
Salicylate/Phenol Sensitivity

Natural Flavoring (may contain salicylate)

Natural Coloring (may contain salicylate)

Aspirin and products containing aspirin or salicylic acid

Salicylates (Note: Molasses and honey vary widely in salicylate content)

Fruits to avoid

Acceptable fruits may be used fresh, frozen, canned or dried. Check the ingredients of canned fruits for salicylates or additives in the syrup. Frozen fruit should be only fruit with no syrup or additives. Canned fruit packed in juice is a better choice than fruit in syrup.

Almonds	Cloves	Paprika
Apples	Coffee	Peaches
Apricots	Cucumbers	Peppers (bell & Chili)
Berries (all)	Pickles	Plums & Prunes
Cherries	Currants	Tangerines
Chili powder	Grape & raisins	Tea
Cider	Nectarines	Tomatos
Cider vinegar	Oranges	Wine (wine vinegar)

If a fruit is not on the Permitted List below, and also not listed (above) as a salicylate, its salicylate properties are unknown.

Permitted Fruits:

Avocado	Grapefruit	Loquats
Banana	Guava	Mangos
Breadfruit	Honeydew Melon	Papaya
Cantaloupe	Kiwi	Pears
Casaba Melon	Kumquats	Persimmon
Coconut	Lemons	Pineapple(<i>canned</i>)
Dates	Limes	Pomegranate
Figs		Watermelon

Vegetables

Salicylate Vegetables:

- Tomatoes
- Cucumbers (and pickles)
- Peppers (bell peppers, pimentos, chili pepper, red, green, yellow and purple peppers)

Black pepper is a spice. It is not a salicylate..

If a vegetable is not on the Permitted List below, and also not listed as a salicylate, its salicylate properties are unknown.

The ingredients on canned vegetables should say "[vegetable], water" or "[vegetable], water, salt." It may also contain sugar or calcium chloride.

Permitted Vegetables for Stage One

You can often remove wax, fungicide, or other undesirable chemicals used on vegetables by washing with hot water. Peel vegetables and fruits that can be peeled.

Alfalfa Sprouts	Corn	Pumpkin
Artichokes	Eggplant	Radishes
Asparagus	Garlic	Rhubarb
Bamboo Shoots	Kale	Rutabaga
Bean Sprouts	Kohlrabi	Sorrel
Beans (all types)	Lettuce	Spinach
Beets	Lentils	Squash
Broccoli	Mushrooms	Sweet Potato
Brussels Sprouts	Mustard Greens	Turnips
Cabbage	Okra	Turnip Greens
Carrots	Olives	Water Chestnuts
Cauliflower	Onions	Watercress
Celery	Parsley	Yams
Chard	Parsnips	Zucchini
Collard Greens	Peas	
	Potatoes	

Dairy Products

- **Milk:** Whole milk is permitted, not low-fat or skim milk.
- **Butter & Margarine:** Any salted or unsalted butter without added color or flavorings is acceptable. (Margarine often contains artificial colors, flavors, or preservatives. If "natural flavoring" is listed, check with the manufacturer.)
- **Canned & Powdered Milk:** The vitamin solutions used to fortify powdered milks frequently contain preservatives which may not be listed on the label. Contact the manufacturer to learn if the product contains BHT, BHA, or TBHQ.
- **Cheeses:** Use any natural cheese without added flavorings. Ingredients should read:
- **Milk - Enzymes - Salt - Calcium chloride**
- If you use a cheese coated with colored wax, carefully and completely remove all the wax coating or rind. The plastic film wrapping string cheese or pre-sliced cheeses is often treated with hidden preservatives which then migrate into the food - they should not be used.
- Beware of low-fat or no-fat cheeses. They often use artificial color so that they will look as white and thick as the regular cheese.
- **Cream:** Any cream without added flavors is acceptable.
- **Yogurt:** Plain yogurt made from whole milk - or any milk without added Vitamin A - is acceptable. Some yogurts have artificial color or flavor, or may contain salicylate fruits. Even non-salicylate flavors may contain juices or pectin derived from salicylate fruits, so read the labels carefully and check with the manufacturer.

Meats

Any fresh or frozen meat may be used. Do not buy meats that have been seasoned, flavored, or

marinated. Trim off any purple (or other color) government stamp before cooking. If you suspect a reaction to ground meat, have the butcher trim off the colored stamp before he grinds the meat for you.

- **Meat Substitutes:** Meat substitutes may be made of soy, grains, or vegetables. Even though they may be sold in health food stores, some have artificial meat or chicken flavoring, or smoke flavoring, or both.
- **Fish & Seafood:** Any fresh or frozen plain fish may be used. Some brands of canned tuna contain hydrolyzed vegetable protein (HVP) which is part MSG (E621). This is allowed on the Feingold diet, but be aware that it has been shown to cause headache and other problems in sensitive people. Tuna packed in "vegetable broth" may contain salicylate ingredients in the broth. Ingredients in canned fish (salmon, mackerel, tuna, etc.) should be "fish, water, and salt." (Most fish, especially canned fish, should be avoided if mercury toxicity is suspected. Only wild caught Alaskan Salmon in moderation is recommended in this case).
- **Poultry:** Any fresh or frozen plain poultry (chicken, turkey, goose, duck, etc.) may be used. Do not use smoked poultry, pre-stuffed, pre-flavored, or pre-basted turkey.

Grains & Rice

Any whole grain is acceptable. White or brown rice is acceptable. To use prepared mixes, you must check with the manufacturer, of course.

- **Flour:** Any plain white or yellow corn meal. Any plain flour.
- **Pasta:** Most dry macaroni and pasta (in the U.S.) are acceptable. The ingredients should be enriched flour (semolina or durum or other flour) and sometimes eggs or egg yolks. Pasta containing tomato is a salicylate. Rice or corn noodles and pasta are helpful for those unable to use gluten or wheat.
- **Breads:** Any homemade bread, muffins, biscuits, etc., using acceptable ingredients.

Commercial mixes and baked breads, rolls, biscuits, and muffins may contain hidden ingredients in the shortening or elsewhere. Call your local bakeries and ask specifically about:

- BHA or BHT or TBHQ (E-320, E-321 or E-319) in pan grease, shortening or packaging
- Raisin syrup in dark bread (raisins are salicylates)
- Any artificial flavors or colors (such as "egg shade") used in the bread or on top of the dough

- **Tacos & Tortillas:** Commercially prepared flour tortillas may contain hidden preservatives.
- **Breakfast Cereals – Cold:** Some cereals whose labels look acceptable might have BHA or BHT (E320 or E321) sprayed on the packaging materials. It is absorbed by the food. Some cereals have Vitamin A which can contain hidden preservatives. Health food stores should have many acceptable brands.
- **Breakfast Cereal – Hot:** Single ingredient cereals (plain oatmeal, plain cream of rice or wheat) should be acceptable. You can make a hot cereal by cooking mixed whole grains.

Baking and Cooking Supplies

- Eggs

- Baking powder
- Baking soda
- Plain yeast, either powder or cake (**not** "rapid-rise" yeast).
- Arrowroot powder, potato starch, and corn starch
- Plain chocolate or cocoa powder *without* artificial vanillin flavoring or other artificial flavoring.
- Plain carob powder.
- Color & Flavor Extracts:
 - Pure vanilla extract.
 - Spinach, carrot or beets may be cooked, blended until smooth, and added to cake frosting recipe instead of water or milk to make colored cake frosting. For a pretty pink color, the water from cooked or canned beets can be used instead of water or milk in any frosting recipe. Brown can be made by adding cocoa or carob powder to the recipe.
- Plain cornmeal, potato flour, grain flour
- Unflavored plain gelatin powder (useful for making Jello-type desserts or jam)
- Pure oil or shortening with no preservative or flavoring
- Plain white sugar or powdered sugar.
- [Sugar Syrup](#).
- Pure honey. (*Some honey may contain small amounts of salicylate which may bother some very sensitive people.*) *Do not give honey to infants.*
- Pure 100% maple syrup.
- Molasses (*Some brands may contain sulfites. Molasses may also be added to white sugar to make brown sugar.*)
- Plain single-ingredient spices are acceptable - whether fresh, frozen or dried - except cloves. **Cloves are a salicylate.** Cloves may also be in curry powder, pickling spice, pumpkin spice or other spice mixes.
- Black or white pepper
- Fresh, dried or powdered garlic or onion
- Plain salt
- Vinegar made from grain such as wheat or rice. (Cider and wine vinegars are salicylates.)

Condiments

- **Tomato Catsup:** This is a salicylate.
- **Mayonnaise:** If you have difficulty finding acceptable mayonnaise, check with a health food store. You can also prepare it at home using any recipe with acceptable ingredients.
- **Mustard:** Any dry mustard powder.
Any home-made recipe with acceptable ingredients.
- **Olives:** Some olives contain sodium benzoate, a preservative which many people avoid. Check with the manufacturer about the ingredients. The red pimento in some green olives are a salicylate.
- **Relishes, Spreads & Dips:** Any homemade recipe with acceptable ingredients.
- **Salad Dressings:** Any homemade recipe with acceptable ingredients. Plain lemon

squeezed on the salad is good. Lemon, salad oil, and salt is even better.

- **Nuts:** All nuts are acceptable except almonds (a salicylate). Do not use the red pistachio nuts.

Drinks

Carbonated:

7 Up (contains corn syrup)

Make your own sodas by combining acceptable fruit juice with plain sparkling water (water with carbonation; bubbly water, also called seltzer) Add sugar if needed. We do **not** recommend use of aspartame (NutraSweet, Equal), saccharin or cyclamates.

Make a "cream soda" using plain sparkling water, sugar (about 2 spoons or more per cup), and just enough pure vanilla to make it slightly tan-colored.

Juice:

Buy single-ingredient acceptable non-salicylate juices, or squeeze juice of any non-salicylate fruit, such as grapefruit, lemon or pomegranate.

For variety, mix juices with each other, with water, or with sparkling water and sugar to taste.

Blend other acceptable non-salicylate fruits such as bananas, pears, kiwi or melons, to make "smoothies"

Hot:

Hot water with lemon juice can be used as a "tea" with or without sugar or honey.

Water:

Any naturally sparkling mineral water

Any pure water

Any unflavored seltzer water