



# EVERY DAY WITH ADHD

Celebrate Abiding  
disabilities

## Salicylates Food Chart

Many Children with ADHD react poorly to foods containing Salicylates.

### Definition

A salicylate - sensitivity can provoke several different symptoms including hyperactivity in children, hives (or urticaria) , migraines, sinus, even asthma and bowel disturbances. Sometimes several symptoms may be present or you may experience only one symptom.

### Description

It is important to seek professional help to diagnose salicylate - sensitivity by a process of elimination and challenge, otherwise the diet may become unnecessarily restrictive and nutritionally unbalanced. The aim of the low salicylate diet is to keep the level of offending substances below the threshold level at which symptoms appear. The threshold level will vary from person to person and may change in one person in different circumstances. For example, in times of added stress, you may react to a smaller dose of salicylate than at other times.

Below is a guide to the amount of salicylates in various foods including:

- Baking Supplies
- Fruits
- Vegetables
- Nuts & Seeds
- Sweets
- Dairy & Soy Products
- Fats & Oils
- Seasonings Condiments Sauces & Toppings
- Grains
- Meats
- Commercial Snacks

### Baking Supplies

Negligible	Low	Moderate	High	Very High
Arrowroot		Sesame seeds	Corn Syrup	
Corn starch (also known as corn flour in Australia)				
Golden Syrup				
Malt				
Malt extract				
Poppy seeds				
Rice Flour				
Rye Flour				
Sago				
Soy Flour				
Sugar				
Sugar (brown, castor, granulated, icing, powdered)				
Tapioca				
Wheat Flour				

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## Fruits

Negligible	Low	Moderate	High	Very High
Banana	Apple – golden delicious	Apple – red delicious	Apple – all other varieties	All dried Fruits
Canned Pear	Nashi Pears	Canned or dried Fig	Canned Morello cherries	Apricot
Lime	Papaya	Canned pear	Cantaloupe	Avocado
Pear (ripe and peeled)	Paw Paw	Custard apple	Grapefruit	Blackberry
	Tamarillo	Lemon	Kiwi fruit	Blackcurrant
		Loquat	Lychee	Blueberry
		Mango	Mandarin	Boysenberry
		Passion fruit	Melons	Cherries – all other kinds
		Pear (w/ peel)	Mulberry	Cranberry
		Persimmon	Nectarine	Currant
		Pomegranate	Peach	Date
		Rhubarb	Sugar banana	Grape
			Watermelon	Guava
				Loganberry
				Orange
				Pineapple
				Plum
				Prune
				Raisin
				Raspberry
				Redcurrant
				Rock melon
				Strawberry
				Sultana
				Tangelo
				Tangerine
				Youngberry

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## Vegetables

Negligible	Low	Moderate	High	Very High
Bamboo Shoots	Bean Sprouts	Asparagus - tinned	Alfalfa sprouts	Canned Green Olives
Beans (dried - not borlotti)	Borlotti beans	Aubergine – peeled	Artichoke	Capsicum
Cabbage (green or white)	Brussels sprouts	Beetroot	Aubergine with peel	Champignon
Celery	Cabbage – red	Black Olives	Broad bean	Chicory
Green Split peas	Cauliflower	Canned Asparagus	Broccoli	Chilli peppers
Lentils (brown)	Chickpeas	Carrot	Canned black olive	Courgette
Lentils (red)	Chives	Fresh Tomato	Cucumber	Endive
Lettuce (iceberg)	Choko	Frozen Spinach	Cucumber	Gherkin
Peas (dried)	Fresh Asparagus	Lettuce (other than iceberg)	Eggplant	Hot pepper
Potato (old/white and peeled)	Green Beans	Marrow	Fresh Spinach	Peppers
Swede	Green Peas	Mushrooms	Okra	Radish
	Leek	Parsnips	Radish	Tomato
	Mung bean sprouts	Potato (new and red Pontiac)	Sweet Potato	Tomato Products
	Onion	Pumpkin	Water chestnut	Water Chestnut
	Potato (white with peel)	Snow Peas	Watercress	
	Shallots	Sprout	Zucchini	
	Yellow split peas	Sweet corn		
		Turnip		

## Nuts & Seeds

Negligible	Low	Moderate	High	Very High
Poppy seed	Cashews	Desiccated coconut	Brazil nuts	Almond
	Hazelnuts	Peanut Butter	Macadamia nuts	Peanuts with skins on
	Pecan	Pumpkin seeds	Pine nuts	Water chestnut
	Sunflower seeds	Sesame seeds	Pistachio	
		Walnuts		



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## Sweets

Negligible	Low	Moderate	High	Very High
Carob	Caramel	Molasses		Chewing gum
Cocoa	Golden Syrup	Raw Sugar		Fruit flavours
Homemade caramel	Malt Extract			Honey
Maple Syrup				Honey flavours
White Sugar				Jam (except pear, preferably homemade)
				Liquorices
				Mint flavoured sweets
				Peppermints

## Dairy & Soy Products

Negligible	Low	Moderate	High	Very High
Butter		Blue vein Cheese		
Cream				
Cheese (not blue vein)				
Milk				
Yoghurt (natural only)				
Ice Cream				
Rice Milk				
Goat Milk				
Soy Milk				
Tofu				

## Fats & Oils

Negligible	Low	Moderate	High	Very High
Butter	Ghee	Almond Oil	Copha	Coconut Oil
Canola Oil		Corn Oil	Sesame oil	Olive Oil
Margarine		Peanut Oil	Walnut Oil	
Safflower Oil				
Soy Oil				
Sunflower Oil				

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## Seasonings, Condiments, Sauces & Toppings

Negligible	Low	Moderate	High	Very High
Golden Syrup	Apple Butter (only if homemade from acceptable varieties of apples)	Fresh Coriander Leaves (also known as Chinese parsley)	All Spice	Aniseed
Malt Vinegar	Chives	Horseradish	Bay leaf	Basil
Maple Syrup (pure)	Fennel – dried	Mayonnaise	Caraway	Black pepper
Salt	Garlic		Cardamom	Cayenne
	Parsley (except Chinese parsley also known as coriander)		Cinnamon	Celery powder
	Saffron		Cloves	Chilli flakes
	Shallots		Coriander	Chilli Powder
	Soy Sauce (if free of spices)		Ginger	Cider Vinegar
			Mixed herbs	Commercial Gravies & Sauces
			Mustard	Cumin
			Pimiento	Curry
				Dill
				Fenugreek
				Fish, meat, and tomato pastes
				Garam masala
				Ginger
				Honey
				Jam/Jelly (all commercial varieties – you can make your own from acceptable ingredients)
				Liquorices
				Mace
				Marmite
				Mint
				Mustard
				Nutmeg
				Oregano
				Paprika
				Peppermint
				Rosemary
				Sage
				Tabasco
				Tarragon
				Thyme
				Turmeric
				Vegemite and other Yeast Extracts
				White pepper
				White Vinegar
				Wine Vinegar
				Worcester Sauce

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## Grains

Negligible	Low	Moderate	High	Very High
Barley			Breakfast cereals that include fruit, nuts, honey or coconut	
Buckwheat				
Millet				
Oats (plain)			Corn/maize cereals	
Rice			Cornmeal	
Rice cereals (plain)			Flavoured breakfast cereals	
Rye			Maize	
Wheat			Polenta	

## Meat

Negligible	Low	Moderate	High	Very High
Beef	Liver		Fish canned in an unacceptable oil and/or with seasonings added	Processed luncheon meats (many are seasoned and thus contain salicylates)
Chicken	Prawns			
Eggs	Shellfish			
Fish			Gravy made from prepared mixes (i.e. stock cubes/bouillon/meat extracts/etc.)	Seasoned meats (e.g. salami, sausages, frankfurters and hot-dogs)
Lamb				
Organ meats				
Rabbit				
Sausage casing				
Scallops				
Tripe				
Veal				

## Commercial Snacks

Negligible	Low	Moderate	High	Very High
	Plain potato chips (read the ingredients list)	Apple chips (only if homemade from acceptable varieties of apples)	Popcorn Popping corn	Chewing gum (all flavours) Fruit flavoured candy, gelato, ices, popsicles, sherbet, sorbet, and sweets Licorice/liquorices (all flavours) Mint/peppermint/wintergreen flavoured candy/sweets Pickles (and anything pickled)

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