

## Food Families

Allergy to one member of a family of foods MAY mean allergy to other members.

- **Apple:** Apple, crab apple, pear, quince, rose hip
- **Aster:** Lettuce. Others are: artichoke, chamomile, chicory, dandelion, endive, escarole, sunflower seeds, tarragon (Ragweed belongs to this family as is the insecticide, Pyrethrum.)
- **Banana:** Banana
- **Beet:** Beet, chard, lambs quarters (the plant, not the meat), spinach. (Hay fever plants in this family are lambs quarters, Mexican fireweed, and Russian thistle.)
- **Birch:** Filbert/hazelnut, wintergreen
- **Buckwheat:** Buckwheat, garden sorrel, sea grape, rhubarb
- **Cashew:** Cashew, mango, pistachio
- **Citrus:** Citron, grapefruit, kumquat, lemon, lime, orange, pummelo, tangelo, tangerine
- **Chocolate:** Chocolate (cocoa), cocoa butter, cola, karaya gum
- **Fungus:** Morel, mushroom, truffle, yeast
- **Ginger:** Cardamom, East Indian arrowroot, ginger, turmeric
- **Grains (CEREALS/GRASSES):** Bamboo shoots, barley, bulgur, corn, lemongrass, millet, oats, quinoa, rice, rye, spelt, sorghum, wheat, wild rice. (The hay fever grasses belong to this family.)
- **Heath:** Blueberry, cranberry, huckleberry, lingonberry
- **Laurel:** Avocado, bay leaves, cinnamon, sassafras
- **Lily:** Aloe, asparagus, chives, garlic, leeks, onion, sarsaparilla, shallot, yucca
- **Mallow:** Cottonseed, hibiscus, marshmallow, okra
- **Melon (Gourd):** Cantaloupe, cucumber, pumpkin, squash (acorn, butternut, spaghetti, etc.), watermelon (and other melons), zucchini
- **Mint:** Balm, basil, bergamot, catnip, chia seed, horehound, hyssop, Japanese artichoke, lavender, marjoram, mint, oregano, peppermint, rosemary, sage, spearmint, summer savory, thyme
- **Mustard:** Arugula, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, Chinese cabbage, collards, horseradish, kale, kohlrabi, mustard, radish, rutabaga, turnip, watercress
- **Myrtle:** Allspice, clove, guava, eucalyptus
- **Palm:** Coconut, date, palm cabbage
- **Parsley:** Angelica, anise, caraway, carrot, celeriac, celery, celery seed, coriander, cumin, dill, fennel, parsley, parsnip, sweet cicely
- **Pea:** (Clover/Legume): Acacia gum, alfalfa, black-eyed pea, beans (fava, field, green, lima, pinto, navy, soybeans, etc.), carob, chick pea, jicama, licorice, lentil, mesquite, peanuts, tragacanth gum
- **Plum:** Almond, apricot, cherry, nectarine, peach, plum, prune, sloe gin, wild cherry
- **Potato:** Cayenne, chili pepper, eggplant, green bell pepper, paprika, potato, red pepper, tomato. This family includes all foods called "pepper" except black and white pepper, as well as belladonna, hyoscyamus, stramonium, and tobacco.
- **Rose:** Blackberry, boysenberry, dewberry, loganberry, raspberry, strawberry, youngberry
- **Saxifrage:** Currant, gooseberry
- **Walnut:** Black walnut, butternut, English walnut, hickory nut, pecan

## Animal Kingdom

- **Amphibian:** Frog
- **Bird:** Chicken, Cornish hen, dove, duck, goose, grouse, guinea hen, partridge, pheasant, pigeon, quail, squab, turkey. (Although egg belongs to this family, it does not seem to be related to chicken allergy, except that laying hens may cause trouble in egg sensitive cases.)
- **Crustacean:** Crab, crayfish, lobster, shrimp, prawn
- **Fish:** Catfish, cod, crappie, halibut, perch, salmon, sardine, trout, etc. (All true fish, either fresh water or salt water, belong in this family. Fish sensitive patients often cannot handle or come in contact with fish glue such as LePage's.)
- **Mammal:** Bear, bovine (beef, bison, buffalo, goat, sheep, veal), deer (caribou, deer, elk, moose, reindeer, venison), dolphin, hare (hare, rabbit), horse (horse, donkey), monkey (monkey) opossum, pronghorn (antelope), seal, squirrel, swine (pork, wild boar), whale, yak. Most persons allergic to milk cannot take the milk of other mammals, such as goat.
- **Mollusk:** Abalone, clam, cockle, mussel, octopus, oyster, scallop, snail (escargot), squid
- **Reptile:** Alligator, crocodile, rattlesnake, turtle