



# The Low Salicylate Diet

Salicylates are a class of phenol compound (a type of aromatic ring) bound to an –OH (hydroxyl) group that occur in plants/plant foods. This diet can help reduce symptoms and provide a chance to improve biochemical pathways, possibly increasing tolerance. Over time many people begin tolerating more salicylate/phenol foods.

## Vegetables

Negligible	Low	Moderate	High	Very High
Bamboo Shoots	Bean Sprouts	Tinned Asparagus	Alfalfa Sprouts	Bottled Green Olives
Dried Beans (except Borolotti)	Borolotti Beans	Peeled Eggplant	Artichoke	Capsicum
Green and White Cabbage	Brussel Sprouts	Beetroot	Unpeeled Eggplant	Tinned Mushrooms
Celery	Red Cabbage	Black Olives	Broad Bean	Chicory
Dried Green Peas	Cauliflower	Carrot	Bottled Black Olives	All Peppers
Brown and Red Lentils	Chickpeas	Fresh Tomato	Cucumber	Courgette
Iceberg Lettuce	Chives	Frozen Spinach	Fresh Spinach	Endive
Peeled White Potato	Choko	Lettuce other than Iceberg	Okra	Gherkin
Swede	Fresh Asparagus	Marrow Squash	Radish	Tomato products
	Green Beans	Mushrooms	Sweet Potato	
	Green Peas	Parsnip	Water Chestnut	
	Leek	New and Red Pontiac Potato	Watercress	
	Mung Bean Sprouts	Pumpkin	Unpeeled Zucchini	
	Onion	Snow Peas		
	White Potato with Peel	Fresh Sprouts		
	Shallots	Sweet Corn		
	Yellow Split Peas	Turnip		
		Peeled Zucchini		

DISCLAIMER: this guide is not intended as medical advice. If you are a patient, please ask your medical provider if these products are indicated in your case.

## Fruits

Negligible	Low	Moderate	High	Very High
Banana	Golden Delicious Apple	Red Delicious Apple	All Other Varieties of Apple	All Dried Fruit
Tinned Pear in syrup	Nashi Pear	Tinned Pear in juice	Tinned Morello Cherries	Apricot
Lime	Paw-Paw	Tinned or Dried Fig	Grapefruit	Avocado
Peeled Ripe Pear	Tamarillo	Custard Apple	Kiwi Fruit	All Berries
		Lemon	All Melons	Cherries
		Loquat	All Stone Fruit	Cranberry
		Mango	Sugar Banana	Black and Red Currant
		Passion Fruit		Date
		Unpeeled Pear		Grape
		Persimmon		Guava
		Pomegranate		Orange/Tangelo
		Rhubarb		Pineapple
				Plum
				Rock Melon

## Seeds & Nuts

Negligible	Low	Moderate	High	Very High
Poppy Seed	Cashews	Desiccated Coconut	Brazil Nut	Almond
	Hazelnut	Peanut/ no skin	Macadamia	Peanut/ with skin
	Pecan	Pumpkin Seed	Pine Nut	Water Chestnut
	Sunflower Seed	Sesame Seed	Pistachio	
		Walnut		

## Sweets (a sugar free diet is highly recommended for optimal health)

Negligible	Low	Moderate	High	Very High
Carob	Golden Syrup	Molasses	Honey	
Cocoa	Caramel and Toffee made with sugar and water/cream	Raw Sugar	Jam except Pear	
Maple Syrup	Paw-Paw	Brown Sugar	Mint Flavouring	
White Sugar	Tamarillo	Coconut Sugar	Peppermint	
			Licorice	

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## Cold Pressed Organic Oils and Grass-fed Fats

Negligible	Low	Moderate	High	Very High
Butter	Ghee	Almond	Avocado	Olive
Sunflower	Rice Bran	Corn	Macadamia	Coconut
		Peanut	Sesame	
			Walnut	

## Grass Fed Meat, Grass Fed Poultry and Seafood

Negligible	Low	Moderate	High	Very High
Beef	Liver		Tinned Fish with added seasoning and unacceptable oils	All processed meat products and small goods
All Poultry	Prawns		Stock cubes	
Eggs	Mussel/Pippi/ other shellfish			
Lamb				
Rabbit				
Scallops				

## Dairy foods and Alternative Beverages

Negligible	Low	Moderate	High	Very High
Butter		Blue Vein Cheeses		
Cream				
Milk: Cow/Goat/ Sheep/ Buffalo				
Natural Yogurt				
Hard Cheeses				
Rice Milk				
Soy Milk				
Tofu				

## Beverages

Negligible	Low	Moderate	High	Very High
Decaffeinated Coffee	Dandelion Coffee	Rosehip Tea and Syrup	Coffee	
Homemade Pear Juice	Store Bought Pear Juice		Tea	
Milk: Cow/Goat/Sheep/ Buffalo			Fruit and Vegetable	
			Juices	

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