

SALICYLATES

Builds up causing inflammation

Salicylates are natural chemicals found in many plants. They play various roles in plants, including protection against diseases and pests. Salicylates are also present in numerous foods and are the active ingredient in aspirin. However, for some individuals, salicylates can lead to a range of adverse symptoms and health issues. Exposure to high levels of salicylates in certain foods has been associated with a variety of symptoms and conditions. These may include:

Hyperactivity: Some studies, most notably by Dr. Feingold, have linked high salicylate intake to increased hyperactivity in children.

Asthma: Salicylates can trigger asthma attacks in individuals with asthma or sensitivity to these compounds.

Eczema Flare-Ups: People with eczema may experience worsened symptoms, including skin rashes and irritations, when exposed to high salicylate foods.

Skin Reactions: Salicylates can cause skin problems, such as hives and urticaria, in some individuals.

Gastrointestinal Issues: Digestive problems, including abdominal discomfort and diarrhea, have been associated with salicylate sensitivity.

Headaches: Salicylates are known to be a potential trigger for headaches or migraines in sensitive individuals.

Mouth Ulcers: Some people may develop mouth ulcers after consuming foods high in salicylates.

Irritability: Increased irritability or mood disturbances have been reported as a result of salicylate sensitivity.

It's important to note that while salicylates can cause these symptoms, not everyone is equally sensitive to them. ***Sensitivity to salicylates varies from person to person***, and what may cause symptoms in one individual may not affect another. Managing salicylate sensitivity often involves avoiding or reducing high salicylate foods, and consulting with a healthcare professional for guidance and support.

Low Salicylate Diet Introduction and Gradual Reintroduction:

When starting a low salicylate diet, avoid foods listed as "high" or "very high" in salicylates for the first 4-6 weeks.

After this initial period, you can gradually reintroduce these foods as follows:

Weeks 7-8: Start with 1/4 cup of these foods every day.

Weeks 9-10: Gradually increase to 1/2 cup daily.

Weeks 11-12: Further increase to 1 full cup per day.

After 10 Weeks: If there are no adverse reactions during this gradual introduction, you can try consuming 1-3 servings per day.

This approach helps your body adjust to salicylate-containing foods after a period of restriction. Please monitor your body's response to ensure there are no adverse reactions during this process.

Using the Salicylate Chart:

Negligible Low Columns and Moderate Column:

You can generally combine foods from these columns freely, as long as you follow your threshold.

High Column:

These foods can be combined with Moderate column foods sometimes (not every day), but be cautious not to exceed your daily threshold.

Very High Column:

Foods in this category should be consumed very rarely and in small amounts, always mindful of your threshold.

Fruit

Negligible	Low	Moderate	High	Very High
Pear (peeled) Bananas	Paw paw Golden delicious apple Pomegranate	Pear (with peel) Loquat Custard apple Red delicious apple Persimmon Lemon Fig Rhubarb Mango Tamarillo	Passionfruit Mulberry Tangelo Grapefruit Avocado Peach Mandarin Granny Smith apple Nectarine Watermelon Lychee Kiwi fruit Jonathon apple	Sultana, prune, raisin & currant (dried) Raspberry, Redcurrant, Grape, date, Loganberry Blackcurrant Youngberry Cherry, plum Orange, Blueberry, boysenberry, blackberry, Cranberry, Pineapple Guava, apricot, Strawberry Rockmelon

Vegetables

Negligible	Low	Moderate	High	Very High
Potato (peeled) Lettuce Celery Cabbage Bamboo shoot Swede Dried beans Dried peas Red lentils Brown lentils	Green beans Red cabbage Brussel sprout Mung bean sprout Green pea Leek Shallot Chive Choko	Broccoli Sweet potato Onion, Parsnip Mushroom Carrot, Spinach Beetroot, Marrow Cauliflower Turnip, Pumpkin Asparagus Sweet corn	Eggplant Watercress Cucumber Broad bean Alfalfa sprout	Tomato products Gherkin Endive Champignon Radish Olive Capsicum Zucchini Chicory Hot pepper

Nuts & Miscellaneous

Negligible	Low	Moderate	High	Very High
Poppy seed	Cashews	Pistachio, Pinenut, Macadamia, Walnut, Pecan, Brazil, sesame, Hazelnut, Coconut, Peanut Sunflower seeds		Almond Water Chestnut Tuna

Sweets

Negligible	Low	Moderate	High	Very High
White sugar Maple syrup Cocoa Carob	Golden syrup Caramels	Molasses		Licorice Peppermints Honey

Herbs & Spices

Negligible	Low	Moderate	High	Very High
	Vanilla Garlic parsley Saffron Malt vinegar soy sauce Tandoori		Cinnamon Cardamom, Black pepper, White pepper, Ginger, Allspice, Clove, Nutmeg, Caraway, White vinegar, Bay leaf	Cayenne, Aniseed, Sage, Mace, Curry, Paprika, Thyme, Dill, Turmeric, Worcester sauce, Vegemite, Marmite, Oregano Rosemary, Garammasala, Mixed herbs, Cummin, Canella, Tarragon, Mustard, Five spice, Mint