By Dag Forssell, Jan 23, 2021
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Salicylates

As discussed in

THE CARNIVORE CODE
Paul Saladino, M.D.

CHAPTER 5: OF UNICORNS AND FAIRY TALES

CHAPTER 6: ATTACK OF THE OXALATES

FREQUENTLY ASKED QUESTIONS

Text excerpted from these chapters, followed by text, tables, and comments copied from the web page listed

Reference Chapter 5

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CHAPTER 5: OF UNICORNS AND FAIRY TALES

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Salicylates—Even Asparagus And Coconut Can Harm Us

Though salicylates are not technically polyphenols, these molecules do contain one aromatic ring and are used as plants as defense hormones in response to attack.[36] They don't get as much spotlight as many of the other plant toxins, but they are common and can definitely trigger reactions in many people, especially those who have polymorphisms in the phase II detoxification enzyme used to break them down, known as phenol sulfur transferase (PST).[37] These molecules do not occur in animal foods, and blood levels are known to be higher in vegetarians.[38] Common symptoms related to salicylate sensitivity are headaches, asthma, rashes and ringing in the ears, and elimination of these toxins from the diet has been shown to benefit those with asthma and other allergic conditions who are sensitive.[39]

Foods high in salicylates include asparagus, almonds, avocados, cherries, nectarines, dates, blackberries, coconuts and coconut oil, honey, tomatoes, potatoes and eggplants, though this is not an exhaustive list. We shouldn't forget about this class of compounds if symptoms persist on a carnivore-ish diet (discussed in detail in Chapter Twelve) when foods containing them remain in our diet.

CHAPTER 6: ATTACK OF THE OXALATES

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It's pretty darn clear that oxalates don't do good things in our body and that consuming them is only going to be damaging. But also remember that oxalates are just one form of plant toxins among many. So far, we've talked about multiple plant toxins including isothiocyanates, polyphenols, salicylates, and now oxalates, but that's not the end of the plant mayhem story. In the next chapter, we'll talk about carbohydrate-binding proteins, known as **lectins**, which may also cause inflammation and trigger the immune system in negative ways. Plants are crafty little fellows who have truly evolved multiple systems of defense to discourage us from eating them. Onward!

Is coconut oil ok? What about olive oil?

Animal fats are a much richer source of fat-soluble vitamins like K2 than plant fats, and I recommend them over coconut, olive, or avocado oils when transitioning to a carnivore or carnivore-*ish* diet. Furthermore, though we often think of plant oils as only fat, they also contain proteins known as **oleosins**, which can act as *immune triggers* in some people.[13] Oleosins in peanut and sesame oils are known to cause strong allergic reactions in sensitive individuals.[14,15] Oleosins isolated from both coconut and olive oils may do the same.[16,17,18] If our goal is to eliminate the plant foods that may be triggering our immune system, *avoiding all plant oils* is a good idea.

There's a ton of hype around the polyphenols in olive oil, but I'm far from convinced that these provide a unique benefit in humans. Refer back to Chapter Five for a discussion of the not so magical nature of polyphenols. These are plant molecules made by plants, for plants, and they don't play well with our biology, nor is there solid evidence that we need them to be optimal.

Both olive oil and coconut oil also contain salicylates—yet another reason to avoid them.

Where do coconuts fall in the plant toxicity spectrum?

I would place coconuts somewhere in the middle of the spectrum. They appear to be better tolerated than other nuts and seeds but can definitely still cause issues for some people, perhaps because of their salicylate content. We spoke briefly about salicylates in Chapter Five and discussed them as a common plant toxin found in many foods.

A fairly good list of salicylate-containing foods can be found by visiting this web address:

atpscience.com/salicylate-foods-sensitivity-intolerances-and-food-list

If we are really trying to clearly understand which foods might be triggering immune reactions, coconuts are best left out of our diet. They may have a limited role in a carnivore-*ish* diet but should be reintroduced carefully with attention to possible symptoms.

https://atpscience.com/salicylate-foods-sensitivity-intolerances-and-food-list/

SALICYLATE FOODS – SENSITIVITY, INTOLERANCES AND FOOD LIST.

March 8, 2015

Please note – this page is only a guide, the list on salicylates is forever changing and we do not update this list. This is a simple blog as we saw a need to share some form of guide with everyone as there is minimal information out there.

Salicylates – What are they exactly?

Salicylates are organic chemicals that contain Salicylic acid as their foundation base found naturally in many herbs, vegetables, fruits, and nuts. Salicylates act like preservatives and a protective mechanism in foods, they prevent rot and disease and protect against pests. They are stored in the most vulnerable plant parts; the leaves, bark, roots, skin and seeds.

Salicylate load and intolerance – Why does this affect some people but not all?

We regularly consume salicylates and our body has to detoxify and clear away these chemicals before they accumulate. The Enzyme responsible for the detoxification belongs to the Phenol Sulfur-Transferase group and this as such is responsible for the break down and detoxification of Salicylates and Phenolic compounds from foods. We have a threshold for symptoms of salicylate accumulation and depending on how prevalent and active the PST Enzyme is in the body depends on your threshold to the symptoms of overload. Once our salicylate load gets to around that level we start getting allergic style inflammatory reactions. [1]

PST is a major contributor to the detoxification of these Phenols and Salycilates via phase 2 of the liver detoxification pathways here are some signs and symptoms of salicylate sensitivity:

- Headaches, migraines
- Itchy skin rashes such as hives (urticaria), eczema. Itchiness is often worse after hot shower and / or exercise
- Irritable bowel symptoms – reflux in babies or adults, nausea, vomiting, stomach bloating and discomfort, wind, diarrhoea and/or constipation
- Bedwetting, cystitis and increased frequency of urination
- Asthma, sinus congestion, itching, sneezing and excessive phlegm
- Behaviour problems such as irritability, restlessness, inattention and learning difficulties
- Sleep disturbance and sleep apnoea
- Anxiety, depression, panic attacks
- Tinnitus
- Joint pain, inflammation, and arthritis
- Swelling and fluid retention
- Mouth Ulcers or raw hot red rash around the mouth
- Persistent cough
- Sore, itchy, puffy, watery or burning eyes
- Muscle cramp, tremor, twitch

Can you test for PST Deficiency?

deficiency of this enzyme can be tested from a biopsy specimen of the liver by specialist test kits available for phenol detection but a blood test is not known. This is done usually by urine. [5]

Please note:
The Salicylate content of a particular food can vary dramatically from batch to batch. The salicylate content of a food may vary due to the following factors: season, part of plant tested (outer leaves, inner leaves, bark, skin, pulp, juice), freshness, cooked / method of cooking or raw, peeled and thickness of peeling, local variances and brand variances in farming practices and preparation, and the degree of ripeness upon harvesting. Processing techniques, preservatives, flavors and colors may all influence salicylate levels.
This list is attempting to categorize foods containing salicylates into a risk assessment profile ranging from "negligible" to "very high" for simplicity. This list provides approximate levels of salicylates measured in mg per 100g of food. When comparing lists make sure you are comparing the same unit of measurement. Also, be aware of the relevance of this unit of measurement i.e. you may be much more likely to consume a few hundred grams of berries but not likely to consume hundreds of grams of chili powder in one sitting.

The following food lists show the approximate salicylate content per 100 grams of food or beverage.

Salicylate Foods - Vegetables

VEGETABLES				
Negligible	Low 0.1 – 0.25mg	Moderate 0.25 – 0.49mg	High 0.5 – 1mg	Very High >1mg
Bamboo shoots	Asparagus (fresh)	Asparagus (canned)	Alfalfa	Capsicum (green)
Brussels sprouts	Beetroot (fresh)	Beetroot (canned)	Artichoke	Champignon (canned)
Cabbage	Carrot (fresh)	Corn (canned)	Broad beans	Chili (red)
Celery	Cauliflower	Bok choy	Broccoli	Chicory
Chives	Corn (fresh)	Choy sum	Chili (green and yellow)	Courgette
Choko	French beans	Lettuce (other than iceberg)	Corn (creamed)	Endive
Beans	Horseradish (canned)	Maize	Cucumber	Gherkin
Peas (dried)	Mushroom (fresh)	Olives (black)	Eggplant	Mushroom (canned)
Leek	Onion	Parsley	Fava beans	Olives (green)

VEGETABLES				
Lentils	Potato (unpeeled white)	Parsnip	Okra	Pepper (sweet)
Iceberg lettuce	Peas (fresh)	Potato (red)	Spinach (fresh)	Radish
Mungbean (and spouts)	Pimiento (canned)	Pumpkin	Squash	Tomato (paste and sauce)
Potato (peeled white)	Pumpkin	Snow peas (and sprouts)	Sweet potato (white)	Zucchini
Eschallots	Spinach (frozen)	Sweet con	Tomato (canned)	
Swedes	Tomato (fresh)	Sweet potato (yellow)	Water chestnut	
Soybeans	Turnip		Watercress	
Beansprouts				

Salicylate Foods - Fruits

FRUITS				
Negligible	Low 0.1 – 0.25mg	Moderate 0.25 – 0.49mg	High 0.5 – 1mg	Very High >1mg
Banana	Apple (golden and red delicious)	Apple (Jonathon)	Apple (granny smith)	Apricot
Pear (peeled)	Custard apple	Apple (canned)	Avocado (fresh)	Blackberries
	Fig	Grapefruit juice	Cherries (sweet)	Blueberries
	Cherries (sour canned, morello)	Kiwi fruit	Fig (dried)	Boysenberries
	Grapes (green)	Lychee	Grapes (red)	Cantaloupe Rockmelon
	Lemon (fresh)	Loquat	Grape juice	Cherries (canned sweet)
	Mango	Nectarine (fresh)	Grape fruit	Cranberry (sauce and canned)
	Pawpaw	Pear (with peel)	Mandarin	Currants
	Passion fruit	Plum (fresh)	Mulberry	Dates
	Persimmon	Watermelon	Peach (fresh and canned)	Grapes (fresh)
	Pineapple juice		Tangelo	Guava
	Pomegranate			Loganberries

FRUITS				
	Rhubarb Tamarillo			Orange Pineapple Plum (canned) Prunes Raisons Raspberry Redcurrants Strawberries Sultanas Youngberry

Salicylate Foods - Nuts, Seeds, Snacks, Grains

NUTS, SEEDS, SNACKS & GRAINS				
Negligible	Low 0.1 – 0.25mg	Moderate 0.25 – 0.49mg	High 0.5 – 1mg	Very High >1mg
Cashews Poppy seeds All grains (except maize)	Pecans Peanut butter Sesame seeds Hazelnuts Sunflower seeds Potato chips (plain)	Coconut (desiccated) Brazil nuts Corn chips Popcorn Pumpkin seeds Taco shells Walnuts	Pine nuts Macadamia nuts Pistachio nuts	Almonds Peanuts Chips and crackers (savory flavored)

Salicylate Foods - Culinary Herbs, Spices, Seasonings and Condiments

HERBS, SPICES, SEASONINGS & 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

Salicylate Foods - Sweets and Sugars

SWEETS & SUGARS				
Negligible	Low 0.1 – 0.25mg	Moderate 0.25 – 0.49mg	High 0.5 – 1mg	Very High >1mg
Golden syrup Maple syrup White sugar	Molasses Brown sugar			Licorice Mints and Peppermints Chewing gum Fruit flavorings

Salicylate Foods - Beverages

BEVERAGES				
Negligible	Low 0.1 – 0.25mg	Moderate 0.25 – 0.49mg	High 0.5 – 1mg	Very High >1mg
Cocoa powder Carob powder Coffee (De-caf) Milo Ovaltine	Chamomile tea Vodka Whiskey Gin	Coffee (instant) Rosehip tea Fruit herbal tea Brandy Vermouth Beer Cider	Sherry Cointreau Tia Maria Fruit juices	Tea (all varieties) Liqueur Peppermint tea Port Rum Champagne Wines Cordials

Other Sources of Salicylates

Acne products
Air fresheners
Alka seltze
Breath mints
Bubble baths
Cleaning products
Cosmetics
Detergents
Essential oils
Fabric conditioners
Fragrances and perfumes
Hair sprays, gels and mouse
Lotions and creams
Lozenges
Mouthwash
Muscle and joint pain creams
Razor's with aloe strips next to the blade
Shampoo and conditioners
Shaving cream
Cleansers and exfoliants
Soaps
Sunscreen and tanning lotion
After sun lotions
Toothpaste
Warts and callus removers

Salicylates may be labeled as:

Acetylsalicylic acid
Coal tar derived dye
Artificial flavorings
Artificial colorings
Azo dyes
Benzyl salicylate
Beta hydroxy acid
BHA
BHT
Choline salicylate
Ethyl salicylate
Eucalyptus oils
Isoamyl salicylate
Magnesium salicylate
Menthol
Methyl salicylate
Mint
Octylsalicylate
Oil of wintergreen
Peppermint
Phenylethyl salicylate
Red dye (#40)
Salicylaldehyde
Salicylamide
Salicylate
Salicylic acid
Sodium salicylate
Spearmint
Yellow dye (#5 and #6)

Vitamin B6 can be a common denominator in depletion of this enzyme and down regulation of Sulfation pathways, however Magnesium upregulates this pathway. it has been found that a 1:1 ratio of the two allows adequate absorption without depletion.

Salicylates in medications and alternative medicines

Pharmaceutical medications, herbal remedies, and lotions, ointments and creams may all contain salicylates.

Your healthcare practitioner can advise you on salicylates and your prescription.

Do not change any prescribed medicines without consulting with the prescribing doctor first.

Tips for living with salicylate sensitivity

- Thickly peel fruit and vegetables.
- Eat fruit and vegetables as ripe as possible.
- Discard the outer leaves.

Pro Tip: The Amino Acid Glycine helps to conjugate up or bind with Salicylates so adding this in with meals is a great way to offset some of the absorptions, this then gets excreted by the kidneys. There are some great products in our range high in glycine, Noway is one of them. [2][3]

FIND OUT MORE ABOUT NOWAY NOW

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23 replies to “Salicylate Foods – sensitivity, intolerances and food list.”

1. **Julie** says:

   May 28, 2015 at 2:11 am

Hi,
Thank you for this chart. It is very convinient format to easily read it and the numbers are appreciated.

Could you let us know the reference of this chart?In other charts I have read that ONION is on the high list, so I would like to know more about the source / testing of those measures.

Thanks a lot!

2. **Melissa** says:

   August 29, 2015 at 2:33 am

   A fairly good list, but please be careful. I can't imagine that pineapple juice is low in salicylates and have never seen that in my extensive research. Most fruits juices are very high and should be used sparingly. There is not a lot of actual research out there regarding salicylate content in food. Some surmise that modern fruits and vegetables have even higher contents because of being bred to repel insects. At least one study showed that cooking lowered the content in vegetables. Also, you MUST avoid aspirin and ibuprofen products. The list states you shouldn't take medications with salicylates but most people do not know this.

3. **Suzi Gee** says:

   September 14, 2015 at 7:01 am

   I just learned that I have salicylate intolerance. I researched the internet for foods containing salicylates. There are many "lists" online explaining the amount of salicylates in foods. However, lists differ greatly – with the greatest deviancy concerning salicylates in vegetables. I don't know who to believe. Are there different methods of determining salicylates in food? Are some of the "lists" out-of-date? Can you explain this confusion? I would sincerely appreciate your input. Thank you very much.

1. **Sam Tone** says:

   September 25, 2015 at 3:54 pm

   Hi,

   Most lists are a combination of data ranging from the mid 80's through to now. It is a tricky science because the Salicylate content of a particular food can vary dramatically from batch to batch. The salicylate content of a food may vary due to the following factors: season, part of plant tested (outer leaves, inner leaves, bark, skin, pulp, juice), freshness, cooked / method of cooking or raw, peeled and thickness of peeling, local variances (an Australian list may be very different to one from the USA even though similar foods included) and brand variances in farming practices and preparation, and the degree of ripeness upon harvesting. Processing techniques, preservatives, flavors and colors may all influence salicylate levels.

This list is attempting to categorize foods containing salicylates into a risk assessment profile ranging from “negligible” to “very high” for simplicity. This list provides approximate levels of salicylates measured in mg per 100g of food; when comparing lists make sure you are comparing the same unit of measurement. Also be aware of the relevance of this unit of measurement i.e. you may be much more likely to consume a few hundred grams of berries but not likely to consume hundreds of grams of chili powder in one sitting.

2. **Timmy** says:

   February 14, 2016 at 3:20 pm

   Hi Eva and welcome!Your story is so simailr to most of us with fibro. It usually flares pretty bad with stress or trauma and then we spend more money than we have trying all the medications and natural remedies out there. Sorry you are going through this too! But isn’t it so great that there is hope?! Have you read the book by Dr St Amand outlining the protocol? That is the first place to go. And he even tells you what to use for nail polish remover in there! feel free to email me with your questions too, I can help you through this if you want

4. **Dee Cee** says:

   September 21, 2015 at 10:35 pm

   You have pineapple in the ‘low’ & ‘high’ SO SCARY!! I had my 1st (of many) anaphylaxis eating fresh pineapple. You should be more careful!

1. **Sam Tone** says:

   September 25, 2015 at 3:53 pm

   Hi,

   Thank you for your comment. I can clear up the confusion for other people with the same concern. Salicylate content of fresh pineapple and whole pineapple is much higher than commercially packaged pineapple juice tested e.g. >2mg /100g for the fresh pineapple and <0.2mg / 100g for the pineapple juice. This is why the list places the whole pineapple in the high section but the juice is in the low section. Please be aware that salicylate intolerance is very different from anaphylaxis so I am glad you understand how serious anaphylaxis can be and you are being extra careful to avoid pineapple at all doses for fear of anaphylactic shock. This list is for those people that do not need to specifically avoid a food for fear of anaphylaxis. This list is for people with salicylate intolerance and trying to reduce their salicylate load and not needing complete exclusion of the food group.

5. **Adam** says:

   September 24, 2015 at 1:08 pm

   Agreed. For example, I found “black pepper” on both ends of the spectrum. It would be nice to get a more definitive answer about foods.

6. **Adam** says:

   September 24, 2015 at 1:57 pm

   This seems to be ver detailed:
   http://www.slhd.nsw.gov.au/rpa/allergy/research/salicylatesinfoods.pdf

7. **Laurel** says:

   September 25, 2015 at 2:47 am

   HEY!! Distilled White Vinegar IS high in salicylates! So is Vanilla Extract! No wonder I had such headaches! No longer, I'm making my salad dressings from lemon, orange, apple and lime juices which are actually LOW!

   Salicylate Sensitives, look to this for your info while using the above chart as a guide for what high and low is:
   http://www.slhd.nsw.gov.au/rpa/allergy/research/salicylatesinfoods.pdf

8. **Christine Anderson** says:

   October 18, 2015 at 10:24 pm

   I came across my problem with salicylates by pure accident whilst talking to a person who had her problem diagnosed, I stopped taking asprin which killed off the itching of my ankle rashes and I will try and adhere to your lists to stop any more rashes occurring. I found creams and ointments were pretty useless and always felt the rashes were coming from within and not from without. Thank you for your lists once again.

9. **Michelle** says:

   December 20, 2015 at 8:02 am

   This makes so much sense to me. My itchy skin, vomiting, bloating, especially with alcohol which I cut mostly out of my life, though it breaks down the ingredients in the liver, hence I get ill.
   I would always stay away from spices, certain frozen foods would make me throw up. I was told some of my skin itches were contact, they never went away. As a child and adult I have had sensitive skin, this information explains nearly everything symptom I have had and currently suffer with. Even eating rockmelon yesterday I had pain in the stomach.
   Thank you, I have a list that may change my life.

1. **Olive Duggan** says:

   July 7, 2017 at 10:45 am

   I was diagnosed with allergy to salicylates by a dermatologist as I had severe rashes on both arms. He gave me a 1percent cortisone cream to apply lightly with a wet cloth over the top as it helps absorb the cream into the skin. I only eat bananas as a fruit, fresh meat, potatoes, beans, wholemeal bread, butter not margarine, no alcohol, coffee or tea just ovaltine, no honey just golden syrup, no herbs or

spices just salt and white pepper, no salad dressings, homemade cake, I use sunlight soap to shower and wash my hair, I am careful with deodarants, powders and perfumes, only have original medicices no generic, wear cotton underwear, and the list goes on but I have now minimised my rashes.

10. **Clare** says:

    March 1, 2016 at 8:16 am

    This list is a great help to me as my 7 year old has a salicylate intolerance. For him, I find that some of the foods on the high or very high list if I buy organic are OK in small amounts every now and then. There are other foods in the high (and medium) list he can't tolerate at all. It's just a trial and error and also is probably different for everyone. You just have to recognise and take note (over time) the foods that give you the worst side effects. I'm sure everyone is different. Sometimes he cannot sleep at night due to the itchy skin and restlessness. I have found that half a tablet of the homeopathic remedy 'nat phos' helps calm the itching. I also use a moisturiser called bioskin junior by salcura which is specially formulated for eczema and severe dryness.

11. **juliadiets.com** says:

    March 18, 2016 at 10:57 am

    The Australian researchers identified other food chemicals that could cause symptoms of food intolerance, including biogenic amines and added and natural glutamates. When they used this new elimination diet, nearly 90 per cent of 140 children with behaviour disturbance improved significantly, of whom nearly three quarters were sensitive to salicylates

1. **Jamalily** says:

    August 3, 2016 at 5:18 am

    AMAZING that a study from 1985 is still the basis for most of the info on salicylates! I have been following the Feingold diet modified by this information for 40 years. Recently I was diagnosed with Sjogrens Syndrome and restless leg. I thought I was over most of the salicylate issues….well, i am going to go back to following this information and hope that I will improve my sleep and lots of the other symptoms.

2. **Diana Martin** says:

    June 22, 2017 at 8:21 am

    Can you send me the information or link on the Australian researchers. My son has autism and is affected by different foods etc.
    Thanks,
    Diana

12. **Beth Viola** says:

    June 15, 2016 at 11:09 pm

This was very helpful, I am just curious – if you buy organic, do you still have to worry about salicylates?

1. **Elsa Ferligoj** says:

   June 17, 2016 at 9:06 am

   Hi Beth,

   Yes you do as it isn't necessarily the pesticides causing the salicylates it is in the actual foods :-)

13. **Patrick Kelly** says:

    September 22, 2016 at 1:54 am

    For past two years I have ended up on antibiotics and nasal sprays on about same dates in September due to chest and nasal infection. I looked back over past two years to see if there was any major pattern / change in my diet and realized that over the last few summers we were growing and consuming a lot of Loganberries and other foods that I discovered were high in Salicylate.. I stopped taking the high volume of loganberries that I loved each morning with my breakfast and within 48 hours or less I was back to normal.

14. **alan** says:

    July 2, 2017 at 8:50 pm

    Not sure

15. **john rega** says:

    July 19, 2017 at 5:40 am

    Recently I was diagnosed with Salicylate intolerance.My GP is having a hard time of helping me out and the allergy clinic is so far useless and sporadic in their help.The last fortnight I have been in and out of hospital and still everyday I have a rash and hives and my throat swells up and I find it hard to swallow at times.I have cut out all preservatives in food,use rice bran oil to cook with stopped aspirin only eat ripe packham pears(occasionally) and no juices as my fruit intake,cut out most vegetables except for potato's and swede,choko,drink plenty of water and have no tea or coffee but I still am having reactions,my sleeping is bad and my stomach always feels bloated.They have me taking anti histamines(non drowsy) as Promethazine hydrochloride sends my body into spasm and prednisone makes my rash disappear in the original areas but comes back in other areas soon after taking it.i have lost a lot of weight and cannot figure out what to do.this is driving me crazy.Any feedback at this point would help.

16. Pingback: *ireland*

Comments are closed.