



Latex Allergy and Foods

CARE INSTRUCTIONS

The foods listed in the chart below have shown to cause allergic reactions in some individuals with latex allergy. Reactions can occur because these foods contain a protein that resembles a protein in latex. If you have had an allergic reaction to any of these foods, you should avoid them in the future. **Some allergists recommend that ALL persons with latex allergy should avoid the four foods with the *highest prevalence of reactions.** During your hospitalization, avocado, banana, chestnut and kiwi will be omitted from your diet. Please be aware that as more research is done this list may change.

LATEX RELATED FOODS		
*HIGH PREVALENCE OF REACTION	Moderate Prevalence of Reaction	Lower Prevalence of Reaction
Avocado	Apple	Apricot
Banana	Carrot	Cherry
Chestnut	Celery	Coconut
Kiwi	Cherimoya	Fig
	Melons	Grapes
	Papaya	Loquat
	Potato	Mango
	Tomato	Nectarine
		Nuts (all)
		Passion fruit
		Peach
		Pear
		Plum
		Swiss chard

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand names; any similar products may be used. Herbs and supplements are sold over-the-counter. Kaiser Permanente carries only herb categories for which some evidence exists to show that the herbs may be effective to treat certain medical conditions.

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