



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) |
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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