

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

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

WALNUT: English walnut, black walnut, pecan, hickory nut, butternut.

ANIMAL KINGDOM

MOLLUSK: Oyster, Clam, Abalone, Mussel

CRUSTACEAN: Crab, lobster, shrimp

FISH: Both fresh and salt water fish such as salmon, tuna, sardine, catfish, trout, cod, crappie, etc. (Fish sensitive patients often cannot handle or come into contact with fish based glue such as LePage's)

BIRD: Chicken, Turkey, Duck, Goose, Guinea, Pigeon, Quail, Pheasant, Etc. Although egg belongs to this family, it does not seem to be related to chicken allergy. Those allergic to egg may have trouble with laying hens though.

MAMMAL: Beef, pork, lamb, rabbit, squirrel, venison, etc. Cow's milk is of the same animal origin as beef and there is a tendency for those who are milk sensitive to be allergic to beef. Most persons allergic to cow's milk cannot take the milk of other animals.

FOODS WITHOUT RELATIVES

Arrowroot, banana, black and white pepper, brazil nuts, capers, chestnut, coffee, elderberry, fig, grape, hazelnut (filbert), honey, juniper, flaxseed, karaya gum, maple sugar, New Zealand spinach, nutmeg (mace), olive, oregano, papaya, pineapple, persimmon, poppy seed, sesame seed, sweet potato, tapioca, tea, vanilla, wintergreen.

MINERAL KINGDOM

Many flavors, coloring agents, medicines, etc. are of mineral origin. Pop, Koolade, popsicle, Jello, and candies are artificially colored and flavored. Occasional trouble is caused by these agents.

Aspirin is the most important medicine causing allergic reactions. It is found in a wide variety of preparations like, A.P.C., Anacin, Bufferin, Alka Seltzer, under the name acetylsalicylic acid.