

Food Families

	Starch – Grain/Flour/ Noodle/Tuber	Protein – Animal/ Vegetable	Dairy/Sub	Veggie – Green Leafy/Root/ Other	Fruit	Oil/Fat - Animal/ Vegetable	Spices/Herbs/Bev /Misc	Sweetener	Environmental/ Cross Reactions (CRX)/Cross Contamination (cc)
Acipenseridae/ Sturgeon		Caviar, Sturgeon							
Actinidiaceae					Kiwi Hardy kiwi				Birch oral allergy Latex CRX, beech, oak
Adoxaceae/ Honeysuckle					Elderberry Nannyberry				
Agavaceae	Camas				Agave		Mescal Pulque Tequila	Agave	
Aizoaceae /Carpetweed				New Zealand spinach					
Algae (these are not all the same family, need to be split out)	Agar agar noodles Kelp noodles Sea spaghetti			Arame Carola Chlorella Dabberlocks Dulse Gim/kim Hijiki Irish moss Kelp/kombu Laver Limu Mozuku Nori Ogonori Sea lettuce Wakame			Agar-agar/canten Carrageen Kelp Spirulena		
Alismataceae	Broadleaf arrowhead								
Alligatoridae		Alligator							

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Amaranthaceae /goosefoot	Amaranth Kaniwa Quinoa	Quinoa		Kochia Beet Beet greens Chard Spinach Lamb's quarters Good King Henry Epazote Orach Quinoa leaves Sea beet Salsola Tampala Thistle			Xanthan gum (corn or beet)	Sugar beet Swedish light syrup	
Anacardiaceae	Nut flour Julienned green mango	Cashew Marula drupe Pistachio Nut butter	Nut milk, cream, cheese		Golden apple Mango Marula fruit Lapsi	Marula oil	Sumac Mastic		CC/CRX peanut or tree nuts Oral allergy syndromes Poison ivy, Poison oak Sumac
Anatidae	Egg strips	Duck, goose, eggs							
Annonaceae/ Custard apple					Atemoya Biriba Cherimoya Custard apple Ilama Jabuticaba Paw paw Pond apple Soursop Sugar apple				
Anura order		Frog							

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Apiaceae/parsley	Arracacha Spiral cut carrot Root parsley Skirret			Arracacha Carrot Celeriac Celery Fennel Parsnip Sweet cecily Water celery			Angelica Anise Asafoetida Caraway Celery seed Chervil Cilantro Coriander Cumin Dill Dong quai Lovage Fennel seed Parsley Rock samphire		Alder oral allergy Birch oral allergy Latex CRX Mugwort oral allergy, beech, oak
Aquifoliaceae							Yerba mate		
Aracea/arum	Malanga Shirataki (yam noodle, konjac) Taro/poi			Bagana Eddo Dasheen Duckweed Nettles Poi Taro stem	Ceriman Monster Fruit		Konjac Glucomanan		
Areaceae/palm	Coconut flour Sago flour Sago pearls Young coconut noodles	Coconut meat	Coconut milk, coconut cream	Palm hearts	Acai Coconut Date Nungu Salacca	Coconut oil Palm oil, palm kernel oil, red palm oil		Coconut sugar Date sugar Palm sugar	CC/CRX peanut or treenuts
Asphodelaceae				Wild onion			Aloe		
Basellaceae	Ulluco			Ulluco					
Berberidaceae					Barberry May apple Oregon grape		Brandy		

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Betulaceae/birch/ alder	Nut flour	Filbert Hazelnut Nut butter	Nut milk			Hazelnut oil	Birch vinegar Birch beer	Birch sugar Birch syrup Xylitol (corn or birch)	Alder oral allergy Birch oral allergy CC/CRX with peanut or other treenuts, beech, oak
Bixaceae							Annatto		Gluten crx
Boraginaceae /borage				Borage leaf, flower		Borage oil	Borage Comfrey		
Bovinae		Beef, Cow Veal, Goat, Lamb, Mutton, Bison	Cow milk (casein), Goat milk (casein), Cream, Cheese, Dairy products			Butter Oleomarga rine Suet	Beef gelatin, Rennin,		Crx aged cheese/mold Crx pet dander
Brassicaceae/ Mustard/ Cruciferous	“Caboodle” cabbage strips Julienned or spiral cut radish/daikon			Arugula/rocket Bok choy Broccoli Brussels sprouts Cabbage Cauliflower Collards Colza shoots Cress daikon Gai lan Kale Kohlrabi Maca Macon Mustard greens Nasturtium Pennycress		Canola/ rapeseed oil	Mustard Horseradish Wasabi		

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				Radish Radish greens/sprouts Rapini Rockcress Romanesco Rutabaga Tatsoi Turnip Turnip greens Watercress Yu choy					
Bromeliaceae/ Pineapple					Pineapple			Pineapple juice	Oral allergy syndromes
Burseraceae		Pili nut							
Cactaceae /cactus				Nopales	Chilitos Dragon fruit Garambulos Prickly apples Prickly pear Saguaro Strawberry cactus				
Camelidae		Llama							
Cannabaceae		Hemp seed, hemp nut	Hemp milk		Hackberry	Hemp oil	Hops, beer		
Cannaceae	Canna	Canna seeds		Canna shoots					
Capparaceae							Capers		
Casuariidae		Emu							
Cervidae/deer		Caribou, Deer (venison), Elk, Moose,	Reindeer milk (casein)						

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		Reindeer							
Clupeidae/herring (freshwater)		Shad							
Clupeidae/herring (saltwater)		Herring, menhaden, pilchard (sardine), Sea herring							
Clusiaceae/ Mangosteen					Charichuelo cherapu Mammee apple Mangosteen				
Cochliospermum							karaya gum, guaiac gum		
Columbidae	Egg strips	Dove, Pigeon, Squab, Eggs							
Combretaceae					Haritaki				
Compositae / asteraceae	Burdock tuber Jerusalem artichoke flour Salsify Sunflower meal Yacon tuber	Sunflower Sunbutter	Seed milk	Calomel; celtuse; cardoon Cat's ear Chicory Chrysanthemum Dandelion Endive Escarole Globe artichoke Golden samphire Jerusalem artichoke Lettuce Yarrow		Safflower Sunflower	Absinthe Boneset Coltsfoot Chamomile Echinacea Tansy Tarragon Vermouth Yarrow	Stevia Possibly honey Yacon syrup	Birch oral allergy CC/CRX with peanut or treenuts mugwort oral allergy Ragweed, beech, oak

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Convolvulaceae /morning-glory	Sweet potato noodles Sweet potato flour			Mexican jicama Sweet potato Water spinach					
Crustacean subphylum (not all same family)		Crab, Crayfish, Lobster, Prawn, Shrimp							Dust mites
Cyperaceae /sedge	Tigernut Water chestnut starch	Chufa/groundnut Water chestnut		Totora					
Cyprinidae/ Minnow family		Carp, Chub							
Delphinidae / platanistoidea		Dolphin							
Dennstaedtiaceae				Fiddlehead					
Dioscoreaceae/ Yam	Chinese potato Iyan (yam flour) Kinampay Polynesian arrowroot Ube Yam			Chinese potato Kinampay Polynesian arrowroot Ube Yam					
Dipterocarpaceae						Sal oil			
Ebenaceae/ebony					Black sapote Persimmon				
Elaeagnaceae /oleaster					Buffalo berry Goumi Seaberry Sea-buckthorn				

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Engraulidae		Anchovy							
Equidae/horse		Horse							
Ericaceae/heath					Bear berry Bilberry Blueberry Cranberry Crowberry Huckleberry Lingonberry Salal Strawberry tree		Wintergreen		
Esocidae/pike family		Northern pike, muskellenge							
Euphorbiaceae/ Spurge	Banku flour Cassava/ Manioc/yuca Candlenut Tapioca Tapioca stick	Mongongo		Cassava/manioc /yuca		Caster oil			
Fabaceae /legume	Bean flours Bean sprouts (pasta sub) Breadroot/prairie turnip Dal flours Earthen tuber Lupine flour Mesquite flour Mung bean threads/cellophane noodles Pea flours Peanut flour	Bean (adzuki, broad, fava, kidney, lima, mung, navy, pinto, runner, string, etc.) Lentils Lupine seeds Peanut, peanut butter Peas Soy, tofu, tempeh, etc. Wattleseed	Soy milk, Tofu milk, Bean milks	Alfalfa sprouts Bean sprouts Clover Green beans/wax beans Edamame Jicama Pea (black- eyed, cow pea, chickpea, green, etc.) Pea shoots	Acacia Tamarind	Soy oil Peanut oil	Carob Cassia (cinnamon) Guar gum Gum Arabic/Acacia Kudzu Licorice Locust bean gum Talca gum Tragacanth gum	Carob molasses	Birch oral allergy Other oral allergies CC/CRX peanut/soy/ Treenuts, beech, oak

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	Potato bean tubers Soy/tofu/bean curd noodles Urd flour Wattleseed Jicama								
Fagaceae/beechnut		Beechnut Chestnut Acorn	Nut milk						CC/CRX with peanut or other treenuts Latex CRX
Fungi kingdom (not all same family)	Enoki mushrooms			Black fungus Lion's mane Mushrooms Quorn Truffles		Truffle oil	Bakers Yeast Brewers Yeast Citric acid?		Mold CRX
Gadidae/cod family		Cod, Haddock, Hake, Pollack, Whiting				Cod liver oil			
Ginkgoaceae		Ginkgo nuts					Ginkgo		
Grossulariaceae /gooseberry					Currant Gooseberry Jostaberry				
Holly							Mate		
Iridaceae/iris							Saffron		
Irvingiaceae		Ogbono nuts							
Juglandaceae/ Walnut	Nut flour	Butternut Heartnut Hican Hickory Pecan	Nut milk			Walnut oil Pecan oil			Birch oral allergy CC/CRX with peanut or other treenuts, beech, oak

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		Walnut							
Lamiaceae/mint	Chia/salba Plectranthus root	Chia/salba		Plectranthus leaf Prunella leaf			Apple mint Basil Bergamot Catnip Clary Dittany Horehound Hyssop Lavender Lemon balm Marjoram Mint Oregano Pennyroyal Perilla Peppermint Rosemary Sage Savory Skullcap Spearmint Thyme		
Lampridae/sunfish		Black bass species, bluegill, Crappy, Sunfish							
Lauraceae/laurel				Avocado		Avocado oil	Bay leaf Cinnamon Sassafras Camphor		Latex CRX
Lecythidaceae/ Brazil nut		Brazil nut Paradise nut	Nut milk						CC/CRX with peanut or treenuts
Leporidae/rabbit		Rabbit							

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Liliaceae/alliaceae	Ti Sego lily			Asparagus Onion Kurrat Leek Ramps			Chive Garlic Shallot Sarsaparilla		Sulfas
Linaceae/flax		Flaxseed				Flax oil/linseed oil			
Lutjanidae/red snapper		Red snapper							
Lythraceae/ Loosestryfe					Pomegranate			Grenadine Pomegranate syrup/molasses	Oral allergy syndromes
Macropodidae		Kangaroo							
Malpighiaceae					Acerola Nance Peanut butter fruit				
Malvaceae/mallow or Sterculiaceae	Mallow roots	Durian seed/nut Kola nut		Okra	Durian South American Sapote	Cocoa butter Cottonseed oil	Cmc/ Methylcellulose/ Cellulose gum Chocolate Cocoa/cacao Karaya gum Kola nut		
Marantaceae/ Arrowroot	Arrowroot starch Arrowroot vermicelli								
Meleagrididae	Egg strips	Turkey, eggs							
Meliaceae/ Mahogany					Lansomes Neem				

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					Santol				
Cucurbitaceae/Melon/gourd	Pumpkin meal Spaghetti squash (pasta sub) Other squashes spiral-cut (pasta sub)	Pumpkin seed	Cantaloupe seed milk	Bitter melon Caigua Cucumber Gherkin Gourds Pumpkin Summer squash Winter squash Zucchini	Arhat/ longevity fruit Cantaloupe Casba melon Crenshaw Gac Honeydew Muskmelon Santa clause melon Watermelon		Loofah	Jiaogulan Luo han guo Pumpkin sugar Watermelon sugar	Seeds CC/CRX with peanut or treenuts Grass oral allergy Plantain CRX Ragweed oral allergy Other oral allergies
Mollusca phylum (not all same family, need to be split out)		Gastropods: Abalone, Snail, Cephalopods: Squid Pelecypods: Clam, Cockle, Mussel, Oyster, Scallop,							
Moraceae/mulberry/ Fig	Breadfruit	Jackfruit seed/nut			Breadfruit Fig Jackfruit Mulberry Osage orange			Fig syrup	Birch oral allergy Grass oral allergy Other oral allergies Latex CRX, beech, oak
Moringaceae		Moringa seeds		Moringa pods (drumsticks), flowers, leaves		Ben oil			
Musaceae/ Plantaginaceae	Banana flour Banana or				Banana Plantain		Psyllium		Latex CRX Ragweed oral

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	Plantain flour (fufu) Ensete								allergy
Myristicaceae/ Nutmeg							Nutmeg Mace		
Myrtaceae/myrtle					Camu Camu Cherry of the Rio Grande Chinese Bayberry Grumichama Guava Guavaberry Jabuticaba Love apple Malay Apple Rumberry Suriname cherry Ugni		Allspice Cloves Eucalyptus		
Nelumbonaceae	Lotus root	Lotus seeds/nuts		Lotus root Lotus leaves, petals					
Nightshade/ Solanaceae	Sliced eggplant Potato starch Potato flour		Potato milk	Chilis Eggplant/ Aubergine/ Brinjal Peppers Potato Tomatillo Tomato Petunia	Goji berry Garden Huckleberry Naranjillas Pepino melon Physalis Tamarillo		Cayenne Chili Jimsonweed Paprika Pepper sauce Pimento Tobacco		Birch oral allergy Grass oral allergy Latex CRX Mugwort oral allergy, beech, oak
Numididae	Egg strips	Guinea hen, eggs							
Oleaceae/olive				Olive		Olive oil			

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Orchidaceae/ Orchid	Orchid tubers						Vanilla		
Osmeridae/smelts family		Smelts							
Oxalidaceae	Oka (tuber) Shredded Papaya			Oka	Bilimbi Papain Papaya Star fruit				Latex CRX
Papaveraceae /poppy		Poppyseed					Poppyseed		Opiates
Passifloraceae					Granadilla Passion Fruit				Latex CRX
Pedaliaceae/sesame		Sesame seed Tahini				Sesame oil Tahini			CC/CRX with peanut or treenuts
Percidae/perch		Sauger, Walleye, Yellow perch							
Perciformes order Bass family		Yellow bass, white perch							
Phasianidae	Egg strips	Chicken, cornish hen, peafowl, pheasant, Quail, Grouse, Eggs of any of these birds							
Phyllanthaceae					Indian Gooseberry/ Amaleki				
Pinaceae/conifer		Pine nuts Pinyon	Seed milk			Pine nut oil	Juniper	Sugar pine syrup	CC/CRX with peanut or treenuts
Piperaceae/pepper							Peppercorns		

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Pleuronectiformes order		Flounder, halibut, Plaice, Sole, Turbot							
Poaceae/grain/ Cereal	Bamboo shoots (pasta sub) Banku Flour Corn, grits, polenta, cornstarch, popcorn Gluten- containing grains (wheat, barley, rye, kamut, spelt), Job’s tears Malanga Millet Montina/indian rice grass Oats, oatmeal Ragi Rice, rice flours, poha Sorghum Teff Wild rice Pasta using any of these	Ling nut/singhara Teff	Millet milk, Oat milk, Rice milk, Rice cheese, millet butter	Bamboo shoots Corn		Corn oil Wheat germ oil	Lemon grass Malt Xanthan gum (corn or beet)	Amazake Barley malt syrup Corn syrup and other corn sugars Golden syrup Maize sugar Molasses Rice syrup Sorghum Sugarcane Xylitol (corn or birch)	Birch oral allergy Grasses Hay fever Peanut CRX, beech, oak
Podocarpaceae					Illawarra plum Kahikatea Koroi Manoao Nageia Podocarpus				

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					Prumnopitys Rimu				
Polygonaceae/ Knotweed	Buckwheat Soba (100%) Naengmyeon noodles (korean buckwheat) Kasha			Japanese knotweed Sorrel	Pigeon plum Rhubarb Sea grape				Birch oral allergy, oak, beech
Portulacaceae				Purslane					
Proteaceae/ Macadamia		Macadamia Chilean hazelnut	Nut milk, cream, cheese			Macadamia oil			CC/CRX with peanut or treenuts
Rhamnaceae					Jujube Mock buckthorn Raisin tree fruit Sea buckthorn				
Rosacea	Almond flour	Almond, nut butter	Almond milk, nut cream		Pomme: Apple Cili Bao Loquat Mayhaw/hawt horne Medlar Pear Quince Rowan Shipova Berries: Blackberry Boysenberry Chokecherry	Almond oil Apricot kernel oil	Apple cider vinegar Apple pectin Burnet Rosehips	Apple juice/sauce Pear juice/sauce Plum sauce	Alder oral allergy Birch oral allergy Other oral allergies CC/CRX with peanut or treenuts Latex CRX, beech, oak

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					Cloudberry Dewberry Loganberry Olallieberry Raspberry Salmonberry Saskatoon berry Strawberry Tayberry Thimbleberry Toyon Wineberry Youngberry Stone: Apricot Cherry Greengage Nectarine Peach Plum Pluot/Plumcot/ Aprium Prune Sloe				
Rubiaceae					Gardenia Noni		Cape jasmine Coffee Quinine		
Rutaceae/rue/ Citrus					Angostura Buddha's hand Citrange Citron Grapefruit Lemon Lime	Lemon oil	Curry Tree Lemon juice Grapefruit seed oil	Marmalade	Grass oral allergy Other oral allergies

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					Limeberry Limequat Mineola Murcot Orange Orangeberry Pomelo Tangelo Tangerine Ugli Wampee White sapote				
Salicaceae					Azara				
Salmonidae/ Salmon family		Salmon species, freshwater trout species, Whitefish							
Sapindaceae/ Soapberry		Mamoncillo			Ackee Guarana, Hog plum Soapberries Korlan Longan Lychee Mamoncillo Pitomba Pulasan Rambutan Spanish lime			Maple sugar Maple syrup	
Sapotaceae		Shea nuts			Abiu Australian plum Canistel Chicle Lucuma	Mahua butter Shea butter			

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					Mamey sapote Miracle fruit Sapodilla Star-apple				
Schisandraceae							Schisandra		
Sciaenidae		Croaker, Sea trout, Silver perch, spot							
Scombridae/ Mackerel		Albacore, mackerel, Tuna							
Siluriformes order		Catfish							
Struthionidae		Ostrich							
Suidae/swine		Bacon, Ham, Pork, Pork sausage				Lard	Pork gelatin,		
Typhaceae	Cattail flour (gluten) Cattail pollen Cattail roots			Cattail leaves/stems Cattail Flowers					
Testudines order		Turtle							
Theaceae						Green tea seed oil	Tea		
Ulmaceae/elm							Slippery elm		
Ursidae/bear		Bear							
Valerianaceae				Corn salad			Valerian		
Viperidae		Rattlesnake							
Vitaceae/grape					Grape Raisin	Grapeseed oil	Brandy Cream of tartar	Grape juice	Oral allergy syndromes

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							Champagne Muscadine Wine Wine vinegar		
Xiphiidae/ Swordfish		Swordfish							
Zingiberaceae/ Ginger							Cardamom Ginger Melegueta pepper Myoga Turmeric		