

Salicylates Food Guide

Vegetables

Low	Medium	High	Very High
White potato	Asparagus	Alfafa	Avocado (A)
Iceberg lettuce	Beetroot	Artichoke	Basil
Bamboo shoots	Bok choy	Avocado, just ripe (A)	Broadbeans (A)
Bean shoots	Carrot	Broccoli (A) (G)	Capsicum
Brussel sprouts	Cucumber, peeled	Cauliflower (A)	Chicory
Cabbage	Kumara	Corn (G)	Chili
Celery	Lettuce	Cucumber	Choy sum (A)
Chives	Marrow	Endive	Eggplant (A)
Choko	Parsnip	Fennel	Mustard greens
Garlic	Green Peas (NS)	Gai lan (A) (G)	Herbs & spices
Leek	Peas	Parsley	Chinese spinach (A) (G)
Mungbean sprouts	Potato	Pumpkin	Olives (A)
Onion	Pumpkin, butternut, squash	Radicchio, butternut, squash (A)	Onion
Swede	Sweet potato	Radish	Pickled veggies (A) (G)
	Turnip	Rocket (A)	Mint
	Zucchini, peeled	Snow pea sprouts	Mushrooms (A) (G)
		Spring onion	Sauerkraut (A) (G)
		Tomato (A) (G)	Seaweed (A) (G)
		Water chestnut	Spinach (A) (G)
		Watercress	Tomato (A) (G)
		Zucchini	Truffles (A) (G)
			Veggie drinks, powder (A) (G)

Fruits

Low	Medium	High	Very High
Pears, peeled, ripe	Apple, peeled, ripe: Golden Delicious, Red Delicious	Apple, peeled: Bonza, Fuji, Gala, Granny Smith, Jonathan, Pink Lady, Sundowner	Avocado, soft (A)
	Loquat	Apricot	Berries: blackberries, boysenberries, cranberry, raspberry (A)
	Pear	Avocado, just ripe	Blackcurrant (A)
	Nashi pear	Banana, ripe (NS)	Cherry (A)
	Banana, just ripe (NS)	Berries: blueberry, mulberry	Citrus (A)
		Custard apple (A)	Date (A)
		Dragon fruit	Dried apple, apricot, peach
		Durian	Dried banana, pawpaw (NS)
		Feijoa (A)	Dried currants, dates, figs, mango (A)
		Fig (A)	Dried prunes, raisins, sultanas (A) (G)
		Guava	Fruit confectionery (A) (G)
		Grape, peeled (A) (G)	Fruit flavours, jams, jellies (A) (G)
		Jackfruit	Grapes (A) (G)
		Longan	Kiwi fruit (A)
		Lychee	Passionfruit (A)
		Mango (A)	Pineapple (A)
		Nectarine	Plum (A) (G)
		Papaya (NS)	Redcurrant (A)
		Pawpaw (NS)	Strawberry
		Peach	Tomato, dried, paste, sauce (A) (G)
		Persimmon	
		Pomegranate	
		Rambutan	
		Rhubarb	
		Rockmelon	
		Starfruit	
		Tamarillo	
		Watermelon	

Note: While a low-chemical diet is essential, consuming less salicylates alone is not enough. An effective dietary protocol must be integrated and comprehensive.

[Please read this article for an effective eczema diet breakdown.](#)

Help more people.

If you or someone you care about is suffering from eczema, please let them know about the natural approach I have used to cure my eczema slowly, naturally and permanently in 2013.

Let them know about CureEczemaSlowly.com!

Thanks,

Harrison Li

Author of [The Eczema Manual](#)