



Royal Berkshire
NHS Foundation Trust

Salicylates: What are they and how can I reduce their effect on my child?

Information for families

This leaflet outlines the food traffic light system for children who are sensitive to salicylates.

What are salicylates?

Salicylates occur naturally in many foods. If your child is sensitive to salicylates, the traffic light system is a good way to help you to manage their symptoms.

What are the symptoms of a salicylate reaction?

Some people are more sensitive to salicylates than others.

Salicylate intolerance can cause:

- Rashes
- Swelling
- Diarrhoea

If these symptoms are causing your child discomfort, for example itching, ensure that their skin is cleaned if it has had contact with the foods and if necessary, antihistamine can be used to treat the symptoms. It is rare for a salicylate reaction to become serious.

Traffic light system

Salicylate concentration can be reduced by simply cooking and peeling certain fruits and vegetables. We have divided foods using a traffic light system by the amount of salicylate they contain:

• low (green)	• moderate (yellow)	• high (red)
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No foods should be completely avoided. Meals should contain mostly food items from yellow and green groups. Unlike more serious food allergies, red group foods do not have to be strictly avoided. Red group foods are not banned, but can be tolerated in small amounts as part of an otherwise low salicylate meal. Most families find the right balance for their children without undue restriction.

Fruit	banana, lime, pear (peeled), golden delicious apple (peeled, green variety only), pawpaw, pomegranate, tamarillo, fresh figs, lemon, mango, passion fruit, persimmon, red delicious apple (peeled), rhubarb, papaya
Vegetables	bamboo shoot, cabbage - (green/white), celery, green split peas, lentils, swede, lettuce (iceberg), beans (dried, not borlotti), peas (dried), potatoes (if peeled), Brussel sprouts, borlotti beans, chives, garlic, yellow split peas, leek, mung bean sprouts, red cabbage, shallot, chickpeas fresh asparagus, beetroot, cauliflower, green beans, onion, marrow, potato (white with peel), pumpkin, sweetcorn, tomato, turnip, frozen spinach
Dairy	butter, cheese (not blue vein), milk, yoghurt - natural only but you can add your own fruit.
Grains	barley, buckwheat, millet, oats, rice, rye, wheat.
Seeds & nuts	poppy seeds cashew nuts hazelnuts, pecan, sunflower seeds
Sweeteners	maple syrup, white sugar golden syrup
Meat, Fish, Eggs	meat, fish, poultry and eggs - are generally salicylate free but do not eat any processed meat Liver, prawns, shellfish
Herbs and spices	malt vinegar, saffron, sea salt, soy sauce (if free of spices), fennel (dried), fresh parsley fresh coriander leaves
Oils & fats	sunflower oil, soya oil, canola oil ghee
Beverages	decaffeinated coffee, milk, Ovaltine, homemade pear juice, soya milk, rice milk, water dandelion coffee, pear juice
Other	carob powder, cocoa, tofu.
Fruit	kiwi fruit, loquat, custard apple lychee, pear (with peel)
Vegetables	aubergine - peeled, carrot, lettuces other than iceberg, tomato juice, mushrooms, tinned asparagus, beetroot, black olives, sweetcorn, desiccated coconut, new potatoes
Dairy	blue vein cheese
Seeds & nuts	peanut butter, walnuts pumpkin seeds
Sweeteners	molasses. raw sugar
Beverages	cola, rose hip tea

Fruit	avocado, apples, cantaloupe melon, cherries, grapefruit, mandarin, mulberry, nectarine, peach, watermelon, tangerine, apricots, blackberry, blackcurrant, blueberry, cranberry, dates, plum, grapes, guava, orange, pineapple, strawberry, sultana, currants, prunes, raisin, raspberry, redcurrant,
Vegetables	aubergine with peel, broad bean, broccoli, cucumber, tinned okra, parsnips, fresh spinach, sweet potato, tinned tomatoes, tomato puree, watercress, artichoke, chicory, chilli peppers, courgette, endive, green olives, peppers, radish, water chestnut gherkins
Grains	maize
Seeds & nuts	brazil, macadamia, pine nuts, pistachio, sesame seeds, almonds, peanuts with skins on
Sweeteners	honey
Herbs & spices	yeast extracts, basil, bay leaf, caraway, chilli powder, nutmeg, vanilla essence, white pepper allspice, aniseed, black pepper, cardamom, cayenne, celery powder, cinnamon, cloves, dill, cumin, curry powder, fenugreek, garam masala, ginger, liquorice mace, mint, mustard, oregano, paprika, sage, rosemary, tarragon, turmeric, thyme, vinegars
Oils & fats	almond oil, corn oil, peanut oil, sesame oil, walnut oil coconut oil, olive oil
Beverages	coffee peppermint tea, cordials and fruit flavoured drinks, fruit and vegetable juices, tea

Contact us

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Further information

www.anaphylaxis.org.uk/knowledgebase/salicylates/

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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