

# Allergy List

|               | <b>Fruit</b>  | <b>Vegetables</b>  | <b>Meat</b>                                     | <b>Other</b>                             |
|---------------|---|--|---|--|
| <b>High</b>   | <b>Pear</b> 3+<br><b>Peach</b> 2-3+<br><b>Cantaloupe</b> 2-3+ |  | <b>Shrimp</b> 4+                                |  |
| <b>Medium</b> | <b>Strawberry</b> 2+  | <b>Onion</b> 2+  | <b>Salmon</b> 2+                                | <b>Hazelnut</b> 2+                       |
| <b>Low</b>    | <b>Watermelon</b> 1+<br><b>Papaya</b> 1+<br><b>Plum</b> 1+    | <b>Sweet Potato</b> 1+<br><b>Olive</b> 1+<br><b>Avocado</b> 1+ | <b>Tuna</b> 1<br><b>Crab</b> 1<br><b>Lamb</b> 1 | <b>Rye</b> 1+<br><b>Brewers Yeast</b> 1+ |