

## Information on Food Families

### Food Families Index

The Food Families Index lists the foods that were tested and identifies the botanical family. If you reacted to more than two members of the same food family, there is a possibility that other members of that family may be a source of irritation.

FOODS	FAMILY	FOODS	FAMILY	FOODS	FAMILY
Alfalfa	Legume	Cranberry	Heath	Pecan	Walnut
Almond	Rose	Egg	Pheasant	Perch	Bass
Avocado	Laurel	Eggplant	Nightshade	Pineapple	Pineapple
Amaranth	Purslane	Flounder	Flounder	Pinto Bean	Legume
Apple	Rose	Garlic	Lily	Plum	Rose
Asparagus	Lily	Ginger	Ginger	Pork	Swine
Baker's Yeast	Fungus	Goat's Milk	Bovine	Pumpkin	Gourd
Banana	Banana	Grape	Grape	Quinoa	Goosefoot
Barley	Grass	Grapefruit	Citrus	Radish	Mustard
Basil	Mint	Green Beans	Legume	Rape Seed (canola)	Mustard
Beef	Bovine	Green Pepper	Nightshade	Rice	Grain/Grass
Beet	Goosefoot	Haddock	Cod	Rye	Grain/Grass
Black Pepper	Pepper	Halibut	Flounder	Safflower	Composite
Brazil Nut	Sapucaya	Herring	Herring	Sage	Mint
Brewer's Yeast	Fungus	Kidney	Legume	Salmon	Salmon
Broccoli	Mustard	Lamb	Bovine	Scallop	Mollusk
Brussels Sprouts	Mustard	Lemon	Citrus	Sesame	Pedaliium
Buckwheat	Buckwheat	Lentil	Legume	Shrimp	Crustacean
Cabbage	Mustard	Lettuce	Composite	Snapper	Bass
Cane Sugar	Grain/Grass	Lima Bean	Legume	Sole	Flounder
Cantaloupe	Gourd	Lime	Citrus	Soybean	Legume
Carrot	Carrot	Lobster	Crustacean	Spinach	Goosefoot
Cashew	Cashew	Mackerel	Mackerel	Strawberry	Rose
Cauliflower	Mustard	Millet	Grass	Sunflower	Composite
Celery	Carrot	Mung Bean Sprouts	Legume	Sweet Potato	Morning Glory
Cheese	Bovine/Fungus	Mushroom	Fungus	Tangerine	Citrus
Cherry	Rose	Mustard	Mustard	Tea	Tea
Chicken	Pheasant	Nutmeg	Nutmeg	Tomato	Nightshade
Chili Pepper	Nightshade	Oat	Grass	Trout	Salmon
Cinnamon	Laurel	Olive	Olive	Tuna	Mackerel
Clam	Mollusk	Onion	Lily	Turkey	Turkey
Clove	Myrtle	Orange	Citrus	Walnut	Walnut
Cocoa-Chocolate	Sterculia	Oregano	Mint	Wheat	Grain/Grasses
Coconut	Palm	Oyster	Mollusk	Whitefish	Salmon
Cod	Codfish	Papaya	Papaya	White Pepper	Pepper
Coffee	Madder	Parsley	Carrot	White Potato	Nightshade
Corn	Grain/Grasses	Pea	Legume	Yam	Yam
Cow's Milk	Bovine	Peach	Rose	Yellow Wax Beans	Legume
Crab	Crustacean	Peanut	Legume	Zucchini	Gourd

## Food Families: Continued

Food families can be used as a reference. If you reacted to more than two members of the same family, there is a possibility that other members of that family may be a source of irritation. Please avoid these additional foods if needed, and especially if the food was not tested. Use this with the Food Families Index.

### *Banana/Musaceae*

Arrowroot, plantains

### *Bass*

Butterfish, cobia, crappie, croaker, drum fish, grouper, grunt, perch, red snapper, rockfish, sauger, sheephead, white perch, yellow bass, sea bass

### *Bovine*

Beef, veal, buffalo, goat, sheep, lamb, calf, bison, ox, cow's milk, goat's milk, and cheese

### *Buckwheat/Polygonaceae*

Buckwheat, garden sorrel, rhubarb, sea grape

### *Cashew/Anacardiaceae*

Cashew, mango, pistachio, poison ivy/oak/sumac

### *Chocolate/Theobromine/Sterculiaceae*

Chocolate, cocoa, cola nut, theobromine, cola, gum karay

### *Citrus/Rutaceae*

Angostura, calamondin, citron, grapefruit, kumquat, lemon, lime, mandarin, mur-cot, oranges, pommelo, satsuma, shaddock, tangerine, tangelo, ugly fruit

### *Codfish*

Cusk, coalfish, hake, hoki, scrod, haddock, pollack, whiting, cod

### *Composite/Compositae*

Artichoke, bibb lettuce, chamomile, chicory, dandelion, endive, escarole, lettuce, safflower, sunflower seeds, tarragon, Jerusalem artichoke, oyster plant, romaine lettuce, yarrow, stevia, salsify

### *Crustacean/Crustacea*

Prawns, shrimp, lobster, crayfish, crab, langostinos

### *Flatfish*

Butterfish, dab, dollar fish, flounder, fluke, halibut, petrale, plaice, rex sole, sanddab, sole, turbot

### *Fungus/Fungi*

Mushroom, truffle, baker's yeast, brewer's yeast, puffballs, molds in cheese

### *Ginger/Zingiberaceae*

Cardamon, ginger, turmeric, East Indian arrowroot

### *Goosefoot/Chenopodiaceae*

Beet, beet sugar, orach, spinach, swiss chard, lamb's quarters, quinoa

### *Gourd/Melon/Cucurbitaceae*

Cucumber, pickles, melons: canary, cantaloupe, casaba crenshaw, honeydew, muskmelon, persian, squash: acorn, pumpkin, summer, watermelon, zucchini, butternut, spaghetti, hubbard, pattypan, summer, gherkin

### *Grains/Gluten*

Barley, kamut, oat, malt, pumpernickel, rye, spelt, triticale, wheat

### *Grains/Grasses*

Rice, wild rice, millet, milo, molasses, sorghum, sugar cane, corn, bamboo, shoots, lemongrass, teff

### *Grape/Vitaceae*

Grape, raisin, commercial "currants"

### *Heath/Ericaceae*

Blueberry, cranberry, huckleberry, bearberry, bilberry

### *Laurel/Lauraceae*

Avocado, bay leaf, cinnamon, sassafras, camphor, gumbo file

### *Legume/Pea/Leguminosae*

Alfalfa, guar gum, kudzu, gum acacia, fenugreek, beans: aduki, black turtle, fava, great northern, green, kidney, lima, lupine, mung, navy, pinto, carob, string, soy, garbanzo, lentil, masur, purple-hull, peanut, peas: split, snap, green, black-eyed, chick, cream, crowder, field

### *Lily/Liliaceae*

Onions, garlic, chives, leeks, shallots, green onions, asparagus, sarsaparilla

### *Mackerel/Scombroidea*

Albacore, bonito, mackerel, skipjack, tuna, pompano, yellowtail, swordfish, marlin, sailfish

### *Madder/Rubiaceae*

Coffee

### *Mint/Labiatae*

Basil, catnip, horehound, lemon balm, marjoram, mint, oregano, peppermint, rosemary, sage, savory, spearmint, thyme, bergamont, chia, betony, clary, hyssop, summer savory, menthol

### *Mollusk/Mollusca*

Abalone, clam, mussels, octopus, oyster, scallops, snail, cockle, squid

### *Morning-Glory/Convolvulaceae*

Jicama, sweet potato, camote

### *Mustard/Cruciferae*

Horseradish, mustard, radish, rutabaga, turnip, watercress, cabbage, broccoli, brussels sprouts, cabbage kraut, cauliflower, Chinese cabbage, collards, kale, kohlrabi, canola, cress

### *Myrtle/Myrtaceae*

Allspice, clove, guava, nutmeg, Jamaica pepper, mace

### *Nightshade/Potato/Lanaceae*

Eggplant, potato, tobacco, tomato, peppers: cayenne, chili, green, hot, paprika, pimiento, red, tomatillo, jalapeno

### *Olive/Oleaceae*

Olives: green, black, ripe, olive oil

### *Orchid/Orchidaceae*

Vanilla

### *Parsley/Carrot/Umbelliferae*

Anise, caraway, carrot, celeriac, celery, celery seed, chervil, coriander, cumin, dill, fennel, parsley, parsnip, lovage, cilantro

### *Pepper/Piperaceae*

Peppercorns, white pepper, black pepper

### *Pheasant/Phasianidae*

Chicken, egg white, egg yolk, pheasant, quail, Cornish hen, seafoal

### *Pineapple/Bromeliaceae*

Pineapple note: bromelain is derived from the stem of the pineapple, comprised of different proteins than the pineapple fruit, but may still cross react if you have a pineapple sensitivity.

### *Rose/Rosaceae*

Almond, apricot, cherry, nectarine, peach, plum, prune, wild cherry, apple, crabapple, loquat, pear, blackberry, boysenberry, dewberry, loganberry, raspberry, quince, strawberry, rose hips

### *Salmon/Salmonidae*

Salmon, trout, smelt, whitefish, steelhead

### *Sesame/Pedaliaceae*

Sesame seeds

### *Swine/Suidae*

Swine, pig, pork, ham, bacon

### *Tea/Theaceae*

Black tea, green tea, orange pekoe, pekoe

### *Turkey/Meleagrididae*

Turkey, turkey eggs

### *Yams/Dioscoreaceae*

Yams, Chinese potato, cush-cush, yampee, water yams, yellow yams, black yams, elephant's foot