

List of foods classified as having moderate to high levels of Salicylate

Alfalfa
Allspice
Almond
Aloe Vera
Apples
Apricot
Artichoke
Asparagus
Avocado
Basil
Bay
Beet
Birch (wintergreen)
Blackberry
Blueberry
Boysenberries
Broccoli
Cayenne
Cherries
Chicory
Cinnamon
Clove
Coriander
Cranberry
Cucumber
Cumin
Currant
Dates
Dill
Eggplant
Ginger
Gooseberry
Grapes
Grapes
Guava
Honey
Huckleberry
Kiwi
Lemon
Licorice
Mandarin
Melon
Mustard
Nectarin

Nutmeg
Okra
Olive
Oranges
Oregano
Paprika
Peach
Peanuts
Pepper
Pineapple
Plum
Pomegranate
Prunes
Radishes
Rosemary
Spinach
Squash
Star Anise
Strawberries
Sweet Potatoe
Tangerines
Tarragon
Thyme
Turmeric
Vanilla
Water Chestnut
Watercress
Willow
Zucchini