

Latex-Food Syndrome

Cross-reactivity between latex and various foods result from the presence of similar proteins in natural rubber latex and certain foods.

Quite often, people who have a history of sensitivity to latex based products (Band-aids, adhesives, rubber gloves, condoms, etc) can also have sensitivities to various foods that have protein structures similar to latex. Symptoms can range from mild digestive dysfunction or systemic problems such as skin, muscle or joint problem, to full blown anaphylactic Type I hypersensitivity reactions.

The following foods have been known to cross-react with latex. The following is not an exhaustive list, as new foods are added frequently. The most common ones identified on serum IgG and IgA blood tests are highlighted in Bold text.

<ul style="list-style-type: none">• Banana• Pineapple• Kiwi• Papaya• Mango• Cranberry• Blueberry• Strawberry	<ul style="list-style-type: none">• Avocado• Chestnut• Melon• Potato• Tomato• Mushroom• Eggplant• Citrus
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If someone has a latex sensitivity, it doesn't mean they will be reactive to ALL the foods listed above. Testing usually reveals no more than 2 or 3 reactive foods from the list above.

Without testing, the only way to identify the reactive foods is to eliminate the entire group for an extended period of time (4-6 weeks) to allow any potential antibodies to be eliminated from the blood stream. At this time we determine if there have been any symptomatic improvements. If so, we reintroduce the foods, individually and in a very time sensitive manner (See Elimination Diet Handout) in order to determine any reactions to the foods as they are reintroduced.

Please discuss your specific food eliminations and reintroduction with your Naturopathic physician to ensure this is done properly.