Ferrell-Duncan Clinic Allergy/Immunology

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**Possible Cross-Reactivity Between Foods**

A person allergic to one food may be allergic to related foods. This is a list of possible food relationships.

**Apple** – potato, carrot

**Carrot** – celery, anise, apple, potato, rye, wheat, avocado, pineapple

**Cereals** – wheat, rye, barley, oats, corn, rice

**Cod** – elel, mackerel, salmon, trout, tuna, bass, dentex, sole, haddock

**Cow’s milk** – Mare’s milk, Goat’s milk, casein, whey

**Egg white** – egg yolk, chicken, ovalbumin, ovomucoid

**Garlic** – onion, asparagus

**Pea** – soy bean, white bean, peanut, lentil, fennel, guar gum, carob bean, tragacanth, chick pea, liquorice

**Peach** – apricot, plum, guava, banana

**Pecan** – walnut

**Rice** – wheat, rye, barley, oats, corn, rye

**Shrimp** – crab, lobster, squid, crayfish

**Wheat** – barley, rye, oat