



**Royal Berkshire**  
NHS Foundation Trust

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

Information for families

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

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### **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:

• <b>low (green)</b>	• <b>moderate (yellow)</b>	• <b>high (red)</b>
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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.

<b>Fruit</b>	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
<b>Vegetables</b>	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
<b>Dairy</b>	butter, cheese (not blue vein), milk, yoghurt - natural only but you can add your own fruit.
<b>Grains</b>	barley, buckwheat, millet, oats, rice, rye, wheat.
<b>Seeds &amp; nuts</b>	poppy seeds cashew nuts hazelnuts, pecan, sunflower seeds
<b>Sweeteners</b>	maple syrup, white sugar golden syrup
<b>Meat, Fish, Eggs</b>	meat, fish, poultry and eggs - are generally salicylate free but do not eat any processed meat Liver, prawns, shellfish
<b>Herbs and spices</b>	malt vinegar, saffron, sea salt, soy sauce (if free of spices), fennel (dried), fresh parsley fresh coriander leaves
<b>Oils &amp; fats</b>	sunflower oil, soya oil, canola oil ghee
<b>Beverages</b>	decaffeinated coffee, milk, Ovaltine, homemade pear juice, soya milk, rice milk, water dandelion coffee, pear juice
<b>Other</b>	carob powder, cocoa, tofu.
<b>Fruit</b>	kiwi fruit, loquat, custard apple lychee, pear (with peel)
<b>Vegetables</b>	aubergine - peeled, carrot, lettuces other than iceberg, tomato juice, mushrooms, tinned asparagus, beetroot, black olives, sweetcorn, desiccated coconut, new potatoes
<b>Dairy</b>	blue vein cheese
<b>Seeds &amp; nuts</b>	peanut butter, walnuts pumpkin seeds
<b>Sweeteners</b>	molasses. raw sugar
<b>Beverages</b>	cola, rose hip tea

<b>Fruit</b>	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,
<b>Vegetables</b>	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
<b>Grains</b>	maize
<b>Seeds &amp; nuts</b>	brazil, macadamia, pine nuts, pistachio, sesame seeds, almonds, peanuts with skins on
<b>Sweeteners</b>	honey
<b>Herbs &amp; spices</b>	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
<b>Oils &amp; fats</b>	almond oil, corn oil, peanut oil, sesame oil, walnut oil coconut oil, olive oil
<b>Beverages</b>	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/](http://www.anaphylaxis.org.uk/knowledgebase/salicylates/)

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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

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