

Patient information on Salicylate Sensitivity (Part I)

Who is this information for?

This information is for patients, families and carers of individuals who have salicylate sensitivity.

What is salicylate sensitivity?

Salicylate is an aspirin-type substance, commonly found in a number of different medications and food additives, and can occur naturally in some food substances. Sensitivity to salicylate can be difficult to diagnose and may result in different medical symptoms.

What symptoms can I have with salicylate sensitivity?

Symptoms may include:

- Asthma exacerbation / Chronic Sinusitis Exacerbation – *i.e. Aspirin-Exacerbated Airways Disease (AERD)*
- Allergic type reactions:
 - Urticaria (rash)
 - Angioedema (allergic tissue swelling)
 - Anaphylaxis (in extreme cases)

What substances can you have a sensitivity to if you have salicylate sensitivity?

You may be sensitive to the following substances:

- Aspirin
- Non-steroidal anti-inflammatory drugs (NSAIDs)
- Some food additives or foodstuffs

What non-steroidal anti-inflammatory drugs (NSAIDs) contain salicylates?

Over the Counter	Prescription		
Ibuprofen	Celecoxib	Ketorolac	Naproxen
	Diclofenac	Ketoprofen	Parecoxib
	Etoricoxib	Mefenamic Acid	Piroxicam
	ndomethacin	Meloxicam	Sulindac

What food additives contain salicylates?

Food Dyes	Food Dyes	Food Preservatives	Food Flavourings
E102 Tartrazine	E123 Amaranth	E210-219 Benzoates	E622-623 Glutamates
E104 Quinoline yellow	E124 Ponceau 4 R	E220 Sulphur dioxide	
E107 Yellow 2G	E132 Indigo carmine	E221-227 Sulphites	
E120 Cochineal, Carmine	E127-180 Other food dyes	E250-251 Nitrites, nitrates	
E122 Carmoisine		E310-312 Gallates	
		E320-321 BHA and BHT	

What is a low salicylate diet?

- Some patients who are sensitive to aspirin and NSAIDs may get symptoms after eating foods that contain salicylates.
- Patients with known aspirin allergy should not automatically avoid foods that contain salicylates.
- Research has shown that most aspirin-sensitive asthmatics are not affected by high salicylate foods.
- A low salicylate diet requires reduction of foods that are high in salicylate.
- If after a month on the diet you feel no difference, recommence a normal diet.
- If after a month you feel a reduction in symptoms, reintroduce some high salicylate foods one at a time, and leave those foods that cause symptoms out of the diet.

Concerns or questions?

You can contact your ENT Specialist at the Melbourne ENT Group (MEG):

📞 1300 952 808

📠 (03) 9429 3627

🌐 MELBENTGROUP.COM.AU

📍 G2/173 LENNOX STREET, RICHMOND VIC 3121

- Phone: 1300- 952-808
- Email: admin@melbentgroup.com.au
- Website: www.melbentgroup.com.au



Your GP is also the best contact for ongoing care and concerns.

1300 952 808 (03) 9429 3627

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Patient information on Salicylate Sensitivity (Part II)

What foods have high, medium and low salicylate levels?

Drinks

High (V High) Salicylate

Ales
Beer

Benedictine

Lager

Medium Salicylate

Champagne
Cider

Cola drinks

Flavoured coffee

Low or No Salicylate

All others
(herbal teas & coffee are OK)
(provided no artificial colouring, flavouring, spice, or disallowed herb or

fruit is present)

Wine

Juices of high salicylate fruits (see below)

Port & liqueurs

Tea

Tomato juice

Soft & fizzy drinks

Bread and cereals

High (V High) Salicylate

Breakfast cereals/museli with fruit

Currant buns

Fruit breads

Raisin breads

Pasta sauces

Medium Salicylate

Corn breakfast cereals

Corn meal

Corn flour

Corn flakes

Polenta

Low or No Salicylate

All others

(provided no disallowed fruit, dried fruit, vegetable, spice or dried herb is present)

(plain pasta and plain cereals are OK)

Meat & Fish

High (V High) Salicylate

Dried fish

Fish in tomato sauce

Frankfurters

Luncheon meats

Meat pies & pasties

Salami

Sausage rolls

Seasoned meats

Spicy sausage

Sweetbreads

Medium Salicylate

Kidney and liver

Tinned meat

Low or No Salicylate

All others

(plain meats, fish, shellfish, poultry, ham, bacon and corned beef are OK)

(sausages and hamburgers are OK if free from spice, preservatives or dried herbs)

Milk, egg, oils and fats

High (V High) Salicylate

Medium Salicylate

Low or No Salicylate

Flavoured milk
 Flavoured ice-creams & sorbets
 Flavoured yoghurt (except those on the right)
 Milk shakes
 Prepared dips
 Prepared spreads

All others
 (eggs, butter, milk, cheese, powdered milk, soya milk, margarine, vegetable oil and vanilla ice-cream are all OK)
 (yoghurts – plain, banana, chocolate, mango & pear are all OK)
 (sorbets made with allowed fruits are OK)

Fruits

High (V High) Salicylate

Apricot
Blackberry
Blackcurrant
Blueberry
Cherries (tinned)
Currants, redcurrants
Dates
Dried fruits
 Gooseberry
 Melon
Orange
 Pineapple
Prune
Raisins, sultanas
Raspberry
 Strawberry

Medium Salicylate

Apple
 Cherries (fresh)
 Cranberry
 Grapefruit
 Grapes
 Guava
 Kiwi fruit
 Mandarin
 Nectarine
 Peach
 Pears (with skin)
 Persimmon
 Plums
 Watermelon

Low or No Salicylate

Apple
 Banana
 Figs
 Grenadillo
 Lemon & juice
 Lychee
 Mango
 Passionfruit
 Paw-paw
 Pear juice
 Pears (peeled)
 Pears (tinned)
 Pineapple juice
 Pomegranate
 Rhubarb

Vegetables

High (V High) Salicylate

Asparagus
 Capsicum
 Mushroom (tinned)
 Water chestnut

Medium Salicylate

Avocado
 Broad Beans
 Broccoli
 Eggplant
 Gherkin

Low or No Salicylate

All others
 (fresh mushroom is OK)
 (chilli peppers are OK)

Radish
Spinach
Tomato
Zucchini

Snacks & sweets

High (V-High) Salicylate

Almonds
Aniseed

Chewing gum
Desert toppings
Flavoured crisps and corn chips
Honey
Icy poles
Jams & jellies
Liquorice
Muesli bars
Peppermint(s)

Medium Salicylate

Brazil nuts
Corn chips

Corn snacks
Macadamia nuts
Peanuts

Peanut butter
Pine nuts
Tacos

Low or No Salicylate

All others
(other nuts, seeds, coconut, chocolate
and plain chips are OK)

Sauces, herbs and spices

High (V High) Salicylate

Chutneys
Dried herbs (individual or mixed)
Fish paste
Gravies (unless all ingredients are OK)
Paprika
Pickles
Salad dressing (unless all ingredients OK)
Sauces (unless all ingredients are OK)
Spices (other)

Stock cubes

Medium Salicylate

Aniseed
Cider vinegar

Cumin
Garam masala

Ginger (powder)
Wine vinegar
Avoid products flavoured with mint, wintergreen or menthol including certain toothpastes, mouthwashes and some medicines.

Low or No Salicylate

All others – including:
All spice

Caraway seeds
Cardamom

Cayenne pepper
Chilli
Cinnamon

Cloves

Fresh herbs

Garlic

Tomato paste

Tomato sauce

Turmeric

Worcester sauce

Ginger root

Horseradish

Malt

Malt vinegar

Marmite

Mustard

Nutmeg

Pepper (white & black)

Poppy seeds

Saffron

Soy sauce

Tabasco

Vanilla

Vegemite

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