News Release
For Immediate Release

Allergic to Aspirin?
Aspirin is one an old and very common over the counter medication used in the United States, and is used for everything from dulling aches and pains to helping prevent heart attacks. Unfortunately there is a small portion of Americans who are allergic to aspirin. These individuals, who commonly suffer from asthma as well, can have extremely uncomfortable reactions when they intake aspirin. Some individuals that are unusually sensitive to aspirin may consider avoiding certain foods.

Since aspirin was originally extracted from a tree it shouldn’t be much of a surprise that other plants contain compounds in the same family as aspirin, says [Insert name here], County Extension Agent. These compounds usually don’t affect individuals allergic to aspirin, and, while unlikely to improve symptoms of the allergy, could be considered for individuals who have found no other relief.

Some fruits high in salicylates (Aspirin family) are apricots, oranges, many of the berries, pineapples, and guava. Vegetables that tend to be high in salicylates are broccoli, tomato products, zucchini, radishes, chili peppers, cucumber, and spinach. Interestingly enough is that the highest concentration of these aspirin family compounds is found in the herbs and spices that we use. Spices like cayenne, cinnamon, curry, dill, oregano, rosemary, mint, black pepper, basil, and nutmeg are all high in salicylates. Other things to watch out for are honey and Worcestershire sauce.

Once again, eating these foods shouldn’t affect even aspirin sensitive individuals, but some people are looking for any solution that may offer some relief.

Contact _____________________, Texas AgriLife Extension Service ______________ County agent at _____________________, for more information.

References:
1. Cunningham, Eleese. Are there foods that should be avoided id a patient is sensitive to Salicylates?. Journal of the American Dietetic Association. 2010 June 110; 6:976

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