

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

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)

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