








## SALICYLATES IN FRUITS

NEGLIGIBLE	LOW 0.1 - 0.25MG	MODERATE 0.25 - 0.49MG	HIGH 0.5 - 1MG	VERY HIGH >1MG
<p>Banana Pear (peeled)</p> 	<p>Apple (golden and red delicious) Custard apple Fig Cherries (sour canned, morello) Grapes (green) Lemon (fresh) Mango Pawpaw Passion fruit Persimmon Pineapple juice Pomegranate Rhubarb Tamarillo</p>	<p>Apple (Jonathon) Apple (canned) Grapefruit juice Kiwi fruit Lychee Loquat Nectarine (fresh) Pear (with peel) Plum (fresh) Watermelon</p>  <p>DIET vs DISEASE</p>	<p>Apple (granny smith) Avocado (fresh) Cherries (sweet) Fig (dried) Grapes (red) Grape juice Grape fruit Mandarin Mulberry Peach (fresh and canned) Tangelo</p> 	<p>Apricot Blackberries Blueberries Boysenberries Cantaloupe Rockmelon Cherries (canned sweet) Cranberry (sauce and canned) Currants Dates Grapes (fresh) Guava Loganberries Orange Pineapple Plum (canned) Prunes Raisins Raspberry Redcurrants Strawberries Sultanas Youngberry</p>

## SALICYLATES IN BEVERAGES

NEGLIGIBLE	LOW 0.1 - 0.25MG	MODERATE 0.25 - 0.49MG	HIGH 0.5 - 1MG	VERY HIGH >1MG
<p>Cocoa powder Carob powder Coffee (De-caf) Milo Ovaltine</p> 	<p>Chamomile tea Vodka Whiskey Gin</p> 	<p>Coffee (instant) Rosehip tea Fruit herbal tea Brandy Vermouth Beer Cider</p> 	<p>Sherry Cointreau Tia Maria Fruit juices</p> 	<p>Tea (all varieties) Liqueur Peppermint tea Port Rum Champagne Wines Cordials</p> <p>DIET vs DISEASE</p>



## SALICYLATES IN VEGETABLES

NEGLIGIBLE	LOW 0.1 - 0.25MG	MODERATE 0.25 - 0.49MG	HIGH 0.5 - 1MG	VERY HIGH >1MG
Bamboo shoots Brussels sprouts Cabbage Celery Chives Choko Beans Peas (dried) Leek Lentils Iceberg lettuce Mungbean (and spouts) Potato (peeled white) Eschallots Swedes Soybeans Beansprouts	Asparagus (fresh) Beetroot (fresh) Carrot (fresh) Cauliflower Corn (fresh) French beans Horseradish (canned) Mushroom (fresh) Onion Potato (unpeeled white) Peas (fresh) Pimiento (canned) Pumpkin Spinach (frozen) Tomato (fresh) Turnip	Asparagus (canned) Beetroot (canned) Corn (canned) Bok choy Choy sum Lettuce (other than iceberg) Maize Olives (black) Parsley Parsnip Potato (red) Pumpkin Snow peas (and sprouts) Sweet con Sweet potato (yellow)	Alfalfa Artichoke Broad beans Broccoli Chili (green and yellow) Corn (creamed) Cucumber Eggplant Fava beans Okra Spinach (fresh) Squash Sweet potato (white) Tomato (canned) Water chestnut Watercress	Capsicum (green) Champignon (canned) Chili (red) Chicory Courgette Endive Gherkin Mushroom (canned) Olives (green) Pepper (sweet) Radish Tomato (paste and sauce) Zucchini

DIET vs DISEASE

## SALICYLATES IN: CULINARY HERBS, SPICES, SEASONINGS AND CONDIMENTS

NEGLIGIBLE	LOW 0.1 - 0.25MG	MODERATE 0.25 - 0.49MG	HIGH 0.5 - 1MG	VERY HIGH >1MG
Garlic (fresh) Parsley Chives Coriander Salt Vinegar (malt)	Vinegar Soy sauce Saffron Tandoori spice powder Horseradish (canned) Vanilla	Fennel	Vegemite Vinegars (red and white wine, cider and others)	All spice Anise seed Cayenne Celery Cinnamon Cumin Curry powder Dill Fenugreek Five spice Garam masala Ginger Honey Jam Mace Mint Mixed herbs Mustard Oregano Paprika (hot) Paprika (sweet) Pepper Rosemary Sage Tarragon Turmeric Thyme Worcestershire sauce



DIET vs DISEASE