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Asteraceae* Family (aster, daisy, sunflower family)	Solanaceae Family (nightshades or potato family)	Anarcadiaceae Family (cashew or sumac family)	Rutaceae Family (rue /citrus family)	Zingiberaceae Family (ginger family)	Apiaceae Family (parsley family)
Lettuce	Potato	Pistachio* (some researchers place it in a diff family)	Oranges	Ginger	Cumin
Sunflower	Eggplant	Cashew	Lemons	Cardamom	Anise
Dandelion	Tomato	Mango	Grapefruit	Turmeric	Caraway, fennel
Artichoke	Bell pepper	Pink peppercorns (or Peruvian pepper)	Lime	-	Carrot
Chamomile	Cayenne pepper	-	Bergamot	-	Celery

Chicory	Chile pepper	-	Citron	-	Coriander
Sage	Paprika	-	Mandarin	-	Dill and Parsley
Stevia	-	-	Sichuan pepper (common in Five spice)	-	Parsnip

Please be aware that although it is possible for foods/plants from the same botanical family to cross-react, this is not always the case. In other words, if you are allergic to one member of a family, it doesn't mean you are necessarily allergic to others in that group. Do not remove foods from your diet if not necessary, without conducting proper tests or consulting with your allergist and a Registered Dietitian.

Asteraceae Note: These are only selected members of the Asteraceae family that are commonly used as a food. There is emerging evidence of severe cross-reactivity with food and pollen allergens (PFS) in patients sensitive to Asteraceae allergens. Talk to your health care provider if you suspect this is your case.



NOTE for those with allergies to pepper: Notice that cayenne, paprika and chile belong to one family; whereas black/white pepper (not listed here) is a member of its own Piperaceae family. Moreso, both black and white varieties come from the same plant. Sichuan pepper belongs with citrus plants and pink peppercorns are relatives to cashew and pistachio. This information may be useful in navigating the grocery store, choosing safe foods and dealing with substitutions.

