

Salicylate Food and Product Shopping Lists

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Formatted for shopping convenience from **The Low-Sal Life**

Go to the website at <https://low-sal-life.com/food-product-lists#products> for more data on each item, the year and sources for that data, and their complete and awesome list of citations, studies and research:

"There have been five major studies testing salicylates in food over the last forty years. I will categorize food by the **highest study's levels** which includes Free + Bound Salicylic Acid levels, but also include all the historical results. Please take caution while trying new foods. Also note, that the food industry has changed and scientific methods improved in 40 years which may be a few reasons why salicylate levels have changed.

Malakar et al. reports all levels with **free plus bound salicylic acid, not just free** like Swain et al. 1985. This may explain why levels are higher than before. Kęszycka also reports both free and bound, but provides the levels separately. This is why white rice is no longer in the negligible list - it has a low level when including bound salicylic acid. While it's not known how the body metabolizes bound salicylates, it's good to know what the full potential is.

The best way to use this list is to search for the food item with your browser search - look for ALL the mentions. For example, figs are listed in three categories depending on how they are preserved.

Also, some foods were not included in the five research articles, so I've included items like the St. Joseph's Health Care Sal-free Diet Guide, and other valuable or popular lists. They do not include measurable amounts, just estimated levels."

"Any food [whose ingredient] list ... includes "spices" is pretty much out."

This list is far more comprehensive than older lists such as the RPAH list. Some values have changed dramaticallysuch as Vanilla (sob) & some beers (yay!) I have included all foods listed (including meat & seafood) to make layering other diets more convenient. You can cross out/highlight foods that feature in other diets (Keto, Sulfur, Oxalates, Amines, Fodmap etc.) to make shopping simpler. ~Megan~

VEGETABLES

NEGLIGIBLE	LOW	MEDIUM	HIGH	VERY HIGH
Bamboo shoots	Bean sprouts	Asparagus, <i>canned</i>	Asparagus <i>fresh</i>	Arugula/Rocket leaves
Choko	Bok Choy	Cabbage, common	Artichoke	Beetroot
Chinese Cabbage	Carrots	Cauliflower, <i>cooked</i>	Alfalfa	Broccoli
Potato, white (peeled)	Fennel <i>bulb</i>	Celery	Brussels sprouts	Chicory (fresh greens)
Shallots	Pimientos, canned	Cucumber <i>long, peeled</i>	Bell pepper/capsicum, red	Chili, red
	Arson sweet red	Eggplant, peeled	Cauliflower, raw	Corn on cob, fresh
	Pumpkin marrow	Fennel <i>Tops</i> (the green part)	Cucumber, <i>common</i> , peeled	Cucumber, canned
	Pumpkin	Leek	Cucumber, <i>unpeeled</i>	Green beans
	Spinach frozen	Lettuce, iceberg	Choy sum	Yellow Beans
	Turnip	Loquat	Eggplant	Endive, baby
		Parsley leaves, fresh	Lettuce, butter	Endive, fresh
		Parsnip	Mushroom, button	Lettuce, cos
		Peas, <i>sugar snap</i>	Okra, canned	Mushroom, Champignon
		Potato, white, unpeeled*	Onion, white	Onion, Spanish
		Tomato, table common, beefsteak	Pepper, green chili	Peas, <i>reg.green</i>
			Pepper, yellow-green	Peppers, green (capsicum)
			Rhubarb	Pumpkin, Japanese (Kabocha)
			Rutabaga/Swede	Radish
			Spinach	Sweet potato, yellow
			Squash, baby	Tomato, paste canned
			Squash, butternut	Tomato sauce
			Sweet potato, white	Tomato, sundried
			Tomato, canned diced	Zucchini/Courgette
			Tomato, cherry	
			Tomato, roma	
			Tomato soups	
			Watercress	

FRUIT

NEGLIGIBLE	LOW	MEDIUM	HIGH	VERY HIGH	
Pear, Bartlett canned	Apple, Red Delicious	Apple, Pink Lady	Apple granny smith, peeled canned, Ardmona	Apricots, fresh	
	Apricot, canned nectar	Apple, golden delicious	Apple, pink lady, unpeeled	Apricot, canned	
	Custard apple, Queensland	Apple, golden delicious	Avocado, unspecified variety	Avocado, Haas	
	Figs	Apple, Jonathan	Banana, common sugar or Finger	Blackberry, canned	
	Grapes, S&W Seedless Canned	Cherry, Morello Sour	Blueberry	Blueberry, canned	
	Peach, canned nectar	Figs, canned	Cherry, sweet, fresh	Boysenberry, canned	
	Pear, other	Lychee, canned	Figs, dried	Cantaloupe	
	Plum	Pawpaw	Grapefruit	Cherry, all other	
	Tamarillo fruit		Pear, Nashi/Asian	Grapes, seedless Thompson	Cherry, canned
			Pear, Packham	Grapes, seedless Ralli	Cranberry, canned
			Pear, William, unpeeled	Grapes, red malaita	Cranberry, sauce
			Watermelon	Lemons	Currants, black, frozen
				Mango	Currants, red, frozen
				Mulberry, fresh	Dates, dried
				Orange, Mandarin,	Dates
				Peach, canned	Grapes, sultana, fresh
				Peach, white	Guava, canned
				Persimmon	Kiwi fruit
				Plum, Tegan blue	Lime
				Tangelo	Loganberry, canned
			Nectarine		
			Olives, black		
			Highest cont'd:		
			Raspberry, frozen	Olives, green	
		Strawberry	Passionfruit		
		Youngberry, canned	Pear, packham unpeeled		
		All Dried Fruits	Pineapple, canned		
		Prunes, canned	Pineapple, fresh		
		Raspberry, fresh	Plum, canned		
			Pomegranate		

BEVERAGES

NEGLIGIBLE	LOW	MEDIUM	HIGH	VERY HIGH
<p>Instant coffee Andronicus</p>	<p>Coffee, instant decaf Nescafe Blend, Moccona Classic Decaf Republica</p> <p>Coffee, instant (reg) Moccona Classic Medium Roast Nescafe Blend Bushells' Robert Timms Bushells' Turkish Style Gibsons</p> <p>Tea English (Twinings, Dilma, Madura) Peppermint</p>	<p>Coffee, brewed from beans</p> <p>Tea decaf - Golden Days Chamomile tea rose hip herbal fruit</p>	<p>Coffee granules Nescafe International Roast Maxwell House Moccona</p>	<p>Tea Bag Bushells Harris Tetley *Earl Grey *English Breakfast *Irish Breakfast *Lapsang Souchong *Lemon Scented *Prince of Wales (*Twinings) Tea leaves, most rose hip, syrup</p>
<p>Gin Vodka Whisky</p>	<p>Beer: Tooheys Draught Cider: Mercury Dry Bulmer's Dry Lilydale Dry Wine : McWilliams White Dry</p>	<p>Beer Reschs Dinner Ale Tooths Sheaf Stout Wine Kaiser Stuhl Rosé McWilliams Reserve Claret Brandy Hennessy Sherry</p>	<p>Wine Lindemans Riesling McWilliams Cabernet Sauvignon McWilliams Private Bin Claret Penfolds Traminer Riesling Seaview Rhine Riesling Stonyfell Ma Chére Rum, Bundaberg Sherry, sweet Tia Maria coffee liqueur</p>	<p>Champagne Yalumba brand Drambui liqueur Port Rum, spiced Benedictine liqueur</p>
<p>Aktavite ovaltine Milo Cocoa powder Carob powder Dandelion coffee Ecco Citric acid (in lemonades etc.) Pear juice homemade</p>	<p>Cereal coffee, Bambu powder</p> <p>Grape juice, Sanitarium Light</p> <p>Apple Juice, Mountain Maid</p> <p>Orange juice, Berri brand</p> <p>Pineapple juice, Golden Circle (40yo data)</p> <p>Tomato juice (1984 data)</p>	<p>Cereal coffee, Reform</p> <p>Bonox, Beef extract Liquid</p> <p>Coca-Cola</p> <p>Grapefruit juice</p>	<p>Grape juice, red/ purple, Berri</p> <p>Fruit Juice Fruit flavored drinks</p> <p>Juice, vegetable</p>	<p>Drinking chocolate powder</p>

NUTS/SEEDS/BEANS/LEGUMES

NEGLIGIBLE	LOW	MEDIUM	HIGH	VERY HIGH
Poppyseed	Hazelnuts, Fresh	Brazil nuts	Macadamia nuts	Almonds
Black-eyed beans	Peanut Butter	Chia seeds	Pine nuts	Cashew nut
Borlotto beans	Pecans, Fresh	Flaxseeds/Linseeds	Pistachio nuts	Lentils
Brown beans	Sesame Seed, dry	Sesame seeds	Broad beans/Fava	Peanuts, unshelled
Chickpeas/Garbanzo	Soy Flour	Walnuts	Kidney beans, red	Pumpkin seeds
Lentil, yellow split or French stule	Split pea, green			Water chestnut, canned
Lima beans	Sunflower seed, dry			Almonds
Mung beans	Hazelnuts, Fresh			Cashew nut
Pea flour/pea protein	Pecans, Fresh			Lentils
Soy beans	Sesame Seed, dry			Peanuts, unshelled
Soy protein	Soy Flour			Pumpkin seeds
Split pea, yellow	Split pea, green			Water chestnut, canned
	Sunflower seed, dry			

SNACKS

NEGLIGIBLE	LOW	MEDIUM	HIGH	VERY HIGH
Plain potato chips (no skin, in acceptable oils)		Popcorn Popping corn	Fruit flavored snacks	Licorice
Apple chips (homemade & peeled, from acceptable varieties.)			Pickles, anything pickled	Peppermints
Citric acid & Icing sugar (in homemade sherbert)~M~				Chewing gum Mint flavored sweets
Pear jam, made homemade and with peeled pears.				Fruit flavors
Beef jerky/Pork crackling homemade, no seasoning ~M~				Jam/Jelly

Grains/Starches

NEGLIGIBLE	LOW	MEDIUM	HIGH	VERY HIGH
Arrowroot powder	Rice, white	Brown rice Cooking (boiling) can reduce sals. There have been many reports of people reacting to brown rice cakes, but not boiled brown rice. Oats	Cereals, breakfast, flavored, or with fruit, nuts, honey, coconut Polenta Breakfast cereal, corn/maize Maize meal/cornmeal Corn Flour Buckwheat Flour Melvit Brand	Buckwheat (Roasted Kasha/Groats) Kupiec brand
Barley				
Millet				
Quinoa (white, tri-color)				
Quinoa, white flakes				
Quinoa, white flour				
Rice, Arborio				
Rice, sushi				
Rice cereals (plain)				
Rice paper				
Rice noodles				
Rice, white rice flour				
Rye				
Rye flour				
Sago				
Tapioca				
Wheat				

FATS/OILS

NEGLIGIBLE	LOW	MEDIUM	HIGH	VERY HIGH
Butter		Almond oil	Copha shortening	Coconut oil
Ghee		Corn oil	Sesame oil	Olive oil
Olive oil** Balducci extra virgin Moro, Bertolli Careful—see note in high section		Peanut oil	Walnut oil	*Olive oil has traditionally been on the high lists, and Olives tend to be high, although I haven't seen any research actually testing olive oil besides Malakar's. It's possible there are additives that are used to add shelf life. Remember countries permit additives differently. Try it with caution.
Palm oil				
Rice Bran Oil				
Safflower oil				
Sunflower oil				
Soy oil				
Canola/rapeseed oil				
Margarine				

MEAT/SEAFOOD/DAIRY

NEGLECTIBLE		MEDIUM	HIGH	VERY HIGH
Beef	Cheese, blue vein		Gravy mix	Meat paste
Chicken	Cheese, Camembert		Meat extracts	Luncheon meats
Fish	Cheese, cheddar (white)		Fish, canned in oil/seasoning	Luncheon meats
Kidney	Cheese, cottage		Seasoned Jerky ~M~	Commercial Gravy
Lamb	Cheese, mozzarella			Commercial sauces
Liver	Cheese, "tasty cheddar"			
Organ meats	Cream			
Oysters	Egg (both whites and yolks)			
Pork	Goat milk			
Prawns	Ice cream			
Rabbit	Milk			
Salmon, canned	Oat milk			
Sausage casing	Rice milk			
Scallops	Soy milk			
Shellfish	Tofu			
Tripe	Yogurt			
Tuna, canned				
Veal				

FLAVOURINGS/SEASONINGS/BAKING

NEGLIGIBLE	LOW	MEDIUM	HIGH	VERY HIGH
Apple butter, homemade with acceptable peeled apples	Horesradish Canned, tested brand Eskal	Mayonnaise (depends on oil and spices)	Gravy made from mixes (Avoid 'spices' and added 'flavors')	Gravies & Sauces, (commercial) Meat paste Fish paste
Saffron	Golden syrup	Basil leaves, fresh		Vinegar, white
Soy sauce	Molasses	Lemon grass	Fennel powder	Vinegar, wine
Vinegar, malt	Coriander <i>leaves</i> , fresh	Bonox, Beef extract Liquid	Corn syrup	Worcestershire sauce
Caramel, homemade from sugar and water/dairy	Confectionery caramel Pascall Cream , dry	Tabasco Pepper (!) Mcllhenny brand	Vegemite paste Marmite paste	other Yeast extracts (Spreads, not baking, brewers, or nutritional yeast.)
Baking/Bi-Carb Soda		Yeast, baking	Raw Sugar	Dried fruit
Baking powder		Malt Extract powder/liquid	Coconut flakes, dried	Allspice powder Aniseed powder Basil leaves, powder Bay leaf Canella powder Cardamom powder Caraway powder Cayenne powder Celery powder Chili flakes Chili powder Chives, fresh Cinnamon powder Cloves, whole Coriander powder Cumin Curry powder Dill, fresh Dill, powder Fenugreek powder Garam masala powder Garlic, fresh Ginger, fresh Mace powder Mint, fresh garden Mustard powder Nutmeg powder Oregano powder Paprika, hot powder Paprika, sweet powder Pepper, black, powder Pepper, white powder Pimiento powder Rosemary powder Sage leaves Tarragon powder Thyme leaves Turmeric powder
Carob powder			Honey	
Citric acid			Honey Flavours	
Cocoa powder			Vanilla bean extract	
Corn Starch			Vanilla essence	
Cream of Tartar				
Dextrose				
Gelatin				
Barley Malt extract*				
Maltodextrin				
Maple syrup				
Marshmallows/Fluff				
Pectin				
Psyllium Husks				
Salt				
Soy lecithin				
Sugar, white				
Sugar, icing				
Sugar, soft brown CSR, Homebrand				
Xanthan Gum				
Yeast, dry for bread				

Safe Ingredients	Questionable	Products often containing Sals	Ingredients to Avoid
<ul style="list-style-type: none"> • Most animal products • Ascorbic acid (Joliee Skin 2016) • Calcium carbonate (Joliee Skin 2016) • Probiotics • Fish oil <p>~Megan's additions~</p> <ul style="list-style-type: none"> • pure tallow soap (use also as dishsoap, bathroom/everything cleanser) (Available from Wholesome House Detoraine) • Jack N' Jill flavour free toothpaste (Woolworths) • Body Crystal unscented roll-on deodorant (Woolworths) • No Issues bamboo toilet tissue (Woolworths) • Betadine throat gargle 	<ul style="list-style-type: none"> • Any supplements with fruit/veg extracts, flavorings, colorings or herbs. <p>Meg's Safe Recipes:</p> <ul style="list-style-type: none"> • Tallow/dripping moisturiser melt <i>gently</i> in pan: 1/2C tallow/beef dripping 1T Emu oil 1T Ricebran/ high oleic sunflower oil <p>add 10 drops safe essential oil (not woody,citrus,or bergamot. Rose seems ok) Let cool.</p> <p>Whip with hand mixer, store in small clean jars- caviar jars are perfect!</p> <ul style="list-style-type: none"> • Homemade toothpaste: 3Tbsp bicarb 1/2 tsp celtic sea salt 4 tsp glycerin <p>Optional: 1tsp hydrogen peroxide 3% (whitening) 2 tsp xylitol (emulsifying) Calcium carbonate (strengthening)</p> <p>Mix in a small tub or silicone squeeze tube (travel/camping sort, refillable. works best because paste can separate, so you can squeeze it to re-mix)</p>	<ul style="list-style-type: none"> • Acne products • Air fresheners • Alka Seltzer • Breath savers • Bubble baths • Cleaning products • Cosmetics • Detergents • Essential oils (not all, use caution) • Fabric conditioners • Fragrances and perfumes • Gums • Hair sprays, gels and mousses • Herbal remedies • Lipsticks and Lip glosses • Lotions • Lozenges • Medications • Mouthwash • Muscle pain creams • Pain relievers • Pepto-Bismol • Razors with aloe strips adjacent to the cutting edge • Shampoos and Conditioners • Shaving cream • Skin cleansers or exfoliants • Soaps • Sunscreens and tanning lotions • Supplements derived from rose hips or bioflavoniods • Toothpaste • Topical creams • Wart or callus removers • Wheatgrass (Joliee Skin 2016) 	<ul style="list-style-type: none"> • AcetylSalicylic acid • Aloe Vera • Any coal tar derived dye • Artificial flavorings • Artificial food colorings • Aspirin • Azo dyes • Benzoates (preservatives) • Benzyl salicylate • Beta-hydroxy acid • BHA • BHT • Choline salicylate • Disalcid • Ethyl salicylate • Eucalyptus Oils • Isoamyl salicylate • Magnesium salicylate • Menthol • Methyl Salicylate • Mint • Nitrates/Nitrites • Octylsalicylate • Oil of Wintergreen • Peppermint • Phenylethyl salicylate • Red Dye (#40) • Salicylaldehyde • Salicylamide • Salicylate • Salicylic acid • Salsalate • Sodium Salicylate • Spearmint • Yellow Dyes (#5 & #6)