

# Foods Available at CAAC for Skin Testing

Please note: If there are any fruits, vegetables, spices, and/or additional foods not on this list that you are hoping to be tested for, please bring them into your appointment (we will need at least 1 tablespoon worth for testing).

Almond	Grain alcohol	Pumpkin seeds
Baked egg muffin	Hazelnut	Rice
Baked milk muffin	Hazelnut spread	Salmon
Beef	Honey	Scallop
Brazil nut	Lobster	Sesame
Cashew	Macadamia nut	Shrimp
Chia seed	Milk	Soy
Chicken	Oat	Soy Protein
Clam	Oyster	Isolate
Cod fish	Pea protein	Sunflower seeds
Crab	Peanut	Tuna
Egg	Peanut butter	Walnut
Flax seed	Pecan	Wheat
Flounder	Pine nut	Wheat Protein
Food coloring	Pistachio	Isolate
Gelatin	Poppy seeds	Whey Protein
Gluten	Pork	