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SALICYLATE INTOLERANCE

Many foods contain salicylates, which are natural chemicals, not artificially added. Total avoidance is not necessary, just a reduction in overall intake to below the level tolerated. Try to avoid group 1, which contain large amounts, totally, and limit group 2 to no more than two or three items a day.

1. High Levels:

Drinks: Tea, Coffee, Wine, Cider, Coke and other Cola drinks, Ribena, Apple, Grape, Orange and Pineapple Juice.

Fruit: All Berries and Currants, All Dried Fruit, Apples (except Golden Delicious), Apricots, Aubergines, Avocados, Cherries, Grapefruit, Grapes, Lychees, Melons, Nectarines, Peaches, Pineapples, Plums, Oranges, Tomatoes.

Nuts: Almonds, Peanuts, Waterchestnuts.

Preserves: Jams, Marmalades, jellies

Salads: Cucumber, Tomato, Watercress.

Sweets: Licorice, Strong peppermints.

Spices, Spice sauces, Cider Vinegar.

Tomato Products - ketchup, puree, beans in tomato sauce etc.

Vegetables: Asparagus, Broad Beans, Courgettes, Peppers, Radishes

Corn Products - Cornflakes, Cornflour, Corn based snacks, Sweetcorn.

2. Moderate Levels:

Fruit: Golden Delicious Apples, Lemons, Limes, Mango, Passion Fruit, Paw-paws, Pears, Pomegranates, Rhubarb.

Nuts: Coconut, Brazil, Hazelnut, Pistachio, Walnut.

Preserves: Lime Jam and Marmalade.

Veg: Cauliflower, Garlic, Marrow, Onion, Mushrooms, Parsnips, Potato (with peel), Spinach, Sweet Potato.

Drinks: Lemonade, Limeade.

3. Low Levels:

Drinks: Dandelion Coffee, Gin, Vodka, Herb Tea, Ovaltine.

Fruit: Banana, Kiwi, Pears (peeled), Pear Juice.

Salad: Celery, Lettuce.

Vegetables: Bamboo Shoots, Cabbage, Dried Beans and Peas, Green Beans, Leeks, Lentils, Potato (peeled), Shallots, Sprouts, Swede.

Other foods, with the exception of those derived from corn, contain negligible amounts of salicylate.

Remember that the amount an individual can tolerate varies from person to person. Some very sensitive people will react to very low levels, and the only way to discover the tolerable level is by trial and error. Remember that over a period of some months the tolerance increases, and larger amounts may be taken without symptoms developing.