

Food Item	Instructions/Suggestions	Avoid - Common Pitfalls
<b>Carbohydrates: Grains and Root Vegetables</b>		
<b>Grains/Flours: Amaranth, Arrowroot, Barley, Buckwheat, Millet, Oats, Rice, Rye, Sago, Tapioca/Cassava, Wheat, Quinoa</b> • Amaranth, Sago, Tapioca/Cassava, Quinoa salicylate content unknown • Arrowroot, Barley, Buckwheat, Millet, Oats, Rice, Rye, Wheat 0mg salicylate	<ul style="list-style-type: none"> <li>• White/refined grains appear to be less reactive than brown amongst failsafers, but both are allowed</li> <li>• Rice varieties/brands tested as safe include Calrose (California Rose sushi rice), and Sungold and Sunbrown brown rices, and long grain rice</li> <li>• Sushi rice is well tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Basmati, jasmine, wild, black, and red rice, and corn/maize all contain salicylates and are not allowed</li> <li>• Processed bread products (propionates, E280-E282)</li> <li>• Use caution with gluten free flours which may contain bleaching agents and sulphites</li> <li>• Tapioca/Cassava is thought to be high in amygdalin which some failsafers may react to</li> <li>• Gluten grains (wheat, oats, barley, rye) contain opioid-peptides that affect some failsafers</li> </ul>
<b>Potatoes, White</b> • Without peel 0mg salicylate • With peel 0.12mg salicylate	<ul style="list-style-type: none"> <li>• Large white, dirty brown, thickly peeled, stored in dark sacks</li> <li>• Plain, additive-free crisps (potato chips)</li> </ul>	<ul style="list-style-type: none"> <li>• Red potatoes (salicylates)</li> <li>• Commercial, instant, pre-prepared potato chips, crisps, mash, hot chips (sulphites, additives)</li> <li>• A natural source of nitrates in the diet</li> <li>• Contain solanine, keep out of light, avoid green/sprouting</li> </ul>
<b>Vegetables: Fruit, Vegetables, Pulses, Legumes and Nuts</b>		
<b>Bamboo Shoots</b> • 0mg salicylate	<ul style="list-style-type: none"> <li>• Fresh, or canned without additives</li> </ul>	<ul style="list-style-type: none"> <li>• Do not confuse with water chestnuts (salicylates)</li> </ul>
<b>Beans: Blackeye, Borlotti, Brown, Carob, Chickpeas/Garbanzo, Kidney, Lima, Mung, Mung bean sprouts, Soya/Soy, Soy Milk, Tofu</b> • Mung bean sprouts 0.06mg salicylate • Dried beans, all except brown 0mg salicylate • Dried beans, brown 0.002mg salicylate	<ul style="list-style-type: none"> <li>• Dried, or canned without additives, fresh or canned mung bean sprouts</li> <li>• Soak beans overnight and boil on a high temperature as per the appropriate cooking instructions</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid broad/fava beans, they are far too high in salicylates</li> <li>• Fresh, unfermented soy like tofu and soy milk are the only soy products allowed, but some failsafers are intolerant to the phytoestrogens in soy</li> <li>• Contains small amounts of spermine, spermidine and histamine</li> <li>• Bean sprouts are higher in salicylates and amines than dried beans</li> </ul>
<b>Beans: French or Green</b> • 0.11mg salicylate	<ul style="list-style-type: none"> <li>• Fresh or frozen</li> </ul>	<ul style="list-style-type: none"> <li>• Relatively high in salicylate, so watch for reactions in the most sensitive</li> </ul>
<b>Brussels Sprouts</b> • 0.07mg salicylate	<ul style="list-style-type: none"> <li>• Fresh or frozen</li> </ul>	<ul style="list-style-type: none"> <li>• Sulphurous</li> </ul>
<b>Cabbage: Red or Green/White</b> • Fresh, green 0mg salicylate • Fresh, red 0.08mg salicylate	<ul style="list-style-type: none"> <li>• Fresh or frozen</li> </ul>	<ul style="list-style-type: none"> <li>• Savoy salicylate content unknown</li> <li>• Kale, Rabe, Spring greens, other leafy greens that do not form a round bud</li> <li>• Sulphurous</li> </ul>
<b>Cashew Nuts (10 per day – ½ oz)</b> • 0.07mg salicylate	<ul style="list-style-type: none"> <li>• Fresh, unroasted</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted cashews (amines, preservatives)</li> <li>• Contains small amounts of spermine and spermidine</li> </ul>
<b>Celery</b>	<ul style="list-style-type: none"> <li>• Fresh</li> </ul>	<ul style="list-style-type: none"> <li>• Traces of natural benzoates</li> <li>• Some natural nitrates</li> </ul>
<b>Choko/Chayote</b> • 0.01mg salicylate	<ul style="list-style-type: none"> <li>• Fresh, just ripe</li> </ul>	
<b>Herbs/Spices: Chives, Coriander, Garlic, Parsley, Poppy Seeds, Saffron, Vanilla Essence (garnish only, limit garlic, max 2 drops vanilla)</b> • Chives 0.031mg salicylate • Coriander 0.02mg salicylate • Garlic 0.1mg salicylate • Parsley 0.08mg salicylate • Poppy Seeds, Saffron 0mg salicylate • Vanilla Essence 1.44mg salicylate	<ul style="list-style-type: none"> <li>• Fresh or frozen</li> </ul>	<ul style="list-style-type: none"> <li>• Contains other aromatic compounds</li> <li>• Roasted poppy seeds (amines)</li> <li>• Avoid pepper, herbs and spices (salicylates)</li> <li>• Garlic is very sulphurous</li> </ul>
<b>Leeks</b> • 0.08mg salicylate	<ul style="list-style-type: none"> <li>• Fresh</li> </ul>	<ul style="list-style-type: none"> <li>• Sulphurous</li> </ul>
<b>Lentils: Red, Brown</b> • 0mg salicylate	<ul style="list-style-type: none"> <li>• Dried, or canned without additives</li> </ul>	<ul style="list-style-type: none"> <li>• Puy/French lentils (dark green) salicylate content unknown</li> <li>• Contains small amounts of spermine, spermidine and histamine</li> </ul>
<b>Lettuce, Iceberg</b> • 0mg salicylate	<ul style="list-style-type: none"> <li>• Fresh</li> </ul>	<ul style="list-style-type: none"> <li>• Other kinds of lettuce, particularly strongly flavoured or brightly coloured lettuces including rocket and endive</li> </ul>
<b>Pears (max 2 per day)</b> • Without skin 0mg of salicylate • With skin up to 0.31mg of salicylate	<ul style="list-style-type: none"> <li>• Fresh, soft, ripe, thickly peeled</li> <li>• Canned in sugar syrup</li> <li>• Homemade pear juice or smoothies</li> <li>• Conference pears are well tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Pear skins, nashi pears (salicylates)</li> <li>• Commercial pear juice, pears canned in juice (salicylates)</li> <li>• Dried pears (sulphites)</li> <li>• Contains small amounts of spermine and spermidine</li> </ul>
<b>Shallots, AKA Green/Spring/Salad Onions</b> • 0.03mg salicylate	<ul style="list-style-type: none"> <li>• Green stemmed fresh onions</li> <li>• Must have a straight stem, without a bulb shape at the bottom</li> </ul>	<ul style="list-style-type: none"> <li>• Do not confuse with Mediterranean shallots (salicylates)</li> <li>• Avoid onions with a bulb shaped bottom (salicylates)</li> <li>• Sulphurous</li> </ul>
<b>Swedes/Rutabagas</b> • 0mg salicylate	<ul style="list-style-type: none"> <li>• Large, yellow/purple colour</li> </ul>	<ul style="list-style-type: none"> <li>• Do not mistake turnips for Swedes (salicylates)</li> </ul>

Food Item	Instructions/Suggestions	Avoid - Common Pitfalls
<b>Animal Foods: Meat, Seafood, Eggs and Dairy</b>		
<b>Dairy (Fresh): Butter, Cream (fresh, sour, crème fraîche), Ghee, Ice Cream, Milk, Yoghurt</b>	<ul style="list-style-type: none"> <li>• Store in a cold fridge, keep for up to three days after opening</li> <li>• A2 milk is better tolerated (pure Guernsey, goat, sheep, buffalo) as it is lower in opioid-peptides compared to regular A1 cow's milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whipped cream (additives)</li> <li>• Kefir (amines)</li> <li>• Flavoured shakes and yoghurts</li> <li>• Check that flavourings and colourings have not been added to butter, yoghurt and ice cream</li> <li>• Do not keep dairy for longer than three days after opening</li> </ul>
<b>Dairy (Cheeses): Cottage Cheese, Cream Cheese, Farm Cheese, Mascarpone, Ricotta, Quark, other fresh white cheeses</b>	<ul style="list-style-type: none"> <li>• Store in a cold fridge, keep for up to three days after opening</li> </ul>	<ul style="list-style-type: none"> <li>• Feta, Mozzarella, and all yellow or aged cheeses</li> <li>• Cottage cheese can form tyramine if not fresh</li> <li>• Not all failsafers tolerate fresh cheeses</li> <li>• Do not keep dairy for longer than three days after opening</li> </ul>
<b>Eggs</b>	<ul style="list-style-type: none"> <li>• Store in a cold fridge</li> <li>• Eat cooked eggs (i.e. quiche, custard) on the day they have been cooked</li> </ul>	<ul style="list-style-type: none"> <li>• Do not store eggs for more than a couple of weeks or leave them out of the fridge</li> <li>• Raw eggs do not degrade, but do not keep cooked eggs in the fridge overnight</li> <li>• Sulphurous</li> </ul>
<b>Meat: Beef (fresh, unaged), Veal, Lamb, Rabbit, Chicken (preferably without skin)</b>	<ul style="list-style-type: none"> <li>• Meat that is less than two weeks from slaughter and not vacuum packed is suitable for the elimination diet</li> <li>• In very sensitive individuals, meat should be no more than three days from slaughter</li> <li>• Eat the day it is bought, do not leave overnight in the fridge</li> <li>• Freeze for up to four weeks</li> <li>• Thaw rapidly in warm water</li> <li>• Cooked meats must be refrozen until required as they degrade very quickly</li> <li>• Stocks can be made if they are simmered for no longer than two hours, cooled rapidly in cold water and used or frozen immediately, do not use chicken skin</li> </ul>	<ul style="list-style-type: none"> <li>• Ageing causes amine formation, meat that is more than two weeks old is too old for failsafers</li> <li>• Pork, offal, hung meat, game, chicken skin, salted, smoked and cured meat all contain amines</li> <li>• Bacon, ham, sausages, processed meats, paté, stock cubes (preservatives, colourings, flavour enhancers)</li> <li>• Browning, grilling and charring increases amines</li> <li>• Hung meat and vacuum packed meat are not allowed (sealed bags/containers), as meat can be several weeks old but still appear fresh</li> <li>• Avoid stocks that have been simmered for many hours as they contain glutamates</li> </ul>
<b>Seafood: Fresh White Fish, Fresh Crab, Fresh Lobster, Calamari (squid), Sea Scallops</b> <ul style="list-style-type: none"> <li>• Scallops 0.02mg salicylate</li> <li>• Others 0mg salicylate</li> </ul>	<ul style="list-style-type: none"> <li>• Eat the day seafood is caught, do not leave overnight in the fridge</li> <li>• Freeze for up to four weeks</li> <li>• Thaw rapidly in warm water</li> <li>• Throw away leftovers</li> </ul>	<ul style="list-style-type: none"> <li>• Seafood forms amines very quickly, avoid seafood that tastes stale or fishy or is of unknown age</li> <li>• Prawns, salmon, tuna, canned fish, oysters, salted/smoked/cured fish (amines)</li> <li>• Seafood is often preserved with sulphites</li> </ul>
<b>Cooking and Baking</b>		
<b>Baking: Salt, Bicarbonate of Soda, Citric Acid, Cream of Tartar, Gelatine, Baker's Yeast</b> <i>(try with caution)</i>	<ul style="list-style-type: none"> <li>• Boiling removes sulphites from gelatine</li> </ul>	<ul style="list-style-type: none"> <li>• Use caution with gelatine as it can contain sulphites and glutamates</li> <li>• Extremely sensitive failsafers sometimes react to citric acid as it causes histamine release</li> </ul>
<b>Oils: Safflower, Sunflower, Canola, Soya/Soy</b> <i>(try with caution)</i>	<ul style="list-style-type: none"> <li>• Oils from fresh, antioxidant free</li> <li>• Tallow may be acceptable if it is pure white and refined</li> </ul>	<ul style="list-style-type: none"> <li>• Watch for unlabelled antioxidants and preservatives</li> <li>• Suet and dripping contain amines and glutamates</li> </ul>
<b>Sweeteners: White Sugar, Rice Syrup, Golden Syrup, Pure Maple Syrup</b> <i>(try with caution)</i>	<ul style="list-style-type: none"> <li>• Choose only pure, filtered syrups</li> </ul>	<ul style="list-style-type: none"> <li>• Brown sugar (salicylates)</li> <li>• Honey contains huge amounts of salicylates</li> <li>• Syrups can contain sulphites, boiling removes these</li> </ul>
<b>Beverages</b>		
<b>Hot: Milk, Malt Drinks (ovaltine), Decaffeinated Instant Coffee</b> <i>(limit to 1-2 cups)</i> <ul style="list-style-type: none"> <li>• Instant decaf coffee 0mg salicylate</li> </ul>	<ul style="list-style-type: none"> <li>• Make weak, preferably half a teaspoon of coffee</li> </ul>	<ul style="list-style-type: none"> <li>• Too much coffee</li> <li>• Espresso/filter coffee contains salicylates, only decaf instant is allowed</li> <li>• Herbal teas, coffee substitutes</li> <li>• Tea contains huge amounts of salicylate</li> </ul>
<b>Cold: Water, Homemade 'Lemon' Drink (citric acid, sugar, water), Soda Water, Tonic Water</b>	<ul style="list-style-type: none"> <li>• If you dislike tap water, use a filter to improve the taste</li> </ul>	<ul style="list-style-type: none"> <li>• Preservatives in tonic water</li> </ul>
<b>Alcoholic: Gin, Vodka, Whiskey</b> <ul style="list-style-type: none"> <li>• All 0mg salicylate</li> </ul>	<ul style="list-style-type: none"> <li>• Drink neat, with tonic, soda water, or homemade 'lemon' drink</li> </ul>	<ul style="list-style-type: none"> <li>• Flavourings in vodka</li> </ul>