

QA25 – Latex Allergy

QUESTION:

I've heard some talk about cross-reactivity and certain fruits and vegetables for people who are allergic to latex. Is there any literature to support the practice of avoiding foods if a latex allergy is present/suspected? If so, which foods?

ANSWER:

The foods implicated in a cross-reactivity with a latex allergy are: bananas, avocados, kiwis, stone fruit, hazelnut, chestnut and potatoes. There is vague mention of these foods in some references. It is recommended that children with latex allergies eliminate these foods and re-challenge them after the initial elimination period. Families sometimes indicate that their child eats one of the foods thought to be cross-reactive (namely bananas) without any symptoms.

Reference:

- 1) Metcalfe, Sampson, Simon, Food Allergy: Adverse Reactions to Foods and Food Additives, Blackwell Science, 1997.