



What are salicylates?

Salicylates are natural chemicals found in many fruits and vegetables, herbs, nuts, teas, coffee, wine, beer, herbal medicines and spices. Artificial and natural salicylates are also present in many skin creams and perfumes.

Symptoms of salicylate sensitivity

- eczema, hives, itchy skin and other skin rashes
- headaches or migraines
- irritable bowel symptoms (wind, diarrhoea and/or constipation)
- reflux
- nausea
- vomiting
- stomach bloating and discomfort
- cystitis
- asthma
- irritability, restlessness
- allergy symptoms (stuffy or runny nose, nasal polyps, frequent throat clearing)
- behaviour problems, poor attention span, ADHD, ADD
- sleep disturbances (difficulty falling asleep, night terrors, frequent night waking, sleep apnoea)
- bedwetting
- anxiety, panic attacks
- depression
- rapid heart beat and arrhythmias
- tinnitus, hearing loss
- joint pain, arthritis

NOTE: these conditions can be caused by other factors, so speak with your doctor to rule out other factors.



Salicylate Sensitivity Food Tables

The following salicylate food tables also include MSG- and amine-containing foods (read more about MSG sensitivity at eczomalife.com).

If you have salicylate sensitivity or eczema, favour the foods in the "No Salicylates" (negligible) and "Low Salicylates" columns.

Eczema Diet foods, Stage 1, are highlighted in green

Stage 2 are highlighted in orange

FRUITS – Salicylate, MSG* and Amine^ Content

Negligible	Low	Moderate (!)	High (!!)	Very High (!!)
Banana^ Canned Pear (in sugar syrup) Pear (ripe and peeled)	Nashi Pears (peeled) Papaya (?) Paw Paw^	'Golden delicious' apple 'Red delicious' apple Canned pear (in natural juice) Custard apple Loquat Mango Pear (w/ peel) Persimmon Rhubarb	Apple – other varieties Apricot Blackberry Blackcurrant Blueberry Boysenberry Cranberry Currant Cherries Cantaloupe (rockmelon) Fig^ Grapefruit Guava Lemon^ Limes Lychee Loganberry Melons Mulberry Nectarine Peach Pomegranate Redcurrants Sugar banana^ Strawberries Watermelon	All dried fruits Avocado Dates Grapes* Kiwi fruit Mandarin Orange Passionfruit Pineapple Plum* Prune* Raisin* Raspberry Sultana* Tangelo Tangerine Tomato* Tomato products* Youngberry

*Contains MSG ^Contains Amines (histamine foods)

(?) Papaya may contain moderate salicylates



VEGETABLES – Salicylate, MSG* and Amine^ Content

Negligible	Low	Moderate (!)	High (!!)	Very High (!!)
Bamboo Shoots	Green Beans	Asparagus	Alfalfa sprouts	Aubergine^
Green beans	Bean Sprouts	Beetroot++	Artichoke	Broad bean^
Dried beans	Borlotti beans	Carrot++	Capsicum	Broccoli*^
Cabbage	Brussels sprouts	Chinese veg'	Chicory	Canned green olives^
Celery	Cabbage – red	Lettuce (other light green)	Chilli	Champignon*^
Dried peas	Cauliflower	Marrow	Endive	Courgette
Lentils	Chickpeas	Peas, fresh*	Corn	Eggplant^
Iceberg lettuce	Chives	Parsnips	Cucumber	Frozen spinach*^
Parsley	Choko	Potato (new and red Pontiac)	Okra	Gherkin^ (all pickled foods)
Potato (white and peeled)	Leek	Pumpkin	Onions	Hot pepper
Red cabbage	Mung bean sprouts	Snow Peas	Radish	Mushrooms*^
Swede	Onion	Sprouts (other)	Rocket	Olives^
	Potato (white with peel)	Sweet Potato++	Water chestnut	Spinach*^
	Shallots (scallions)	Turnip	Watercress	Tomato*^
	Yellow split peas		Zucchini	Tomato products*^

*also contains natural MSG

^also contains amines (natural histamines)

++ Beetroot, sweet potato & carrots contain moderate salicylates but they can be eaten during Stage 1 of the Eczema Diet to increase antioxidants. Look for reactions & avoid them if necessary.

NUTS + SEEDS – Salicylate, MSG* and Amine^ Content

Negligible	Low	Moderate (!)	High (!!)	Very High (!!)
Poppy seed	Raw cashews (must be raw)	Pumpkin seeds	Brazil nuts^	Almonds^
			Coconut^	Almond milk^
			Coconut milk^	Muesli bars
			Coconut water^	Peanuts with skins on
			Hazelnuts^	Nuts with spicy flavours*
			Macadamia^	
			Peanuts^	
			Peanut butter^	
			Pecans^	
			Pinenuts^	
			Pistachio^	
			Roasted cashews^	
			Sesame seeds^	
			Sunflower seeds^	
			Walnuts	
			Water chestnut	



MEATS, FISH + EGGS – Salicylate, MSG* and Amine^ Content

Negligible	Low	Moderate	High Amines (!!)	Very High Amines (!!)
Chicken (skinless) Eggs** Fish (fresh, white) Lamb Rabbit Sausage casing Veal Beef**	Prawns (!) Shellfish Scallops Canned tuna (plain in spring water) Eczema Diet Gravy (see eczema.life.com blog for recipe)		Aged meats^ (deli meats) Bouillon*^ Fish canned in oil and/or with seasonings^ Gravy* (all types except Eczema Diet recipe) Stock cubes*^ Meat extracts*^	Devon*^ Meat pies*^ Processed luncheon meats (seasonings contain amines and salicylates)^ Salami*^ Sausages*^ Frankfurters and hotdogs*^

**Can avoid these during Stage 1 Eczema Diet. Reasoning: eggs are the top allergy food for people with eczema so if you are allergic or sensitive to eggs avoid them. Beef is a highly acid-forming food so favour other meats during Stage 1. If you are vegetarian or vegan avoid meats and increase intake of eczema-safe beans and legumes (see Vegetable table for vegetarian protein sources such as lentils, beans and peas).

(!) **Prawns usually contain added sulphite preservative** so they should be avoided while you are trying to eliminate your eczema. Ask your local fishmonger for preservative-free prawns as some may be preservative-free.

DAIRY + NON-DAIRY – Salicylate, MSG* and Amine^ Content

Negligible	Low	Moderate (!)	High (!!)	Very High (!!)
Butter** Soy Milk ++ Carob powder Tofu Plain Rice Milk Most plain, unflavoured dairy products**		Blue vein Cheese^	Coconut milk^ Coconut water^	Almond Milk^

^also contains amines (or histamines)

** Avoid dairy products during Stage 1 of The Eczema Diet. One exception is pure butter (with no oils or antioxidant), which may be used in moderation if you are sure you are not allergic to dairy. Keep in mind butter is rich in saturated fat which is not good for eczema or your health in general.

++ If you live in Australia (and if you are not allergic to soy), Woolworths have an organic soy milk which is sweetened with rice malt syrup. It's called Macro Organic Soy Milk, made with whole soybean (not isolate) and it's gluten-free. Avoid products containing seaweed.



**GRAINS + BAKING INGREDIENTS – Salicylate, MSG* and Amine^
Content**

Negligible	Low	Moderate (!)	High (!!)	Very High (!!)
Arrowroot GF Barley Buckwheat GF Rolled oats (plain) Rice GF Rice cereals (plain) GF Rice Bubbles Rye Wheat (!) Corn starch GF Cornflour GF Golden Syrup Malt Malt extract Oats (plain) Poppy seeds Rice Flour GF Rye Flour Sago GF Soy Flour GF Spelt flour Tapioca GF Millet GF Quinoa GF Sugar (!) Wheat Flour (!)			Breakfast cereals that include fruit, nuts, seeds, honey or coconut^ Corn/maize cereals Cornflakes Cornmeal Flavoured cereals Maize Polenta Corn syrup Sesame seeds Cereals with cocoa^	Honey Jam

(!) May be problematic if you have eczema. Sugar and wheat are highly acid-producing, and sugar especially can contribute to eczema. Ideally, only use sugar for special occasions – birthdays, once a week treats etc.)

GF = Gluten-free grain (in America gluten-free oats are available)



FATS + OILS – Salicylate, MSG* and Amine^ Content

Negligible	Low	Moderate (!)	High (!!)	Very High (!!)
Rice Bran Oil Refined safflower Oil (no antioxidant) Sunflower Oil (no antioxidant) Butter (dairy) Ghee (dairy)		Almond Oil Corn Oil Peanut Oil Butter with added vegetable oils	Coconut oil^ Cofa^ Extra virgin olive oil^ Olive oil^ Sesame oil^ Walnut oil^	

** Avoid dairy during Stage 1 of The Eczema Diet. One exception: pure butter (with no oils or antioxidant) may be used in moderation if you are sure you are not allergic to dairy. Keep in mind butter is rich in saturated fat which is not good for eczema or your health in general.

BEVERAGES – Salicylate, MSG* and Amine^ Content

Negligible	Low	Moderate (!)	High (!!)	Very High (!!)
Carob powdered drink (non-dairy milk) Homemade pear juice (peeled pears) Homemade celery and pear juice Soy milk (e.g. Macro Organic soy milk) Rice milk Water Soda water Milk (!) Gin** Whiskey** Vodka**	Plain lemonade (unpreserved)** Decaffeinated coffee**	Coffee Decaffeinated tea	Coconut milk^ Coconut water^ Fruit flavoured drinks All fruit juices Herbal medicines	Almond Milk^ Beer^ Brandy*^ Cider^ Cordials Cola soft drinks^ Flavoured soft drinks Herbal teas Liqueur*^ Orange juice^ Peppermint tea Port*^ Rum*^ Sherry*^ Teas (all kinds) Tomato juice*^ Vegetable juice^ Wine*^ (red and white)

(!) Milk is low in chemicals but it is usually problematic if you have eczema. Avoid it during Stage 1.

** Ideally avoid unhealthy beverages on your low salicylate diet or Eczema Diet program. However, these drinks are the low-salicylate choices for special occasions and social life requirements (enjoy once a week or in moderation). If you are having decaf coffee or carob drinks, use the eczema-safe non-dairy milks listed in column 1.



CONDIMENTS, SAUCES + SPICES – Salicylate, MSG* and Amines^

Negligible	Low	Moderate (!)	High (!!)	Very High (!!)
Golden Syrup Malt extract Maple Syrup (pure) Garlic Parsley Salt (no anti-caking agent) Sea salt (no anti-caking agent) Vanilla (real, not imitation)	Chives Fennel – dried Garlic Parsley (except Chinese parsley also known as coriander) Saffron Shallots	Fresh Coriander leaves (Chinese parsley) Horseradish Malt Vinegar Mayonnaise Soy sauce*^	Bay leaf Caraway Cardamom Cayenne Cinnamon Cloves Coriander Five spice Ginger Most herbs Most spices Mace Mint Mixed herbs Mustard Nutmeg Paprika Pepper Peppermint Pimiento Rosemary Sage Tarragon Turmeric	All other spices Apple cider vinegar^ Curry powder Cider Vinegar^ Gravies*^ Sauces*^ Fish, meat, and tomato pastes*^ Honey Jam/Jelly Liquorices Lemon butter^ Marmite* Tabasco*^ Tomato sauce*^ Organic tomato sauce*^ ** Vegemite* Yeast Extracts*^ Vinegar^ Worcester* Sauces* Pickles^ (and anything pickled)

** Tomato sauce is a good source of lycopene so it is in Stage 2 of The Eczema Diet (weeks 8-12). Use in moderation only and if negative reactions occur discontinue use. Papaya and watermelon also contain lycopene and may be used as alternatives – caution with watermelon as it may be high in salicylates.)

Tips from The Eczema Diet:

Your liver processes salicylates so it's important to improve the health of your liver. Through my work with eczema patients I have found that salicylate sensitivity slowly improves if you eat a healthy diet that is also lower in salicylates (to give your liver a temporary break from salicylates). Typical low salicylate diets are often rich in sugar, wheat and dairy ... However, rather than replacing salicylate-rich foods with sugar, wheat and dairy (which are all low in salicylates but they burden your liver), eat healthy and low-salicylate recipes and Therapeutic Broth (low salicylate broth) which can be found in *The Eczema Diet*. I am also bringing out a supplement product in August 2015, which treats salicylate sensitivity and eczema. For more information see www.jolieeskin.com



SWEETS + SUGARS – Salicylate, MSG* and Amine^ Content

Negligible	Low	Moderate (!)	High (!!)	Very High (!!)
Carob powder Cocoa^^ Homemade caramel Maple Syrup Toffee (plain) White Sugar	Caramel, plain Golden Syrup Malt extract Plain potato chips (read the ingredients list) Home-made pear jam Plain lemonade ice-blocks (check ingredients list for additives)	Molasses Raw Sugar	Popcorn Popping corn Corn chips Anything with corn in it	Chewing gum Fruit flavors Honey Honey flavors Liquorices Mint flavors Fruit flavored candy, gelato, ices, popsicles sherbet, sorbet Sweets (most) Liquorice Lemon butter^ Mint/peppermint Wintergreen Pickles (anything pickled)

^^ Cocoa is very high in amines and is usually teamed with high sugar and dairy which can worsen eczema symptoms. As mentioned, a healthy diet is the way forward with salicylate sensitivity. Sugar and dairy can make your sensitivities worse as they have a negative effect on the liver.

Everything in columns 1 and 2 are fine to eat on special occasions or once a week. If you are on *The Eczema Diet* these are listed in the party-food section in the book. Refer to the recipes for eczema-friendly party treats that you can make at home.

More information: *The Eczema Diet* is a low salicylate program and the recipes are low in salicylates and other problematic chemicals including MSG and amines. The diet also works by increasing the amount of healthy alkalising foods in your diet to reduce acid and the itch. For more information see www.eczemalife.com

References

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