



## **Salicylate Food Guide**

### **What are Salicylates?**

Salicylates are natural chemicals found in plants that can trigger reactions in sensitive individuals.

### **High-Salicylate Foods (Avoid or Limit)**

- **Fruits:** Apples, oranges, berries, grapes, cherries, avocados
- **Vegetables:** Broccoli, spinach, zucchini, cauliflower
- **Herbs/Spices:** Curry, oregano, thyme, peppermint
- **Other:** Honey, jams, tea (green, black), coffee

### **Moderate-Salicylate Foods (Consume in Small Portions)**

- Bananas, peas, cabbage, potatoes

### **Low-Salicylate Foods (Safe Choices)**

- **Fruits:** Pears (peeled), golden delicious apples
- **Vegetables:** Lettuce, green beans, celery
- **Proteins:** Meat, fish, eggs
- **Grains:** White rice, oats