



Salicylate Food Triggers

Salicylates are byproducts of salicylic acid, and they occur naturally in plants. The bark, leaves, roots, and seeds of certain plants store salicylates, preventing them from rotting and protecting them against harmful insects, bacteria, and fungi.^{1,2}

Salicylates in foods may cause a reaction in a small number of individuals. They may cause symptoms when consumed in large doses and should be avoided by those who are salicylate-intolerant.²

Symptoms of Salicylate Reactions:²⁻⁴

- **Skin:** hives
- **Digestive:** bloating, gas, diarrhea, ulcers, pain, inflammation
- **Respiratory:** stuffy nose, runny nose, sinusitis, nasal polyps, asthma

Category	Foods That Can Cause a Salicylate Reaction ^{1,3-5}
Vegetables	Peppers, asparagus, sweet corn, tomato
Fruits	Apples, sultanas, raisins, oranges, currants, cherries, strawberries, kiwi, peaches, nectarines, raspberries, pineapple
Beverages, Spices & Condiments	Beverages: coffee, cider, tea, apple juice, juices made from the above fruits, wine, rum Spices: curry, oregano, cayenne pepper, pepper, paprika, ginger, cardamom, cinnamon, cumin, fenugreek, mint, nutmeg, rosemary, thyme, turmeric, licorice, peppermint Condiments: honey, ketchup, Worcestershire sauce, mustard
Other	Additives: benzoic acid, colorants

References

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