

# Salicylates in Food

(Including foods high in salicylates you might want to avoid)

A comprehensive salicylate food list  
compiled by Tomaya Batya Weiser

<https://allergyfield.com/salicylate-allergies/>

Fruit				
Negligible	Low	Moderate	High	Very High
Pear (peeled or canned in sugar syrup)	Apple-golden delicious Nashi Pears	Apple-red delicious Custard apple Fig Lemon Loquat Mango Pear (with peel or canned in juice) Tamarillo Persimmon Rhubarb Banana Pawpaw or Papaya	Apple-Granny Smith Apple-Jonathan Blackberry Blueberry Boysenberry Avocado Kiwi fruit Lychee Mandarin Mulberry Nectarine Passionfruit Peach Pomegranate Sugar Banana Watermelon	Apricot Blackcurrant Cherry Cranberry Currant (dried) Date Grape Grapefruit Guava Loganberry Orange Pineapple Plum Prune Raisin (dried) Raspberry Redcurrant Rockmelon Strawberry Sultana (dried) Tangelo Tangerine Youngberry

Vegetables				
Negligible	Low	Moderate	High	Very High
Bamboo Shoots Beans-dried Cabbage Celery chickpea (dried) Lentils-brown Lentils-red Lettuce (iceberg) Peas-dried Potato (white peeled)	Bean – green Brussels sprout Cabbage-red Chives Choko Leek Mung bean sprouts Peas-green Shallots	Asparagus Beetroot Carrot Chinese vegetables Lettuce (other) Marrow Mushrooms Onion Parsnip Potato (new and red pontiac)	Alfalfa sprouts Artichoke Broadbean capsicum Chilli Corn Cucumber Endive Radish Water chestnut Watercress Zucchini	Broccoli Cauliflower Champignon Chicory Eggplant Gherkin Mushroom Olive Spinach Tomato and all related products

Swede		Pumpkin Snow Peas Snow Pea sprout Sweet Potato Turnip		
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### Nuts and Snacks

<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Poppy seed	Cashews Potato chips-plain	Brazil nuts Coconut Corn chips Hazel nuts Macadamia Peanuts Pecan nuts Plain Popcorn Pine nuts Pistachio nuts Pumpkin seeds Sesame seeds Sunflower seeds Tacos Walnuts		Almond Cheese flavoured snacks Fruit flavoured snacks Honey flavoured snacks Muesli bars Savoury flavoured chips and snacks Spicy flavoured snacks Water chestnut

### Sweets

<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Carob Cocoa Maple Syrup White Sugar	Caramels Golden Syrup Malt Extract Toffee Tofu ice cream	Molasses Raw Sugar		Chewing gum Fruit flavours Honey Honey flavours Jam except pear Liquorice Mint flavoured sweets Peppermints

### Herbs, Spices and Condiments

<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Parsley Salt (sea)	Chives Garlic Malt Vinegar Saffron Shallots Vanilla (pure)		All spice Bay leaf Caraway Cardamom Cinnamon Clove Coriander Cumin Ginger Mixed herbs	Aniseed Cayenne Commercial Gravies & Sauces Curry Dill Fish, meat, and tomato pastes Miso

			Mustard Nutmeg Oregano Pepper Pimiento Rosemary Tarragon Turmeric Vinegars (other, e.g. cider, red, and white wine)	Soy sauce Stock cubes Yeast extract
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Coffee				
Negligible	Low	Moderate	High	Very High
All brands of Decaffeinated coffees		All brands of regular coffee		

Tea				
Negligible	Low	Moderate	High	Very High
		Decaffeinated Tea Herbal Tea except Peppermint Tea		All other teas Peppermint tea

Cereal Coffees				
Negligible	Low	Moderate	High	Very High
		Dandelion Ecco Bambu		Natures Cuppa

Soft Drinks, Juices and Flavourings				
Negligible	Low	Moderate	High	Very High
Aktavite Milo Ovaltine Carob Powder Milk (goats, cows) Soy Milk		Coke Rosehip Syrup	Fruit Juice	Cordials Fruit flavoured drinks Chocolate flavoured drinks Vegetable juice

Pear Juice (home-made)				
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Alcohol				
Negligible	Low	Moderate	High	Very High
Gin Whisky Vodka		Cider Beer Sherry Brandy		Liqueur Port Wine Rum

Fats and Oils				
Negligible	Low	Moderate	High	Very High
Butter Margarine Canola Oil Safflower Oil (no antioxidants) Sunflower Oil (no antioxidants) Soy oil (no antioxidants)	Ghee	Almond Oil Corn Oil Peanut Oil	Coconut Oil Cophera Olive Oil Sesame oil Walnut oil	

Meat, Fish, Dairy and Eggs				
Negligible	Low	Moderate	High	Very High
Butter Cream Fresh cheese Milk (cow, goat) Plain yoghurt	Beef Chicken (no skin) Eggs Fish (fresh, white) Lamb Rabbit Veal		Aged beef Bacon Chicken liver Chicken skin Frozen fish Gravy Ham Pork Salmon Sardines Tuna  Mild cheese	Anchovies Fish Roe Fish (dried, pickled, salted, smoked) Offal Smoked meat and chicken Canned Tuna Meat pies Salami and sausages Seasoned meat  Tasty cheese

Cereals, Grains and Flours				
Negligible	Low	Moderate	High	Very High
Amaranth Arrowroot Barley Buckwheat Millet Quinoa Rice Rice flour Rolled oats Soy flour Rye flour Wheat Wheat flour			Cornflakes Cornmeal Polenta	Breakfast cereals containing fruit, honey, nuts, coconut

More Info:

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