Mace; Mint; Mixed Herbs; Mustard; Oregano; Paprika (hot & sweet); Pepper; Rosemary; Sage; Tarragon; Turmeric; Thyme; Worcestershire sauce.

Sweets & Sugars: Licorice; Peppermints; Honey.

Beverages: Tea (all varieties)

Alcoholic Beverages: Liqueur; Rum; Champagne; Wines.