



# Food Allergy Diet

Prepared For: **Jane Doe**  
**Testing Any Client**



# An Approach to Food Allergy

## **Avoid the Offending Food:**

One of the best approaches to managing food allergy is to avoid (eliminate) or rotate eating the offending food. Enclosed you will find a sample rotation diet based on a 4 day rotation which has been grouped by food families. (The removal of certain foods from your diet may create nutritional problems so you need to consult with your physician prior to changing your current diet).

## **Be aware of Pollen/Food Cross-reactivity:**

Allergy patients who suffer from inhalant allergy often exhibit allergic reactions in the lips, mouth and throat when exposed to certain foods. In many instances, this clinical response to food is due to pollen allergens that contain proteins similar to those found in the allergic food of the patient (referred to as cross-reactivity). The clinical condition is known as the "pollen-food allergy syndrome" or "oral allergy syndrome". Enclosed you will find information regarding the pollen-food interaction and which pollens may affect you based on your test results.

## **Learn about Food Families:**

Food are grouped into families based scientific characteristics that make them similar to one another. If you have a positive result and are diagnosed to be allergic to a food, it may indicate that you will be allergic to other foods in that family. However, it does not necessary mean you will have problems with all foods within that family group. Your diet plan has been constructed to rotate foods by their respective families according to your physician's instructions. Additionally, information grouping foods by their respective family are presented in your diet plan. When adding new foods to your diet, their family category must be taken into account.

## **Read all Food Labels:**

Read food labels to identify the presence of foods to which you may be allergic. Your diet plan has a "hidden food" listing for foods to which you are allergic and may not normally associate with other foods that contain them. Become familiar with technical and scientific food names, for example some manufacturers may use the terms gluten and wheat interchangeably. Make sure to read the ingredients label each time you purchase the food, since manufacturers may change items.

## **Ask About Ingredients:**

When eating at restaurants or someone else's home, question what foods are used in the preparation of the meal. Removing the offending food from the plate may not prevent a reaction, particularly if foods are prepared in the same container.

## **Prepare for Emergencies:**

Learn to identify your food symptoms quickly and have a plan of action. Teach friends and family the warning signs of severe food allergy and how to manage the situation. If you are highly allergic to a certain food or foods, you need to discuss with your physician about carrying an injectable epinephrine device as well as antihistamines to treat accidental ingestion of the offending food. Consider wearing a medical bracelet indicating that you are highly allergic to the foods indicated. If you have an anaphylactic reaction after eating, you should have someone take you to the emergency room immediately, even if the symptoms subside.

**The information presented in this report does not constitute medical advice and is for your general information only. Consult with the doctor prior to altering your current diet.**

### Diet Plan

One of the best ways to help eliminate your food allergy symptoms is to “rotate” your foods, or plan a rotation diet. A rotation diet is a method of controlling food allergies by eating biologically related foods on the same day and then waiting at least four days before eating them again. This approach to eating can help those with food allergies by reducing symptoms and potentially from developing new food allergy as well. Below is a listing of foods grouped by “family” and are to be rotated over a 4 day period. When planning your menu you may select any of the foods indicated for that day. If you add foods not on the list, you should identify their food family for correct rotation. Please note that foods have been placed in categories that do not necessary fall under the scientific listing (e.g. tomato is listed under vegetable instead of fruit).

### Day 1 of Diet Plan

<p><b>Fruit</b></p> <input type="checkbox"/> Apricot <input type="checkbox"/> Blackberry <input type="checkbox"/> Boysenberry <input type="checkbox"/> Cherry <input type="checkbox"/> Grape,Raisin <input type="checkbox"/> Nectarine <input checked="" type="checkbox"/> <b>Peach</b> <input type="checkbox"/> Plum /Prune <input type="checkbox"/> Raspberry <input type="checkbox"/> Strawberry <p><b>Grain</b></p> <input type="checkbox"/> Bamboo Shoots <input checked="" type="checkbox"/> <b>Barley</b> <input type="checkbox"/> Bran,Wheat <input checked="" type="checkbox"/> <b>Corn</b> <input checked="" type="checkbox"/> <b>Cornstarch</b> <input type="checkbox"/> Gluten, Wheat <input type="checkbox"/> Grain,Mix <input checked="" type="checkbox"/> <b>Grits</b> <input checked="" type="checkbox"/> <b>Hominy Grits</b> <input type="checkbox"/> Hop <input type="checkbox"/> Kamut <input type="checkbox"/> Malt <input type="checkbox"/> Millet <input type="checkbox"/> Molasses <input type="checkbox"/> Oats	<input checked="" type="checkbox"/> <b>Popcorn</b> <input type="checkbox"/> Rice <input checked="" type="checkbox"/> <b>Rye</b> <input type="checkbox"/> Sorghum <input type="checkbox"/> Spelt <input checked="" type="checkbox"/> <b>Sugarcane</b> <input type="checkbox"/> Tapioca <input checked="" type="checkbox"/> <b>Wheat</b> <p><b>Vegetables</b></p> <input type="checkbox"/> Beet <input type="checkbox"/> Beet,Sugar <input type="checkbox"/> Eggplant <input type="checkbox"/> Mushroom <input type="checkbox"/> Paprika <input type="checkbox"/> Pepper,Bell/Green <input type="checkbox"/> Pepper,Cayenne <input type="checkbox"/> Pepper,Chili <input type="checkbox"/> Pepper,Jalapeno <input type="checkbox"/> Pepper,Red <input type="checkbox"/> Potato,White <input type="checkbox"/> Spinach <input type="checkbox"/> Swiss Chard <input type="checkbox"/> Tomato <input type="checkbox"/> Truffle <input checked="" type="checkbox"/> <b>Yeast Bakers</b> <input checked="" type="checkbox"/> <b>Yeast Brewers</b> <p><b>Tree Nuts</b></p>	<input checked="" type="checkbox"/> <b>Almond</b> <input type="checkbox"/> Chocolate/Cacao <input type="checkbox"/> Cola <input type="checkbox"/> Filbert <input type="checkbox"/> Macadamia <p><b>Spices/Seeds</b></p> <input type="checkbox"/> Allspice <input type="checkbox"/> Arrowroot <input type="checkbox"/> Cloves <input type="checkbox"/> Ginger <input type="checkbox"/> Guava <input type="checkbox"/> Mace <input type="checkbox"/> Myrtle <input type="checkbox"/> Nutmeg <input type="checkbox"/> Paprika <input type="checkbox"/> Pimento <input type="checkbox"/> Turmeric <input type="checkbox"/> Vanilla <input type="checkbox"/> Vinegar <p><b>Meats / Dairy</b></p> <input type="checkbox"/> Chicken <input type="checkbox"/> Cornish Hen <input type="checkbox"/> Duck <input type="checkbox"/> Goose <input type="checkbox"/> Grouse <input type="checkbox"/> Pheasant	<input type="checkbox"/> Quail <input type="checkbox"/> Turkey <p><b>Fish &amp; Shellfish</b></p> <input type="checkbox"/> Black Bass <input type="checkbox"/> Crab,Alaskan <input type="checkbox"/> Crab,Blue <input type="checkbox"/> Crab,Dungeness <input type="checkbox"/> Crayfish <input type="checkbox"/> Eel <input type="checkbox"/> Lobster,Maine <input type="checkbox"/> Lobster,Spiny <input type="checkbox"/> Pompano <input type="checkbox"/> Shrimp <input type="checkbox"/> Smelt <input type="checkbox"/> Sturgeon (Caviar) <p><b>Drinks</b></p> <input type="checkbox"/> Apricot <input type="checkbox"/> Blackberry <input type="checkbox"/> Cherry <input type="checkbox"/> Chocolate/Cacao <input type="checkbox"/> Coffee <input type="checkbox"/> Cola <input checked="" type="checkbox"/> <b>Peach</b> <input type="checkbox"/> Plum/ Prune <input type="checkbox"/> Raspberry <input type="checkbox"/> Strawberry
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### Day 2 of Diet Plan

<p><b>Fruit</b></p> <input type="checkbox"/> Banana <input type="checkbox"/> Citron <input type="checkbox"/> Grapefruit <input type="checkbox"/> Kumquat <input type="checkbox"/> Lemon <input type="checkbox"/> Lime <input checked="" type="checkbox"/> <b>Orange</b> <input type="checkbox"/> Plantain <input type="checkbox"/> Tangelo <input type="checkbox"/> Tangerine <p><b>Vegetables</b></p> <input type="checkbox"/> Avocado <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrot <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery	<input type="checkbox"/> Collards <input type="checkbox"/> Horseradish <input type="checkbox"/> Kale <input type="checkbox"/> Potato,Sweet <input type="checkbox"/> Radish <input type="checkbox"/> Rutabaga <input type="checkbox"/> Turnip <input type="checkbox"/> Watercress <input type="checkbox"/> Yam <p><b>Tree Nuts</b></p> <input type="checkbox"/> Beechnut <input checked="" type="checkbox"/> <b>Brazil nut</b> <input checked="" type="checkbox"/> <b>Chestnut</b> <input type="checkbox"/> Chinquapin <input checked="" type="checkbox"/> <b>Hazelnut</b> <p><b>Spices/Seeds</b></p> <input type="checkbox"/> Anise <input type="checkbox"/> Bay Leaf <input type="checkbox"/> Canola Seed <input type="checkbox"/> Cilantro	<input type="checkbox"/> Cinnamon <input type="checkbox"/> Cumin <input type="checkbox"/> Dill <input type="checkbox"/> Fennel <input type="checkbox"/> Mustard <input type="checkbox"/> Parsley <input type="checkbox"/> Parsnip <input type="checkbox"/> Sassafras <p><b>Meats / Dairy</b></p> <input checked="" type="checkbox"/> <b>Beef</b> <input type="checkbox"/> Gelatin <input type="checkbox"/> Goat <input type="checkbox"/> Lamb <input type="checkbox"/> Pig (pork) <input type="checkbox"/> Sheep <input type="checkbox"/> Suidae (Red Meat) <p><b>Fish &amp; Shellfish</b></p> <input type="checkbox"/> Carp <input type="checkbox"/> Catfish	<input type="checkbox"/> Cod <input type="checkbox"/> Haddock <input type="checkbox"/> Herring <input type="checkbox"/> Mullet <input type="checkbox"/> Muskellunge <input type="checkbox"/> Perch <input type="checkbox"/> Pickerel <input type="checkbox"/> Pike <input type="checkbox"/> Pollack <input type="checkbox"/> Sardine <input type="checkbox"/> Scrod <input type="checkbox"/> Shad <p><b>Drinks</b></p> <input type="checkbox"/> Banana <input type="checkbox"/> Grape,Raisin <input type="checkbox"/> Grapefruit <input type="checkbox"/> Kumquat <input type="checkbox"/> Lemon <input type="checkbox"/> Lime <input checked="" type="checkbox"/> <b>Orange</b>
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### Day 3 of Diet Plan

<b>Fruit</b>	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Marjoram	<b>Fish &amp; Shellfish</b>
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Mint	<input type="checkbox"/> Abalone
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Bean, Pinto	<input type="checkbox"/> Oregano	<input type="checkbox"/> Clam
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Bean, Wax String	<input type="checkbox"/> Pepper, Black/White	<input type="checkbox"/> Founder
<input type="checkbox"/> Currant	<input type="checkbox"/> Bean, White/Navy	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Halibut
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Lentil	<input type="checkbox"/> Rosemary	<input type="checkbox"/> Mussel
<input type="checkbox"/> Honeydew Melon	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Sage	<input type="checkbox"/> Octopus
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Pea, Chick	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Oyster
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Thyme	<input type="checkbox"/> Salmon, Atlantic
<input type="checkbox"/> Pomegranate	<input checked="" type="checkbox"/> <b>Peanut</b>	<b>Meats / Dairy</b>	<input type="checkbox"/> Salmon, Pacific
<input type="checkbox"/> Watermelon	<input checked="" type="checkbox"/> <b>Soybean</b>	<input checked="" type="checkbox"/> <b>Butter</b>	<input type="checkbox"/> Scallop
<b>Grain</b>	<input type="checkbox"/> Tamarind	<input checked="" type="checkbox"/> <b>Buttermilk</b>	<input type="checkbox"/> Snail
<input type="checkbox"/> Buckwheat	<b>Tree Nuts</b>	<input checked="" type="checkbox"/> <b>Cheese, Cheddar</b>	<input type="checkbox"/> Squid
<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Butternut	<input checked="" type="checkbox"/> <b>Cheese, Mold</b>	<input type="checkbox"/> Trout
<input type="checkbox"/> Sorrel	<input type="checkbox"/> Hickory Nut	<input checked="" type="checkbox"/> <b>Cheese, Proc Amer</b>	<input type="checkbox"/> Whitefish
<b>Vegetables</b>	<input checked="" type="checkbox"/> <b>Pecan</b>	<input checked="" type="checkbox"/> <b>Cheese, Swiss</b>	<b>Drinks</b>
<input type="checkbox"/> Acacia	<input type="checkbox"/> Walnut, Black	<input checked="" type="checkbox"/> <b>Cream</b>	<input type="checkbox"/> Blueberry
<input type="checkbox"/> Alfalfa	<input checked="" type="checkbox"/> <b>Walnut, English</b>	<input checked="" type="checkbox"/> <b>Ice Cream</b>	<input type="checkbox"/> Cranberry
<input type="checkbox"/> Bean, Broad	<b>Spices/Seeds</b>	<input checked="" type="checkbox"/> <b>Milk, Cow's</b>	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Bean, Carob	<input type="checkbox"/> Basil	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Bean, Jack	<input type="checkbox"/> Gum, Acacia	<input type="checkbox"/> Whey	<input type="checkbox"/> Tea
	<input type="checkbox"/> Gum, Karaya	<input checked="" type="checkbox"/> <b>Yogurt</b>	<input type="checkbox"/> Watermelon

### Day 4 of Diet Plan

<b>Fruit</b>	<input type="checkbox"/> Leak	<input type="checkbox"/> Carrageenan (thickener)	<input type="checkbox"/> Grouper
<input type="checkbox"/> Apple	<input type="checkbox"/> Lettuce	<input type="checkbox"/> Chicory	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Breadfruit	<input type="checkbox"/> Okra	<input type="checkbox"/> Cottonseed	<input type="checkbox"/> Porgy
<input type="checkbox"/> Date	<input type="checkbox"/> Olive, Black	<input type="checkbox"/> Curry Powder	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Fig	<input type="checkbox"/> Olive, Green	<input type="checkbox"/> Flaxseed	<input type="checkbox"/> Redfish
<input type="checkbox"/> Kiwi	<input type="checkbox"/> Onion	<input type="checkbox"/> Honey	<input type="checkbox"/> Sea Trout
<input type="checkbox"/> Mango	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Poppy Seed	<input type="checkbox"/> Sole
<input type="checkbox"/> Papaya	<input type="checkbox"/> Shallot	<input type="checkbox"/> Safflower	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Pear	<input type="checkbox"/> Squash, Summer	<input checked="" type="checkbox"/> <b>Sesame Seeds</b>	<input type="checkbox"/> Tilapia
<b>Vegetables</b>	<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Tuna
<input type="checkbox"/> Artichoke	<b>Tree Nuts</b>	<input type="checkbox"/> Tarragon	<b>Drinks</b>
<input type="checkbox"/> Asparagus	<input checked="" type="checkbox"/> <b>Cashew</b>	<b>Meats / Dairy</b>	<input type="checkbox"/> Apple
<input type="checkbox"/> Chives	<input type="checkbox"/> Coconut	<input checked="" type="checkbox"/> <b>Egg, White</b>	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mango	<input checked="" type="checkbox"/> <b>Egg, Whole</b>	<input type="checkbox"/> Mango
<input checked="" type="checkbox"/> <b>Garlic</b>	<input type="checkbox"/> Pine Nut	<input checked="" type="checkbox"/> <b>Egg, Yolk</b>	<input type="checkbox"/> Papaya
<input type="checkbox"/> Gherkin	<input checked="" type="checkbox"/> <b>Pistachio</b>	<b>Fish &amp; Shellfish</b>	
	<b>Spices/Seeds</b>	<input type="checkbox"/> Anchovy	

## Grocery List

Below is a grocery list designed to aid you in setting up your rotation diet.  
Foods with a strike-through should not be purchased.

### Fruit

- Apple
- Apricot
- Banana
- Blackberry
- Blueberry
- Boysenberry
- Breadfruit
- Cantaloupe
- Cherry
- Citron
- Cranberry
- Currant
- Date
- Fig
- Gooseberry
- Grape, Raisin
- Grapefruit
- Honeydew Melon
- Huckleberry
- Kiwi
- Kumquat
- Lemon
- Lime
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plantain
- Plum /Prune
- Pomegranate
- Raspberry
- Strawberry
- Tangelo
- Tangerine

 Watermelon

### Grain

- Bamboo Shoots
- Barley
- Bran, Wheat
- Buckwheat
- Corn
- Cornstarch
- Gluten, Wheat
- Grain, Mix
- Grits
- Hominy Grits
- Hop
- Kamut
- Malt
- Millet
- Molasses
- Oats
- Popcorn
- Rhubarb
- Rice
- Rye
- Sorghum
- Sorrel
- Spelt
- Sugarcane
- Tapioca
- Wheat

### Vegetables

- Acacia
- Alfalfa
- Artichoke
- Asparagus
- Avocado
- Bean, Broad
- Bean, Carob
- Bean, Jack
- Bean, Kidney
- Bean, Lima

- Bean, Pinto
- Bean, Wax String
- Bean, White/Navy
- Beet
- Beet, Sugar
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chives
- Collards
- Cucumber
- Eggplant
- Garlic
- Gherkin
- Horseradish
- Kale
- Leak
- Lentil
- Lettuce
- Mushroom
- Okra
- Olive, Black
- Olive, Green
- Onion
- Paprika
- Pea, Black-Eyed
- Pea, Chick
- Pea, Green
- Peanut
- Pepper, Bell/Green
- Pepper, Cayenne
- Pepper, Chili
- Pepper, Jalapeno
- Pepper, Red
- Potato, Sweet

- Potato, White
- Pumpkin
- Radish
- Rutabaga
- Shallot
- Soybean
- Spinach
- Squash, Summer
- Squash, Yellow
- Swiss Chard
- Tamarind
- Tomato
- Truffle
- Turnip
- Watercress
- Yam

 Yeast Bakers

 Yeast Brewers

### Tree Nuts

- Almond
- Beechnut
- Brazil nut
- Butternut
- Cashew
- Chestnut
- Chinquapin
- Chocolate/Cacao
- Coconut
- Cola
- Filbert
- Hazelnut
- Hickory Nut
- Macadamia
- Mango
- Pecan
- Pine Nut
- Pistachio
- Walnut, Black
- Walnut, English

**Grocery List Continued**

**Spices/Seeds**

- Allspice
- Anise
- Arrowroot
- Basil
- Bay Leaf
- Canola Seed
- Carrageenan (thickener)
- Chicory
- Cilantro
- Cinnamon
- Cloves
- Cottonseed
- Cumin
- Curry Powder
- Dill
- Fennel
- Flaxseed
- Ginger
- Guava
- Gum,Acacia
- Gum,Karaya
- Honey
- Mace
- Marjoram
- Mint
- Mustard
- Myrtle
- Nutmeg
- Oregano
- Paprika
- Parsley
- Parsnip
- Pepper,Black/White
- Peppermint
- Pimento
- Poppy Seed
- Rosemary
- Safflower
- Sage

- Sassafras
- Sesame Seeds**
- Spearmint
- Sunflower Seeds
- Tarragon
- Thyme
- Turmeric
- Vanilla
- Vinegar

**Meats / Dairy**

- Beef**
- Butter**
- Buttermilk**
- Cheese,Cheddar**
- Cheese,Mold**
- Cheese,Proc-Amer**
- Cheese,Swiss**
- Chicken
- Cornish Hen
- Cream**
- Duck
- Egg,White**
- Egg,Whole**
- Egg,Yolk**
- Gelatin
- Goat
- Goose
- Grouse
- Ice Cream**
- Lamb
- Milk,Cow's**
- Milk,Goat
- Pheasant
- Pig (pork)
- Quail
- Sheep
- Suidae (Red Meat)
- Turkey
- Whey
- Yogurt**

**Fish & Shellfish**

- Abalone
- Anchovy
- Black Bass
- Carp
- Catfish
- Clam
- Cod
- Crab,Alaskan
- Crab,Blue
- Crab,Dungeness
- Crayfish
- Eel
- Founder
- Grouper
- Haddock
- Halibut
- Herring
- Lobster,Maine
- Lobster,Spiny
- Mackerel
- Mullet
- Muskellunge
- Mussel
- Octopus
- Oyster
- Perch
- Pickerel
- Pike
- Pollack
- Pompano
- Porgy
- Red Snapper
- Redfish
- Salmon,Atlantic
- Salmon,Pacific
- Sardine
- Scallop
- Scrod
- Sea Trout

- Shad
- Shrimp
- Smelt
- Snail
- Sole
- Squid
- Sturgeon (Caviar)
- Swordfish
- Tilapia
- Trout
- Tuna
- Whitefish

**Drinks**

- Apple
- Apricot
- Banana
- Blackberry
- Blueberry
- Cherry
- Chocolate/Cacao
- Coffee
- Cola
- Cranberry
- Grape,Raisin
- Grapefruit
- Kiwi
- Kumquat
- Lemon
- Lime
- Mango
- Orange**
- Papaya
- Peach**
- Pineapple
- Plum/ Prune
- Pomegranate
- Raspberry
- Strawberry
- Tea
- Watermelon

Positive Result  Negative Result  Untested

## Food Families

Elevated results do not always indicate that you are allergic to the food tested (e.g. IgG and IgG4 tests to eggs and milk have a high reactivity rate, but many patients do not have symptoms). Only your physician can determine the meaning of the laboratory results after reviewing your diet history and clinical symptoms.

Below are your test results with respect to the various food families. If you have a positive result and are diagnosed to be allergic to a food, it may indicate that you will be allergic to other foods in that family. However, it does not necessary mean you will have problems with all foods within that family group. Your diet plan has been constructed to rotate foods by their respective families according to you physicians instructions.

## Fruit

### Rose Family

- Blackberry  
 Boysenberry  
 Raspberry  
 Strawberry

### Plum Family

- Apricot  
 Cherry  
 Nectarine

### Peach

- Plum /Prune

### Grape Family

- Grape,Raisin

### Citrus Family

- Grapefruit

- Citron  
 Kumquat  
 Lemon  
 Lime

### Orange

- Tangelo  
 Tangerine

### Banana Family

- Banana  
 Plantain

### Pineapple Family

- Pineapple

### Saxifrage Family

- Currant

- Gooseberry

### Pomegranate Family

- Pomegranate

### Heath Family

- Blueberry

- Cranberry

- Huckleberry

### Gourd (Melon) Family

- Cantaloupe

- Honeydew Melon

- Watermelon

### Mulberry Family

- Breadfruit

- Fig

### Papaya Family

- Papaya

### Palm Family

- Date

### Cashew Family

- Mango

### Chinese Gooseberry Family

- Kiwi

### Apple Family

- Apple

- Pear

## Grain

### Cereal Family

- Bamboo Shoots

### Barley

- Bran,Wheat

### Corn

- Cornstarch

- Grain,Mix

- Grits

- Hominy Grits

- Kamut

- Malt

- Millet

- Molasses

- Oats

- Popcorn

- Rice

### Rye

- Sorghum

- Spelt

### Sugarcane

- Tapioca

### Wheat

- Gluten, Wheat

### Mulberry Family

- Hop

### Buckwheat Family

- Buckwheat

- Rhubarb

- Sorrel

## Vegetables

### Goosefoot Family

- Beet  
 Beet,Sugar  
 Spinach  
 Swiss Chard

### Fungi Family

- Mushroom  
 Truffle

- Yeast Bakers

### Yeast Brewers

### Nightshade Family

- Eggplant  
 Paprika  
 Pepper,Bell/Green  
 Pepper,Cayenne  
 Pepper,Chili  
 Pepper,Jalapeno  
 Pepper,Red  
 Potato,White  
 Tomato

### Mustard Family

- Broccoli  
 Brussels Sprouts  
 Cabbage  
 Cauliflower  
 Collards  
 Horseradish  
 Kale  
 Radish  
 Rutabaga  
 Turnip  
 Watercress

### Parsley Family

- Carrot  
 Celery

### Morning Glory Family

- Potato,Sweet  
 Yam

### Laurel Family

- Avocado

### Legume Family

- Acacia  
 Alfalfa  
 Bean,Broad  
 Bean,Carob  
 Bean,Jack  
 Bean,Kidney  
 Bean,Lima  
 Bean,Pinto  
 Bean,Wax String  
 Bean,White/Navy  
 Lentil  
 Pea,Black-Eyed  
 Pea,Chick  
 Pea,Green

### Peanut

### Soybean

- Tamarind

### Gourd (Melon) Family

- Cucumber

- Gherkin

- Pumpkin

- Squash,Yellow

- Squash,Summer

### Lily Family

- Asparagus

- Chives

### Garlic

- Leak

- Onion

- Shallot

### Mallow Family

- Okra

### Sunflower Family

- Artichoke

- Lettuce

### Olive Family

- Olive,Black

- Olive,Green

Positive Result  Negative Result  Untested

**Food Families Continued**

**Tree Nuts**

<input type="checkbox"/> Cola Family	<input type="checkbox"/> Macadamia	<input checked="" type="checkbox"/> <b>Hazelnut</b>	<input type="checkbox"/> Coconut
<input type="checkbox"/> Chocolate/Cacao	<b>Beech Family</b>	<b>Walnut Family</b>	<b>Pine Family</b>
<input type="checkbox"/> Cola	<input type="checkbox"/> Beechnut	<input type="checkbox"/> Butternut	<input type="checkbox"/> Pine Nut
<b>Plum Family</b>	<input checked="" type="checkbox"/> <b>Chestnut</b>	<input type="checkbox"/> Hickory Nut	<b>Cashew Family</b>
<input checked="" type="checkbox"/> <b>Almond</b>	<input type="checkbox"/> Chinquapin	<input checked="" type="checkbox"/> <b>Pecan</b>	<input checked="" type="checkbox"/> <b>Cashew</b>
<b>Birch Family</b>	<b>Lecythis Family</b>	<input type="checkbox"/> Walnut,Black	<input checked="" type="checkbox"/> <b>Pistachio</b>
<input type="checkbox"/> Filbert	<input checked="" type="checkbox"/> <b>Brazil nut</b>	<input checked="" type="checkbox"/> <b>Walnut,English</b>	<input type="checkbox"/> Mango
	<b>Proteaceae Family</b>	<b>Palm Family</b>	

**Spices/Seeds**

<b>Ginger Family</b>	<input type="checkbox"/> Guava	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Flaxseed
<input type="checkbox"/> Arrowroot	<input type="checkbox"/> Myrtle	<b>Mint Family</b>	<b>Miscellaneous</b>
<input type="checkbox"/> Ginger	<input type="checkbox"/> Pimento	<input type="checkbox"/> Basil	<input type="checkbox"/> Honey
<input type="checkbox"/> Turmeric	<b>Laurel Family</b>	<input type="checkbox"/> Mint	<input type="checkbox"/> Carrageenan (thickener)
<b>Orchid Family</b>	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Curry Powder
<input type="checkbox"/> Vanilla	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Oregano	<b>Poppy Family</b>
<b>Nightshade Family</b>	<input type="checkbox"/> Sassafras	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Poppy Seed
<input type="checkbox"/> Paprika	<b>Mustard Family</b>	<input type="checkbox"/> Rosemary	<b>Mallow Family</b>
<b>Nutmeg Family</b>	<input type="checkbox"/> Canola Seed	<input type="checkbox"/> Sage	<input type="checkbox"/> Cottonseed
<input type="checkbox"/> Mace	<input type="checkbox"/> Mustard	<input type="checkbox"/> Spearmint	<b>Sunflower Family</b>
<input type="checkbox"/> Nutmeg	<b>Parsley Family</b>	<input type="checkbox"/> Thyme	<input type="checkbox"/> Chicory
<b>Grape Family</b>	<input type="checkbox"/> Anise	<b>Gum Family</b>	<input type="checkbox"/> Safflower
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Cilantro	<input type="checkbox"/> Gum,Acacia	<input type="checkbox"/> Sesame Seeds
<b>Myrtle Family</b>	<input type="checkbox"/> Cumin	<b>Pepper Family</b>	<input checked="" type="checkbox"/> <b>Sesame Seeds</b>
<input type="checkbox"/> Allspice	<input type="checkbox"/> Dill	<input type="checkbox"/> Pepper,Black/White	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Cloves	<input type="checkbox"/> Fennel	<b>Ebony</b>	<input type="checkbox"/> Tarragon
	<input type="checkbox"/> Parsley		

**Meats / Dairy**

<b>Bird</b>	<b>Bovidae (Red Meat)</b>	<input type="checkbox"/> Cheese,Mold	<input type="checkbox"/> Lactoglobulin,Beta
<input type="checkbox"/> Chicken	<input checked="" type="checkbox"/> <b>Beef</b>	<input type="checkbox"/> Cheese,Proc Amer	<input type="checkbox"/> Whey
<input type="checkbox"/> Cornish Hen	<input type="checkbox"/> Gelatin	<input type="checkbox"/> Cheese,Swiss	<input type="checkbox"/> Yogurt
<input type="checkbox"/> Duck	<input type="checkbox"/> Goat	<input type="checkbox"/> Cream	<b>Egg/Egg Components</b>
<input type="checkbox"/> Goose	<input type="checkbox"/> Lamb	<input type="checkbox"/> Ice Cream	<input checked="" type="checkbox"/> <b>Egg,White</b>
<input type="checkbox"/> Grouse	<input type="checkbox"/> Sheep	<input checked="" type="checkbox"/> <b>Milk,Cow's</b>	<input type="checkbox"/> Egg,Whole
<input type="checkbox"/> Pheasant	<b>Milk (Cow and Goat)</b>	<input type="checkbox"/> Milk,Goat	<input type="checkbox"/> Egg,Yolk
<input type="checkbox"/> Quail	<input type="checkbox"/> Butter	<b>Cow Milk Components</b>	<input type="checkbox"/> Ovomucoid
<input type="checkbox"/> Turkey	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Casein	<input type="checkbox"/> Suidae (Red Meat)
	<input type="checkbox"/> Cheese,Cheddar	<input type="checkbox"/> Lactalbumin,Alpha	<input type="checkbox"/> Pig (pork)



Positive Result    Negative Result    Untested

**Food Families Continued**

**Fish & Shellfish**

<b>Crustaceans</b>	<b>Clupeidae</b>	<input type="checkbox"/> Catfish	<input type="checkbox"/> Sea Trout
<input type="checkbox"/> Crab, Alaskan	<input type="checkbox"/> Herring	<b>Mollusks</b>	<b>Scrombridae</b>
<input type="checkbox"/> Crab, Blue	<input type="checkbox"/> Sardine	<input type="checkbox"/> Abalone	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Crab, Dungeness	<input type="checkbox"/> Shad	<input type="checkbox"/> Clam	<input type="checkbox"/> Tuna
<input type="checkbox"/> Crayfish	<b>Cyprinidae</b>	<input type="checkbox"/> Mussel	<b>Serranidae</b>
<input type="checkbox"/> Lobster, Maine	<input type="checkbox"/> Carp	<input type="checkbox"/> Octopus	<input type="checkbox"/> Grouper
<input type="checkbox"/> Lobster, Spiny	<b>Esocidae</b>	<input type="checkbox"/> Oyster	<b>Soleidae</b>
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Muskellunge	<input type="checkbox"/> Scallop	<input type="checkbox"/> Sole
<b>Acipenseridae</b>	<input type="checkbox"/> Pickerel	<input type="checkbox"/> Snail	<b>Serranidae</b>
<input type="checkbox"/> Sturgeon (Caviar)	<input type="checkbox"/> Pike	<input type="checkbox"/> Squid	<input type="checkbox"/> Grouper
<b>Anguillidae</b>	<b>Gadidae</b>	<b>Pleuronectidae</b>	<b>Sparidae</b>
<input type="checkbox"/> Eel	<input type="checkbox"/> Cod	<input type="checkbox"/> Founder	<input type="checkbox"/> Porgy
<b>Argentiniidae</b>	<input type="checkbox"/> Haddock	<input type="checkbox"/> Halibut	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Smelt	<input type="checkbox"/> Pollack	<b>Salmonidae</b>	<b>Stolephoridae</b>
<b>Carangidae</b>	<input type="checkbox"/> Scrod	<input type="checkbox"/> Salmon, Atlantic	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Pompano	<b>Mugilidae</b>	<input type="checkbox"/> Salmon, Pacific	<b>Xyphidae</b>
<b>Centrarchidae</b>	<input type="checkbox"/> Mullet	<input type="checkbox"/> Trout	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Black Bass	<b>Percidae</b>	<input type="checkbox"/> Whitefish	<b>Cichlidae</b>
<input type="checkbox"/> Crappie	<input type="checkbox"/> Perch	<b>Scienidae</b>	<input type="checkbox"/> Tilapia
<input type="checkbox"/> Sunfish	<b>Siluridae</b>	<input type="checkbox"/> Redfish	

Positive Result  Negative Result  Untested

## Hidden Foods Listing

You have test tested positive to a food that is often referred to "Hidden Food" because it is found in other foods and not easy to identify. Make sure to read the labels of foods carefully to identify all ingredients. Below is a listing of foods/food components that contain the food you may be allergic to:

## Milk/Milk Related

Cow Milk  Lactalbumin, Alpha  Lactoglobulin, B.  Casein  Whey  Lactoferrin

Butter	Imitation Cheese	Ice Cream	Simplese
Artificial Butter	Cream	Ice Milk	Sour Cream
Butter Flavored Oil	Whipped Cream	Sherbet	Imitation Sour Cream
Casein and Caseinates	Curds	Nougat	Whey
Cheese	Custard	Pudding	Yogurt
Cheese Flavor	Dairy Product Solids	Quark	
Cottage Cheese	Half & Half	Recaldent	
Cream Cheese	Hydrolysates	Rennet, Rennet Casein	

## Eggs

Egg White  Egg Yolk  Egg, Whole  Ovomuroid (egg white)

Albumin	Dried Egg	Egg Wash	Globulin
Apovitellin	Egg White	Eggnog	Mayonnaise
Cholesterol Free Egg Substitute	Egg Yolk	Fat Substitutes	

## Peanut / Peanut Related

Peanut  Peanut, Ara h 1  Peanut, Ara h 2

Arachic Oil	Earth Nuts	Monkey Nuts	Peanut Flour
Artificial Nuts	Goober Peas	Nu Nuts Flavored Nuts	Peanut Oil
Beer Nuts	Goobers	Nut Pieces	Peanut Paste
Boiled Peanuts	Ground Nuts	Nutmeat	Peanuts Sauce
Crushed Nuts	Ground Peanuts	Peanut Butter	Peanut Syrup
Crushed Peanuts	Hydrolyzed Peanut Protein	Peanut Butter Chips	Spanish Peanuts
Dry Roasted Peanuts	Mixed Nuts	Peanut Butter Morsels	Virginia Peanuts

## Soybean

Soybean

Hydrolyzed Soy Protein	Soy Albumin	Soy Grits	Soy Protein Concentrate
Kinnoko Flour	Soy Bran	Soy Milk	Soy Protein Isolate
Kyodofu	Soy Concentrate	Soy Miso	Tofu
Natto	Soy Fiber	Soy Nuts	
Okara	Soy Flour	Soy Nut Butter	
Shoyu Sauce	Soy Formula	Soy Protein	

## Corn

Corn

Alcohol	Corn Starch	Iodized Salt	Starch
Artificial Flavorings	Corn Syrup	Maize	Sugar (Check Ingredients)
Artificial Sweeteners (e.g. Splenda)	Corn, Popcorn, Cornmeal	Malt Syrup from Corn	Vanilla, Natural Flavoring
Baking Powder	Cornstarch, Cornflour	Malt	Vanilla, Pure or Extract
Bleached Flour	Flavorings	Molasses	Vanillin
Corn Alcohol	Food Starch	Saccharin	Vinegar, Distilled White
Corn Extract	Fructose	Salt (Iodized Salt)	Vitamins
Corn Flour	Fruit Juice Concentrate	Semolina	Xanthan Gum
Corn Oil	Germ/Germ Meal	Sorbitol	Yeast (Check Ingredients)
	Hominy	Sorghum	

Positive Result  Negative Result  Untested

### Food Cross-reactivity Listing (Pollens and Foods)

Allergy patients who suffer from inhalant allergy often exhibit allergic reactions in the lips, mouth and throat when exposed to certain foods. In many instances, this clinical response to food is due to pollen allergens that contain proteins similar to those found in the specific food ingested. This concept is referred to as the "pollen-food allergy syndrome" or "oral allergy syndrome". Enclosed you will find information regarding the pollen-food interaction and which pollens may affect you based on your test results.

#### Trees

- |  |                                       |                                     |                                      |   |
|--|---------------------------------------|-------------------------------------|--------------------------------------|---|
| <input type="checkbox"/> Alder, European | <input type="checkbox"/> Alder, Sitka | <input type="checkbox"/> Alder, Red | <input type="checkbox"/> Birch, Gray | <input checked="" type="checkbox"/> <b>Birch, Red/River</b> |
| <input type="checkbox"/> Elm, American   | <input type="checkbox"/> Elm, Chinese | <input type="checkbox"/> Elm, Scrub | <input type="checkbox"/> Hazelnut    |   |
- 
- |   |   |   |  |
|---|---|---|--|
| <input checked="" type="checkbox"/> <b>Almond</b>     | <input type="checkbox"/> Dill                       | <input type="checkbox"/> Paprika                  | <input type="checkbox"/> Plum/ Prune                       |
| <input type="checkbox"/> Apple                        | <input type="checkbox"/> Fig                        | <input type="checkbox"/> Parsley                  | <input type="checkbox"/> Pomegranate                       |
| <input type="checkbox"/> Apricot                      | <input type="checkbox"/> Grape, Raisin              | <input checked="" type="checkbox"/> <b>Peach</b>  | <input type="checkbox"/> Potato, White                     |
| <input type="checkbox"/> Avocado                      | <input checked="" type="checkbox"/> <b>Hazelnut</b> | <input checked="" type="checkbox"/> <b>Peanut</b> | <input type="checkbox"/> Pumpkin                           |
| <input type="checkbox"/> Banana                       | <input type="checkbox"/> Kiwi                       | <input type="checkbox"/> Pear                     | <input type="checkbox"/> Raspberry                         |
| <input type="checkbox"/> Basil                        | <input type="checkbox"/> Lemon                      | <input type="checkbox"/> Pepper, Bell/Green       | <input checked="" type="checkbox"/> <b>Soybean</b>         |
| <input type="checkbox"/> Blueberry                    | <input type="checkbox"/> Lime                       | <input type="checkbox"/> Pepper, Black/White      | <input type="checkbox"/> Strawberry                        |
| <input checked="" type="checkbox"/> <b>Brazil nut</b> | <input type="checkbox"/> Mango                      | <input type="checkbox"/> Pepper, Cayenne          | <input type="checkbox"/> Tomato                            |
| <input type="checkbox"/> Carrot                       | <input type="checkbox"/> Nectarine                  | <input type="checkbox"/> Pepper, Chili            | <input type="checkbox"/> Walnut, Black                     |
| <input type="checkbox"/> Celery                       | <input checked="" type="checkbox"/> <b>Orange</b>   | <input type="checkbox"/> Pepper, Jalapeno         | <input checked="" type="checkbox"/> <b>Walnut, English</b> |
| <input type="checkbox"/> Cherry                       | <input type="checkbox"/> Oregano                    | <input type="checkbox"/> Pineapple                | <input type="checkbox"/> Watermelon                        |
|   |   |   | <input checked="" type="checkbox"/> <b>Wheat</b>           |

#### Sycamore Tree

- |                                   |  |  |  |
|-----------------------------------|--|--|--|
| <input type="checkbox"/> Sycamore |  |  |  |
|-----------------------------------|--|--|--|
- 
- |   |                                  |   |                                      |
|---|----------------------------------|---|--------------------------------------|
| <input type="checkbox"/> Apple                      | <input type="checkbox"/> Lemon   | <input checked="" type="checkbox"/> <b>Orange</b> | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Blueberry                  | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Pea, Chick               | <input type="checkbox"/> Raspberry   |
| <input checked="" type="checkbox"/> <b>Corn</b>     | <input type="checkbox"/> Lime    | <input checked="" type="checkbox"/> <b>Peach</b>  | <input type="checkbox"/> Strawberry  |
| <input type="checkbox"/> Fig                        | <input type="checkbox"/> Mango   | <input checked="" type="checkbox"/> <b>Peanut</b> | <input type="checkbox"/> Watermelon  |
| <input checked="" type="checkbox"/> <b>Hazelnut</b> |                                  | <input type="checkbox"/> Pineapple                |                                      |

#### Mugwort

- |  |  |  |  |
|--|--|--|--|
| <input checked="" type="checkbox"/> <b>Mugwort</b> |  |  |  |
|--|--|--|--|
- 
- |                                    |   |   |                                      |
|------------------------------------|---|---|--------------------------------------|
| <input type="checkbox"/> Apple     | <input type="checkbox"/> Fig            | <input type="checkbox"/> Lime                     | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Honey          | <input type="checkbox"/> Mango                    | <input type="checkbox"/> Raspberry   |
| <input type="checkbox"/> Carrot    | <input type="checkbox"/> Honeydew Melon | <input checked="" type="checkbox"/> <b>Orange</b> | <input type="checkbox"/> Strawberry  |
| <input type="checkbox"/> Celery    | <input type="checkbox"/> Lemon          | <input checked="" type="checkbox"/> <b>Peanut</b> | <input type="checkbox"/> Watermelon  |
|                                    |   | <input type="checkbox"/> Pineapple                |                                      |

#### Sagebrush

- |                                    |  |  |  |
|------------------------------------|--|--|--|
| <input type="checkbox"/> Sagebrush |  |  |  |
|------------------------------------|--|--|--|
- 
- |                                    |   |   |                                     |
|------------------------------------|---|---|-------------------------------------|
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Lemon                    | <input checked="" type="checkbox"/> <b>Peanut</b> | <input type="checkbox"/> Strawberry |
| <input type="checkbox"/> Carrot    | <input type="checkbox"/> Lime                     | <input type="checkbox"/> Pineapple                | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Celery    | <input type="checkbox"/> Mango                    | <input type="checkbox"/> Pomegranate              |                                     |
| <input type="checkbox"/> Fig       | <input checked="" type="checkbox"/> <b>Orange</b> | <input type="checkbox"/> Raspberry                |                                     |

#### Common Ragweed

- |   |  |  |  |
|---|--|--|--|
| <input checked="" type="checkbox"/> <b>Common Ragweed</b> |  |  |  |
|---|--|--|--|
- 
- |                                    |   |   |  |
|------------------------------------|---|---|--|
| <input type="checkbox"/> Banana    | <input type="checkbox"/> Honeydew Melon | <input checked="" type="checkbox"/> <b>Orange</b> | <input type="checkbox"/> Raspberry       |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Lemon          | <input checked="" type="checkbox"/> <b>Peanut</b> | <input type="checkbox"/> Strawberry      |
| <input type="checkbox"/> Cucumber  | <input type="checkbox"/> Lime           | <input type="checkbox"/> Pineapple                | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Fig       | <input type="checkbox"/> Mango          | <input type="checkbox"/> Pomegranate              | <input type="checkbox"/> Watermelon      |

Positive Result    Negative Result    Untested

**Food Cross-reactivity Listing (Pollens and Foods) Continued**

**Grasses**

- |   |                                       |  |  |  |
|---|---------------------------------------|--|--|--|
| <input type="checkbox"/> Bahia          | <input type="checkbox"/> Bent/Redtop  | <input checked="" type="checkbox"/> <b>Bermuda</b> | <input type="checkbox"/> Bluegrass, Canada | <input type="checkbox"/> Brome, Smooth     |
| <input type="checkbox"/> Canary/Reed    | <input type="checkbox"/> Common Reed  | <input type="checkbox"/> Corn Pollen               | <input type="checkbox"/> Fescue, Meadow    | <input type="checkbox"/> Fescue, Red       |
| <input type="checkbox"/> Grass Mix #1   | <input type="checkbox"/> Johnson      | <input checked="" type="checkbox"/> <b>June</b>    | <input type="checkbox"/> Oat, CultivaRed   | <input type="checkbox"/> Orchard           |
| <input type="checkbox"/> Rye, Perennial | <input type="checkbox"/> Sweet Vernal | <input checked="" type="checkbox"/> <b>Timothy</b> | <input type="checkbox"/> Velvet            | <input type="checkbox"/> Wheat, Cultivated |
- 
- |   |   |   |  |
|---|---|---|--|
| <input type="checkbox"/> Bean, Black      | <input type="checkbox"/> Blueberry              | <input type="checkbox"/> Pea, Chick               | <input checked="" type="checkbox"/> <b>Soybean</b>   |
| <input type="checkbox"/> Bean, Kidney     | <input type="checkbox"/> Bran, Wheat            | <input type="checkbox"/> Pea, Green               | <input type="checkbox"/> Strawberry                  |
| <input type="checkbox"/> Bean, Lima       | <input checked="" type="checkbox"/> <b>Corn</b> | <input checked="" type="checkbox"/> <b>Peanut</b> | <input checked="" type="checkbox"/> <b>Sugarcane</b> |
| <input type="checkbox"/> Bean, Pinto      | <input type="checkbox"/> Grain, Mix             | <input type="checkbox"/> Pineapple                | <input type="checkbox"/> Tomato                      |
| <input type="checkbox"/> Bean, Wax String | <input type="checkbox"/> Kiwi                   | <input type="checkbox"/> Pomegranate              | <input type="checkbox"/> Watermelon                  |
| <input type="checkbox"/> Bean, White/Navy | <input type="checkbox"/> Oats                   | <input type="checkbox"/> Raspberry                | <input checked="" type="checkbox"/> <b>Wheat</b>     |
|   | <input type="checkbox"/> Pea, Black-Eyed        | <input type="checkbox"/> Rice                     |  |

**Latex**

- |                                |  |  |  |
|--------------------------------|--|--|--|
| <input type="checkbox"/> Latex |  |  |  |
|--------------------------------|--|--|--|
- 
- |                                  |   |   |  |
|----------------------------------|---|---|--|
| <input type="checkbox"/> Apple   | <input type="checkbox"/> Cantaloupe                 | <input type="checkbox"/> Honeydew Melon | <input type="checkbox"/> Potato, White |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Carrot                     | <input type="checkbox"/> Kiwi           | <input type="checkbox"/> Tomato        |
| <input type="checkbox"/> Banana  | <input type="checkbox"/> Celery                     | <input type="checkbox"/> Papaya         | <input type="checkbox"/> Watermelon    |
|                                  | <input checked="" type="checkbox"/> <b>Chestnut</b> |   |  |