

FRUITS

Negligible: Banana, Canned Pear*, Lime, Pear (ripe and peeled)

Low: Apple (golden delicious), Nashi Pears, Papaya, Tamarillo

Moderate: Apple (red delicious), Canned or dried Fig, Canned pear*, Custard apple, Lemon, Loquat, Mango, Passion fruit, Pear (w/ peel), Persimmon, Pomegranate, Rhubarb

High: Apple (all other varieties), Canned Morello cherries, Cantaloupe, Grapefruit, Kiwi fruit, Lychee, Mandarin, Melons, Mulberry, Nectarine, Peach, Sugar banana, Watermelon

Very High: All dried Fruits, Apricot, Avocado, Blackberry, Blackcurrant, Blueberry, Boysenberry, Cherries (all other kinds), Cranberry, Currant, Date, Grape, Guava, Loganberry, Orange, Pineapple, Plum, Prune, Raisin, Raspberry, Redcurrant, Rock melon, Strawberry, Sultana, Tangelo, Tangerine.

*Canned Pear has negligible amounts of salicylate if it is in sugar syrup, but if it is in natural juices/ syrups, it has a moderate amount of salicylate as these often contain some peel, which contains salicylate.

VEGETABLES

Negligible: Bamboo Shoots, Beans (dried - not borlotti), Cabbage (green or white), Celery, Green Split peas, Lentils (brown), Lentils (red), Lettuce (iceberg), Peas (dried), Potato (old/white and peeled), Swede.

Low: Bean Sprouts, Borlotti beans, Brussels sprouts, Cabbage (red), Cauliflower, Chickpeas, Chives, Choko, Fresh Asparagus, Green Beans, Green Peas, Leek, Mung bean sprouts, Onion, Potato (white with peel), Shallots, Yellow split peas

Moderate: Asparagus (tinned), Aubergine (peeled), Beetroot, Black Olives, Canned Asparagus, Carrot, Fresh Tomato, Frozen Spinach, Lettuce (other than iceberg), Marrow, Mushrooms, Parsnips, Potato (new and red Pontiac), Pumpkin, Snow Peas, Sprout, Sweet corn, Turnip

High: Alfalfa sprouts, Artichoke, Aubergine with peel, Broad bean, Broccoli, Canned black olive, Cucumber, Eggplant, Fresh Spinach, Okra, Radish, Sweet Potato, Water chestnut, Watercress, Zucchini

Very High: Canned Green Olives, Capsicum, Champignon, Chicory, Chili peppers, Courgette, Endive, Gherkin, Hot pepper, Peppers, Radish, Tomato, Tomato Products, Water Chestnut

NUTS & SEEDS

Negligible: Poppy seed

Low: Cashews, Hazelnuts, Pecan, Sunflower seeds

Moderate: Desiccated coconut, Peanut Butter, Pumpkin seeds, Sesame seeds, Walnuts

High: Brazil nuts, Macadamia nuts, Pine nuts, Pistachio

Very High: Almond, Peanuts with skins on, Water chestnut

SWEETS

Negligible: Carob, Cocoa, Homemade caramel*, Maple Syrup, White Sugar

Low: Caramel*, Golden Syrup, Malt Extract

Moderate: Molasses, Raw Sugar

Very High: Chewing gum, Fruit flavors, Honey, Honey flavors, Jam (except pear, preferably homemade), Liquorices, Mint flavored sweets, Peppermints

* Caramel can be made from just sugar and water or sugar and milk – both are salicylate free and therefore caramel is generally alright. However, store bought caramel can have a variety of additives and added flavorings that do contain salicylate – so be careful when buying/eating caramel and be sure to read the ingredients

SEASONINGS, CONDIMENTS, SAUCES & TOPPING

Negligible: Golden Syrup, Malt Vinegar, Maple Syrup (pure), Salt

Low: Apple Butter (only if homemade from acceptable varieties of apples), Chives, Fennel (fried), Garlic, Parsley (except Chinese parsley also known as coriander), Saffron, Shallots, Soy Sauce (if free of spices)

Moderate: Fresh Coriander Leaves (also known as Chinese parsley), Horseradish, Mayonnaise

High: All Spice, Bay leaf, Caraway, Cardamom, Cinnamon, Cloves, Coriander, Ginger, Mixed herbs, Mustard, Pimiento

Very High: Aniseed, Basil, Black pepper, Cayenne, Celery powder, Chili flakes, Chili Powder, Cider Vinegar, Commercial Gravies & Sauces, Cumin, Curry, Dill, Fenugreek, Fish, meat and tomato pastes, Garam masala, Ginger, Honey, Jam/Jelly (all commercial varieties – you can make your own from acceptable ingredients), Liquorices, Mace, Marmite, Mint, Mustard, Nutmeg, Oregano, Paprika, Peppermint, Rosemary, Sage, Tabasco, Tarragon, Thyme, Turmeric, Vegemite and other Yeast Extracts*, White pepper, White Vinegar, Wine Vinegar, Worcester Sauce

* Yeast extracts are high but they are different from the yeast used in baking. Baking Yeast is generally ok.

FATS & OILS

Negligible: Butter, Canola Oil, Margarine*, Safflower Oil, Soy Oil, Sunflower Oil

Low: Ghee

Moderate: Almond Oil, Corn Oil, Peanut Oil

High: Copha, Sesame oil, Walnut Oil

Very High: Coconut Oil, Olive Oil

* Only if it's made from vegetable oil or canola oil

GRAINS

Negligible: Barley, Buckwheat, Millet, Oats (plan), Rice, Rice cereals (plan), Rye, Wheat

High: Breakfast cereals that include fruit, nuts, honey or coconut- Corn/maize cereals, Cornmeal, Flavored breakfast cereals, Maize, Polenta

MEAT

Negligible: Beef, Chicken, Eggs, Fish, Lamb, Organ meats, Rabbit, Sausage casing, Scallops, Tripe, Veal, Etc*

Low: Liver, Prawns, Shellfish

High: Fish canned in an unacceptable oil and/or with seasonings added, Gravy made from prepared mixes (i.e. stock cubes/bouillon/meat extracts/etc.)

Very High: Processed luncheon meats (many are seasoned and thus contain salicylates), Seasoned meats (e.g. salami, sausages, frankfurters, and hotdogs).

* Most meat, fish and poultry are salicylate free, but you should avoid meats that have been processed or seasoned as they often contain salicylates.

DAIRY & SOY PRODUCTS

Negligible: Butter, Cream, Cheese (not blue vein), Milk, Yoghurt (natural only), Ice Cream*, Rice Milk, Goat Milk, Soy Milk*, Tofu

Moderate: Blue vein Cheese

* Be sure to read the label carefully on these things, they are ok only if they do not have any additives or added flavorings. With Ice cream it can be very difficult to find brands that make pure and plain ice cream without all the additives (though there are a few out there), I recommend just making your own.

BAKING SUPPLIES

Negligible: Arrowroot, Corn starch (also known as corn flour in Australia), Golden Syrup, Malt, Malt extract, Poppy seeds, Rice Flour, Rye Flour, Sago, Soy Flour, Sugar, Sugar (brown, castor, granulated, icing, powdered), Tapioca, Wheat Flour

Moderate: Sesame seeds

High: Corn Syrup

COMMERCIAL SNACKS

Low: Plain potato chips (read the ingredients list)

Moderate: Apple chips (only if homemade from acceptable varieties of apples)

High: Popcorn, Popping corn

Very High: Chewing gum (all flavors), Fruit flavored candy, gelato, ices, popsicles, sherbet, sorbet, and sweets, Licorice/liquorices (all flavors), Mint/peppermint/wintergreen flavored candy/sweets, Pickles (and anything pickled)