Children's Hospital Boston

Allergy/Immunology Program

Diet Evaluation

In Diet	Order testing	Common Allergens	Meats	Grains
		Milk		
		Tree Nuts		
			Fish	
			Shellfish	
				Barley
			Beef	
			Chicken	
				Corn
		Egg		
			Lamb	
				Oat
		Peanut		
			Pork	
				Rice
				Rye
		Sesame		
		Soy		
			Turkey	
				Wheat
		Whey		

++ (Frequent) + (Infrequent) o(Rare/never)

In Diet	Order testing	Vegetables	Fruits
			Apple
			Apricot
		Avocado	
			Banana
			Blueberry
		Broccoli[n/s]	
		Carrot	
		Cauliflower	
			Cherry
		Chickpea[n]	
			Coconut
			Cranberry
		Cucumber*	
		Garlic	
			Grapefruit
			Grapes
		GreenBn	
		GreenPeppr	
			Kiwi
		KidneyBn	
		LimaBn	
		NavyBn	
		Lentils	
			Mango
			Melon
		Mushroom	
		Onion	
			Orange
			Peaches
			Pears
		Peas	
			Pineapple
		Potato	
			Plum
			Raspberry
		Spinach	
		Squash*	
			Strawberry
		Sw Potato	
		Tomato	
			Watermelon
		Zucchini	

IGE & WBC	
DHEAS	
Vitamin D (25-OH)	
Almond	
Sunflower	
Coconut	

Basil[n]	
Chocolate	
Chili powder[n]	
Cinnamon	
Ginger[n]	
Mustard	
Parsley[n]	
Pepper, Black[n]	
Vanilla[n]	

* Need to write in RAST order

[n] No skin test extracts available