

Salicylate / Aspirin Avoidance

Salicylates are found in aspirin and occur naturally in some foods. Salicylates can cause wheezing or other symptoms such as urticaria (skin rash with red, raised, itchy, bumpy skin rash that can burn or sting) in some people. If this is the case, it is important to avoid aspirin, aspirin-containing medicines and related drugs such as ibuprofen (Brufen etc), diclofenac (Volarol) and naproxen.

You should avoid foods from the 'high' group completely. Eat foods from the 'low' group freely and just eat foods from the medium group occasionally, and not in large amounts. If your symptoms improve over a couple of weeks, then you should start eating some high-salicylate foods again and see if your symptoms return (provided they are not severe) to confirm that this is the cause, thus the diagnosis of salicylate sensitivity can be made for sure. Most people can then establish their 'tolerance level' for salicylates over a period of time.

Salicylate sensitivity occurs in Samter's triad – the 3 conditions occurring together of aspirin (salicylate) sensitivity, asthma and nasal polyps / sinusitis.

Foods with a High Salicylate Content - AVOID

Fruit

Apples, Avocado, Melon, Cherries, Grapefruit, Orange (including mandarin, tangerine etc) Peach, Plum, Pineapple, Strawberry, Apricot, all berries, Currants and Sultanas, Dates, Grapes.

Vegetables

Aubergine, Broad bean, Broccoli, Cucumber, Parsnips, Spinach, Sweet potato, Tomatoes in all forms, Watercress, Chilli peppers, Marrow, Courgette, Olives, Peppers, Radish, Gherkin.

Grains

Corn

Seeds and nuts

Coconut, Chestnuts, Brazil nuts, Macadamia nuts, Pine nuts, Pistachio, Almond, Peanut, Walnut, Sesame seeds.

Miscellaneous

All herbs and spices including Celery powder, Cinnamon, Cloves, all curry spices, Ginger, Liquorice, Mint, Mustard, Paprika, Rosemary, Sage, Tarragon, Turmeric, Thyme, Wine and cider vinegars, Basil, Bay leaf, Caraway, Nutmeg, Vanilla, Pepper (black and white). Honey, Yeast extract.

Drinks

Coffee, Tea. Herbal and fruit teas, Cordials, Fruit juices. Wines.

Foods with a Moderate Level - EAT OCCASIONALLY

Fruit

Figs, Lemon, Mango, Rhubarb, Kiwi, Pear.

Vegetables

Asparagus, Beetroot, Carrot, Lettuce, Cauliflower, Green beans, Mushroom, Onion, Potato in skins, Pumpkin, Sweet corn, Turnip.

Seeds and nuts

Hazelnuts, Pecan nuts, Sunflower seeds.

Drinks

Cola drinks

Foods with a Low Level - EAT FREELY

Fruit

Banana

Vegetables

Cabbage, Celery, Lentils, Swede, Beans - dried / canned. Potato (peeled). Brussel sprouts, Garlic, Peas, Leeks.

Grains

Barley, Oats, Rice, Rye, Wheat.

Meat, fish, poultry and eggs

All Meat, Fish, Shellfish, Poultry and Eggs are salicylate free.

Herbs, spices and condiments

Malt vinegar, Sea salt, Soy sauce (if free of spices).

Nuts and seeds

Cashew nuts.

Miscellaneous

Sugar, sunflower oil, Butter, Margarine, chocolate.

Dairy

Butter, Cheese (not blue vein), Milk, Yoghurt - natural only.

Drinks

Decaffeinated coffee, Milk, Soya milk, Rice Milk, Water.