



FOOD ALLERGY PANELS, IgE

- ▶ IgE food allergy testing can be used to identify the acute allergic immune response to food proteins.
- ▶ IgE reactions can range from a mild to a life-threatening.
- ▶ A reaction can occur immediately or up until 8 hours after ingesting the food.

15 Common Food Panel

Almond
Apple
Beef
Cashew
Corn
Egg
Milk, cow's
Orange
Peanut
Salmon
Sesame
Shrimp
Soybean
Strawberry
Wheat

25 Comprehensive Food Panel

Almond Oyster
Apple Orange
Banana Peach
Beef Peanut
Blue mussel Salmon
Cashew Sesame seed
Celery Shrimp
Chicken Soybean
Coconut Strawberry
Corn Tomato
Crab Tuna
Egg, whole Wheat
Milk, cow's

50 Expanded Food Panel

Almond Cashew Kidney bean Potato
Apple Celery Lemon Salmon
Asparagus Cherry Lobster Sesame
Avocado Chicken Mango Shrimp
Barley Chickpea Melon Soybean
Banana Clam Milk, cow's Strawberry
Beef Coconut Oyster Sunflower
Bell pepper Corn Orange seed
Blue mussel Crab Peach Tomato
Brazil nut Egg Peanut Tuna
Cacao Garlic Pecan Walnut
Codfish Grapefruit Pineapple Wheat
Carrot Hazelnut Pistachio



FOOD ALLERGY PANELS, IgE

Food Group Specific Food Allergy - 10 IgE Panels

Food group specific testing may be beneficial for identifying sensitization to other members of a food family when a patient has allergic response to one member of the food group. Cross-reactivity can occur when a person's immune system cannot differentiate between two similar, but different antigens. As a result, the patient may react to both antigens.

Cereal and Grain Panel: Barley, common millet, buckwheat, corn, malt, oat, quinoa, rice, rye, wheat

Allergic reactions to wheat and other cereals are most often observed in infants. These allergies usually resolve within the first several years of life. Besides ingestion, wheat/cereal grain allergic reactions may include baker's asthma, as seen in people who inhale flours.

Dairy/Egg Panel: Boiled milk, casein, cheddar cheese, cheese (mold), egg white, egg yolk, milk (cow), milk (goat), milk (sheep), whey
Cow's milk and hen's egg are common food allergies that can result in food-induced anaphylactic reactions. A person with a cow's milk allergy is about 90% more likely to have a reaction to goat's milk or sheep's milk, possibly due to cross-reactivity.

Fish: Anchovy, cod, halibut, mackerel, salmon, swordfish, tilapia, trout, tuna, whitefish

Individuals with an allergy to a fish may react with clinical symptoms to more than one type of fish. Different fish may share similar proteins that have cross reactivity. This may result in sensitization and positive allergy test results.

Legume Panel: Chick pea, fenugreek, green bean, lentil, lima bean, pea, peanut, red kidney bean, soybean, white (navy) bean
Peanuts are not the same as tree nuts (almonds, cashews, walnuts, etc.), peanuts grow underground.

Shellfish Panel: Abalone, blue mussel, clam, crab, lobster, oyster, scallop, shrimp, snail, squid
60% of shellfish allergies and 40% of fish allergies begin in adulthood.

Spice Panel: Basil, black pepper, celery, cinnamon, coriander, thyme, fennel seed, garlic, mustard, parsley
Allergy to spices occurs in about 2% of the population. Reactions may occur due to ingestion or coming into contact with skin.

Tree-Nut Panel: Almond, brazil nut, cashew nut, coconut, hazelnut, macadamia nut, pecan nut, pine nut, pistachio, walnut
Tree nut allergies are a common type of food allergy for both children and adults. An allergy to one type of tree nut, increases the risk for being allergic to other types of tree nuts.

