

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