



Salicylate Intolerance



What are salicylates?

Salicylates are natural chemicals made by plants, found in fruits and vegetables they help protect plants against disease and insects. Extracts of salicylate have been used for thousands of years medicinally and Salicylic acid is more commonly known as aspirin, which is known to relieve pain and inflammation and lower fevers.

For most people salicylates provide the same protective effects in your body as they do for the plants that produce them. For example, those on a Mediterranean, vegetarian, or vegan diets, which are high in salicylate, have proven health benefits including a lower risks of cancer, heart disease, and diabetes.

Salicylates are not allergens, as they are not a protein which can trigger an Immunological response, and therefore cannot induce an anaphylactic reaction. Salicylates can, however, be the cause of intolerance symptoms, some of which can be severe for the sufferer, although salicylates intolerances are very rare; those who suffer from asthma are more likely to suffer symptoms.

Common foods containing Salicylates

Salicylates are present in a large number of vegetables and fruit as listed below

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| ▪ Avocados | ▪ Cherries | ▪ Peaches |
| ▪ Almonds | ▪ Coffee | ▪ Peppers |
| ▪ Apples | ▪ Courgettes | ▪ Plums |
| ▪ Apricots | ▪ Cucumbers and pickles | ▪ radishes |
| ▪ Berries including Blueberries | ▪ Grapes and raisins | ▪ spinach |
| ▪ Broccoli | ▪ Mushrooms | ▪ Tea |
| ▪ Cauliflower | ▪ Nectarines and oranges | ▪ Tomatoes |

Note: Tomatoes are very high in salicylates, be aware they can be used in salads, sauces, and added as a garnish. Also vegetables from the nightshade family, like aubergine and peppers also contain salicylates.

The salicylates found in fresh fruits are concentrated in their juices. orange, apple, grape, and grapefruit juices all contain high amounts of salicylates.

Herbs and Spices

Many herbs and spices contain salicylates, including thyme, rosemary, curry powder, paprika, garam masala, aniseed, cayenne and dill.

Drinks

Herbal teas including black and green teas all have high levels of salicylates. Also alcoholic drinks including wine, beer, rum, and sherry contain this nutrient, and should be avoided when possible.

Salicylate-Free Foods

- Chives
- Meat products (Unprocessed) including beef, fish, poultry, and lamb.
- Cereal - are generally free of salicylates. be wary of cereals with added ingredients for example those that contain almonds or peanuts are high in salicylates and should be avoided.
- Milk - All mammal produced milk is free of salicylates, as are the dairy foods produced by milk e.g. Yoghurts

Before anyone eliminating fruits, vegetables, and other nutrient-rich foods from their diet, they should talk to your doctor or a dietitian. They will help navigate food sensitivities and make sure the right balance of vitamins and minerals are being maintained when living on low or no salicylate diet.

References

For more information on foods that can be eaten visit Dr Joneja's article:

https://www.foodsmatter.com/allergy_intolerance/salicylate/articles/joneja-fibre-11-15.html

For Salicylate content of foods:

http://www.millhousemedical.co.nz/files/docs/factsheet_8_salicylates_in_foods.pdf