

ENT



New Mexico
Ear, Nose, & Throat
Specialists, P.C.

FREDERICK FIBER, MD

*Specialties of the ear, nose and throat
Head and neck surgery*

Introduction

Allergic rhinitis, allergic sinusitis and nasal polyps have been shown to be sensitive to salicylates like "aspirin". If these substances are consumed the person can develop severe asthma and even die. Hopefully your condition is not this severe. Sixty percent of patients with allergic rhinosinusitis and nasal polyps experience some symptomatic improvement after following a salicylate free diet for as little as six weeks.

Salicylate-Free Diet

Beverages:

Allowed: Coffee, grapefruit juice, milk, pear nectar, pineapple juice, postum, vodka.

Avoid: Beer, birch beer, ciders, gin and all distilled drinks except vodka, Kool-Aid and similar artificial flavored and colored beverages, soft drinks, diet drinks and supplements, tea, tomato juice and vegetable juice cocktail, wine.

Breads and Starches:

Allowed: Any bread, English muffins, dinner rolls, frankfurter and hamburger buns, tortilla, rice, pastas, macaroni, spaghetti, popcorn, flour, biscuits, cornbread, muffins.

Avoid: None except those with artificial color and flavor.

Cereal:

Allowed: Shredded wheat, puffed cereals, cooked cereals, grits, cornmeal, rice. Any cereal without artificial flavor and coloring.

Avoid: Any cereal with artificial flavor and colors.

Desserts and Snack Foods:

Allowed: Homemade cakes, cookies, doughnuts, ice cream and pies, potato chips, corn chips, snack crackers with no artificial flavor and colors, and nuts except almonds.

Avoid: Commercial cakes and mixes, cookies, ice cream, sherbet, jello, pudding mixes, almonds.

Fats:

Allowed: Avocado cream, cream cheese, vegetable oil, margarine with beta-carotene as coloring.

Avoid: Commercial salad dressings, margarine with artificial flavor and color.

Flavorings:

Allowed: Cinnamon, honey, sugar, vanilla, most herbs and spices except mint and cloves.

Avoid: Cloves, jams and jellies with artificial color and flavoring, oil of wintergreen.

Fruits:





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Allowed: Bananas, dates, figs, grapefruits, grapefruit juice, melons, cantaloupe, honeydew, watermelon, pears, pineapple, pineapple juice, tangerines.

Avoid: Apples, apricots, blackberries, boysenberries, cherries, currents, dewberries, gooseberries, grapes (raisins), nectarines, oranges, peaches, plums (prunes), raspberries, strawberries.

Meats or Protein Foods:

Allowed: Beef, chicken, fish, pork, seafood (crab, lobster, shrimp), cheese (natural), dried beans and peas, eggs, peanut butter, tofu.

Avoid: Any smoked meats, bacon, bologna, frankfurters, corned beef, ham, lunch meats, process cheeses.

Vegetables:

Allowed: Asparagus, bean sprouts, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, egg plant, green beans, green pepper, greens (beet, mustard, spinach), lettuce, mushrooms, okra, onions, radishes, rhubarb, rutabaga, sauerkraut, summer squash, turnips, wax beans, zucchini, corn, lima beans, parsnips, peas, potato, pumpkin, winter squash, sweet potato, yams.

Avoid: Cucumbers (pickles), tomato, vegetable juice cocktail.

Sample Menu

Breakfast

Grapefruit half with sugar
Oatmeal with cinnamon and sugar
Fried eggs
Whole wheat toast with allowed margarine
Milk
Coffee

Lunch

Chicken noodle soup (canned or homemade)
Turkey and swiss cheese with lettuce
and mayonnaise
Fruit salad with allowed fruits
Milk
Coffee

Dinner

Roast beef with gravy
Baked potato with sour cream
Carrots
Dinner roll with margarine and honey
Tossed green salad with buttermilk-type
dressing
Banana cream pie
(made with allowed margarine)
Milk
Coffee

Snack Ideas

Allowed fruits
Snack crackers with natural cheese
Nuts (except almonds)
Potato chips
Corn and tortilla chips
Allowed vegetables with a buttermilk-type
of dip
Popcorn
Angel food cake
Homemade baked goods made with the
allowed ingredients

Be sure to read labels. Avoid artificial flavors and colors.

