

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 of others (mammal family.)

APPLE FAMILY: Apple, pear, quince, vinegar.

ASTER FAMILY: Lettuce is most common, others are chicory, endive, escarole, artichoke, dandelion, celtuce, sunflower seeds, tarragon. (Ragweed belongs to this family and also the insecticide pyrethrum.)

BEET FAMILY: Beet, spinach, chard, lambs quarter. (Hay fever plants in this family are Mexican fireweed and Russian Thistle)

BLUEBERRY FAMILY: Blueberry, huckleberry, cranberry.

BUCKWHEAT FAMILY: Buckwheat, rhubarb, garden sorrel.

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 belong to this family. Also antibiotics.)

GINGER FAMILY: Ginger, cardamom, tumeric

GOOSEBERRY FAMILY: Currant and 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.

MINT FAMILY: Mint, peppermint, spearmint, thyme, sage, horehound, marjoram, basil, savory, rosemary, balm (milssa), catnip.

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

MYRTLE FAMILY: Allspice, guava, clove, pimento

ONION FAMILY: Onion, garlic, asparagus, chives, leeks, sarsaparilla, Root Beer

PALM FAMILY: Coconut and dates

PARSLEY FAMILY: Carrot, parsnip, celery, parsley, celeriac. Also the following spices: anise, dill, fennel, angelica, celery seed, cumin, coriander, caraway.

PEA FAMILY: Legume or clover. Peanuts, peas (green, fied, black-eyed) Beans (navy, lima, string, soy, etc.) Less important are licorice, asacia, tragacanth, lentils.

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