

# Food Families

Allergy to one member of a family of foods often means allergy to other members. This is especially true of certain families (Pea family, Citrus family) but less so to others (mammal family).

**APPLE Family:** Apple, pear, quince, vinegar.

**ASTER Family:** Lettuce is most common; others are chicory, endive, escarole, artichoke, dandelion, celtuse, sunflower seeds, tarragon. Ragweed belongs to this family; also the insecticide pyrethrum.

**BEET Family:** Beet, spinach, chard, lamb's quarter. Hay fever plants in this family are Mexican fireweed and Russian thistle.

**BLUEBERRY Family:** Blueberry, huckleberry, cranberry.

**CASHEW Family:** Cashew, pistachio, mango.

**CHOCOLATE Family:** Chocolate (cocoa) and cola.

**CITRUS Family:** Orange, lemon, grapefruit, lime, tangerine, kumquat, citron.

**FUNGUS Family:** Mushrooms and yeast. The molds that cause inhalant allergy belongs to this family. Also antibiotics.

**GINGER Family:** Ginger, cardamon, tumeric.

**GOOSEBERRY Family:** Currant, gooseberry.

**GRAINS, CEREAL OR GRASS Family:** Wheat, corn, rice, oats, barley, rye. Also wild rice, cane, millet, sorghum, bamboo sprouts. The hay fever grasses belong to this family.

**LAUREL Family:** Avocado, cinnamon, bay leaves, sassafras.

**MALLOW Family:** Cottonseed and okra.

**MELON Family:** Gourd family, watermelon, cucumber, cantaloupe, pumpkin, squash, and other melons.

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**MINT Family:** Mint, peppermint, spearmint, thyme, sage, horehound, marjoram, basil, savory, rosemary, balm (milsap), catnip.

**MUSTARD Family:** Mustard, turnip, radish, horseradish, watercress, and varieties of cabbage, which are: cabbage and kraut, chinese cabbage, broccoli, brussel sprouts, collards, kale, cauliflower, kohlrabi, and rutabaga.

**MYRTLE Family:** Allspice, guava, clove, pimento (NOT Pimiento).

**ONION Family:** Onion, garlic, asparagus, chives, leeks, sarsaparilla, Root beer.

(over)

**PALM Family:** Coconut and dates.

**PARSLEY Family:** Carrot, parsnip, celery, celeriac. Also the following spices: anise, dill, fennel, angelica, celery seed, cumin, corlander, caraway.

**PEA Family:** Legume or clover. Peanuts, peas (green, field, & black-eyed). Beans (navy, lima, string, or soy, etc.). Less important: licorice, acacia, tragacanth, lentils.

**PLUM Family:** Plum, cherry, peach, apricot, nectarine, wild cherry, almond, Dr. Pepper.

**POTATO Family:** Potato, tomato, egg plant, peppers. This family includes all foods called pepper (except black & white) such as green peppers, red peppers, chili peppers, paprika, cayenne, capsicum. Tobacco, belladonna, stramonium and hyoscyamus belong to this family.

**ROSE Family:** Strawberry, raspberry, blackberry, dewberry, and such developed berries as loganberry, youngberry, boysenberry.

## ELIMINATION CHALLENGE DIET

Eliminate all of the food families indicated below for a full 3 day period of time. During this period watch for relief of the following underlined symptoms: Nasal congestion, diarrhea, constipation, cough, wheezing, stomach ache, eczema, hives, rashes, headache, tension, fatigue, poor appetite, canker sores, breath odor, sweating, watery eyes, ear symptoms, bloating. After addition of each food group watch for worsening of any of the symptoms above if they are still present, or if the symptoms are absent, watch for them to begin again.

- \_\_\_\_\_ day: CORN - Corn meal: baked goods, fish sticks. Corn syrup: candy, most breads, buns, canned fruit, jams, jellies, chewing gum, peanut butter, wieners, lunch meat, ice cream. Corn oil: Mazola, some margarines, mayonnaise, salad dressings, potato chips. Corn starch: gravies, soups, powdered sugar. Corn cereals and presweetened cereals, Fritos, corn curls, tamales, tacos, corn flour, cracker jacks, hominy, grits, canned or fresh corn, bourbon, beer. Watch for corn products on food labels. Regulations do not require corn to be listed on labels of canned fruit, bread and baked products or ice cream. These foods do not contain corn: home cooked baked goods, salad dressings, soups, sugar, brown sugar, honey, cottonseed oil (Wesson), olive oil, Crisco, lard, butter, most margarines. Any vegetable except corn. Fresh, dried, dietetic, home canned or unsweetened frozen fruit. Home owned bakeries usually do not use corn. If wheat is allowed, you may have crackers, pretzels, noodles, macaroni, spaghetti and corn-free baked goods; milk, cheese, and home made ice cream.
- \_\_\_\_\_ day: WHEAT, OATS, RICE, BARLEY, RYE - all breads and baked goods, flour, cake, crackers, doughnuts, cookies, waffles, pancakes, pretzels, ice cream cones, pie crust, macaroons, rolls, buns, cereals, macaroni, spaghetti, noodles, gravy.
- \_\_\_\_\_ day: EGG - most baked goods (except simple breads, cookies, crackers), noodles, mayonnaise, salad dressings, meat loaf, breaded foods, meringues, custard, French toast, divinity, icings, marshmallows, puddings.
- \_\_\_\_\_ day: PEA - All beans, peas, peanuts, peanut butter, soybean products and soy sauce.
- \_\_\_\_\_ day: TOMATO - juice, paste, chili, soups, catsup, stews, spaghetti sauce, pizza, casseroles, white potatoes, green peppers, eggplant.
- \_\_\_\_\_ day: CITRUS - Orange, lemon, lime, grapefruit and their juices. You do not need to avoid citric acid. Tang is OK.
- \_\_\_\_\_ day: MILK - dried, evaporated, skim and whole. Buttermilk, ice cream, sherbert, frozen dairy products. Creamed foods, cheese, custard. Traces of milk in butter, bread, and oleo need not be avoided.
- \_\_\_\_\_ day: CHOCOLATE and COLA - Can have: Dr. Pepper, 7-Up, Root beer, or any of the flavored pops.
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This list contains many but not all of the possible sources of the various foods. If there is any question regarding a prepared food, investigate the contents listed on the label and be sure that labeling is detailed and complete.

The most important things to remember about this diet are:

1. Be a label reader. Become as familiar as possible with the ingredients in the foods that you will be serving. Also be aware that the ingredients are listed according to the percentage of the content, so that the higher up on the label it is listed the more of that ingredient there is in the food. Many prepared foods contain more than one of the listed food families and this food must be avoided until each of the groups has been added to the diet.
2. During the food challenge it is important to feed the food family for one full day and to feed the food in the purest form possible. Feed the food in exceptionally large amounts during the challenge. We are trying to stimulate you to exceed your tolerance level, if possible. The more food eaten the more accurately you can judge if the food family is causing you a problem.
3. If after starting the food challenge you notice your symptoms beginning again, or if already present, worsening; stop the challenge at that point. Wait 4 - 7 days then rechallenge with the same food family. You need to rechallenge an odd number of times and continue doing so until you are sure in your own mind that you are or are not bothered by this particular food.
4. Give yourself some time to become familiar with the information on these sheets before starting the diet. It helps to list foods that are allowed as you think of them and then make you menus from this list. Remember to add food to the list as they are challenged and proven to not cause you problems.
5. If you have any questions or are uncertain about any part of this diet, please call and we will try to help you understand more clearly what needs to be done. Unfortunately, there is no treatment for food allergy other than avoidance. Identifying those foods that may bother you thus becomes very important if you are to eliminate this component of your allergy from your environment.