



## Latex Allergy Diet

This diet is designed for people who are allergic to natural rubber latex. People who are allergic to latex can also be allergic to certain foods.

The frequency in which allergic reactions can occur will vary with each person.

This diet omits foods with a high or moderate level of association with allergic reactions. Foods with a low or undetermined level of association with allergic reactions are served on this diet.

### High level of association with allergic reaction:

Avocado  
Banana  
Chestnuts

### Moderate level of association with allergic reactions:

Apple  
Carrot  
Celery  
Kiwi  
Melons  
Papaya  
Raw Potato  
Tomato

### Low or undetermined level of association with allergic reactions:

Apricot	Pear
Cherry	Pineapple
Fig	Plum

Grape	Peanut
Hazelnut	Rye
Mango	Strawberry
Nectarine	Soy Bean
Passion Fruit	Walnut
Peach	Wheat

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