

Allergenic Families Represented in Comprehensive Food Mix

Apple: apple, pear, quince

Banana

Bird: all fowl and game birds, chicken, turkey, duck, goose, guinea, pigeon, quail, pheasant

Blueberry: blueberry, huckleberry, cranberry

Buckwheat: buckwheat, rhubarb

Chocolate: chocolate, cocoa, cola

Citrus: orange, lemon, grapefruit, lime, tangerine, kumquat, citron, tangelo

Eggs: chicken

Fish: fresh water and salt water fish, salmon, tuna, sardine, catfish, trout, crappie, fish glue

Fungus: mushroom, yeast

Ginger: ginger, cardamom, turmeric, alligator pepper

Goosefoot: beet, sugar beet, spinach, swiss chard, lamb's quarter

Grains: wheat, corn, rice, oats, barley, malt, rye, wild rice, cane, millet, sorghum, bamboo shoots, molasses

Grape

Laurel: cinnamon, avocado, bay leaves, sassafras

Lily: onion, garlic, asparagus, chives, leeks, sarsaparilla

Mammal: beef, pork, lamb, goat, rabbit, squirrel, venison, cow's milk, goat milk

Melon (gourd): watermelon, cucumber, cantaloupe, honeydew, pumpkin, gourd, squash, bitter cucumber

Mustard: mustard, turnip, radish, horseradish, watercress, cabbage, kraut, broccoli, cauliflower, brussels sprouts, collards, kale, kohlrabi, rutabaga, bok choy

Nutmeg

Olive (Green)

Parsley: carrot, parsnip, celery, parsley, anise, dill, fennel, angelica, celery seed, cumin, coriander, caraway

Pea (legume or clover): peanut, green pea, black-eyed pea, navy beans, lima beans, pinto beans, string beans, fava beans, wing bean, soybean, licorice, acacia

Pepper (Black)

Pineapple

Plum: plum, cherry, peach, prune, apricot, nectarine, wild cherry, almond

Potato: potato, tomato, eggplant, tomatillo, tamarillo, green peppers, red pepper, chili pepper, paprika, cayenne, capsicum, tobacco, belladonna

Rose: strawberry, raspberry, blackberry, dewberry, salmonberry, cloudberry, rose hip, loganberry, youngberry, boysenberry

Sesame Seed

Tree nuts: walnut, cashew, pecans, hickory nut, butternut, heart nut, Brazil nut, pistachio, mango

Vanilla Bean