

CROSS-REACTIVE FOODS LISTING

In using this Cross Reactive Food Listing you first find the food on pages 1 thru 5. Next to the food there is a number. Find the matching number in the Food Families starting on page 5. EXAMPLE: The cross reactive foods for Abalone can be found in food category #81. When you go to Food Family 81 you find that this is the Mollusks family and abalone is cross-reactive with Gastropods, Snail, Squid, Clam, Mussel etc. If you need assistance in using this list please call Client Services at 1-800-305-5198.

A

81 Abalone	66 Bearberry	17 Cardamom
80 Absinthe	24 Beech family	80 Cardoon
41 Acacia (gum)	137 Beef	135 Caribou
46 Acerola	28 Beet	41 Carob
79 Acorn squash	74 Bell Pepper	111 Carp
1 Agar Agar	73 Bergamot	29 Carpetweed family
12 Agave	23 Birch family	1 Carrageenan
98 Albacore	121 Birds	65 Carrot
41 Alfalfa	38 Bixa family	65 Carrot family
1 Algae	114 Black bass	79 Casaba melon
63 Allspice	40c Blackberry	79 Caserta squash
40b Almond	41 Black-eyed peas	48 Cashew
11 Aloe vera	21 Black pepper	48 Cashew family
54 Althea root	80 Black salsify	47 Cassava
12 Amaryllis family	22 Black walnut	34 Cassia bark
94 Amberjack	66 Blueberry	47 Castor bean
86 American eel	93 Bluefish	47 Castor oil
117 Amphibians	80 Boneset	88 Catfish (ocean)
85 Anchovy	98 Bonito	112 Catfish species
65 Angelica	79 Boston marrow	73 Catnip
65 Anise	71 Borage	36 Cauliflower
38 Annatto	71 Borage family	104 Caviar
136 Antelope	40c Boysenberry	74 Cayenne pepper
40a Apple	137 Bovine family	65 Celeriac
73 Apple mint	6 Bran	65 Celery
40b Apricot	52 Brandy	80 Celtuce
47 Arrowroot,Brazilian (tapioca)	47 Brazilian arrowroot	9 Ceriman
9 Arrowroot (colocasia)	62 Brazil nut	80 Chamomile
17 Arrowroot,East Indian (curcuma)	25 Breadfruit	52 Champagne
19 Arrowroot family	2 Brewer's yeast	28 Chard
13 Arrowroot, Fiji (tacca)	36 Broccoli	79 Chayote
4 Arrowroot, Florida (zamia)	36 Brussels sprouts	40b Cherry
19 Arrowroot (maranta starch)	27 Buckwheat	65 Chervil
16 Arrowroot (musa)	27 Buckwheat family	24 Chestnut
18 Arrowroot, Queensland	6 Bulgur	73 Chia seed
80 Artichoke flour	80 Burdock root	124 Chicken
9 Arum family	40 Burnet	41 Chickpea
11 Asparagus	31 Buttercup family	67 Chicle
2 Aspergillus	79 Buttercup squash	80 Chicory
34 Avocado	101 Butterfish	74 Chili pepper
	22 Butter nut	36 Chinese cabbage
	79 Butternut squash	56 Chinese gooseberry

B

2 Baker's yeast
6 Bamboo shoots
16 Banana
16 Banana family
46 Barbados cherry
6 Barley
73 Basil
114 Bass (black)
113 Bass (yellow)
53 Basswood
34 Bay leaf
41 Bean
132 Bear

C

36 Cabbage	14 Chinese potato
55 Cacao	79 Chinese preserving melon
60 Cactus family	7 Chinese water chestnut
6 Cane sugar	24 Chinquapin
18 Canna family	11 Chives
79 Cantaloupe	55 Chocolate
37 Caper	111 Chub
37 Caper family	7 Chufa
74 Capsicum	40a Cider
42 Carambola	34 Cinnamon
65 Caraway seed	1 Citric acid
	45 Citron
	6 Citronella

CROSS-REACTIVE FOODS LISTING

45 Citrus family
81 Clam
73 Clary
63 Clove
41 Clover
55 Cocoa
55 Cocoa butter
8 Coconut
79 Cocozelle
87 Cod (scrod)
76 Coffee
55 Cola nut
36 Collards
80 Coltsfoot
36 Colza shoots
71 Comfrey
80 Composite family
5 Conifer family
65 Coriander
6 Corn (mature)
78 Corn-salad
80 Costmary
54 Cottonseed oil
41 Coumarin
36 Couve tronchuda
41 Cowpea
82 Crab
40a Crabapple
66 Cranberry
114 Crappie
82 Crayfish
52 Cream of tartar
79 Crenshaw melon
96 Croaker
79 Crookneck squash
79 Cucumber
65 Cumin
36 Curly cress
39 Currant
79 Cushaw squash
87 Cusk
32 Custard-apple
32 Custard-apple family
4 Cycad family

D

103 Dab
80 Dandelion
9 Dasheen
8 Date
8 Date sugar
135 Deer
40c Dewberry
65 Dill
56 Dillenia family
73 Dittany
95 Dolphin
122 Dove

52 Dried "currant"
96 Drum (saltwater)
116 Drum (freshwater)
121 Duck
1 Dulse

E

17 East Indian arrowroot
68 Ebony family
74 Eggplant
77 Elderberry
135 Elk
80 Endive
22 English walnut
80 Escarole
63 Eucalyptus

F

41 Fava bean
65 Fennel
41 Fenugreek
78 Feticus
25 Fig
13 Fiji arrowroot
23 Filbert
34 Fil'e
65 Finocchio
104 Fishes (freshwater)
83 Fishes (saltwater)
44 Flax family
44 Flaxseed
65 Florence fennel
4 Florida arrowroot
103 Flounder
80 French endive
116 Freshwater drum
117 Frog (frog legs)
2 Fungi

G

41 Garbanzo
27 Garden Sorrel
11 Garlic
79 Gherkin
5 Gin
17 Ginger
17 Ginger family
64 Ginseng
64 Ginseng family
80 Globe artichoke
6 Gluten flour
137 Goat
79 Golden nugget squash
80 Goldenrod
31 Golden seal
121 Goose
39 Gooseberry
28 Goosefoot family

65 Gotu kola
79 Gourd family
6 Graham flour
58 Granadilla
52 Grape
52 Grape family
45 Grapefruit
6 Grass family
61 Grenadine
6 Grits
74 Ground cherry
7 Groundnut
91 Grouper
123 Grouse (ruffed)
63 Guava
125 Guinea fowl
41 Gum acacia
41 Gum tragacanth

H

87 Haddock
87 Hake
103 Halibut
101 Harvest fish
23 Hazelnut
22 Heartnut
66 Heath family
54 Hibiscus
22 Hickory nut
134 Hog
49 Holly family
6 Hominy
79 Honeydew
77 Honeysuckle family
25 Hop
73 Horehound
133 Horse
36 Horseradish
3 Horsetail
3 Horsetail family
79 Hubbard squash
66 Huckleberry
73 Hyssop

I

15 Iris family
1 Irish moss

J

68 Japanese persimmon
80 Jerusalem artichoke
41 Jicama
5 Juniper

K

68 Kaki
36 Kale
1 Kelp

CROSS-REACTIVE FOODS LISTING

41 Kidney bean
56 Kiwi berry
36 Kohlrabi
45 Kumquat

L

137 Lamb
28 Lamb's-quarters
34 Laurel family
73 Lavender
41 Lecithin
11 Leek
41 Legume family
45 Lemon
73 Lemon balm
6 Lemon grass
72 Lemon verbena
41 Lentil
80 Lettuce
41 Licorice
11 Lily family
41 Lima bean
45 Lime
53 Linden
53 Linden family
51 Litchi
82 Lobster
40c Loganberry
40c Longberry
79 Loofah
40a Loquat
65 Lovage
79 Luffa
51 Lychee

M

26 Macadamia
33 Mace
98 Mackerel
76 Madder family
9 Malanga
54 Mallow family
46 Malpighia family
6 Malt
6 Maltose
127 Mammals
48 Mango
50 Maple family
50 Maple products
19 Maranta (starch)
73 Marjoram
99 Marlin
49 Mate'
84 Menhaden
12 Mescal
6 Millet
79 Mint family
6 Molasses

2 Mold
135 Moose
2 Morel
70 Morning-glory family
25 Mulberry
25 Mulberry family
89 Mullet
41 Mung bean
45 Murcot
52 Muscadine
2 Mushroom
109 Muskellunge
79 Muskmelon
81 Mussel
36 Mustard family
36 Mustard greens
36 Mustard seed
137 Mutton
63 Myrtle family

N

14 Name (yampi)
43 Nasturtium
43 Nasturtium family
41 Navy bean
40b Nectarine
29 New Zealand spinach
97 Northern Scup
33 Nutmeg
33 Nutmeg family
2 Nutritional yeast

O

6 Oat
6 Oatmeal
88 Ocean catfish
102 Ocean perch
23 Oil of birch
54 Okra
69 Olive
69 Olive family
11 Onion
128 Opossum
45 Orange
20 Orchid family
73 Oregano
15 Orris root
42 Oxalis
42 Oxalis family
81 Oyster
80 Oyster plant

P

8 Palm cabbage
8 Palm family
59 Papaya
59 Papaya family
74 Paprika

62 Paradise nut
65 Parsley
65 Parsnip
123 Partridge
58 Passion flower family
58 Passion fruit
6 Patent flour
79 Pattypan squash
32 Pawpaw
41 Pea
40b Peach
124 Peafowl
41 Peanut
40a Pear
22 Pecan
40a Pectin
75 Pedalium family
73 Pennyroyal
74 Pepino
74 Pepper, sweet
21 Peppercorn
21 Pepper family
73 Peppermint
102 Perch (ocean)
113 Perch (white)
115 Perch (yellow)
79 Persian melon
68 Persimmon
124 Pheasant
109 Pickerel
122 Pigeon (squab)
30 Pigweed
109 Pike
84 Pilchard (sardine)
63 Pimenta
74 Pimiento
10 Pineapple
10 Pineapple family
5 Pine nut
21 Piper
48 Pistachio
103 Plaice
16 Plantain
40b Plum
9 Poi
48 Poison ivy
87 Pollack
61 Pomegranate
61 Pomegranate family
94 Pompano
6 Popcorn
35 Poppy family
35 Poppseed
97 Porgy
74 Potato
74 Potato family
82 Prawn
79 Preserving melon

CROSS-REACTIVE FOODS LISTING

60 Prickly pear
26 Protea family
40 Prune
2 Puffball
12 Pulque
45 Pummelo
79 Pumpkin
114 Pumpkinseed (sunfish)
30 Purslane
30 Purslane family
80 Pyrethrum

Q

124 Quail
18 Queensland arrowroot
26 Queensland nut
40 Quince

R

129 Rabbit
36 Radish
52 Raisin
11 Ramp
36 Rape
40 Raspberry
119 Rattlesnake
41 Red clover
135 Reindeer
118 Reptiles
27 Rhubarb
6 Rice
137 Rocky mountain sheep
105 Roe
80 Romaine
40 Rose family
102 Rosefish
40 Rosehips
54 Roselle
73 Rosemary
45 Rue family
123 Ruffed grouse
36 Rutabaga
6 Rye

S

80 Safflower oil
15 Saffron
73 Sage
8 Sago starch
99 Sailfish
106 Salmon species
80 Salsify
80 Santolina
67 Sapodilla family
62 Sapucaya family
62 Saqucaya nut
11 Sarsaparilla
34 Sassafras

115 Sauger (perch)
73 Savory
39 Saxifrage family
81 Scallop
80 Scolymus
80 Scorzonera
91 Sea bass family
27 Sea grape
84 Sea herring
96 Sea trout
1 Seaweed
7 Sedge family
41 Senna
75 Sesame
105 Shad
11 Shallot
3 Shavegrass
137 Sheep
82 Shrimp
96 Silver perch
90 Silverside
98 Skipjack
40b Sloe
108 Smelt
81 Snail
51 Soapberry family
11 Soap plant
103 Sole
6 Sorghum
27 Sorrel
80 Southernwood
41 Soybean
41 Soy products
73 Spearmint
28 Spinach
96 Spot
96 Spotted sea trout
47 Spurge family
79 Squash
81 Squid
130 Squirrel
55 Sterculia family
40c Strawberry
41 String bean
104 Sturgeon
110 Sucker
28 Sugar beet
6 Sugar cane
73 Summer savory
114 Sunfish
80 Sunflower seed products
36 Swede
65 Sweet cicely
6 Sweet corn
74 Sweet pepper
70 Sweet potato
100 Swordfish

T

13 Tacca family
75 Tahini
41 Tamarind
28 Tampala
45 Tangelo
45 Tangerine
80 Tansy
47 Tapioca
9 Taro
80 Tarragon
57 Tea
57 Tea family
12 Tequila
120 Terrapin
73 Thyme
92 Tilefish
74 Tobacco
74 Tomatillo
74 Tomato
41 Tonka bean
74 Tree tomato
6 Triticale
106 Trout species
2 Truffle
98 Tuna
79 Turban squash
103 Turbot
126 Turkey
17 Turmeric
36 Turnip
120 Turtle species

U

36 Upland cress

V

78 Valerian family
20 Vanilla
79 Vegetable spaghetti
135 Venison
72 Verbena family
40a Vinegar

W

115 Walleye
22 Walnut family
36 Watercress
79 Watermelon
96 Weakfish
131 Whale
6 Wheat
6 Wheat germ
90 Whitebait
107 Whitefish
21 White pepper
113 White perch
6 Wild rice

CROSS-REACTIVE FOODS LISTING

40c Wineberry
52 Wine vinegar
23 Wintergreen
73 Winter savory
80 Witloof chicory
76 Woodruff
80 Wormwood

Y
14 Yam
14 Yam family
14 Yampi
80 Yarrow
9 Yautia
113 Yellow bass
94 Yellow jack
115 Yellow perch
49 yerba mate

40c Youngberry
47 Yuca
11 Yucca

Z
4 Zamia
79 Zucchini

Food Families

1 Algae

Agar Agar
Carrageen (irish moss)
Dulse
Kelp (seaweed)

2 Fungi

Baker's yeast (red star)
Brewer's or nutritional yeast
Mold (in certain cheeses)
Citric acid (aspergillus)
Morel
Mushroom
Puffball
Truffle

3 Horsetail family, *Equisetaceae*

Shavegrass (horsetail)

4 Cycad family, *Cycadaceae*

Florida arrowroot (zamia)

5 Conifer family, *Coniferae*

Juniper (gin)
Pine nut (pinon, pinyon)

6 Grass family, *gramineae*

Barley
Malt
Maltose
Bamboo shoots
Corn (mature)
Corn meal
Corn oil
Cornstarch
Corn sugar
Corn syrup
Hominy grits
Popcorn
Lemon grass
Citronella
Millet
Oat
Oatmeal
Rice
Rice Flour
Rye
Sorghum grain
Syrup

Sugar cane
Cane sugar
Molasses
Raw sugar
Sweet corn
Triticale
Wheat
Bran
Bulgur
Flour
Gluten
Graham
Patent
Whole wheat
Wheat germ
Wild rice

7 Sedge family, *Cyperaceae*

Chinese water chestnut
Chufa (groundnut)

8 Palm family, *Palmaceae*

Coconut
Coconut meal
Coconut oil
Date
Date sugar
Palm cabbage
Sago starch (metrotylon)

9 Arum family, *Araceae*

Ceriman (monstera)
Dasheen (Colocasia)
Arrowroot
Taro (colocasia) arrowroot
Poi
Malanga (xanthosoma)

10 Pineapple family, *Bromeliaceae*

Pineapple

11 Lily family, *Liliaceae*

Aloe vera
Asparagus
Chives
Garlic
Leek
Onion
Ramp

Sarsaparilla
Shallot
Yucca (soap plant)

12 Amaryllis family, *Amaryllidaceae*

Agave
Mescal pulque & tequila

13 Tacca family, *Taccaceae*

Fiji arrowroot (tucca)

14 Yam family, *Dioscoreaceae*

Chinese potato (yam)
Name (yampi)

15 Iris family, *Iridaceae*

Orris root (scent)
Saffron (crocus)

16 Banana family, *Musaceae*

Arrowroot (musa)
Banana
Plantain

17 Ginger family, *Zingiberaceae*

Cardamon
East Indian arrowroot (curcuma)
Ginger
Turmeric

18 Canna family, *Cannaceae*

Queensland arrowroot

19 Arrowroot family, *Marantaceae*

Arrowroot (maranta starch)

20 Orchid family, *Orchidaceae*

vanilla

21 Pepper family, *Piperaceae*

Peppercorn (piper)
Black pepper
White pepper

22 Walnut family, *Juglandaceae*

Black walnut
Butternut
English walnut
Heartnut
Hickory nut
Pecan

23 Birch family, *Betulaceae*

Filbert (hazelnut)
Oil of birch (wintergreen)

CROSS-REACTIVE FOODS LISTING

- 24 Beech family, *Fagaceae***
Chestnut
Chinquapin
- 25 Mulberry family, *Moraceae***
Breadfruit
Fig
Hop
Mulberry
- 26 Protea family, *Proteaceae***
Macadamia (queensland nut)
- 27 Buckwheat family, *Polygonaceae***
Buckwheat
Garden sorrel
Rhubarb
Sea grape
- 28 Goosefoot family, *Chenopodiaceae***
Beet
Chard
Lamb's-quarters
Spinach
Sugar beet
Tampala
- 29 Carpetweed family, *Aizoaceae***
New Zealand spinach
- 30 Purslane family, *Portulacaceae***
Pigweed (purslane)
- 31 Buttercup family, *Ranunculaceae***
Golden seal
- 32 Custard-Apple family**
Annona species
Custard-apple
Papaw (pawpaw)
- 33 Nutmeg family, *Myristicaceae***
Nutmeg
Mace
- 34 Laurel family, *Lauraceae***
Avocado
Bay leaf
Cassia bark
Cinnamon
Sassafras
File (powdered leaves)
- 35 Poppy family, *Papaveraceae***
Poppyseed
- 36 Mustard family, *Cruciferae***
Broccoli
Brussels sprouts
Cabbage
Cardoon
Cauliflower
Chinese cabbage
Collards
Colza shoots
Couve tronchuda
Kale
Curly cress
Horseradish
Kohlrabi
- Mustard greens
Mustard seed
Radish
Rape
Rutabaga (swede)
Turnip
Upland cress
Watercress
- 37 Caper family, *Capparidaceae***
Caper
- 38 Bixa family, *Bixaceae***
Annatto (natural yellow dye)
- 39 Saxifrage family, *Saxifragaceae***
Currant
Gooseberry
- 40 Rose family, *Rosaceae***
a Pomes
Apple
Cider
Vinegar
Pectin
Crabapple
Loquat
Pear quince
Rosehips
b Stone fruits
Almond
Apricot
Cherry
Peach (nectarine)
Plum (prune)
Sloe
c Berries
Blackberry
Boysenberry
Dewberry
Loganberry
Longberry
Youngberry
Raspberry (leaf)
Black raspberry
Red raspberry
Purple raspberry
Strawberry (leaf)
Wineberry
d Herb
Burnet (cucumber flavor)
- 41 Legume family, *Leguminosae***
Alfalfa (sprouts)
Beans
Fava
Lima
some wintergreen flavor is methyl salicylate
String (kidney)
Black eyed pea (cowpea)
Carob
Carob syrup
- Chickpea (garbanzo)
Fenugreek
Gum acacia
Gum tragacanth
Jicama
Kudzu
Lentil
Licorice
Pea
Peanut
Peanut oil
Red clover
Senna
Soybean
Lecithin
Soy flour
Soy grits
Soy milk
Soy oil
Tamarind
Tonka bean
Coumarin
- 42 Oxalis family, *Oxalidaceae***
Oxalis carambola
- 43 Nasturtium family, *Tropaeolaceae***
Nasturtium
- 44 Flax family, *Linaceae***
Flaxseed
- 45 Rue (Citrus) family, *Rutaceae***
Citron
Grapefruit
Kumquat
Lemon
Lime
Murcot
Orange
Pummelo
Tangelo
Tangerine
- 46 Malpighia family, *Malpighiaceae***
Acerola (barbados cherry)
- 47 Spurge family, *Euphorbiaceae***
Cassava or yuca (manibot)
Cassava meal
Tapioca (brazilian arrowroot)
Castor bean
Castor oil
- 48 Cashew family, *Anacardiaceae***
Poison oak
Poison sumac
Cashew
Mango
Pistachio
- 49 Holly family, *Aquifoliaceae***
Mate (yerba mate)
- 50 Maple family**
Maple sugar
Maple syrup

CROSS-REACTIVE FOODS LISTING

- | | | |
|---|---|--|
| <p>51 Soapberry family, <i>Sapindaceae</i>
Litchi (lychee)</p> <p>52 Grape family, <i>Vitaceae</i>
Grape
Brandy
Champagne
Cream of tartar
Dried currant
Raisin
Wine
Wine vinegar
Muscadine</p> <p>53 Linden family, <i>Tiliaceae</i>
basswood (linden)</p> <p>54 Mallow family, <i>Malvaceae</i>
Althea root
Mung (sprouts)
Navy
Angelica
Anise
Caraway
Cottonseed oil
Hibiscus (roselle)
Okra</p> <p>55 Sterculia family, <i>Sterculiaceae</i>
Chocolate (cocoa)
Cocoa
Cocoa butter
Cola nut</p> <p>56 Dillenia family, <i>Dilleniaceae</i>
Chinese gooseberry (kiwiberry)</p> <p>57 Tea family, <i>Theaceae</i>
Tea</p> <p>58 Passion Flower family <i>Passifloraceae</i>
Granadilla (passion fruit)</p> <p>59 Papaya family, <i>Caricaceae</i>
Papaya</p> <p>60 Cactus family, <i>Cactaceae</i>
Prickly pear</p> <p>61 Pomegranate family, <i>Punicaceae</i>
Pomegranate
Grenadine</p> <p>62 Sapucaya family, <i>Lecythidaceae</i>
Brazil nut
Sapucaya nut (paradise nut)</p> <p>63 Myrtle family, <i>Myrtaceae</i>
Allspice (pimenta)
Clove
Eucalyptus
Guava</p> <p>64 Ginseng family, <i>Araliaceae</i>
American ginseng
Chinese ginseng</p> <p>65 Carrot family, <i>Umbelliferae</i>
Carrot
Carrot Syrup
Celeriac (celery root)
Celery</p> | <p>Seed & leaf
Chervil
Coriander
Cumin
Dill
Dill seed
Fennel
Finocchio
Florence fennel
Gotu kola
Lovage
parsley
parsnip
Sweet cicely</p> <p>66 Heath family, <i>Ericaceae</i>
Bearberry
Blueberry
Cranberry
Huckleberry</p> <p>67 Sapodilla family, <i>Sapotaceae</i>
Chicle (chewing gum)</p> <p>68 Ebony family, <i>Ebonaceae</i>
American persimmon
Kaki (Japanese persimmon)</p> <p>69 Olive family, <i>Oleaceae</i>
Olive (green or ripe)
Olive oil</p> <p>70 Morning-Glory family
<i>Convolvulaceae</i>
Sweet potato</p> <p>71 Borage family, <i>Boraginaceae</i>
(Herbs)
Borage
Comfrey (leaf & root)</p> <p>72 Verbena family, <i>Verbenaceae</i>
Lemon verbena</p> <p>73 Mint family, <i>Labiatae (Herbs)</i>
Apple mint
Basil
Bergamot
Catnip
Chia seed
Clary
Dittany
Horehound
Hyssop
Lavender
Lemon balm
Marjoram
Oregano
Pennyroyal
Peppermint
Rosemary
Sage
Spearmint
summer savory
Thyme
Winter savory</p> | <p>74 Potato family, <i>Solanaceae</i>
eggplant
ground cherry
Pepino (melon pear)
Pepper (capsicum)
bell, sweet
Cayenne
Chili
Paprika
Pimiento
Potato
Tobacco
Tomatillo
Tomato
Tree tomato</p> <p>75 Pedalium family, <i>Pedaliaceae</i>
Sesame seed
Sesame oil
Tabini</p> <p>76 Madder family, <i>Rubiaceae</i>
Coffee
Woodruff</p> <p>77 Honeysuckle family, <i>Caprifoliaceae</i>
Elderberry
Elderberry flower</p> <p>78 Valerian family, <i>Valerianaceae</i>
Corn salad (fetticus)</p> <p>79 Gourd family, <i>Cucurbitaceae</i>
Chayote
Chinese preserving melon
Cucumber
Gherkin
Loofah (luffa) (vegetable sponge)
Muskmelons
Cantaloupe
Casaba
Crenshaw
Honeydew
Persian melon
Pumpkin
Squashes
Acorn
Buttercup
Butternut
Boston marrow
Caserta
Cocozele
Crook neck & straightneck
Cushaw
Golden nugget
Hubbard varieties
Pattypan
Turban
Vegetable spaghetti
Zucchini
Watermelon</p> <p>80 Composite family, <i>Compositae</i>
Boneset</p> |
|---|---|--|

CROSS-REACTIVE FOODS LISTING

Burdock root	Codfish family	Sturgeon (caviar)
Cardoon	87 Cod (<i>scrod</i>)	105 Herring family
Chamomile	Cusk	Shad (roe)
Chicory	Haddock	106 Salmon family
Coltsfoot	Hake	Salmon species
Costmary	Pollack	Trout species
Dandelion	88 Sea Catfish family	107 Whitefish family
Endive	Ocean catfish	Whitefish
Escarole	89 Mullet family	108 Smelt family
Globe artichoke	Mullet	Smelt
Golden rod	90 Silverside family	109 Pike family
Jerusalem artichoke	Silverside (whitebait)	Muskellunge
Artichoke flour	91 Sea bass family	Pickarel
Lettuce	Groupers	Pike
Celtuce	Sea bass	110 Sucker family
Pyrethrum	92 Tilefish family	Buffalofish
Romaine	Tilefish	Sucker
Safflower oil	93 Bluefish family	111 Minnow family
Salsify (oyster plant)	Bluefish	Carp
Santolina (herb)	94 Jack family	Chub
Scolymus (Spanish oyster plant)	Amberjack	112 Catfish family
Scorzonera (black salsify)	Pompano	Catfish species
Southernwood	Yellow jack	113 Bass family
Sunflower	95 Dolphin family	White perch
Sunflower seed meal & oil	Dolphin	Yellow bass
Tansy (herb)	96 Croaker family	114 Sunfish family
Tarragon (herb)	Croaker	Black bass species
Witloof chicory (French endive)	Drum	Sunfish species
Wormwood (absinthe)	Sea trout	Pumpkinseed
Yarrow	Silver perch	Crappie
	Spot	115 Perch family
81 Mollusks	Weakfish (spotted sea trout)	Sauger
Gastropods	97 Porgy family	Walleye
Abalone	Northern scup (porgy)	Yellow perch
Snail	98 Mackerel family	116 Croaker family
Cephalopod	Albacore	freshwater drum
Squid	Bonito	117 Amphibians
Pelecypods	Mackerel	117 Frog family
Clam	Skipjack	Frog (frog legs)
Cockle	Tuna	118 Reptiles
Mussel	99 Marlin family	119 Snake family
Oyster	Marlin	Rattlesnake
Scallop	Sailfish	120 Turtle family
82 Crustaceans	100 Swordfish family	Terrapin
Crab	101 Harvestfish family	Tuttle species
Crayfish	Butterfish	121 Birds
Lobster	Harvestfish	121 Duck family
Prawn	102 Scorpiofish family	Duck eggs
Shrimp	Rosefish (ocean perch)	Goose eggs
83 Fishes (<i>saltwater</i>)	103 Flounder family	122 Dove family
84 Herring family	Dab	Dove
Menhaden	Flounder	Pigeon (squab)
Pilchard (sardine)	Halibut	123 Grouse family
Sea herring	Plaice	Ruffed grouse (partridge)
85 Anchovy family	Sole	124 Pheasant family
Anchovy	Turbot	Chicken
86 Eel family	104 Fishes (<i>freshwater</i>)	Eggs
American eel	Sturgeon family	Peafowl

CROSS-REACTIVE FOODS LISTING

Pheasant
 Quail
125 Guinea fowl family
 Guinea fowl eggs
126 Turkey family
 Turkey eggs
127 Mammals
128 Opossum family
129 Hare family
 Rabbit
130 Squirrel family
 Squirrel
131 Whale family
 Whale
132 Bear family
 Bear
133 Horse family
 Horse
134 Swine family
 Hog (pork)
 Bacon
 Ham
 Lard
 Pork gelatin
 Sausage
 Strapple

135 Deer Family
 Caribou
 Deer (venison)
 Elk
 Moose
 Reindeer
136 Pronghorn Family
 Antelope
137 Bovine family
 Beef cattle
 Beef
 Beef by products
 Gelatin
 Oleomargarine
 Rennin (rennet)
 Sausage casings
 Suet
 Milk products
 Butter
 Cheese
 Ice Cream
 Lactose
 Spray dried milk
 Yogurt
 Veal

buffalo (bison)
 Goat (kid)
 Cheese
 Ice Cream
 Milk
 Sheep (domestic)
 Lamb
 Mutton
 Rocky mountain sheep