

Latex Allergy Food List

Occasionally people with latex/rubber allergy may have reactions to some foods because of their latex allergy history. This list is just informational and should not be used as a strict guideline of foods to avoid completely. Limited quantities of these foods could cause an allergic reaction that may be minor (ex: mouth itching only) OR that may be severe (ex: anaphylactic shock and death). Currently there is no reliable method to determine whether or not a latex allergic patient will have a problem with any particular food. It is prudent to exercise caution with the foods listed below. If you have any questions please contact our office.

Apple	Peach
Apricot	Peanut
Avocado	Pear
Banana	Pepper (sweet, cayenne)
Buckwheat	Persimmon
Castor Bean	Pineapple
Carrot	Plum
Cherry	Potato
Chestnut	Sage
Chickpea	Shellfish
Citrus	Soybean
Coconut	Sunflower
Condurango bark-milkweed family	Tomato
Dill	Wheat
Fig	Wheat germ
Fiscus	Zucchini
Grape	
Hazelnut	
Kiwi	
Lychee – “Litchi” (berry)	
Mango	
Melon	
Nectarine	
Oregano	
Papaya	
Passion Fruit	

