

Living and Eating Well with Food Allergies

While any food can cause an allergic reaction, the proteins in dairy, soy, wheat, eggs, peanuts, tree nuts, fish and shellfish cause nine out of ten reactions in the United States.

Foods are categorized into botanical food families. For example, soy, black beans and chickpeas are members of the legume family. Walnuts, brazil nuts and pine nuts are members of the tree nut family. If you are allergic to one member of a food family, you may also be allergic to other members of the same food family. Therefore, a person who tested positive to peas may also have an adverse reaction to soy, chickpeas, black beans, navy beans and several other members of this food family.

Botanical Food Family List

Apple Family (Rose Family): Apple, Apple Cider, Apple Vinegar, Apple Pectin, Quince, Pear (The apple family is part of the bigger rose family)

Arrowroot: Arrowroot

Arum Family: Dasheen, Poi, Taro

Banana: Banana, Plantain

Birch: Filbert, Hazelnut

Buckwheat: Buckwheat, Garden Sorrel, Rhubarb

Cactus: Cactus, Prickly Pear, Tequila

Capers: Capers
Cashew: Cashew, Mango, Pistachio

Cereals: Bamboo Shoots; Barley; Barley, Malt; Bran (wheat); Cane sugar; Cane Molasses; Chestnut, Water; Chestnut, Ling nut; Chestnut, Singhara nut; Corn ; Corn Meal ; Corn Starch ; Corn Oil ; Corn Sugar; Corn syrup; Corn dextrose; Corn glucose ; Corn cerelose; Farina (wheat); Graham flour (wheat) ; Gluten flour (wheat) ; Millet; Patent Flour (wheat); Oats; Rice; Rye; Sorghum; Wheat; Wheat flour; Wheat Germ; Wheat (whole) flour; Wild Rice.

Citrus: Angostura; Citrange; Citron; Grapefruit; Kumquat; Lemon; Lime; Orange; Tangerine

Cochliospermum Family: Karaya Gum, Guaiac Gum

Composite Family (Aster): Absinthe; Artichoke; Artichoke, Jerusalem; Calomel; Celtuse; Chicory; Dandelion; Endive; Escarole; Head Lettuce; Lettuce, Leaf ; Lettuce; Oyster Plant, Salsify; Sesame Seeds/ Oil; Sunflower/ Oil/ Seeds; Vermouth; Vermouth (Ragweed); Vermouth (Pyrethrum); Yarrow.

Crustaceans: Crab; Crayfish; Lobster; Prawns; Shrimp.

Cyperaceae Family (a Sedge): Chinese Waterchestnut

Curry Powder: not a single food but a blend of spices.

Ebony: Persimmon
Flax – Linseed oil, flaxseed, flaxseed oil



Fresh Water Fish: Bass, Catfish, Croaker, Perch, Pike, Salmon, Smelt, Trout, Whitefish.

Fungus: Mushroom, Yeast/Antibiotics.

Ginger: Arrowroot, Cardamon, Ginger, Turmeric

Gooseberry: Currant, Gooseberry

Goosefoot (Beet): Beet, Sugar; Chard, Kochia, Lambs Quarters, Spinach, Thistle.

Gourd (Melon): Casaba; Cantaloupe; Cucumber; Honey Dew; Muskmelon; Persian Melon; Pumpkin; Squash; Vegetable Marrow; Water Melon. Grape: Brandy; Champagne; Crème of Tartar; Grape; Raisin; Wine; Wine Vinegar.

Heath: Cranberry, Blueberry, Huckleberry, Wintergreen.

Holly: Mate.

Honeysuckle: Elderberry.

Iris: Saffron. Laurel: Avocado, Bay Leaves, Camphor, Cinnamon, Laurel, Sassafras.

Legume: Acacia; Acacia Gum; Alfalfa; Arabic; Black-eyed pea; Carob; Carob (St. John's Bread); Cassia; Chick Pea; Field Pea; Green Bean; Green Pea; Guar gum; Jack bean; Karaya Gum; Kidney bean; Lentil; Licorice; Lima bean; Locust Bean Gum; Mungo Bean; Navy Bean; Peanut; Peanut oil; Pinto Bean; Soybean; Soybean oil/flour/lecithin; Split Pea; String Bean; Talca Gum; Tamarind; Tonka bean; Tragacanth Gum; Urd Flour.

Lily: Asparagus, Chives, Garlic, Leek, Onion, Sparsparilla.

Litchi: Litchi Nut.

Mallow: Cottonseed meal, Cottonseed oil, Okra.

Maple: Maple syrup and maple sugar.

Miscellaneous: Honey (watch if you are allergic to bee venom).

Mint: Basil, Horehound, Marjoram, Mint, Oregano, Peppermint, Rosemary, Sage, Savoury, Spearmint, Thyme.

Mussels: Abalone, Clam, Mussel, Oyster, Scallop, Squid.

Morning Glory: Jicama, Sweet Potato, Yam.

Mulberry: Breadfruit, Fig, Hops, Mulberry.

Mustard: Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Celery Cabbage, Chinese Cabbage, Collard, Colza Shoots, Kale, Kohlrabi, Kraut, Horse Radish, Mustard, Mustard Greens, Radish, Rutabaga, Turnips, Watercress.

Myrtle: Allspice, Cloves, Eucalyptus, Guava, Paprika, Pimento.

Nightshade: Brinjal, Cayenne, Capsicum, Eggplant, Ground Cherry, Banana Pepper, Bell Pepper, Chili Pepper, Green Pepper, Red Pepper, Sweet Pepper, Paprika, Pimento, Potato, Tabasco, Thorn Apple, Tobacco, Tomato.



Nutmeg: Mace, Nutmeg.

Olive: Olive, olive oil.

Orchid: Vanilla

Palm: Coconut, Date, Palm Cabbage, Sago.

Parsley: Angelica, Anise, Carrots, Celery, Celeriac, Caraway, Celery Seed, Coriander, Cumin, Dill, Fennel, Parsley, Parsnips, Sweet Cicily, Water Celery.

Pawpaw: Pawpaw, papaya, papain.

Pepper: Black pepper, white pepper.

Pine: Juniper, Pinion nut.

Pineapple: Pineapple.

Plum: Almond, Apricot, Cherry, Nectarine, Peach, Plum, Prune Plum.

Pomegranate: Pomegranate.

Poppy: Poppy seed.

Rose: Blackberry, Boysenberry, Dewberry, Loganberry, Strawberry, Youngberry. (see also Apple family).

Salt Water Fish: Bass, Cod, Flounder, Herring, Mackerel, Mullet, Salmon.

Spurge: Tapioca.

Stercula: Cocoa, Cola Bean, Chocolate (Cocoa).

Tea: Tea.

Tree Nut: Walnut, Brazil nut, Pine nut

Walnut: Butternut, Hickory nut, Pecan, Black Walnut, English Walnut.

This list is from <http://www.foodallergygourmet.com>

