

## ***SALICYLATE SENSITIVITY***

IF you are known to be sensitive to aspirin a (salicylate) or aspirin containing drugs, you may also need to avoid foods containing occurring salicylates.

### **THE FOLLWING FOODS CONTAIN LARGE AMOUNTS OF SALICYLATE AND MUST BE AVOIDED:**

Blackcurrants

Currants, Raisins, Sultanas

Dates (fresh or dried)

Guava

Loganberries

Oranges

Pineapple

Raspberries

Prunes

Almonds

Water chestnuts

Liquorice

Coffee (decaffeinated is suitable)

Tea (decaffeinated and 'herbal' teas are suitable)

Beer

Red and white wine

The following DRIED herbs and spices should be avoided:

Dill, Fennel, Garam Masala, Hot Paprika, Tumeric, Thyme and Curry Powder.

**IF NECESSARY, IN ADDITION TO AVOIDING THE HIGH SALICYLATE FOODS, AVOID THE FOLLOWING FOODS IN LARGE QUANTITIES:**

Apricots

Berries (Strawberries, Blackberries, Cranberries etc)

Cantaloupe Melon

Cherries

All dried fruit

Grapes

Tinned plums

Chicory

Whole peppers ( Capsicums)

Radish

Sweet Potato

Honey

Rum

Worcester Sauce

The following DRIED herbs and spices should be avoided:

Canella, Cumin, Five Spices, Mace Mixed Herbs, Oregano, Rosemary, Tarragon.

**YOU MAY TAKE NO MORE THAN ONE FRUIT FROM THE FOLLOWING LIST EACH DAY:**

Grapefruit

Mandarin

Nectarine

Peach

