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SALICYLATES

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SALICYLATES

Salicylates are a family of natural plant chemicals. They act as a natural hormone and preservative, protecting the plants against diseases, insects, fungi and harmful bacteria.

Salicylates are highest in unripe fruit and decrease as fruit ripens. They are often concentrated just under the skin of the fruit or vegetable and in the outer leaves of vegetables.



For those with a Salicylate sensitivity, this is a hard one to avoid as the natural plant chemicals are in nearly all fruits, vegetables and spices in varying amounts - being **AWARE** of what you're eating within a daily intake is possibly the only way to control your **overload limit**. Keeping a **FOOD DIARY** allows you to track your intake and helps you to see your **tolerance levels**.

Synthetically produced Salicylates, from salicylic acid are found in medicines such as **aspirin**, **toothpaste**, **perfumes/fragrance** and **food preservatives**.

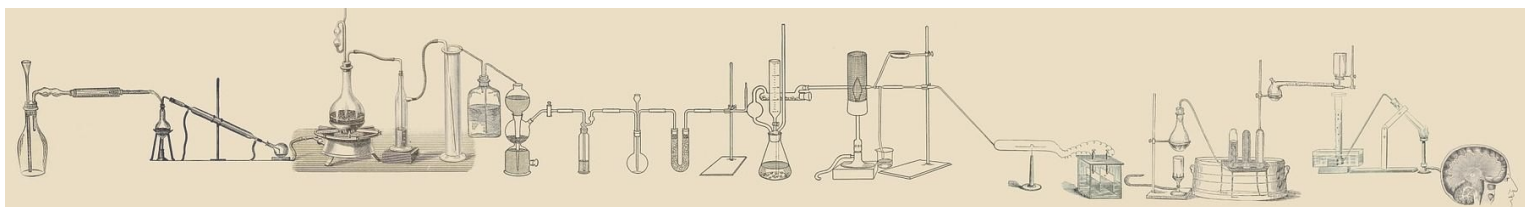
Some **Essential Oils** have varying levels of **Salicylates** - for those with an acute **Salicylate Sensitivity** essential oils are best avoided.

For further essential oil information see [Terpenes](#) in the [CanaryBird.nz A-Z Directory](#) especially if you're reacting specifically to Essential Oils and fragrance.

Salicylate symptoms are unique, wide & varied from red, tingling and swollen lips to a spreading rash, hives around the mouth, sinus congestion, head and tummy aches, wheezing and diarrhea.

The following extensive lists will help you to identify those foods which range from: **SAFE, LOW, MODERATE, HIGH, to VERY HIGH**.

Disclaimer - the information found on CanaryBird.nz is general in nature and not definitive. It offers those suffering with Chemical Sensitivities an insight into potential triggers and is not intended as medical advice or a substitute for gaining medical advice.



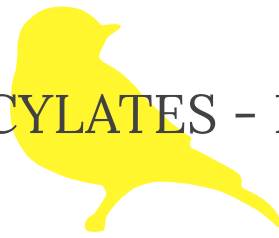


SALICYLATES

SAFE - NEGLIGIBLE

FRUIT	VEGETABLES	GRAINS	CONDIMENTS, SAUCES & SEASONING	SWEETENERS & BEVERAGES
banana (except sugar bananas)	bamboo shoots	arrowroot	malt vinegar	carob
lime	cabbage (green/white)	barley	salt	cocoa caramel (homemade)
pears (ripe & peeled)	celery	buckwheat		golden syrup
	lettuce (iceberg)	millet		maple syrup
	potato (old, white, peeled)	oats		white sugar
	swede	rice (brown & white)		
		rye		
		wheat		
MEAT, FISH & POULTRY	DAIRY, SOY & EGGS	LEGUMES, NUTS & SEEDS	FATS & OILS	PROCESSED SNACKS
beef & veal	butter	beans, dried (except borlotti)	butter	
chicken	cheeses (all except bluevein)	chickpeas	canola oil	
fish	cream	green split peas	margarine (vegetable or canola oil only)	
lamb	eggs	lentils(brown & red)	safflower oil	
organ meats	milk (cow & goat)	peas (dried)	soy oil	
pork	rice milk	poppy seeds	sunflower oil	
rabbit	soy milk	soy beans		
sausage casing	tofu			
scallops	tofu icecream			
tripe	yoghurt (natural no topping)			
turkey				

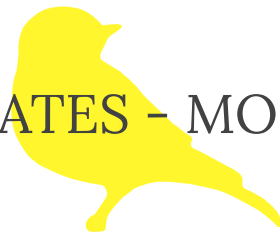
SALICYLATES - LOW



FRUIT	VEGETABLES	GRAINS	CONDIMENTS, SAUCES & SEASONING	SWEETENERS & BEVERAGES
apple (golden delicious)	asparagus (fresh)	barley	apple butter spread (golden delicious)	caramel
nashi pear	bean sprouts	oats, rolled	fennel (dried)	decaf coffee
papaya	brussel sprouts	rice flour	garlic	golden syrup
pawpaw	cabbage (red)	rye flour	parsley	lemonade
tamarillo	cauliflower	sago	saffron	malt extract
	chives	soy flour	sea salt	toffee
	choko	wheat cereals	soy sauce / tamari	
	green beans	wheat flour	vanilla	
	onion, leek, shallots			
	peas			
	potato (white)			
MEAT, FISH & POULTRY	DAIRY, SOY & EGGS	LEGUMES, NUTS & SEEDS	FATS & OILS	PROCESSED SNACKS
liver		borlotti beans	ghee	plain salted potato chips
prawns		cashews (raw)		
shellfish		hazelnuts		
		pecans		
		sunflower seeds		
		yellow split peas		

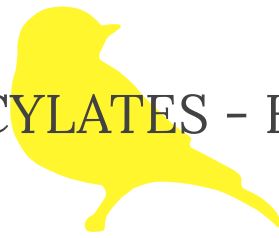


SALICYLATES - MODERATE



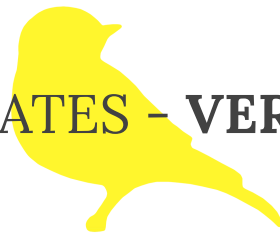
FRUIT	VEGETABLES	GRAINS	CONDIMENTS, SAUCES & SEASONING	SWEETENERS & BEVERAGES
apple (red delicious)	asparagus (tin)		coriander (fresh)	coffee
custard apple	beetroot		horseradish	dandelion coffee
figs (tin or dried)	carrot		mayonnaise	ecco
lemon	chinese vegetables			herbal tea (except peppermint)
loquat	eggplant (peeled)			molasses
mango	lettuce (other than iceberg)			raw sugar
passionfruit	mushrooms			stevia
pear (w peel or tin)	olives, black			tea (decaf)
persimmon	parsnip			tea substitutes
pomegranate	potato (new or red)			
rhubarb	pumpkin			
	seaweed			
	snow peas & snow pea sprouts			
	spinach (frozen)			
	sweet corn			
	turnip			
MEAT, FISH & POULTRY	DAIRY, SOY & EGGS	LEGUMES, NUTS & SEEDS	FATS & OILS	PROCESSED SNACKS
	blue vein cheese	coconut, desiccated	almond oil	apple chips (red/golden delicious)
		peanut butter	corn oil	
		pumpkin seeds	peanut oil	corn chips
		sesame seeds		taco shells
		walnuts		

SALICYLATES - HIGH



FRUIT	VEGETABLES	GRAINS	CONDIMENTS, SAUCES & SEASONING	SWEETENERS & BEVERAGES
apple (granny smith)	alfalfa	corn/maize cereals	allspice	all fruit juices
cantaloupe	artichoke	cornflakes	bay leaf	
cherries (tin)	broccoli	cornmeal	caraway	
currant	cucumber (w peel)	polenta	cardamom	
fig (fresh)	okra	maize	cinnamon	
kiwifruit	olives, black (tin)	breakfast cereals with fruits, nuts, honey or coconut	clove	
lychee	spinach (fresh)		coriander	
mandarin	sweet potato		five spice	
melons	tomato (fresh)		ginger	
nectarine	watercress		mustard	
peach	zucchini		pepper	
sugar banana			pimento	
watermelon				
MEAT, FISH & POULTRY	DAIRY, SOY & EGGS	LEGUMES, NUTS & SEEDS	FATS & OILS	PROCESSED SNACKS
fish (tin with safe/moderate oils or seasoning)		brazil nuts	copha	popcorn
		broad beans	sesame oil	
		cashews (roasted)	walnut oil	
		coconut		
		macadamia		
		pine nuts		
		pistachio nuts		

SALICYLATES - VERY HIGH



FRUIT	VEGETABLES	GRAINS	CONDIMENTS, SAUCES & SEASONING	SWEETENERS & BEVERAGES
all dried fruits apricots avocado berries (all) blackcurrant cherries currant dates grape grapefruit guava mandarin orange pineapple plum prune redcurrant rock melon tangelo tangerine	capsicum champignon chicory chili peppers endive gherkin olives, green peppers radish tomato products		Herbs & Spices: aniseed, basil, cayenne, chili flakes/powder, cumin, curry, dill, fenugreek, garam masala, ginger, mace, mint, mustard, nutmeg, oregano, paprika, pepper (black & white), rosemary, sage, tarragon, thyme, turmeric chili sauce curry paste fish paste gravy (commercial) meat paste stock cubes & powder tabasco sauce tomato paste/sauce vinegar (white, wine & cider) Worcestershire sauce yeast extracts	beer brandy cider cola drinks cordials & soft drinks fruit-flavoured drinks flavoured sweets/ices ginger beer honey & honey flavour jam (except pear) liqueurs liquorice mint-flavoured sweets orange juice peppermint tea peppermints rum tea tomato juice vegetable juice wine port sherry
MEAT, FISH & POULTRY	DAIRY, SOY & EGGS	LEGUMES, NUTS & SEEDS	FATS & OILS	PROCESSED SNACKS
ALL processed meats: salami, ham, sausages, hot dogs, pies etc		almonds peanuts (with skin) water chestnuts	coconut oil olive oil	

FURTHER SALICYLATE INFORMATION

Other sources of Salicylates

Aspirin and Medications

Aspirin and any medications containing aspirin or **Salicylic acid** and/or **Methyl salicylate**. Naturally, Methyl salicylate is the active ingredient in Wintergreen essential oil (also referred to as checkerberry or teaberry), the methyl ester of salicylic acid and can be *extremely* toxic especially to young children and those with a Salicylate sensitivity.

Produced by many [plants species](#), (particularly wintergreens) to help protect the plants from potential pathogens and predators. Methyl salicylate has a sweet 'minty' fruit odour, commonly synthetically produced and widely used in many products such as:

- fragrance & scent additive
- flavour - chewing gum & mints
- beverages
- insecticides & repellents
- mouthwash, rinses & sprays
- topical deep heat anti inflammatory & pain relief products

[More information on Wintergreen-oil](#)

Essential Oils

The following Essential Oils varying amounts of contain **Methyl salicylate**:

Oil of Wintergreen, Birch, Ylang Ylang, Clove, Tea Tree, Siberian ginseng, Echinacea, Meadowsweet, Ginkgo biloba, Licorice, Goldenseal, St John's wort, Korean ginseng, St Mary's thistle, Dandelion, Chaste tree, Withania.

Other essential oil may have minor salicylates, such as **benzyl salicylate** and **ethyl salicylate** - some only in trace amounts but I would strongly suggest that if you have a **Salicylate Sensitivity** to **AVOID ALL ESSENTIAL OILS**.



FURTHER SALICYLATE INFORMATION



Products

There are a variety of different products containing Salicylates, whilst this list may look quite generic, it's sometimes difficult to determine if a product is Salicylate free or not but having the awareness to potentially avoid it can minimise flares.

The below list was compiled by [SalicylateSensitivity.com](https://salicylatesensitivity.com) & [The Mayo Clinic](https://www.mayoclinic.org): for a more detailed list of medications see the links.

Products that often contain Salicylates:	Terms/Ingredients to Avoid:	Brand Names of Common Drugs containing Salicylates:
Acne products	Acetylsalicylic acid	Aspirin
Air fresheners	Aloe Vera	Acuprin 81
Alka Seltzer	Any coal tar derived dye	Amigesic
Breath savers	Artificial flavorings	Anacin Caplets and Tablets
Bubble baths	Artificial food colorings	Aspirin Regimen Bayer
Cleaning products	Aspirin	Bayer Children's Aspirin
Cosmetics	Azo dyes - yellow 5&6, red 40	Bufferin Caplets and Tablets
Detergents	Benzoates (preservatives)	Disalcid
Essential oils	Benzyl salicylate	Mobidin
Fabric conditioners	Beta-hydroxy acid	Mono-Gesic
Fragrances and perfumes	BHA	Norwich Aspirin
Gums	BHT	P-A-C Revised Formula
Hair sprays, gels and mousses	Choline salicylate	Regular Strength Ascriptin
Herbal remedies	Disalcid	Salflex
Lipsticks and Lip glosses	Ethyl salicylate	Salsitab
Lotions	Eucalyptus Oils	Sloprin
Lozenges	Isoamyl salicylate	St. Joseph Adult Chewable
Medications	Magnesium salicylate	Tricosal
Mouthwash	Menthol	Trilisate
Muscle pain creams	Methyl Salicylate	ZORprin
Pain relievers	Mint	
Pepto-Bismol	Nitrates/Nitrites	
Razors with aloe strips	Octylsalicylate	
Shampoos and Conditioners	Oil of Wintergreen	
Shaving cream	Peppermint	
Skin cleansers or exfoliants	Phenylethyl salicylate	
Soaps	Salicylaldehyde	
Sunscreens and tanning lotions	Salicylamide	
Supplements derived from rose hips or bioflavonoids	Salicylate	
Toothpaste	Salicylic acid	
Topical creams	Salsalate	
Wart or callus removers	Sodium Salicylate	
	Spearmint	

FURTHER SALICYLATE INFORMATION

For further reading on Salicylates

- [webmd.com](https://www.webmd.com) - [salicylate-allergy](#)
- [The Mayo Clinic](https://www.mayoclinic.org) - [salicylates](#)
- [Ayurvedic oils.com](https://www.ayurvedicoils.com) - [methyl salicylate](#)
- [healthline.com](https://www.healthline.com) - [salicylate-sensitivity](#)
- [sciencedirect.com](https://www.sciencedirect.com) - [methyl salicylate](#)
- [healthline.com](https://www.healthline.com) - [wintergreen-oil](#)
- [National Library of Medicine](https://www.nlm.nih.gov) - [methyl salicylates](#)



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