

# MMC FACT SHEET 908

## SALICYLATE CONTENT OF FOODS

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Salicylates are organic compounds that can affect the human body, and occur naturally in many fruits, vegetables, and herbs. Plant salicylates are stored in the bark, leaves, roots, and seeds of plants and act as a preservative, preventing rotting and protecting against harmful insects, bacteria and fungi. Salicylates can also be created synthetically and are contained in many medicines, such as aspirin, as well as in perfumes and preservatives. In high enough doses, salicylates are harmful to everyone, but most people can handle them without any adverse effects on their health. However there is a small percent of the population - adults and children - for which even a small dose of salicylate can trigger health problems such as:

- Asthma
- Eczema
- Rhinitis
- Conjunctivitis
- Stomach ache

The amount and type that can be tolerated vary slightly from person to person, and there can be a cumulative effect in the body over time. The inability of the body to handle more than a certain amount of salicylates at any one time is called Salicylate Sensitivity, where a person may have difficulty tolerating certain fruits, vegetables, or any products that contain aspirin. The reaction to a natural salicylates found in healthy foods can be as severe as that to a synthetic additive, if the person is highly sensitive.

### Avoiding Salicylates

The salicylate level in food can vary, with raw foods, dried foods and juices containing higher levels than the same cooked foods. They can also be found in flavoured products such as sweets, toothpaste, and chewing gum. Salicylates are highest in unripened fruit and decrease as fruit ripens. They are often concentrated just under the skin of fruit and vegetables and in the outer leaves of vegetables. All fruit and vegetables should be ripe and thickly peeled. Do not eat the outer leaves of leafy vegetables. All fresh meat, fish, shellfish, poultry, eggs, dairy products, cereals, bread are low in salicylates

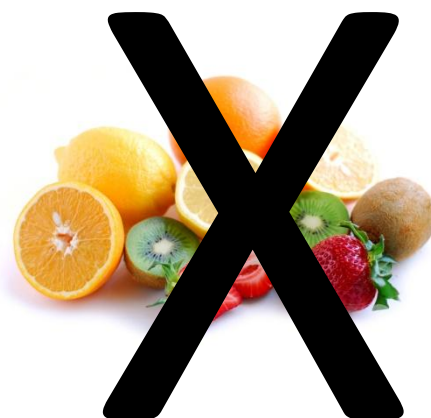
The table below lists foods high in salicylates, with naturally occurring glutamates or added MSG

marked \* . Those marked # are also high in amines . A more complete list of amine contents can be found in Fact Sheet 907, the Amine List.

The following amounts are equivalent:

- 1 serve from the MODERATE group
- 1/10 serve from the HIGH group
- 1/100 serve from the VERY HIGH group

1 Serve = 1 Cup = 250 ml



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Fruit				
Negligible	Low	Moderate	High	Very High
Banana # Pear (peeled)	Apple – golden Pawpaw or papaya # Nashi Pear	Apple – red Fig # Lemon # Loquat Mango Pear with peel Tamarillo #	Apple – Granny Smith Apple - Jonathon Avocado # Grapefruit Kiwifruit # Lychee Mandarin # Nectarine Passionfruit # Peach Pomegranate Watermelon	Apricot Blackberry Blackcurrant Blueberry Boysenberry Cherry Cranberry Currant (dried) Date # Grape * # Guava Orange Pineapple Plum Prune Raisin (dried) Raspberry Rockmelon Strawberry Sultana (dried) Tangelo Tangerine
<i>The huge variety of apple varieties today mean they are hard to categorise</i>				

Vegetables				
Negligible	Low	Moderate	High	Very High
Bamboo Shoots Beans - dried Cabbage Celery Lentils - brown Lentils - red Lettuce (iceberg) Peas - dried Potato (white peeled) Swede	Bean – green Brussels Sprout Cabbage - red Chives Choko Leek Mung bean sprouts Peas-green * Shallots	Asparagus Beetroot Broccoli * # Carrot Cauliflower # Chinese vegies Kumara Lettuce (other) Marrow Mushrooms * # Onion Parsnip Potato (new and red) Pumpkin Spinach # Snow Peas Sweet corn * Turnip	Alfalfa sprouts Artichoke Broad bean Chilli Cucumber Eggplant # Radish Tomato * # Water Chestnut Watercress Zucchini	Capsicum Chicory Endive Gherkin Olive # Radish <b>Tomato Products * #</b>

Sweets				
Negligible	Low	Moderate	High	Very High
Carob Cocoa # Maple Syrup White Sugar	Caramels Golden Syrup Malt Extract Toffee	Molasses Raw Sugar		Chewing Gum Fruit Flavourings Honey Honey flavours Jam Liquorice Mints and Peppermints

**Butter, Margarine, Sunflower and Canola Oil have negligible salicylates, while other oils like Olive and Peanut are moderate to high.**

Nuts and Snacks				
Negligible	Low	Moderate	High	Very High
Poppy Seed	Cashews Plain Potato Chips	Brazil Nut # Coconut # Corn chips * Hazel Nut #% Macadamia # Peanut # Pecan Nut # Plain Popcorn Pinenuts # Pistachio Nuts # Pumpkin Seeds Sesame seeds # Sunflower seeds # Taco Shells * Walnuts #		Almond Muesli Bars Water Chestnut <b>Savoury flavoured chips and snacks *</b>

Herbs, Spices and Condiments				
Negligible	Low	Moderate	High	Very High
Parsley Salt (sea)	Chives Garlic Malt Vinegar # Saffron Soy Sauce * # Vanilla (pure)		Allspice Bay leaf Caraway Cardamom Cinnamon Clove Coriander Cumin Ginger Mixed Herbs Mustard Nutmeg Oregano Pepper Pimiento Rosemary Tarragon Turmeric Other Vinegars (e.g. cider, red, white wine)	Aniseed Cayenne Commercial Gravies & Sauces Curry Dill Fish, meat, and tomato pastes #

Beverages				
Negligible	Low	Moderate	High	Very High
Decaf Coffee - all brands Milo Ovaltine Carob powder Milk (cows, goats) Soy Milk Pear Juice (homemade) Gin Whisky Vodka		Regular Coffee – all brands Decaf Tea Herbal Tea except peppermint Dandelion Tea Ecco Coca Cola Rosehip Syrup Cider Beer # Sherry * # Brandy * #	Fruit Juice other than pear	All other teas Peppermint Tea Cordials Fruit flavoured drinks Liqueurs Port * # Wine * # Rum * #