

## INTERESTING FOOD ALLERGY FACTS

### CLANDESTINE CULPRITS

Many medications contain dangerous allergens. Experts suggest careful label reading, pharmacy consults and alternate prescriptions. Potential trouble spots:

- IV solutions can contain corn-based dextrose
- Flu shots contain residual egg proteins
- Glucosamine contains shellfish
- Adhesives can contain wheat
- Natural rubber latex cross-reacts with food allergens to banana, avocado, kiwi and chestnut.
- Topical creams and medications can contain arachis oil, a peanut derivative.
- Over-the-counter and prescription medications can contain bindings, fillers or coatings made with potato, corn, wheat, tapioca, dairy, coconut, gelatin, lactose or milk sugar

Source: *Food and Drug Administration*

*AMA News Jan. 5, 2009*

### Cross-Reactivities Amongst Pollen and Food Allergens

#### Sources

#### Food

##### Pollen

Birch	Apple, carrot, cherry, pear, peach, plum, fennel, walnut, potato, spinach, wheat, buckwheat, peanut, honey, celery, kiwi fruit
Mugwort	Celery, carrot, spices, melon, watermelon, apple, camomile, hazelnut
Grass	Melon, tomato, watermelon, orange, cherry
Pellitory	Cherry, melon
Ragweed	Melon, camomile, honey, banana, sunflower seeds, kiwi, avocado
Pine	Pine nut
Hazel	Hazel nut
Latex	Avocado, potato, banana, tomato, chestnut, kiwi fruit, herbs, carrot

##### Other

Oilseed rape	Avocado, banana
Shellfish	Mites

### HIGH-RISK HOLIDAY FOODS

<b>Milk</b>	<b>Eggs</b>	<b>Wheat</b>
Chocolate candies	Cake	Gravy
Eggnog	Doughnuts	Pork sausage
Gravy	Fruitcake	Stuffing
Ham	Gingerbread	<b>Peanuts</b>
Imitation cheese	Meatballs	Cheesecake
Mashed potatoes	Meringue	Cookies
Pie	Mustard-based dressing or sauce	Meat marinade
Pudding	Pie	<b>Tree Nuts</b>
Soup	Potato pancakes	Cake
Stuffing	Strudel	Cookies
Turkey	Stuffing	Pie and pie crust
Whipped topping		Strudel