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
Apricot
Avocado
Banana
Buckwheat
Castor Bean
Carrot
Cherry
Chestnut
Chickpea
Citrus
Coconut
Condurango bark-milkweed family
Dill
Fig
Fiscus
Grape
Hazelnut
Kiwi
Lychee – “Litchi” (berry)
Mango
Melon
Nectarine
Oregano
Papaya
Passion Fruit

Peach
Peanut
Pear
Pepper (sweet, cayenne)
Persimmon
Pineapple
Plum
Potato
Sage
Shellfish
Soybean
Sunflower
Tomato
Wheat
Wheat germ
Zucchini