

Low Salicylate and Low Amine Diet



Bamboo shoots	Lean Yearling Beef	Chives	Arctic Cod Liver Oil
Brussels sprouts	Chicken (no skin)	Garlic	Evening Primrose Oil
Cabbage	Fish (fresh, white)	Parsley	(where possible - oils to be cold pressed, no antioxidant)
Celery	Lamb	Poppyseeds	Cashews (raw)
Chive	Rabbit	Saffron	Parsley
Choko	Veal	Sea salt	Red cabbage
Dried beans	Decaff. Coffee	Shallots	
Dried peas	Lemon Grass tea	Vanilla	
Green beans	Shallot	Arrowroot starch	
Green peas	Swedes	Rice	
Leek	Pear (ripe peeled)	Rice flour	
Lentils	Pear (canned, in sugar syrup-wash off syrup)	Rice cereals (plain)	
Lettuce (Iceberg)		Sago	
Mungbean sprouts		Tapioca	

SALICYLATES are a family of plant chemicals found naturally in many fruits, vegetables, nuts, herbs and spices, jams, honey, yeast extracts, tea and coffee, juices, beer and wines. They are also present in flavorings (e.g. peppermint), perfumes, scented toiletries, eucalyptus oils, and some medications (ASPIRIN is a member of the salicylate family).

AMINES come from protein breakdown or fermentation. Large amounts are present in cheese, chocolate, wines, beer, yeast extracts and fish products. They are also found in certain fruits and vegetables, e.g. bananas, avocados, tomatoes and broad beans.

Abstain from salicylates and amines if you suspect reactivity to foods often manifesting as gut issues, headaches and migraines. During this time, use immune regulating support for the gut. Talk to your health practitioner to support gut integrity. After gut repair, introduce one food item from the list at a time every 3 days. Introduce into diet if no reaction to suspected offending food.

When coming off coffee, coke, cordials, soda, soft drinks, sugar containing foods and treats, do it slowly over the 2 week diet introduction period in order to avoid strong detox reactions.

It took quite a long time to become unwell, don't expect everything to happen overnight. Give your body time to adapt; remember - slow and steady gives the best results.

