
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}

SYMPTOMS OF SALICYLATE REACTIONS²⁻⁴

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

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

Here are foods that can cause a salicylate reaction:^{1,3-5}

- **Vegetables:** peppers, asparagus, sweet corn, tomato
- **Fruits:** apples, sultanas, raisins, oranges, currants, cherries, strawberries, kiwifruit, peaches, nectarines, raspberries, pineapple
- **Beverages:** coffee, cider, tea, apple juice, juices made from the previously listed 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
- **Additives:** benzoic acid, colorants

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