



# EAR NOSE THROAT & ALLERGY CENTER



Mark Welch, D.O.

## Food to Food Cross Reactivity

### Food Families

#### 1. Bean/Pea Family

##### Peanuts

##### Do NOT eat

- |            |            |             |
|------------|------------|-------------|
| 1. alfalfa | 2. soybean | 3. peas     |
| 4. beans   | 5. lentil  | 6. licorice |

#### 2. Cashew/Sumac family

##### Cashews

##### Do NOT eat

- |              |          |                   |
|--------------|----------|-------------------|
| 1. pistachio | 2. mango | 3. sumac lemonade |
|--------------|----------|-------------------|

#### 3. Rose family

##### Apples

##### Do NOT eat

- |           |            |               |
|-----------|------------|---------------|
| 1. pear   | 2. plum    | 3. strawberry |
| 4. peach  | 5. cherry  | 6. blackberry |
| 7. almond | 8. apricot | 9. raspberry  |

#### 4. Heath family

##### Blueberry

##### Do NOT eat

- |              |                |
|--------------|----------------|
| 1. cranberry | 2. huckleberry |
|--------------|----------------|

#### 5. Mustard family

##### Mustard

##### Do NOT eat

- |                |                   |                    |
|----------------|-------------------|--------------------|
| 1. broccoli    | 2. cabbage        | 3. brussel sprouts |
| 4. radish      | 5. turnip         | 6. mustard greens  |
| 7. cauliflower | 8. collard greens |                    |

#### 6. Walnut family

##### Walnut

##### Do NOT eat

- |            |           |              |
|------------|-----------|--------------|
| 1. hickory | 2. pecans | 3. butternut |
|------------|-----------|--------------|

7. Cacao family

Chocolate

**Do NOT eat**

- |          |                            |
|----------|----------------------------|
| 1. cocoa | 2. cola nuts (soft drinks) |
|----------|----------------------------|

8. Cucumber/Gourd family

Watermelon

**Do NOT eat**

- |            |             |                |
|------------|-------------|----------------|
| 1. pumpkin | 2. squashes | 3. musk melons |
|------------|-------------|----------------|

9. Citrus family

Orange

**Do NOT eat**

- |            |            |               |
|------------|------------|---------------|
| 1. lime    | 2. lemon   | 3. tangerine  |
| 4. tangelo | 5. kumquat | 6. grapefruit |

10. Carrot family

Carrot

**Do NOT eat**

- |              |            |              |
|--------------|------------|--------------|
| 1. celery    | 2. parsley | 3. caraway   |
| 4. anise     | 5. dill    | 6. parsnip   |
| 7. coriander | 8. fennel  | 9. Asafetida |

11. Mint family

Mint

**Do NOT eat**

- |                |             |                      |
|----------------|-------------|----------------------|
| 1. horse mint  | 2. marjoram | 3. chinese artichoke |
| 4. sage        | 5. thyme    | 6. chia seeds        |
| 7. basil       | 8. rosemary | 9. sweet basil       |
| 10. peppermint |             | 11. spearmint        |

12. Potato family

Potato

**Do NOT eat**

- |                  |               |              |
|------------------|---------------|--------------|
| 1. egg plant     | 2. peppers    | 3. tobacco   |
| 4. tomato        | 5. belladonna | 6. tomatillo |
| 7. ground cherry |               |              |

13. Palm family

Coconuts

**Do NOT eat**

- |                          |                           |             |
|--------------------------|---------------------------|-------------|
| 1. queen palm            | 2. date palm              | 3. fan palm |
| 4. saw palmetto          | 5. evergreen palm         | 6. dates    |
| 7. palmetto/cabbage palm | 8. biscaynet & royal palm |             |

14. Salmon family

**Do NOT eat**

1. trout

15. Cod family

**Do NOT eat**

- 1. haddock
- 2. hake
- 3. Pollock

16. Bass family

**Do NOT eat**

- 1. grouper

17. Lily family

Onion

**Do NOT eat**

- 1. garlic
- 2. chives
- 3. leek
- 4. shallot
- 5. asparagus

18. Wheat family

**Do NOT eat**

- 1. barley, rye, triticeal (strong reaction)
- 2. oats (moderate reaction)
- 3. rice, corn (mild reaction)

19. Shrimp family

**Do NOT eat**

- 1. lobster
- 2. crab
- 3. snail
- 4. oysters
- 5. scallops