



PATIENT FOOD HISTORY

Name: _____

DOB: _____

Your cooperation would be appreciated in completing this form. It will enable the physician and staff to get a more accurate picture of your allergy symptoms.

Please indicate the foods you eat and frequency with this grading system.

(0) Never eat

(1) eat a few times a year

(2) eat a few times a month

(3) eat every few days

(4) eat daily

If there are any foods, or a particular food you have reacted to, then circle that food. If the reaction was severe, please describe on other side of the form.

Always be aware of hidden foods when completing the food list. Examples are as follows:

CORN: glucose, Mazola, karo, flaps of envelopes, stamp and sticker adhesive, aspirin, bacon, baking powders, chewing gum, liquors, toothpaste, and powdered sugar.

COTTONSEED: snowdrift, baking shortenings, margarines, cooking oil, and mayonnaise.

MALT: most dry breakfast cereals, all baked goods, soda crackers, ice cream, potato chips, powdered milk, fountain soda drinks, coffee, and tea.

SOYBEAN: soy sauce, Worcestershire sauce, hard candies, nut candies, caramels, ice cream, Crisco, and butter.

SPECIFIC FOODS AS ALLERGENS

GOURD FAMILY	GRADE	MUSSEL FAMILY	GRADE	MUSTARD FAMILY	GRADE	MUSTARD FAMILY CONT.	GRADE
Pumpkin		Abalone		Mustard		Kraut	
Squash		Clam		Mustard Greens		Broccoli	
Cucumber		Clam		Cabbage		LETTUCE FAMILY	
Cantaloupe		Mussel		Cauliflower		Endive	
Honey Dew		Oyster		Brussel Sprouts		Lettuce	
Watermelon		Scallop		Turnip Greens		Escarole	
		Squid		Horseradish		Artichoke	
						Dandelion	
LEGUME FAMILY	GRADE	CEREAL FAMILY	GRADE	MAMMALS	GRADE	FISH CONT.	GRADE
Navy Beans		Wheat		Beef		Flounder	
Soybean		Rye		Cow's milk		Codfish	
Black-eyed Pea		Malt		Pork		Ocean Perch	
Green Pea		Corn		Lamb		Red Snapper	
Peanut		Rice		FISH		Shrimp	
Pinto Bean		Cane Sugar		Salmon		Lobster	
Green Bean				Tuna		Crab	
Carob				Halibut		Crayfish	

POTATO FAMILY	GRADE	BIRDS	GRADE	APPLE/ROSE FAMILY	GRADE	Cherry	GRADE	LAUREL FAMILY	GRADE
Potato		Chicken		Apple		Prune		Avocado	
Tomato		Eggs		Pear		LILY FAMILY		Cinnamon	
Cayenne Pepper		Turkey		Strawberry		Asparagus		Bay Leaves	
Green Pepper		CITRUS FAMILY		Raspberry		Onion		HEATH FAMILY	
Chili Pepper		Orange		PLUM FAMILY		Garlic		Cranberry	
Paprika		Grapefruit		Plum		FUNGI		Blueberry	
Sweet Potato		Lemon		Peach		Mushroom		Wintergreen	
		Lime		Apricot		Baker's Yeast			
		Tangerine		Almond		Brewer's Yeast			

PARSLEY FAMILY	GRADE	GOOSEFOOT FAMILY	GRADE	Pistachio	GRADE	MALLOW FAMILY	GRADE	MISC. CONT.	GRADE
Parsley		Beets		Walnut		Cottonseed		Dr. Pepper	
Carrots		Sugar		Pecan		Okra		Banana	
Celery		Spinach		Other nut:		MISC.		Ginger	
Caraway		SALSIFY FAMILY		MINT FAMILY		Nutmeg		Grape	
Dill		Sesame Seeds/ Oil		Basil		Olive		Tea	
Cumin		Sunflower Seeds/ Oil		Peppermint		Vanilla		Chocolate	
MYRTLE FAMILY		NUTS		Spearmint		Coconut		Mango	
Allspice		Hazelnut		Sage		Black pepper		Kiwi	
Cloves		Filbert		Oregano		Pineapple		Honey	
Oregano		Cashew				Coca Cola		Coffee	

Please list any other foods that have not been included in this list. _____

List any severe reactions you have had to any food(s). Example: asthma, vomiting, severe diarrhea, anaphylactic reaction, fainting, "blackouts", hives, or swelling.

FOOD

REACTION

