

Foods Available at CAAC for Skin Testing

If there is a food that you would like to be tested for that is NOT on this list, please bring it in to your appointment (we will need at least 1 tablespoon worth for testing)

Almond	Egg whites	Pine nut
Annatto	Flax seed	Pineapple
Apple	Flounder	Pistachio
Avocado	Food coloring	Poppy seeds
Banana	Garlic powder	Pork
Baked egg muffin	Gelatin	Pumpkin seeds
Baked milk muffin	Gluten	Quinoa
Basil	Grain alcohol	Raspberry
Bell pepper green	Hazelnut	Rice
Black beans	Hazelnut spread	Salmon
Black pepper	Honey	Scallop
Brazil nut	Kiwi	Sesame
Cantaloupe	Lentil	Shrimp
Caraway seeds	Lobster	Sorghum flour
Carrot	Macadamia nut	Soy
Cashew	Mango	Soy Protein
Cherries	Milk	Isolate
Chia seed	Milk powder	Squash
Chili powder	Mushroom	Strawberry
Chicken	Nutella	Sunflower seeds
Chickpeas	Oat	Tuna
Cinnamon	Onion Powder	Walnut
Clam	Orange	Wheat
Cocoa powder	Oyster	Wheat Protein
Coconut	Pea protein	Isolate
Cod fish	Peach	Xanthan gum
Corn	Peanut	Zucchini
Cranberry	Peanut butter	
Egg	Pecan	