



Nutrition Fact Sheet

Food Families

Common foods belong to different plant families. It is likely that if you are intolerant to one food in the group you will also have problems with others in the same group. It is therefore recommended that you reduce your intake of others in this group.

Plant Families	
Apple	Apple, pear
Buckwheat	Buckwheat, rhubarb
Cashew	Cashew nut, pistachio, mango
Citrus	Orange, lemon, lime, grapefruit, tangerine
Cola Nut	Chocolate, cola
Fungi	Yeast, edible fungi
Goosefoot	Beet, spinach, swiss chard
Gourd (melon)	Watermelon, cucumber, courgette, pumpkin, squash
Grass	Wheat, corn, rice, oats, barley, rye, millet, wild rice, brown cane, bamboo sprouts, malt, sugar
Heath	Blueberry, cranberry, sloes
Laurel	Cinnamon, bayleaf, avocado
Legume/Pulses	Peas, black-eyed beans, navy bean, lima beans, string beans, peanuts, licorice
Lily	Onion, garlic, asparagus, chives, leek
Mallow	Okra
Mint	Mint, sage, thyme, peppermint, spearmint, oregano, basil, horehound, marjoram, savoury rosemary
Mustard	Mustard, turnip, radish, horseradish, cabbage, cauliflower, Brussel sprouts, Chinese cabbage, kale, watercress, kohlrabi
Myrtle	Allspice, clove
Nightshade	Tomato, potato, green and red peppers, aubergine, tobacco, cayenne pepper, paprika, pimiento, chili
Palm	Coconut, date
Parsley	Carrot, celery, parsnip, dill, celery seed, cumin, coriander, caraway, anise, angelica, fennel
Plum	Almond, plum, peach, apricot, cherry, nectartine
Rose	Strawberry, blackberry, raspberry, other bramble berries
Sunflower	Lettuce, chicory, endive, Jerusalem artichoke, dandelion, sunflower seeds, tarragon, ragweed; Ragweed and pyrethrum are related inhalants

Plants without relatives:

The following represent the only members of a plant family which are commonly eaten. They are not related to any of the above plant families.

Banana	Elderberry
Brazil nut	Juniper
Coffee	Karaya gum
Currants	Maple syrup
Fig	Papaya
Ginger	Persimmon
Gooseberry	Poppy seed
Grape (raisins)	Saffron
Hazelnut	Sesame seed
Honey	Tapioca
Nutmeg	Wintergreen
Olive	
Peppercorns	
Pineapple	
Sweet Potato	
Tea	
Vanilla	
Arrowroot	
Capers	
Chestnut	

Cross-Reactivity

Recent research has demonstrated the presence of a number of cross-reacting antigens in botanically unrelated, allergenic plant species. These allergens may be inhaled or eaten as food.

1. Birch pollen, hazelnut, potato and apple
2. Apple, carrot and celery
3. Birch pollen, nut, apple, and fruit with stones
4. Hazelnut, rye grain, sesame seeds, kiwi and poppy seeds
5. Birch pollen, mugwort pollen, apple, celery and carrot
6. Birch pollen, apple, carrot, celery, potato, hazelnut, orange, tomato and peanut
7. Ragweed pollen, and watermelon
8. Ragweed pollen, melon and banana
9. Latex, banana, avocado, kiwi fruit, chestnut, soybean, peanut, papaya, fig