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FOODS KNOWN TO CAUSE AN ALLERGIC REACTION

FRUIT	VEGETABLES	NUTS	SEEDS	SPICE & HERB	FISH & SHELLFISH	GRAIN
Apple	Artichoke	Almond	Anise	Allspice	Clam	Buckwheat
Banana	Beet	Brazil	Caraway	Bay Leaf	Cod	Hops
Cantaloupe	Celery	Cashew	Cumin	Black Pepper	Crab	Millet
Juniper Berry	Corn	Chestnut	Dill	Chamomile	Cuttlefish	Tapioca
Mango	Mushroom	Coconut	Fennel	Chicory	Halibut	Wheat
Orange	Potato	Filbert	Flax	Chili Pepper	Lobster	
Peach	Sweet Potato	Peanut	Poppy	Cinnamon	Salmon	MISC
Raspberry		Pine	Psyllium	Clove	Shrimp	Baker's Yeast
Strawberry	LEGUMES	Walnut	Sesame	Garlic		Brewer's Yeast
Tangerine	Castor Bean	Pistachio	Sunflower	Ginger	MEAT & POULTRY	Chocolate
	Garbanzo Bean		Cottonseed	Horseradish	Chicken	Egg
	Lentil			Nutmeg		Honey
	Lima Bean			Mustard	DAIRY	
	Pea			Sage	Milk	
	Soybean			Thyme		
				Turmeric		
				Vanilla		