

Adult & Pediatric Otolaryngology  
Head & Neck Surgery  
Facial Plastic Surgery  
Endoscopic Sinus Surgery  
Neurotology  
Skull Base Surgery  
Reconstructive Surgery  
LASER Surgery  
Nasal Allergy  
Clinical Audiology  
Hearing Aid Dispensing  
Voice Care



# The Ear, Nose, Throat & Plastic Surgery Associates

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## ALLERGY DEPARTMENT

### FOOD/INHALANT CROSS-REACTIVITY

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**Please avoid the highlighted foods 3 days prior to testing.**

#### WEEDS

Ragweed	Dairy, Banana, Melons, Lettuce
Sage, Mugwort	Potato, Celery, Coriander
Pigweed	Pork

#### GRASSES

Timothy	Apple, Carrot, Celery, Beans and Peanuts (all other nuts are acceptable), Licorice, Cottonseed Oil
Cereal Pollens	Grain flours

#### TREES

Cedar	Beef, Yeast (Bakers, Brewers, and malt)
Elm	Dairy
Oak	Egg, Chicken, Chestnut
Pecan	Corn, Apple, Banana
Mesquite	Cane Sugar, Orange
Birch	Hazelnut, Apple, Carrot, Celery, Potato, Orange

**PROVEN SYNERGISTIC FOODS** (Foods eaten together may cause a reaction but they may not when eaten alone.)

Corn	Banana
Beef	Bakers yeast, Brewers yeast, malt, dairy
Cane Sugar	Orange
Milk	Mint
Egg	Apple
Crustaceans	Grains (barley, oats, rye, corn, rice, wheat)

8/24/17

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