

FAIRFIELD COUNTY ALLERGY, ASTHMA & IMMUNOLOGY ASSOCIATES, P.C.

ADULT AND PEDIATRIC ALLERGY, ASTHMA AND CLINICAL IMMUNOLOGY

DIPLOMATES OF THE AMERICAN BOARD OF ALLERGY & IMMUNOLOGY

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FOOD FAMILY LIST

A person allergic to one food in a plant family occasionally is allergic to other members of the same family. These relationships are shown in the following lists. The more important allergenic foods are in capitals.

(1) **PLANT FAMILIES**

Apple – APPLE, PEAR, quince

Buckwheat – BUCKWHEAT, RHUBARB

Cashew – CASHEW NUT, PISTACHIO, mango

Citrus – ORANGE, LEMON, LIME, GRAPEFRUIT, TANGERINE

Cola Nut – CHOCOLATE (COCOA), COLA

Fungi – Yeast, mushroom

Ginger – Ginger, turmeric, cardamon

Goosefoot – BEET, SPINACH, Swiss chard

Gourd – WATERMELON, CUCUMBER, CANTALOUPE, PUMPKIN, SQUASH

Grass (Grains) – WHEAT, CORN, RICE, OATS, BARLEY, RICE
wild rice, brown cane sugar, molasses, bamboo shoots, millet, sorghum

Heath – BLUBERRY, CRANBERRY

Laurel – CINNAMON, BAY LEAF, avocado, sassafras

Lily – ONION, GARLIC, ASPARAGUS, chives, sarsaparilla, leek

Mallow – OKRA, COTTONSEED

Mint – PEPPERMINT, SAGE, THYME, SPEARMINT, OREGANO, basil, balm,
Bergamot, horehound, marjoram, savory, rosemary

Mustard – MUSTARD, TURNIP, RADISH, HORSERADISH, CABBAGE (and kraut),
CAULIFLOWER, BROCCOLI, BRUSSELS, SPROUTS, Chinese cabbage
Collards, kale, watercress, rutabaga, kohlrabi

Myrtle – ALLSPICE, CLOVE, guava

(continued)

Rev 7/00

MRL

Nightshade – TOMATO, POTATO, EGGPLANT, TOBACCO, RED PEPPER, BELL PEPPER,
Cayenne, paprika, pimento, chili pepper

Palm – COCONUT, DATE

Parsley – CARROT, CELERY, PARSNIP, ANISE, CELERY SEED, CUMIN (comino),
CORIANDER, angelica, caraway seed, fennel, lovage, samphire, sweet cicily

Pea (Legume) – PEA, BLACK-EYED PEA, PEANUT, DRY BEANS, GREEN BEAN, SOYBEAN,
lentils, licorice, tragacanth, acacia

Plum – ALMOND, PLUM (prune), PEACH, APRICOT, CHERRY, nectarine

Rose – STRAWBERRY, BLACKBERRY, RASPBERRY, other bramble berries

Sunflower – LETTUCE, chicory, endive, artichoke, dandelion, salsify, sunflower seed, tarragon
(Ragweed and pyrethrum are related to inhalants).

Walnut – WALNUT, PECAN, hickory nut, butternut

(2) **PLANT FOODS WITHOUT RELATIVES**

These foods are not related to each other or to any other foods.

BANANA, BLACK (and white) PEPPER, BRAZIL NUT, COFFEE, FIG, GOOSEBERRY and CURRANT,
GRAPE and RAISIN, HAZELNUT, HONEY, NUTMEG and MACE, OLIVE, PINEAPPLE, SWEET POTATO,
TAPIOCA, TEA, VANILLA. Arrowroot, chestnut, chicle, elderberry, juniper, flaxseed, karaya gum, macadamia
nut, maple sugar, New Zealand spinach, papaya, persimmon, poppyseed, sesame seed and wintergreen.

(3) **ANIMAL FOODS**

Mollusks – OYSTER, clam, abalone

Crayfish – SHRIMP, CRAB, LOBSTER, prawns

Fish – ALL TRUE FISH such as TUNA, SALMON, CATFISH, PERCH, etc.

Birds – EGG, CHICKEN, TURKEY, duck, goose, pheasant, quail

Mammals – COW'S MILK, BEEF, LAMB, PORK, goat's milk, rabbit, squirrel, venison

(4) **CHEMICALS and DRUGS**

FOOD COLOR, SWEETENERS, FRUIT ACIDS, FLAVORS, ASPIRIN, SULFA DRUGS, ANTIBIOTICS,
barbiturates, tranquilizers, other drugs.

foodfamilylist/apr04