Salicylate Sensitivity

**Source:** [Allergy Health Online](#) which has links to more health and sensitivity information

**Salicylate is a type of Phenol**

Phenols are compounds that are everywhere in nature. You can't eliminate all phenols from the diet unless you totally give up all food and supplements.

So as the next best thing, researchers try to figure out which foods are 'high' or 'low' in particular compounds. These are measured differently and categorized differently. How foods are prepared may be different and this handling affects the content of particular compounds. So the lists given can be different. I look at the patterns and commonalities to get the general picture of which foods are usually high and which are not high, and which are low. Then see if a person has a particular intolerance to specific foods.

Salicylates are a subset of phenols. But there are many many other types of phenols that are not salicylates. Some lists look only at salicylates and some look at a wider range of phenols. This is another reason you can have variations in lists.

Lists on salicylates (the lists vary because it is hard to totally quantify these as the chemistries are so common; and the content of the chemistries change as foods ripen, are cooked, are processed, by the variety or species of the food, etc) and amines are below.

**Signs and symptoms of Salicylate Sensitivity**

Those who are sensitive to salicylates find that an excessive amount first stimulates, then depresses the central nervous system. This can lead to many different kinds of symptoms, including some that might seem incompatible. For example, both hyperactivity and lethargy are associated with salicylate sensitivity.

**Symptoms of the condition may include:**

- Breathing difficulties
- Wheezing
- Headaches
- Ear infections
- Changes in skin color
- Nasal congestion
- Itching, skin rash or hives
• Swelling of the hands, feet, eyes and face
• Stomach pain
• Hyperactivity
• Lethargy
• Inability to concentrate
• Mouth ulcers, or red rash around the mouth
• Nasal polyps
• Coughing
• Rhinitis
• Sinusitis
• Cognitive and perceptual disorders

In rare cases, sensitivity to salicylate can cause symptoms of anaphylactic shock.

**Potential Causes and Sources of Salicylate Sensitivity**

Salicylates can be found in many different products, including foods, medications, cosmetics and certain ingredients. Any of these sources can trigger symptoms related to salicylate sensitivity.

**Sources of salicylates include:**

- **Foods.** Some raw foods, dry foods and juices contain more salicylates than cooked food. Salicylates are most concentrated just under the skin of certain fruits and vegetables, and in the outer leaves of vegetables. Salicylate content decreases as a food ripens. Some foods may be better tolerated than others in people with salicylate sensitivity, or can be consumed in a very ripe, peeled or cooked form.

**Foods that contain salicylates include:**

<table>
<thead>
<tr>
<th>Fruits &amp; Nuts</th>
<th>Vegetables</th>
<th>Beverages &amp; Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Alfalfa</td>
<td>Apple cider</td>
</tr>
<tr>
<td>Almonds</td>
<td>Broad beans</td>
<td>Alcohol (except gin and whiskey)</td>
</tr>
<tr>
<td>Avocados</td>
<td>Broccoli</td>
<td>Beers</td>
</tr>
<tr>
<td>Berries (blueberries, cherries, raspberries,</td>
<td>Cauliflower</td>
<td>Dry spices</td>
</tr>
<tr>
<td>strawberries)</td>
<td>Dates</td>
<td>Cucumbers</td>
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<td>----------------</td>
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</tr>
<tr>
<td>Figs</td>
<td>Eggplant</td>
<td>Instant coffee</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Mushrooms</td>
<td>Jams and jellies</td>
</tr>
<tr>
<td>Grapes</td>
<td>Peppers</td>
<td>Orange juice</td>
</tr>
<tr>
<td>Kiwi</td>
<td>Radishes</td>
<td>Processed cheeses</td>
</tr>
<tr>
<td>Peaches</td>
<td>Spinach</td>
<td>Soy sauce</td>
</tr>
<tr>
<td>Plums and prunes</td>
<td>Zucchini</td>
<td>Teas</td>
</tr>
<tr>
<td>Pine nuts</td>
<td></td>
<td>Tomato paste and sauces</td>
</tr>
<tr>
<td>Peanuts</td>
<td></td>
<td>Vinegars</td>
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<tr>
<td>Pistachios</td>
<td></td>
<td>Wines</td>
</tr>
</tbody>
</table>

- **Salicylate–containing products include:**
  - Acne products
  - Fragrances and perfumes
  - Shampoos and conditioners
  - Herbal remedies
  - Cosmetics
  - Bubble baths
  - Lozenges
  - Medications
  - Topical creams
  - Wart or callus removers
  - Mouthwash and mint–flavored toothpaste
  - Shaving cream
  - Sunscreens and tanning lotions
  - Muscle pain creams

- **Salicylate–containing ingredients:**
  - Aspirin
  - Acetylsalicylic acid
  - Artificial food coloring and flavouring
Those with salicylate sensitivity should watch out for the following terms when selecting products:

- Aspirin
- Acetylsalicylic acid
- Artificial food colorings or flavorings
- Azo dyes
- Benzoates (preservatives)
- Benzyl salicylate
- Beta–hydroxy acid
- Choline salicylate
- Disalcid
- Ethyl salicylate
- Isoamyl salicylate
- Magnesium salicylate
- Menthol
- Methyl salicylate
- Mint
- Octylsalicylate
- Peppermint
- Phenylethyl salicylate
- Salicylic acid
- Salicylaldehyde
- Salicylamide
- Salsalate
- Sodium salicylate
- FD&C Yellow No. 5 food dye (tartrazine)
- Spearmint

There are many foods that have few if any salicylates in them. They include:

<table>
<thead>
<tr>
<th>Fruits, Nuts &amp; Seasonings</th>
<th>Vegetables &amp; Grains</th>
<th>Dairy, Meat &amp; Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas</td>
<td>Bamboo shoots</td>
<td>Butter</td>
</tr>
<tr>
<td>Limes</td>
<td>Barley</td>
<td>Cheese (except blue)</td>
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<td>Maple syrup</td>
<td>Buckwheat</td>
<td>Chicken</td>
</tr>
<tr>
<td>Pears (peeled)</td>
<td>Cabbage</td>
<td>Decaffeinated coffee</td>
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<tr>
<td>Poppy seeds</td>
<td>Celery</td>
<td>Eggs</td>
</tr>
<tr>
<td>Saffron</td>
<td>Dried beans</td>
<td>Fish (except prawns)</td>
</tr>
<tr>
<td></td>
<td>and split peas</td>
<td></td>
</tr>
<tr>
<td>Sea salt</td>
<td>Lentils</td>
<td>Meat (except liver)</td>
</tr>
<tr>
<td>Sunflower oil</td>
<td>Lettuce</td>
<td>Milk</td>
</tr>
<tr>
<td>Soybean oil</td>
<td>Millet</td>
<td>Rice milk</td>
</tr>
<tr>
<td>White sugar</td>
<td>Oats</td>
<td>Soya Milk</td>
</tr>
<tr>
<td></td>
<td>Rice</td>
<td>Yogurt</td>
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<td></td>
<td>Rye</td>
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<td></td>
<td>Wheat</td>
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<td></td>
<td>White potatoes</td>
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<td></td>
<td>(peeled)</td>
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In addition to the sensitivity of some individuals to salicylates, aspirin has been linked to incidences of Reye’s Syndrome (a disease that affects all organs including causing swelling of the brain and liver) in children. Use of aspirin during flu and viral illnesses should be avoided for all children.

Source: [http://www.enzymestuff.com/conditionsensitivities.htm#10](http://www.enzymestuff.com/conditionsensitivities.htm#10)