
New salicylate analyses

Laboratory testing update (from Failsafe Newsletter #57 July – September 2008: during 2007-08, FIN spent \$4,351 on laboratory tests, looking for illegal additives and seeking to extend the knowledge of salicylate contents of foods. We have been unable to find a reliable laboratory for salicylates so this program is suspended. Thanks to Julie Eady of Additive Alert for a \$600 donation towards this testing.

There was a great response when we asked for nominations for further laboratory analyses for salicylates. People wanted a wider range of failsafe foods and also to clarify existing analyses. From the nominations, it is also clear that some people are confused about what salicylates are and that they are found in most fruit and some vegetables, not in fish and cheese. Some products requested have already been tested and so do not appear in the list below. Many people are reporting reactions to sunola oil (a mixture of sunflower and canola oils) yet it “should” be low in salicylates.

The tests cost \$170 each so we can only afford a limited number based on donations. Thanks to those who offered to help fund this initiative.

Here are all your requests in a draft list for comment, based on a guess as to how low in salicylates the foods are and hence how useful a positive result might be in Australia and New Zealand (sorry USA) – please email confoodnet@ozemail.com.au with “Salicylates” in the subject line.

Priority	Products
1	Nori seaweed Palm oil Persimmon wine Sunola oil Yellow tomatoes (eg Ivory)
Others suggested	Acerola berries - fresh and dried Amaranth Apple, newer variety like Pink Lady Balsamic vinegar Beans, wax or yellow Black sapote Capers Cassava Celeriac Chia seeds Chinese cabbage (Wombok) Coconut oil, coconut milk, etc. Elderberry (black) Elderflower cordial Feijoas, cherry guavas – fresh Fish sauce Garlic chives Grapeseed oil Green peppercorns

	<p>Hempseed oil Horseradish Kohlrabi (turnip-rooted cabbage) Lemon grass Lemon zest Lettuce, varieties other than Iceberg, particularly Cos and Rocket Limes Miso paste Mussels Olive oil Orange zest Paw-paw, red (papaya) Persimmon wine Pumpkin seeds Quince Quinoa Red kidney beans Rice wine vinegar Ricebran oil Safflower oil Sarsparilla Sassafras root Silverbeet (listed as high in the most recent Friendly Food) Sorghum sweetener Squash: acorn, delicata, summer-yellow, patty-pan-yellow/green, hubbard, crookneck Sunflower oil Sweet (aka Spanish) chestnuts Taro (Dasheen, Eddoes) Yams</p>
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