

Guidance for patients undertaking particular treatments: patient information sheets

Foods Containing Salicylates

High Levels	
Drinks	Cordials and fruit flavoured drinks, fruit and vegetable juices, tea, peppermint tea, coffee, coca cola, liquers, port, rum, wine, beer, brandy, cider, sherry.
Fruits	Apricots, dates currant, loganberry, prunes, raisin, raspberry, red currant. Blackberry, blackcurrant, blueberry, cranberry, grapes, guava, orange, Pineapple, plum, strawberry, sultana. Avocado, apples, melon, cherries, grapefruit, mandarin, mulberry, nectarine, peach. Kiwi, lychee, pear with peel.
Vegetables	Gherkins. Chicory, chilli peppers, courgette, endive, peppers, radish, water chestnut. Alfalfa, aubergine, broadbean, broccoli, cucumber, okra, parsnips, spinach, sweet potato, tomatoes, watercress. Carrot, lettuces other than iceberg, mushrooms, asparagus, beetroot, olives, sweetcorn
Spices & Herbs	Allspice, aniseed, black pepper, cardamom, cayenne, celery powder, cinnamon, cloves, cumin, curry powder, dill, fenugreek, garam masala, ginger, liquorice, mace, mint, mustard, oregano, paprika, rosemary, sage, tarragon, turmeric, thyme, wine and cider vinegars. Basil, bay leaf, caraway, chilli powder, nutmeg, vanilla essence, white pepper. Yeast extract.
Nuts & Seeds	Almonds, peanuts Brazils, Macadamia Nuts, Pine Nuts, Pistachios, Sesame Seeds, coconut, Walnuts
Miscellaneous	Aspirin, Honey, molasses, Liquorice, Peppermint Sweets, Yeast-containing Produce, coconut, olive, almond, corn, peanut, sesame and walnut oils. Many processed, tinned or packaged foods may be high in salicylates due to the foods or spices used in their composition.
Low levels	
Drinks	Dandelion Coffee, Ovaltine, milk, soya milk, rice milk, water, Gin, Vodka, whisky.
Fruits	Bananas, lime, Mangoes, Paw Paws, Peeled Pears, Pomegranates, lemon, and mango, fresh figs.

Vegetables	Bamboo shoot, All Beans (except Broad and Green Beans) can be fanned in water, Bean sprouts, Brussels sprouts, Cabbage, Celery, Leeks, Lentils, Lettuce, Peas, Peeled Potatoes, Swede, fermented Soya Products (e.g. Soya Sauce), garlic, red cabbage.
Spices & herbs	Malt vinegar, saffron, sea salt, soy sauce, fennel-dried, fresh parsley and coriander.
Nuts & Seeds	Poppy and sunflower seeds, cashew nuts, hazelnuts, pecan.