

SALICYLATES IN FOOD

People who are allergic to aspirin must eat a low salicylate diet. The Feingold program to alleviate, among other things, Attention Deficit Hyperactivity Disorder uses a low salicylate diet.

The symptoms caused by salicylates include: asthma, breathing difficulties, hyperactivity, hives, itchy eyes, mouth ulcers, nasal polyps, sinusitis and persistent coughs.

Salicylates are present in many medicines, mouth washes, cosmetics etc.

SAFE FOODS – NEGLIGIBLE AMOUNTS IF ANY

FRUIT

Banana, lime, pear – peeled

VEGETABLES

Bamboo shoot, cabbage – green/white, celery, green split peas – dried lentils, lettuce – iceberg, swede,

Beans – dried (not borlotti). You may use canned beans but avoid any that have added ingredients such as sugar and salt. It is possible to buy beans in filtered water only and there are some organic varieties available. Check in your local health food shop.

Potatoes are fine but they must be of the old white variety and you must peel them

GRAINS

Barley, buckwheat, millet, oats, rice, rye, wheat

To avoid additives and hidden preservatives, all bread, biscuits, cakes etc should be homemade

SEEDS AND NUTS

Poppy seeds

SWEETENERS

Maple syrup, white sugar

MEAT, FISH, POULTRY AND EGGS

Meat, fish, poultry and eggs are generally salicylate free but avoid liver and prawns and do not eat any processed meat

HERBS, SPICES AND CONDIMENTS

Malt vinegar, saffron, sea salt, soy sauce (if free of spices)

OILS AND FATS

Cold pressed oils such as sunflower or soy

Butter

However, Margarine and processed rapeseed, safflower, soya bean, sunflower oils although low in salicylate are likely to contain preservatives that may mimic salicylate reactions and are best avoided.

DAIRY

Butter, cheese (not blue vein), milk, yoghurt – natural only but you can add your own fruit

MISCELLANEOUS

Carob powder, cocoa, tofu

BEVERAGES

Decaffeinated coffee, milk, home made pear juice, soya milk, rice milk, water. Ideally water should be the drink if your choice

VERY LOW

FRUIT

Golden delicious apples – peeled (green variety only), papaya (paw paw), pomegranate, tamarillo

VEGETABLES

Brussels sprouts, borlotti beans, chives, garlic, green peas, leek, mung bean sprouts, red cabbage, shallot, yellow split peas

NUTS AND SEEDS

Cashew nuts

CONDIMENTS

Golden syrup

LOW

FRUIT

Fresh figs, lemon, mango, passion fruit, persimmon, red delicious apple – peeled, rhubarb

VEGETABLES

Fresh asparagus, beetroot, cauliflower, green beans, onion, marrow, potato – white with peel, pumpkin, sweetcorn, tomato, turnip
Frozen spinach

SEEDS AND NUTS

Hazelnuts, pecan, sunflower seeds

HERBS, SPICES AND CONDIMENTS

Fresh coriander leaves

OILS AND FATS

Ghee

BEVERAGES

Dandelion coffee, shop bought pear juice

MODERATE

FRUIT

Custard apple, kiwi fruit, lychee, pear with peel

VEGETABLES

Aubergine – peeled, carrot, lettuces other than iceberg, tomato juice, mushrooms. Tinned asparagus, beetroot, black olives, sweetcorn, red potatoes

SEEDS AND NUTS

Desiccated coconut, walnuts, sesame seeds

SWEETENERS

Molasses

BEVERAGES

Coca cola, rose hip tea

HIGH

FRUIT

Avocado, most other varieties of apples, cantaloupe melon, cherries, grapefruit, mandarin, mulberry, nectarine peach, tangelo, watermelon

VEGETABLES

Alfafa sprouts, aubergine with peel, broad beans, broccoli, cucumber, tinned okra, parsnips, fresh spinach, sweet potato, tinned tomatoes and tomato puree, watercress

GRAINS

Maize

SEEDS AND NUTS

Brazil nuts, macadamia nuts, pine nuts, pistachio

HERBS, SPICES AND CONDIMENTS

Yeast extracts

OILS AND FATS

Almond oil, corn oil, peanut oil, sesame oil, walnut oil

VERY HIGH

FRUIT

Fresh apricots, blackberry, blackcurrant, blueberry, boysenberry, cranberry, fresh dates, grapes, guava, orange, pineapple, plum, strawberry, sultana

VEGETABLES

Chicory, chilli peppers, courgette, endive, tinned green olives, peppers, radish, water chestnuts

SEEDS AND NUTS

Almonds, peanuts with skins on, water chestnuts

SWEETENERS

Honey

HERBS, SPICES AND CONDIMENTS (NB due to the small weights consumed herbs and spices are not likely to cause major problems)

Basil, bay leaf, caraway, chilli powder, nutmeg, vanilla essence, white pepper

OILS AND FATS

Coconut oil, olive oil

BEVERAGES

Peppermint tea

EXTREMELY HIGH

FRUIT

Dried apricots and dates

Currant, loganberry, prunes, raisin, raspberry, red currant

VEGETABLES

Gherkins

HERBS, SPICES AND CONDIMENTS

Allspice, aniseed, black pepper, cardamom, cayenne, celery powder, cinnamon, cloves, cumin, curry powder, dill, fenugreek, garam masala, ginger, liquorice, mace, mint, mustard, oregano, paprika, rosemary, sage, tarragon, turmeric, thyme, wine and cider vinegars

BEVERAGES

Cordials and fruit flavoured drinks, fruit and vegetable juices, tea

If you are on a low salicylate diet, eat ripe fruit as salicylates levels fall as fruit ripens. Avoid colourings, benzoates and parabens.

Common mistakes are too many artificial flavours and colours, tomato puree, parsley and potatoes.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

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