

Food Cross-Reactivity

Foods are composed of many different types of proteins, sugars or chemicals that can be quite similar even among very different food groups. Antibodies which are produced are highly specific in that they react with specific parts of a protein (peptide) or even a chemical. However, dissimilar foods are quite often composed of very similar peptides which results in an antibody that was produced against specific food but also reacts with a different food because of the similarity in a certain peptide. A good example is the cross reactivity of wheat and coffee proteins which are similar. In addition, antibodies against small chemicals such as the additive Benzoic Acid may cross react with food colorings such as Red 3 or Red 40 because they all share a similar phenyl ring. A list of the 132 foods and additives tested in the FIT Test and possible cross-reactivity can be found below. The various foods are arranged in tables which correspond to food groups found in the FIT Test.

ADDITIVES

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Aspartame	NA	Chewing Gum, Dry dessert mix, Frozen desserts, Medicine-cough drops/vitamins, Pudding, Soft drinks, Yogurt	Equal, Nutrasweet E951, AminoSweet Sanecta, Twinsweet	Sucralose, Sugar
Benzoic Acid	Food Colorings	Acidic foods + beverages: fruit juice, sparkling drinks, soft drinks, pickles Bleached flours	Benzoyl Peroxide Benzoate of soda E211 Sodium Benzoate	NA
BHA	BHT	Bacon, Baked goods, Beer, Butter, Candy, Canned fruits/vegetables, Cereals, Chewing gum, Creamers, Dry beverage mixes Dry dessert mixes, Fried foods, Gelatin, Instant mashed potatoes, Lard, Margarine, Nuts-roasted, Peanut butter, Potato Chips, Powdered soups, Preserved meats, Salad dressing, Shortening, Spices, Whipped topping	Butylated hydroxyanisole	Vitamin E
MSG	Glutamic acid	Bouillon, Canned soups, Chinese food, Corn starch, Crackers, Frozen dinners, Meats, Powdered milk, Salad dressing, Soy sauce	Monosodium glutamate	Aged cheeses, Braggs Liquid Amino Acids, Dairy concentrates, Fish sauce, Herbs, Potassium chloride, Sea salt, Spices
Polysorbate 80	Polyethyleneglycols, Macrogol 4000	Frozen custard, Chewing gum, Gelatin, Ice cream, Ice milk, Sherbets	Alkest TW 80 Canarcel, E433, Pegasorb 80 Tween 80	NA
Red #3	Red #40	Sausage casings Maraschino cherries, Candies Baked goods, Fruit cocktail	Erythrosine E124	Natural plant dyes
Red #40	Red #3	Baked goods, Beverages Dessert powders, Candies Fruit cocktail, Cereals	Allura Red	Natural plant dyes
Saccharin	Sulfonamides	Chewing gum, Canned fruit Baked goods, Soft drinks Jams/jellies	Sweet N' Low Sweet Twin Necta Sweet	Sugar Sucralose
Yellow #6	Yellow tartrazine (E102)	Baked goods, Cereals Carbonated beverages, Candies Gelatin, Sausages American cheese Macaroni and cheese Lemonade	Sunset Yellow E 110	Natural plant dyes

BEANS

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Cocoa	Chocolate (Cacao) Cocoa butter, Cola nut	Baked goods Hot chocolates, Candies	Dutch processed cocoa	Carob
Coffee	Wheat	Coffee beverages		Tea, Herbal Teas
Kidney	Alfalfa, Alfalfa sprouts Beans- Fava/Green/Lima/Mung/ Navy/Pinto/Soy/String/Tonka Carob/Carob syrup, Chickpea, Fenugreek, Gum acacia Gum tragacanth, Jicama, Kudzu, Lentil, Licorice Peanuts/Peanut oil, Red clover Peas-Black eyed/Green, Senna, Soy flour/grits/lecithin/ oil/milk, Tamarind	Chili Red beans and rice Rajma Salads Dips	Red peas Cannellini bean Caparrones Common beans	Pink beans Pinto beans Red beans
Lentils	Alfalfa, Alfalfa sprouts Beans- Fava/Green/Lima/Mung/ Navy/Pinto/Soy/String/Tonka Carob/Carob syrup, Chickpea, Fenugreek, Gum acacia Gum tragacanth, Jicama, Kudzu, Lentil, Licorice Peanuts/Peanut oil, Red clover Peas-Black eyed/Green, Senna, Soy flour/grits/lecithin/ oil/milk, Tamarind	Soups/stews Mujaddara Dal	Red lentils green lentils French lentils Brown lentils Black beluga lentils	Split peas
Navy Beans	Alfalfa, Alfalfa sprouts Beans- Fava/Green/Lima/Mung/ Navy/Pinto/Soy/String/Tonka Carob/Carob syrup, Chickpea, Fenugreek, Gum acacia Gum tragacanth, Jicama, Kudzu, Lentil, Licorice Peanuts/Peanut oil, Red clover Peas-Black eyed/Green, Senna, Soy flour/grits/lecithin/ oil/milk, Tamarind	Baked beans Soups/stews	Haricot Pearl haricot White pea bean Pea bean	Northern beans Flageolet beans
Pinto Bean	Alfalfa, Alfalfa sprouts Beans- Fava/Green/Lima/Mung/ Navy/Pinto/Soy/String/Tonka Carob/Carob syrup, Chickpea, Fenugreek, Gum acacia Gum tragacanth, Jicama, Kudzu, Lentil, Licorice Peanuts/Peanut oil, Red clover Peas-Black eyed/Green, Senna, Soy flour/grits/lecithin/ oil/milk, Tamarind	Brazilian/Mexican dishes Portuguese/Spanish dishes	Carioca, Re-fried beans, Speckled bean, Strawberry bean	Other beans
Soybean	Alfalfa, Alfalfa sprouts Beans- Fava/Green/Lima/Mung/ Navy/Pinto/Soy/String/Tonka Carob/Carob syrup, Chickpea, Fenugreek, Gum acacia Gum tragacanth, Jicama, Kudzu, Lentil, Licorice Peanuts/Peanut oil, Red clover Peas-Black eyed/Green, Senna, Soy flour/grits/lecithin/ oil/milk, Tamarind	Textured vegetable protein in many imitation meat products Tofu, Tempeh, Soy sauce Fermented bean paste Soy milk, Natto Edamame Miso/miso paste Soy bean oil Vegetable oil Infant formulas Soy yogurt, Soy cheese Meat from animals fed a soy based feed	Large bean Edamame	Green peas, Fava beans Lima beans Adzuki bean miso Seitan made without soy sauce Cow's milk, yogurt cheese Rice milk, yogurt, cheese Almond milk, yogurt, cheese Goat milk, yogurt, cheese Hamburger, Quinoa Bulger, Safflower oil Canola oil, Olive oil Coconut oil

DAIRY

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Egg, Chicken Egg Yolk Egg White	Chicken Peafowl Pheasant Quail	Cakes, Biscuits Egg in prepared meals Egg pasta, Glaze on pastry Sponge fingers, Quorn Nougat, Milky Way Mars Bar, Chewitts Egg in some gravy granules Meringue, Lemon curd Quiche, Scrambled egg Boiled egg, Fried egg Omelet, Poached egg Hollandaise sauce, Egg custard Pancakes, Yorkshire pudding Mousse, Mayonnaise Fresh ice cream, Sorbet Royal icing, Horseradish sauce Tartar sauce	Albumen Egg yolk Lecithin E322 Ovoglobulin Dried egg Egg white Livetin Ovovitellin Egg powder Frozen egg Ovalbumin Vitellin Egg protein Globulin Ovomucin	Whole egg replacer, Ener-G egg replacer Loprofin egg replacer, Loprofin egg white replacer Egg free mayonnaise, Egg free cakes and muffins Egg free omelet mix Alternative binding agents: Soya dessert, Soya Custard, Soya Cream Soya milk, Mashed banana, White sauce Substitute for 1 egg: 1 tbs gram/chickpea flour+ 1tbs soya flour 1 tbs arrowroot, 1tbs soya flour+ 2 tbs water 2tbs flour + ½ tbs shortening + ½ tsp baking powder + 2 tsp water 50g tofu blended with liquid portion of recipe ½ mashed banana 50 ml white sauce Whole egg substitute (as above) Tips on raising agents: Self-rising flour: Add extra oil + raising agent Use about 2 heaped tsp baking powder per cake ¾ bicarb soda and 1 tsp cider vinegar instead of baking powder Sieve flour + gently fold in liquid to trap air
Milk, Cow Casein	Buffalo Goat Lamb Sheep Wheat/gluten	Butter, Spreads Fromage Frais, Yogurt Cheese, Ice cream Cream, Cakes Doughnuts, Waffles Pancakes, Bread, Pizza Chocolate, Confectionary Instant mashed potatoes Creamed soup, Ready meals Processed meats, sausages Packet snacks, Custards Puddings, Sauces	Casein, Caseinate Calcium caseinate Demineralized whey Fat replacement Lactoglobulin Milk powder Skimmed milk powder Milk solids Non-fat milk Non-fat milk solids Sodium caseinate Sweet whey powder Whey protein conc. Whey solids Lactalbumin	Goat's milk Sheep/Buffalo milk Rice/Soya milk Oat/Potato milk Almond/Coconut milk Nut cream instead of cream (almond, cashew) Replace butter with Tahini/cold pressed olive oil Other calcium rich foods: Soya, cod liver oil, vegetable oil, whitebait, sardines, salmon (with small bones), nuts, red meat, green leafy vegetables esp. spring greens, watercress, spinach, and broccoli, rhubarb, figs, mushrooms, oranges, apricots, prunes, pumpkin seeds, legumes
Milk, Goat	Buffalo Cow Lamb Sheep	Yogurts Butter Cheese Tarts/quiches Chocolate milk	Chevre (French) Rocmadour Montrachet	Sheep/Buffalo milk Rice/Soya/Oat milk Potato/Almond/Coconut milk Nut creams instead of cream (almond, cashew) Tofu instead of fromage frais Replace butter with Tahini/cold pressed olive oil

EXTRACTS & MISCELLANEOUS FOODS

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Agave	Mescal Pulque Tequila	Tequila, Mezcal Cereal, Teas Sugar/syrup substitutes	Maguey American Aloe Honey water	Sugar Maple syrup Honey
Canola Oil	Peanut oil may become cross contaminated during processing	Salad dressing Many restaurant-prepared dishes Baked goods	Rapeseed 00	Butter, Applesauce Olive/Coconut/Vegetable oil Sunflower/Safflower/Grapeseed oil
Mushroom	Truffle, Morel, Puffball Baker's/Brewer's yeast Nutritional yeast Citric acid Molds in certain cheeses	Stuffed mushrooms Pizza, Soups, Stir-fry's Japanese/Chinese dishes	Agarics, Chanterelles, Oyster, Shitake, Many other types	Tofu has the same texture and can be flavored or spiced, Vegetables such as olives or zucchini
Spirulina	Spinach	Smoothies	Blue-green algae, Dihe, Tecuitlatl	Acai, Chlorella
Sugarcane	Bamboo shoots, Barley Barley malt, Maltose Corn, Corn meal Corn oil, Corn starch Corn sugar/syrup Hominy grits, Popcorn Sweet corn, Kamut Lemongrass, Citronella Millet, Oats, Oatmeal Rice, Rice flour, Rye Sorghum grain/flour Spelt, Triticale Cane sugar, Raw sugar Molasses, Teff Wheat, Wheat bran/germ, Bulgur, Wild rice Wheat flour/gluten Graham, Whole wheat	Beverages, Breads, Candy, Canned fruit, Cakes, Cereals, Cookies, Dried fruits, Gravy, Ice cream, Jams/Jellies, Pastries, Pies, Rum, Sauces, Soda, Syrups	Sugar Sucrose	Artificial sweeteners, Natural sugars: Agave, Beet, Coconut, Date, Maple, Stevia
Tea, Black	Green tea, Red wine (tannins)	Brewed/Iced or Sweet tea	NA	Herbal tea, Coffee
Wine, Red	Grapes Vinegar, Raisins Grape juice. Tea (tannins)	Sangria Reductions in meat based dishes Italian dishes/sauces	NA	White wine Vinegar Chicken, beef or vegetable stock

FISH

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Catfish	Minnnows Carp	Fried catfish, Warung Lele penyet, Soups/stews	Swai, Basa, Lele Ikan keli, Thedu	Whitefish, Cod Sole flounder, Tilapia
Codfish	Cusk, Haddock, Hake Pollack, Whiting Toadfish, Allies, Coley	Fish and chips, Baccala Soups/stews, Chowders	Scrod	Crabmeat, Flounder, Scallops, Sole Skate, Tilapia, Halibut
Flounder	Dabs, Halibut, Plaice Sole, Turbot	Fried dinners, soups, stew	Blackback, Fluke, Grey Sole, Sand dab	Sole, Orange roughy Cod, Haddock
Halibut	Dabs, Flounder Plaice, Sole, Turbot	Ceviche, Cioppino Chowders	Petrale sole, Sand dab, Starry flounder	Cod, Turbot, Dogfish, Haddock Striped bass, Fluke, Flounder
Salmon	Trout, Char Grayling, Whitefish	Sushi/sashimi, Gravlox, Lox Smoked/Canned salmon	Many types	Swordfish, Mahi mahi, Arctic char Trout marlin, Striped bass, Yellowfin tuna
Snapper	Many Fish	Stews/chowders	Pacific perch, Rockfish	Black sea bass, Branzino, Flounder Rainbow smelt, Tilapia Rainbow trout, Whiting
Swordfish	Many Fish	Mostly as a steak	Broadbills	Shark, Tuna, Halibut, Marlin
Trout	Salmon, Char Grayling, Whitefish	Fried dinners	Char, grey trout, Siscowet, Touladi, Tounge	Black sea bass, Branzino, Flounder Rainbow smelt, Red snapper Tilapia, Whiting
Tuna (albacore)	Bonitos, Mackerel Spanish mackerels, Yellowfin	Sushi, Sashimi, Tartars Canned fish, Tuna salad Casseroles, Nicoise salads	Albie, Albic, Long-finned tuna, Tombo	Halibut, Snapper, Mahi mahi, Salmon Swordfish, Pollock, Canned chicken

FOWL

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Chicken	Cornish hen/Pheasant/ Quail peacock and eggs from above	Soups/stews, Fried chicken Chicken wings, Pot pies Broiled, baked, roasted, grilled Chicken dishes and salads Chicken stock/broth/bouillon	Capons, Pullets	Turkey, Pork Duck, Tofu
Duck	Goose Duck and Goose Eggs	Roast duck, Turducken, Foie gras Chinese/French dishes	Mallard duck Peking duck	Turkey Chicken
Turkey	Turkey eggs	Turducken Roast turkey, Deli sandwiches	NA	Chicken, Duck, Pork, Ground beef Tofurky

FRUITS

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Apple	Quince, Pear, Rosehips	Baked goods, Applesauce Apple cider/vinegar Apple pectin, Jams/jellies	NA	Banana, Pear
Avocado	Cinnamon Sassafras	Guacamole, Desserts, Sushi Mexican, Central American, Peruvian, Chilean dishes	Alligator pear	Nuts, Olive oil, Mayonnaise, Coconut oil
Banana	Plantains	Baked goods Smoothies	Dessert Banana	Canned pumpkin, Avocados, Silken tofu Other high potassium foods: Legumes, Dates, Potatoes Raisins, Prunes, Spinach
Blueberry	Cranberry Wintergreen	Baked goods, Smoothies Cereals, Jams/jellies	NA	Bilberry, Black huckleberries Black currants, Blackberries, Raspberries Cranberries, Red grapes, Cherries
Cantaloupe	Mushmelon Honeydew /Sweet/ Rock /Persian melon Spanspek, Garmuk	Smoothies	Muskmelons Rockmelon	Honeydew melons, Mango Papaya, Peaches
Cherry	Peaches, Plums Nectarines, Apricots	Cherry juice, Baked goods Cereals	NA	Raspberries, Strawberries, Blackberries Peaches, Plums, Nectarines, Apricots
Cranberry	Blueberry Huckleberry Wintergreen	Cranberry sauce, Baked goods Salads, Cranberry relish Juices, Jams/jellies	Craisins	Cherries, Raspberries, Raisins, Blueberries Blackberries, Currants, Lingonberries
Grape, White	Raisins, Dried currants Cream of tartar Brandy, Champagne Wine, Wine vinegar	Juice, Cereals Wine, Wine vinegar Champagne, Baked goods	NA	Kiwi fruit Blueberries Cranberries
Grapefruit	Citrus fruits: Lemon, Lime, Orange Clementine, Tangerine Kumquat, Citron	Juice Jellies/jams	Bioflavonoids Citrus/Citrus peel extract Grapefruit seed extract	Clementine, Orange, Blood orange Star fruit, Tangerine, Lemons Limes
Honeydew melon	Cantaloupe/ Zucchini Cucumber, Gherkin Persian melon Watermelon Crenshaw, Casaba Pumpkin Squash:Acorn/ Buttercup/Butternut/ Boston/Caserta/ Cocozelle/Crookneck/ Straghtneck/ Hubbard/Pattypan Spaghetti	Chilled soups Salads Juices/smoothies	White Antibes	Green grapes Avocados Cantaloupe Crenshaw melon Persian melon Starfruit Papayas
Lemon	Citrus fruits: Grapefruit, Lime Orange, Clementine Tangerine Kumquat	Salad dressings, Marinades Baked goods, Juices Jams/jellies, Lemonade Soft drinks, Marmalade Foods that brown after cutting	Many types	Limes, Oranges, Clementine Tangerine, Citron, Grapefruit Kumquat, Vinegar, White wine

	Citron	(apples, bananas, avocados) Lemon liquor		
Lime	Citrus fruits: Grapefruit, Lime Orange, Clementine Tangerine, Kumquat Citron	Baked goods, Juices Guacamole, Margaritas Gimlets, Salsas Mexican dishes Thai dishes	Many types	Lemons, Oranges, Clementine Tangerine, Citron, Grapefruit Kumquat, Vinegar, White wine
Olive, Green	Olive oil	Olive tapenade	Drupes, Table olives	Capers/caper berries, Lupin beans Cocktail onions, Sundried tomatoes
Onion, White	Garlic, Chives Scallions, Shallots Leeks	Soups, Marmalades, Relishes Salsas Italian/Mexican/Spanish Dishes Chinese/Japanese Dishes	Bulb onion, Common onion, Many types	Garlic, Leeks, Shallots, Chives Scallions, Fennel
Orange	Citrus fruits: Lemon, Grapefruit Lime, Clementine Tangerine, Kumquat Citron	Juices, Smoothies, Marmalades Jams/jellies, Salad dressings	Navel/Valencia oranges Cara cara oranges Moro (blood) oranges	Grapefruit, Clementine, Tangerine Kiwifruit, Mango, Papaya
Peach	Plum, Prune, Apricot Cherry, Almond Nectarines	Jams/jellies, Juices Smoothies, Chutneys	Nectarine	Plums
Pear	Apple Quince	Apple cider/vinegar Juices, Jams/Jellies	NA	Apple, Celery root, Peach, Plum
Pineapple	Avocado, Bananas, Kiwis, Mango, Papaya, Peach	Juices, Jams/jellies, Marinades	Pina, Ananas, Nanas	Orange, Grapefruit, Mango
Plum	Prune, Apricot, Cherry Almond, Nectarines Peach	Jams/jellies, Juices Prune juice	Prunes	Peach Nectarines
Pomegranate	Apple, Corn, Hazlenut, Olive, Peach, Peanut, Rice	Grenadine syrup, Juice Marinades	Grenada, Grenade	Pineapple Strawberries
Raspberry	Strawberry, Blackberry Boysenberry, Dewberry Wine berry, Logan berry Black raspberry	Jams/jellies Juices	NA	Strawberry Blackberry
Strawberry	Blackberry, Dewberry Boysenberry, Wine berry Logan berry, Raspberry Black raspberry	Jellies/jams Juices Dressings	NA	Blackberry Raspberry Cherries
Watermelon	Cantaloupe Honeydew melon Cucumber, Gherkin Persian melon Crenshaw, Casaba Pumpkin/Acorn/ Buttercup/Butternut/ Boston marrow/ Caserta/Cocozelle/ Crookneck/ Hubbard Straghtneck/Pattypan/ Spaghetti squash Zucchini	Juices Marinades Smoothies	Many Types	Grapefruit Honeydew melon Cantaloupe

GRAINS

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Barley	Barley, Corn, Millet, Rice, Malt, Oat, Rye, Wild Rice, Brown cane sugar, Bamboo, Sorghum	Bread, Beer, Whiskey, Barley water, Mugicha (Japan, Korea) Soups, Stews (Eastern Europe) Coffee substitutes	Pot barley Dehulled barley Pearl barley	Buckwheat, Corn, Millet, Oats, Potatoes, Rice, Rye, Spelt, Sweet potatoes, Quinoa, Tapioca, Wheat
Millet	Barley, Corn, Rice, Malt, Oat, Rye, Wild Rice, Brown cane sugar, Bamboo, Sorghum, Wheat	Oat flour/bran, Oat groats, Quick cooking oats, Oatmeal, Rolled oats, Porridge, Oatcakes, Oatmeal cookies, Muesli, Granola, Beer, Oatmeal stout	See: Where to find it	Barley, Buckwheat, Corn, Potatoes, Rice, wild rice, Rye, Spelt, Sweet potatoes, Quinoa, Tapioca, Wheat
Oats	Barley, Corn, Millet, Rice, Malt, Oat, Rye, Wild Rice, Brown cane sugar, Bamboo, Sorghum	Oat flour/bran, Oat groats, Quick cooking oats, Oatmeal, Rolled oats, Porridge, Oatcakes, Oatmeal cookies, Muesli, Granola, Beer, Oatmeal stout	See: Where to find it	Barley, Buckwheat, Corn, Millet, Potatoes, Rice, wild rice, Rye, Spelt, Sweet potatoes, Quinoa, Tapioca, Wheat
Rye	Barley, Corn, Millet, Rice, Malt, Oat, Rye, Wild Rice, Brown cane sugar, Bamboo, Sorghum	Crispbreads, Crackers, Pumpernickel bread, Rye flour/bread/beer/whiskey, Some vodkas	Rye berries Rolled rye	Buckwheat, Corn, Millet, Oats, Potatoes, Rice, wild rice, Spelt, Sweet potatoes, Quinoa, Tapioca, Wheat
Rice	Bamboo, Barley, Brown cane sugar, Malt, Millet, Oats, Rice bran, Rye, Sorghum, Wheat, Wild rice	White/brown/black/Basmati rice, Brown rice syrup, Chinese/Indian/Japanese dishes, Jasmine rice, Puffed rice, Rice cakes/crackers, Rice flour/noodles/porridge Rice Crispies, Rice wine, Rice bran oil	Conjee, Jook	Buckwheat, Corn, Millet, Oats, Potatoes, Rye, Spelt, Sweet potatoes, Quinoa, Tapioca, Wheat
Wheat	Bamboo, Barley, Brown cane sugar, Corn, Malt, Milk and Milk Products, Millet, Oat, Rice, Rye, Sorghum, Spelt, Wild Rice	White/brown/Wholemeal flour Bread: White/brown, Wholemeal, Ciabatta, Croissants, Granary, Malt loaf, Pita, Rye, Rolls/buns Cakes, Crisps Cereals: Weetabix, Shredded Wheat, Special K, Muesli Biscuits, Pastry (filo, puff, short), Pies, Pizzas, Burgers, Sausages, Salami, Scotch eggs, Meat/fish in breadcrumbs, Corned beef, Pates/spreads, Commercial sauces, Ham with breadcrumbs, Gravy, Stock cubes Tinned Foods: Baked beans, Spaghetti, Soups Ice cream Powdered drinks Chocolate bars Liquorice Desserts/puddings Alcoholic drinks: Beer, Stout, Lager, Most spirits Processed foods Convenience/fast foods	Amp-isotearoyl hydrolysed wheat Binder Bleached flour Breadcrumbs Bulgar wheat Cereal binders Edible Starch Hydrolysed wheat protein Modified Starch Plain flour Puffed wheat Wheatgerm extract Wholegrain Food starch Wholemeal flour Cracked wheat Kibbled wheat Wheat grains Wheat berries	Breads: Ener G white or brown rice bread, Glufin wheat-free bread and rolls, Rice/oat cakes, Glutano “Wholewheat” (rice and corn), Glutano crackers, Orgran crackers, Glutafin crackers, Rye bread/crispbreads, Ryvita Pasta: Barilla Gluten Free pasta Pastariso brown rice pasta Orgran pasta, Glutafin pasta Rice noodles Cereals/grains: Rice Crispies Corn Flakes, Porridge, Oat flakes, Brown/white rice, Wild rice, Soya bran, Tapioca, Sago, Buckwheat, Polenta, Quinoa, Pearl or pot barley, Corn (Maize), Popcorn, Millet, Rice, Oat/oatmeal, Rye, Wild rice Flours for home-cooking: Cornflour, Brown rice flour, Glutafin wheat-free baking powder, Buckwheat/Potato/Tapioca flour, Glutafin flour and True Free flour mix, Biscuits and Cakes Glutafin biscuits, Oat cookies, Rite-Diet biscuits and cakes Potatoes, Sweet Potatoes
Wheat, Bran	Barley, Corn, Millet, Rice, Malt, Oat, Rye, Wild Rice, Brown cane sugar, Bamboo, Sorghum	Cereals, Breads, Pancakes, Biscuits, Waffles, Cookies, Muffins, Soups eg. Borscht	Bran	Same as for wheat
Wheat, Bulgar	Barley, Corn, Millet, Rice, Malt, Oat, Rye, Wild Rice, Brown cane sugar, Bamboo,	Pilafs, Soups, Bakery goods, Stuffing, Tabbouleh salad, Kibbeh, Indian/Turkish food,	Cracked wheat Bulghar Bulgar	Same as for wheat

	Sorghum	Mid-Eastern/Mediterranean food	Bulghu;	
Wheat, Durum	Barley, Corn, Millet, Rice, Malt, Oat, Rye, Wild Rice, Brown cane sugar, Bamboo, Sorghum	Pasta: Dried/Fresh Whole meal, Semolina, Couscous, Canned tomato sauce	Durum	Same as for wheat
Wheat, Gliadin + Gluten	Barley, Corn, Millet, Rice, Malt, Oat, Rye, Wild Rice, Brown cane sugar, Bamboo, Sorghum	Same as for wheat, barley, oats	Gluten	Corn, Millet, Potatoes, Quinoa, Rice, wild rice, Sweet potatoes, Tapioca

MEATS

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Beef	Beef suet, Gelatin Rennet, Sausage casings Veal, Buffalo, Goat Sheep, Lamb, Mutton Bison Milk prod. from beef, buffalo, goat, sheep, lamb, bison	Meat products from bovines Beef jerky, Corned beef Sweetbread, Tripe, Tartar Bresaola, Corned beef, Biltong Milk products: milk, yogurt, ice cream, cheese from bovines	Many types	Lentils, Tofu, Ground turkey Ground chicken, Bison, Ground pork Venison, Ostrich
Bacon	Hog (pork or pig) Ham, Lard Pork gelatin/sausage Scrapple, Gammon	Sandwiches, Salads Bacon wrapped foods Pizza, Hamburgers Pasta dishes, Soups Egg dishes, Bacon bits British and Southern US dishes cooked in bacon grease	Pork belly Pancetta	Turkey bacon Vegetarian bacon Macon Lamb bacon
Pork	Bacon, Ham, Lard Pork gelatin/sausage Scrapple, Gammon	Chorizo, Salami, Hot dogs Charcuterie, Spam, Antipasto Chinese/Eastern Asian dishes	Canadian bacon Spam Prosciutto	Chicken, Tempeh Smoked turkey, Beef, Lamb Chicken sausage, Tofu

MICROBIAL

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Candida	Yeast, Baker's/Brewer's	Found naturally in the human body	Yeast <i>Candida albicans</i>	This is an organism found on or in the Human body.
Yeast, Baker's	Mushrooms, Truffle Morel, Puffball, Brewer's yeast Nutritional yeast, Citric acid	Bread, Pizza, Pasta Baked products-cakes/muffins, rolls	Active dry yeast (<i>Saccharomyces sp.</i>)	Yeast free bread Yeast free pizza dough Baking soda and lemon juice Double acting baking powder
Yeast, Brewer's	Mushrooms, Truffle Morel, Puffball, Baker's/Nutritional yeast Citric acid	Beer, Homemade wine Malt vinegar Barley malt Hard cider	(<i>Saccharomyces sp.</i>)	NA

NUTS

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Almond	Plum, Apricot, Cherry Nectarine, Peach, Prune Wild cherry, Sloe	Almond oil/butter/milk/flour Marzipan, Nougats Baked goods, Tarrone	Marcona almond	Peanuts, Pumpkin seeds Peanut butter, Dairy milk, Soy milk Wheat flour
Cashew	Mango Pistachio	Cashew butter/oil, Soups/stews Indian milk desserts, Curries	Cashew apples	Peanuts Sunflower + Pumpkin seeds
Coconut	Coconut milk/oil/meal Dates, Date sugar Sago starch Palm cabbage	Desserts, Candies, Curries Coconut chips/butter/water Coconut milk/oil, Palm wine Indonesian/Vietnamese dishes Indian/Philippine dishes	Copra, Drupe (not a real "nut")	Butter, Olive/Avocado oil Almond/Cashew/Dairy milk Wheat/Almond flour Macadamia/Brazil nuts
Cola	Chocolate (cacao) Cocoa, Cocoa butter	Cola beverages Energy bars	Kola nut	
English Walnut	Black walnut, Butternut Hickory nut, Pecan	Baked goods	Walnut Persian/Royal walnuts	Hazelnuts, Pine nuts
Hazelnut	Almond, Brazil, Cashew, Coconut, Pistachio	Praline, Nutella, Frangelico Chocolate truffles/candies Hazelnut oil, Baked goods Coffees, Turkish cuisine	Filbert Cobnut	Beechnuts, Almonds, Walnuts Pecans, Brazil nuts, Macadamia nuts
Peanut	Alfalfa, Alfalfa sprouts	Peanut oil	Ground nut	Cashews

	Fava/Lima/Mung beans Navy/String/Pinto beans Kidney/Green beans Green/Black eyed peas Carob syrup, Chickpea Fenugreek, Gum acacia Gum tragacanth Jicama, Kudzu Licorice, Lentils Peanut oil, Red clover Senna, Soybeans Soy lecithin/grits/ Flour/milk/oil Tamarind, Tonka bean	Peanut butter Peanut flour Candies Stir fries Trail mixes Peanut soup Foods cooked in peanut oil	Monkey nut Goober Goober pea	Almonds
Pecan	Black/English walnut Butternut, Hickory nut	Baked goods, Pralines, Breads Ice cream, Pecan pie	Drupe (not a real “nut”) Hickory nuts	Walnuts

SEEDS

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Cottonseed	Cottonseed oil Hibiscus Okra	Salad dressing, Margarine Shortening, Mayonnaise Potato chips, Breads, Cereals	NA	Vegetable oil Canola oil Olive oil
Dill	Angelica, Anise, Carrot Caraway, Carrot syrup Celeriac, Celery, Chervil Celery seed/leaf, Cumin Coriander, Dill, Fennel Lovage, Parsley, Parsnip Sweet cicely	Gravlax, Borscht, Pickles Salads, Soups, Omelets Sour cream sauces and dressings Potato and Fish based dishes	Shiluo (China)	Caraway seeds Celery seeds Fennel seeds
Flax	Seeds: Mustard, Poppy Rape, Sesame, Sun flower	Flax seed oil, Breads, Crackers Indian dishes, Oatmeal Frozen waffles, Muffins Cookies, Pizza dough Smoothies/health shakes	Golden linseeds	Chia seeds Wheat germ Hemp meal Egg substitute
Safflower	Cardoon, Chamomile Chicory, Coltsfoot Costmary, Dandelion Endive, Escarole Globe artichoke Goldenrod, Lettuce Jerusalem artichoke Artichoke flour Pyrethrum, Ro maine Safflower oil Sunflower seeds/oil/meal Tansy, Tarragon French endive	Cooking oil Salad dressing Margarine Red dye Yellow dye Safflower oil	America saffron Benibana flower	Sunflower seeds Canola oil Olive oil Saffron
Sesame	Sesame oil Tahini	Baked goods, Bagels, Buns Asian dishes, Tahini, Sushi Middle Eastern candies, Adobo Hummus, Breads, Mole, Cookies	Benne seeds Goma	Pumpkin seeds Poppy seeds Finely chopped peanuts/almonds/cashews
Sunflower	Cardoon, Chamomile Chicory, Coltsfoot Costmary, Dandelion Endive, Escarole Globe artichoke Jerusalem artichoke Artichoke flour Goldenrod, Lettuce Pyrethrum, Romaine Safflower oil/seeds Sunflower oil/meal	Sunflower butter Sunflower oil Bagels Breads Granola bars Salads Trail mixes	Cypsel (a fruit) Many types	Pine nuts Pumpkin seeds Almonds Peanuts

	Tansy, Tarragon French endive			
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SHELLFISH

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Clam	Cockle, Mussel Oyster, Scallop	Clam sauce, Fried/Stuffed clams Steamed clams, Chowders Japanese/Italian pasta dishes	Razor clams Littlenecks Cherrystones	Mussels
Crab	Crayfish, Lobster Prawn, Shrimp	Steamed/boiled claws and legs Crab cakes/dip Soups/stews/bisques Sushi, Bouillabaisse	Snow crab King crab Blue crab Soft shelled crab	Lobster, Shrimp, Cod Surimi (imitation crab meat) Salmon Flounder Monkfish
Lobster Homarus (Northern)	Crayfish, Crab Prawn, Shrimp	Lobster rolls/Casseroles Soups/stews/bisques Lobster-Steamed/boiled Thermidor/Newburg Baked stuffed/Cioppino	Clawed/Slipper/Spring /Squat Langosta (Spanish) Lowng Sha (China)	Crab Shrimp Monkfish Walleye pike Sheepshead
Scallops	Clam, Cockle Mussel, Oyster	Casseroles, Sashimi/sushi Smoked scallops, Fried seafood	escallop	Shark meat, Cod cheeks, Monkfish, Sole Skate, Lobster, Crab, Flounder, Shrimp
Shrimp	Crayfish Crab Lobster Prawn	Sushi/sashimi, Jambalaya Soups/stews/bisques/salads Pasta dishes, Ceviche, Paella Shrimp paste/stock/cocktail Mediterranean dishes, Curries	Prawn (fresh water) Shrimp (salt water)	Scallops, Dublin Bay Prawns, Lobster Crab, Imitation seafood, Chicken

SPICES

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Basil	Peppermint, Spearmint, Water mint, Horse mint, Lavender oil, Rosemary, Marjoram, Sage, Horehound, Savory, Thyme, Oregano, Lemon balm	Pasta sauces, Pesto Soups/stews, Salads Italian dishes Southeast Asian dishes	Thai basil Sweet basil Lemon basil Holy basil African blue	Parsley Cilantro Mint Tarragon
Cinnamon	Avocado, Bay leaf, Sassafras	Desserts/baked goods, Candies Breads, Cereals, Teas, Pickles, Soups/stews, Turkish/Persian/ Middle Eastern dishes	Cassia	Nutmeg Allspice Cloves Cardamom
Garlic	Onion, Shallot, Leek Chive, Asparagus Aloe Vera, Ramp Sarsaparilla	Soups/stews, Dips Marinades, Salad dressings Infused oils, Aioli's Italian/Asian/African dishes European dishes South/Central American dishes	Black garlic Garlic powder Garlic salt Garlic flakes Granulated garlic Allium sativium	Shallot White onion Chili powder Cumin Celery Fennel
Ginger	Turmeric Arrowroot Cardamom	Teas, Candies, Ginger ale/beer Chinese/Japanese/Korean dishes Vietnamese/Indian dishes Baked goods/desserts	Ginger root	Allspice, Cinnamon, Lemon Nutmeg
Hops		Beer Herbal teas, Soft drinks	Hallertau, Spalt Zatec Noble hop	Yarrow, Mugwort Juniper berries, Tea, Heather
Mustard	Arugula, Broccoli, Bok Choy, Brussel sprouts, Cabbage Cardone, Cauliflower Chinese cabbage, Collards Colza shoots, Curley cress Daikon, Horseradish Kale, Kohlrabi Mustard greens, Radish Rape, Rutabaga Sea collards, Turnip Upland greens, Watercress	Prepared mustard Mustard oil Marinades Salad dressings Mustard greens Pickles Northern Indian dishes	Black mustard Brown Indian mustard White mustard	Horseradish Wasabi White vinegar Egg yolk Hummus
Oregano	Basil, Horehound Marjoram, Mint Peppermint, Rosemary Sage, Savory Spearmint, Thyme Lavender oil, Apple mint Chia seed, Lemon balm	Pasta sauces Casseroles Turkish dishes Italian dishes Greek dishes Lebanese dishes	Wild marjoram	Sage Thyme Basil
Paprika	Eggplant, Pepino, Tomato Chili/Bell/Sweet peppers	Spanish dishes Hungarian dishes	Pimento	Ancho powder Chipotle powder

	Cayenne/Banana peppers Pimento, Potato, Tobacco, Tomatillo, Capsicum	Rices Soups/stews Goulash, Sausages		
Pepper, Black Dried-unripe fruit	Peppercorns White pepper: Dried, ripe fruit	Dressings, Marinades, Dips Most restaurant prepared foods	Poivre Noir, Piper nigrum, Maricha, Gulmirch,	Ground papaya seeds, Green peppercorns Nutmeg
Pepper, Chili	Pepino, Pimento, Potato Banana/Sweet peppers Bell/Cayenne peppers Tobacco, Tomatillo Tomato, Capsicum Eggplant, Paprika	Arrabiata/Puttanesca sauce, Paprikash, Curry, Siracha Kung pao chicken, Som tam Mole poblano, Nam phrik Paprykarz szczeciński Hot sauce, Harissa, Chili oil	Chile pepper Many types	Curry powder Cumin Ginger Mustard powder Horseradish
Peppermint	Basil, Horehound, Marjoram, Mint, Oregano, Rosemary Sage, Savory, Spearmint, Thyme, Lavender oil, Apple mint, Chia seed, Lemon balm	Peppermint extract/oil Crème de menthe Peppermint schnapps Candies, Teas, Ice cream Chewing gum, Toothpaste	Mentha, Corn mint, Water mint	Vanilla extract
Rosemary	Basil, Horehound Marjoram, Mint Peppermint, Oregano Sage, Savory, Spearmint Thyme, Lavender oil Apple mint, Chia seed	Prepared stuffing Roasted meats Italian dishes Teas Soups/stews	Anthos	Oregano, Basil Savory, Tarragon Thyme, Sage Lemon verbena
Turmeric	Ginger Cardamom Arrowroot	Curries, Mustards, Gelatins Indian/Thai/Vietnamese dishes Canned beverages, Baked goods Dairy products, Ice cream Yogurt, Yellow cakes Orange juice, Biscuits Popcorn, Prepared sauces	Indian saffron	Ginger Saffron Annatto extract Cumin Curry powder
Vanilla		Baked goods/desserts Ice cream, Yogurt, Milks	Vanilla- bean/paste/extract/sugar	Maple syrup, Almond extract Rum, Brandy

VEGETABLES

Food	Possible Cross Reactivity	Where to find it	Other Terms	Alternatives/Substitutes
Artichoke	Absinthe, Calomel, Celtuse Jerusalem artichoke Chicory, Dandelion Endive, Escarole Lettuce, Oyster plant Salsify, Sesame seeds/oil Sunflower seeds/oil Vermouth, Ragweed Tarragon, Chamomile Safflower	Artichoke flour Tapenades Italian dishes Herbal teas	Globe artichokes	Hearts of palm Avocado Jerusalem artichokes
Asparagus		Soups/stews, Pickle mixes Asian dishes	Garden asparagus Asparagus officinalis	Leeks Broccoli
Beets	Amaranth, Chard Spinach, Sugar beet Quinoa, Tampala Lambs quarters, Thistle	Borscht, Pickled beets, roasted, salads, soups	Beetroot Candy beets Goosefoot	Golden beets Radish Tomatoes Red cabbage
Broccoli	Arugula, Cauliflower Green cabbage, Kale Brussel sprouts Bok Choy Collard greens Chinese cabbage Curley cress, Daikon Horseradish, Kohlrabi Mustard greens/seeds Radish, Rape Rutabaga, Sea collards Turnip, Watercress	Chinese/Japanese dishes Casseroles/gratins Slaw type salads	NA	Cauliflower Green cabbage
Cabbage	Arugula, Cauliflower Green cabbage, Kale Brussel sprouts Bok Choy Collard greens	Coleslaw Sauerkraut Kimchi Golabki (Stuffed cabbage) Bubble and squeak	Green cabbage Purple/red cabbage White cabbage	Kale Arugula Watercress Endive Brussel sprouts

	Chinese cabbage Curley cress, Daikon Horseradish, Kohlrabi Mustard greens/seeds Radish, Rape Rutabaga, Sea collards Turnip, Watercress	Pierogi		Bok Choy
Carob	Alfalfa/Alfalfa sprouts Fava, Lima, Mung beans Pinto, Navy, String beans Kidney/Green beans Green/Black eyed peas Carob syrup, Chickpea Fenugreek, Gum acacia Gum tragacanth Jicama, Kudzu Lentil, Licorice Peanuts/Peanut oil Red clover, Senna Soybeans, Soy lecithin Soy grits/flour/milk oil Tamarind, Tonka bean	Baked goods Juices	St. Johns Bread Locust bean Johannisbrotbaum Alfarroberia Garrofer	Chocolate Cocoa powder
Carrot	Celery, Parsnip, Parsley Cumin, Dill, Fennel, Anise Caraway, Celeriac, Chervil Coriander, Angelica Celery seed	Baked goods, Soups, Salads Stir-fry's Indian/Cajun/creole dishes	Zanahoria (Spanish)	Sweet potato, Yams Pumpkin, Squash, Parsnip
Cauliflower	Broccoli, Green cabbage Brussel sprouts, Arugula Kale, Bok Choy Collard greens Chinese cabbage Curley cress, Daikon Horseradish, Kale, Kohlrabi Mustard greens/seeds Radish, Rape, Rutabaga Sea collards, Turnip Watercress	Indian dishes Soups	Choufleur	Broccoli Green cabbage
Celery	Anise, Angelica, Caraway Carrots, Celeriac Celery seed, Chervil Coriander, Cumin Dill, Fennel Parsnip, Parsley	Soups Cajun/creole dishes Bloody Mary cocktails Old bay seasoning	Pascal celery	Anise, Bell pepper, Cucumber, Fennel Jicama, Water chestnuts, Zucchini
Collard Greens	Arugula, Bok Choy Broccoli, Brussel sprouts Cabbage, Cauliflower Chinese cabbage, Curley cress Daikon, Horseradish Kale, Kohlrabi Mustard greens/seeds Radish, Rape, Rutabaga Sea collards, Turnip Watercress	Southern style dishes Soups	Chard	Beet greens, Cabbage, Dandelion greens Kale, Mustard greens
Corn/ Maize	Bamboo, Barley Brown cane sugar Oat, Malt, Millet, Rice Rice (wild), Rye Sorghum, Wheat	Tinned sweetcorn, Corn syrup Corn on the cob, Cornflakes Corn flour/oil, Corn crackers Popcorn, Sweetcorn relish, May contain corn syrup: Canned/dried fruit Ice cream, Evaporated milk Fruit dessert, Instant coffee Sweeteners: Corn Sugar, Golden syrup Treacle, High fructose corn syrup Maly, Malt syrup + malt extract	Maize Corn starch Corn meal Polenta Gruel/porridge	Barley, Buckwheat, Millet, Oats Potatoes, Quinoa, Rice, Rice (wild) Rye, Spelt, Sweet potatoes Tapioca, Wheat

		Sucrose labeled "from corn"		
Cucumber	Cantaloupe, Casaba, Crenshaw Gherkin, Melon-Honey Dew/ Persian melon, Pumpkin Squash-Acorn/ Boston marrow/ Buttercup/Butternut Caserta/ Cocozell/Crookneck/Straghtneck Hubbard/Pattypan/Spaghetti, Zucchini, Watermelon	Pickles, Prepared dips Salads, Salsas, Sushi	Pepino	Celery, Jicama, Zucchini
Lettuce (Iceberg)	Absinthe, Artichoke, Calomel Celtuse, Chamomile, Chicory Dandelion, Endive, Escarole Jerusalem artichoke Oyster plant, Ragweed, Salsify Safflower, Sesame seeds/oil Sunflower seeds/oil Tarragon, Vermouth	Salads	Butter head, Crisphead, Celtuce, Looseleaf, Romaine	Arugula, Kale, Spinach, Swiss chard
Pea, Chick	Alfalfa/Alfalfa sprouts Beans-Fava/Kidney Green/ Lima/Mung/ Navy/ Pinto/String/Tonka Carob/Carob syrup, Fenugreek Gum acacia, Gum tragacanth Jicama, Kudzu, Lentil, Licorice, Pea-Green/Black eyed, Peanuts/Peanut oil, Red clover Senna, Soybeans Soy-Flour/Grits/Lecithin/ Oil/Milk, Tamarind	Hummus Falafel Indian dishes Middle Eastern dishes Salads Stews/soups	Bean- Bengal/Garbanzo, Cece, Ceci, Chana	Bean-Butter/Cannellini, Great Northern, Edamame, Lentils
Pea, Green	Alfalfa/Alfalfa sprouts Beans-Fava/Kidney Green/ Lima/Mung/ Navy/ Pinto/String/Tonka Carob/Carob syrup, Fenugreek Gum acacia, Gum tragacanth Jicama, Kudzu, Lentil, Licorice, Pea-Green/Black eyed, Peanuts/Peanut oil, Red clover Senna, Soybeans Soy-Flour/Grits/Lecithin/ Milk/Oil, Tamarind	Chinese/Indian dishes, Soups/stews	Field Pea, Garden Pea, Guisantes (Spanish)	Lentils Lima beans
Pepper, Green	Capsicum, Eggplant, Pepper- Banana/Cherry/Chili/Cayenne/ Red/ Sweet/Yellow, Paprika, Pepino, Pimento, Potato's, Tabasco, Tobacco, Tomatillo, Tomatoes	Salads, Soups, Stuffed peppers Chinese/Italian dishes	Bell pepper	Poblano pepper Mushrooms Celery Asparagus Zucchini
Potato, Sweet	Jicama, Yam	Casseroles, Chips Desserts (Sweet potato pie) Fries, Soups/stews	Kumara	Squash-Acorn/Butternut squash, Carrot, Pumpkin
Potato, White (Solanum)	Eggplant, Melon pear Peppers-Bell/Sweet, Paprika, Pimento, Tobacco, Tomatillo, Tomato	Chowders, Gratins, Pancakes Salads, Soups/stews Vodka	Several types: Fabula, Russert, Viking, Yukon Gold, Long/Round white, Round Red	Cassava, Cauliflower, Celery root, Jicama, Parsnip, Squash, Sweet potatoes
Pumpkin	Cantaloupe, Casaba, Crenshaw Cucumber, Gherkin Melon-Honey Dew/ Persian/Watermelon Squash-Acorn/Boston Marrow/ Buttercup/Butternut squash/ Caserta/Cocozelle/Crookneck/ Hubbard/Pattypan/Spaghetti/ Straghtneck, Zucchini	Baked goods, Pumpkin seeds/seed oil Soups/stews	Winter squash	Squash-Butternut, Potato-Sweet, Yams

Spinach	Amaranth, Beetroot, Chard Lamb's quarters, Quinoa, Sugar beet, Tampala	Casseroles, Dips, Quiches Salads, Soups/stews	Types: Savoy, Flat-leaf, Semi-Savoy	Arugula, Collard greens, Escarole, Kale Lettuce-Romaine, Swiss chard
Squash Mix (Zucchini + Yellow Summer)	Cantaloupe, Casaba, Crenshaw Cucumber, Gherkin Melon-Honey Dew/ Persian/Watermelon Squash-Acorn/Boston Marrow/ Buttercup/Butternut squash/ Caserta/Cocozelle/Crookneck/ Hubbard/Pattypan/Spaghetti/ Straghtneck, Zucchini	Salads Casseroles, Soups/stews	Several types	Pumpkin, Potato-Sweet, Yam
Tomato (Solanum)	Eggplant, Melon pear, Paprika Peppers-Bell/Sweet, Pimento Potato, Tobacco, Tomatillo	Italian dishes, Juice, Ketchup, Marinades, Pasta sauce Salads, Salsa, Soups/stews	Many types	Nomato barbeque sauce, Nomato ketchup, Nomato sauce, Radish, Red pepper (fresh/roasted), Watermelon
Zucchini	Cantaloupe, Casaba, Crenshaw Cucumber, Gherkin Melon-Honey Dew/ Persian/Watermelon Squash-Acorn/Boston Marrow/ Buttercup/Butternut squash/ Caserta/Cocozelle/Crookneck/ Hubbard/Pattypan/Spaghetti/ Straghtneck, Zucchini	Baked goods/breads Fiori di zucca Ratatouille, Soups	Squash	Celery, Cucumber, Eggplant, Jicama, Squash-Yellow Summer