

Food Allergy Cross Reactivity Chart

Patient Information	
Name:	
Date of Birth:	
Gender:	
Relevant Medical History:	
Referring Physician's Name:	
Additional Notes:	

Food	Higher Risk of Allergies (Should be Avoided)	Lower Risk of Allergies (Can be Tolerated)
Cow's Milk	<ul style="list-style-type: none"> Goat's Milk Sheep's Milk Buffalo Milks Medium Rare or Uncooked Beef 	<ul style="list-style-type: none"> Mare's Milk Extensively Heated or Processed Beef
Peanut	<ul style="list-style-type: none"> Tree Nuts 	<ul style="list-style-type: none"> Other legumes (e.g. soy)
Tree Nut	<ul style="list-style-type: none"> Pistachio Cashew Walnut Pecans Peanut or other tree nuts 	
Lentils	<ul style="list-style-type: none"> Chickpeas Green Peas 	
Fish	<ul style="list-style-type: none"> Other Fish 	<ul style="list-style-type: none"> Canned Fish
Shellfish	<ul style="list-style-type: none"> Shrimp Lobster Crab Crawfish 	<ul style="list-style-type: none"> Clam Oyster Scallop Mussels

Wheat	<ul style="list-style-type: none"> • Rye • Barley 	<ul style="list-style-type: none"> • Rice • Oats • Corn
Fruits Note: Some patients with a latex allergy may also negatively react to certain fruits and vegetables.	<ul style="list-style-type: none"> • Peach • Other Rosaceae fruits • Melons • Kiwi • Avocado • Peach • Banana 	
Beef	<ul style="list-style-type: none"> • Cow's Milk 	

Sources:

Food allergies and Cross-Reactivity. (2023, March 6). Kids With Food Allergies. <https://kidswithfoodallergies.org/living-with-food-allergies/what-is-a-food-allergy/food-allergies-and-cross-reactivity/>

Fracis, O. L., Yang, K. Y., Kim, E. H., & Moran, T. P. (202 C.E.). Common food allergens and cross-reactivity. *Journal of Food Allergy (USA)*, Number 1, 17–21. <https://doi.org/10.2500/jfa.2020.2.200020>