

SALICYLATE LEVELS - FRUIT

Salicylates are nature's own insecticides. They are produced within the plant in order to protect themselves from micro-organisms and insects. Many of us can tolerate these natural chemicals, however reactions can result in sensitive individuals and some children.

<u>Very High</u>	<u>High</u>	<u>Moderate</u>	<u>Low</u>	<u>Negligible</u>
All dried fruit	Avocado	Custard apple	Golden delicious	Banana
Apricot	Canned Morello	Lemon	apple (peeled)	Pear (ripe & peeled)
Blackberry	cherries	Loquat	Paw paw	Lime
Black currant	Cantaloupe	Mango	Nashi Pears	
Blueberry	Grapefruit	Pear (with peel)	Papaya	
Boysenberry	Granny smith	Persimmon	Paw paw	
Cherry	apple	Pomegranate	Tamarillo	
Cranberry	Jonathan apple	Red delicious		
Currant (dried)	Kiwi fruit	apple		
Dates	Lychee	Rhubarb		
Grape	Mandarin	Tamarillo		
Grapevine leaves	Melons	Raw fig		
Guava	Mulberry			
Loganberry	Nectarine			
Orange	Peach			
Pineapple	Sugar banana			
Plum	Tangelo			
Raison (dried)	Watermelon			
Raspberry	Dried fig			
Red currant	Passionfruit			
Rock melon				
Strawberry				
Sultana				
Tangelo				
Tangerine				
Young berry				